



CENTRAL DAKOTA VILLAGE

Sisters of Mary of the Presentation Health System

July – August - September 2005

Central Rock Review
Rocky Zastoupil, CEO

Happy 4th of July to everyone; may you remember Independence Day with thoughts of freedom and the price paid for it! Please take the time to thank a veteran or family member of one. Also, give thanks to our Lord for the blessings of rain and sunshine and all of the joys of summer.



If you visited Central Dakota Village this summer you may have noticed some of the staff wearing **SONSHINE** buttons. We give out these badges as a sign of our loving care philosophy in action. Employees receive these buttons when they show their "Loving Care", have a "Servants Heart", or have a "Sacred Encounter" here at CDV. These badges indicate the type of person we have working here and show the "Presence of JESUS" in the work we do everyday here at Central Dakota Village.

Our courtyards have been established and adorned with beautiful flowers, shrubs, trees and of course nice enjoyable green grass. Please stop by and relax with a loved one outside in one of our two areas if you have the opportunity.

The Official Blessing and Grand Opening was a tremendous success enjoyed by all who attended. Bishop Samuel Aquila, of Diocese of Fargo led the Blessing of the \$4 million renovation and addition. In attendance were many dignitaries including a special guest sister from the order located in France. Marie Joseph, general councilor of the international community of The Sisters of Mary of the Presentation graced the celebration with her presence. Thanks and appreciation was given to our Lord and also to the many individuals responsible for helping to make this possible.



God's Blessings

CDV Staff Spotlight

Peggy Widmer

My name is Peggy Widmer and I'm the Activities Director/Volunteer Coordinator here at Central Dakota Village. I was hired at CDV on September 5, 1984. I started in the Dietary Department when I began my employment here.

I was born at Jamestown Hospital and grew up in Gackle ND. We then moved to Jamestown where I graduated from high school.

I married Bryan Widmer in May of 1988. Ten years after marriage we were blessed with our daughter Nicole, 18 months later, we were blessed again with our son Paul. Our children have brought so much joy into our lives.

I enjoy spending time with my family, spending time at our lake cabin, fishing, baking, cooking and just spending time outdoors.

Emilee Giesen

Emilee was born in Dawson Minnesota and she grew up on a farm. Emilee has three sisters and one brother. After graduating high school, she attended Sister Rosalind's Massage School in Rochester.

Emilee has been a CNA for ten years and she started here at CDV in October of 2004. She says the best part of her job is getting to know the residents and her fellow co-workers

In her spare time Emilee likes to meet new people and hang out with her friends. She also likes to visit her family, be outdoors, and watch movies.

Annual Resident & Family Picnic



On August 11th, Central Dakota Village will be having the ***Annual Resident & Family Picnic*** at 5 p.m. We will serve the meals and drinks with an entertainment program to follow at 6 p.m. Hope you can all come and enjoy the fun!

Roaring 20's Party



In June the Activities Department had a Roaring 20's Party. The residents had a lot of fun and 2 of the Activity gals danced the Charleston!

UPCOMING EVENTS

In July we are going to have a couple of Special Music programs. The Headstart kids are going to come up a couple times to interact with our residents. We are also going to try to have a couple Patio parties. We hope the weather will cooperate with us.

August will be a busy month here at CDV. On August 11, is the **Annual Resident & Family Picnic** at 5 p.m. with entertainment at 6 p.m.

There will be a **Hawaiian Party** on August 19th.

New Chaplain



Central Dakota Village has a new part-time Chaplain on staff. Her name is Virginia Davy. She is a great asset to our facility and we are glad that she's aboard!

Family Surveys:

Many of you have received surveys that we ask you to complete on a yearly basis. We look at the returned surveys to see if there are issues that need to be addressed. For example, comments regarding food are referred to Dietary. Anything about care is referred to Nursing. We noted in this last survey that some families were concerned with the time that it takes for a call light to be answered. We are also interested in this and with our current system we are able to print out data that tells us what time the light was turned on and what time there was a check-in. Each month we pick a day and time frame on each shift to determine length of time that it takes for the call lights to be answered. We may do a print out if we had some other concern and we feel checking the call light would be beneficial. Our goal is to have all call lights answered in 10 minutes or less with a preference for closer to 5 minutes. In April 94% met the 10 minute time frame and in May 97% met it. We will continue to do this checking on a regular basis. Thank you so much for those of you who completed the surveys and sent them back.

MEDICARE D CHANGES

This is a program that goes into effect on January 1, 2006 for prescription benefits. You have probably received some information in the mail already. There will be a fee for purchasing Medicare D. The government is implementing some different program options that the pharmacies will choose to participate in. The pharmacies may not choose all of the options. Not all medications will be available in the various options but there will be medications of the same types.

If you are in the nursing home and on Medicaid, Medicare will begin to pay for your drugs. You will not have to pay anything out of your own pocket. You will be sent a letter and will be automatically enrolled in a program. However, if you wish to change you will be able to do that later this year.

Other people will get a letter to complete a form and send to the Social Security Administration. Each of these letters is for the individual person - **do not** copy it or give it to someone else to use.

Try to be alert to information that will continue to come up regarding Medicare and prescription medications. Your pharmacy will be able to answer questions as to programs they will be providing if you have the prescription drug benefit. Watch for your "Medicare & You" handbook that will come out this fall for further information. You can also go on line at www.medicare.gov - this is sometimes a challenge to find what you are looking for but since it is a new program it may be easier.

CENTRAL PARK CAFÉ



The Central Park Café is now open for business. The Café is open Monday through Friday from 10 a.m. – 4 p.m. There is also a need for volunteers to help staff the Café. If interested in volunteering please contact Peggy Widmer at 252-5660.

CHURCH SCHEDULE



Sunday – Chapel 2:30 p.m.
Monday – Rosary 10:30 a.m.
Wednesday – Mass 10:00 a.m. Chapel 2:30

REGULARLY SCHEDULED ACTIVITIES



Monday – Bingo 2 p.m.
Tuesday – Reading Group 11 a.m.
Friday – Cards 2 p.m.
Monday – Sunday – Social Hour 3 p.m.

Thank You's We've Received

"Thank you for taking such good care of our father during his short stay at the Village. Everyone was so kind to all of us." – **The Streifel Family**

"Thank you for the beautiful red rose you sent in honor of mom. The care and concern given to mom was much appreciated during her stay at CDV."
- **Martha Kleingartner Family**

"Thank you for the rose and beautiful Bible. We were so pleased with mom's care."
- **Nadine Wilkinson Family**

"I just wanted to thank you for letting us use your facility to have dad's birthday party. More people came than I anticipated! A lot of them came up to me and told me how beautiful your nursing home looked. They were quite impressed, especially the ones from California and Boston. So once again thank you for the coffee and letting us share dad's birthday together." - **Roger Carlson Family**

Central Dakota Village

501 19th Street NE
Jamestown ND 58401
(701) 252-5660

web page: <http://www.smphs.org/centraldakotavillage/>

Rocky Zastoupil – CEO
Sue Johnson RN – Nursing Services Administrator
Dr. Dale Ernster – Medical Director
Debra Steckler – CFO
Marilyn Lobsinger RN – Wellness/Rehab & Admissions Coordinator
Jeannie Schmidt – Human Resource Manager
Jane Christensen – Housekeeping & Laundry Coordinator
Bob Koller – Maintenance
Candi Otto – Dietary Supervisor
Peggy Widmer – Activities Director/Volunteer Coordinator
Mark Boatman - Newsletter Editor

Sisters of Mary of the Presentation Long Term Care

A Care Philosophy of RESPECT

We are the people of Catholic Healthcare, fostering deep respect for the uniqueness of each person.

We believe that aging is a lifelong process.

Relationships

Are purposely developed and nurtured among residents, families, staff, and community. Consistent care for a designated group of individuals enhances the personalization and continuity of care. This builds trust and meaningful relationships throughout the team.

Environment

Is homelike and hospitable. Our facility is home for most residents. In the spirit of hospitality, we provide a homelike environment that enhances socialization, independence, and dignity. Environmental adaptations, programming and educational efforts contribute to a homelike atmosphere.

Stewardship

Stewardship of our resources is using responsibly all that we have been given. Human, fiscal and material stewardship is the foundation of our mission. We value these God given gifts. We seek to develop and utilize them for the benefit of the whole community.

People Directed

Maximizing choices enables people to have control of their lives and is essential to maintain human dignity. Residents are the key decision makers of their care with staff assisting them to carry out their wishes. We focus on rights and responsibilities rather than on rules and schedules. Flexibility is necessary so care can be truly individualized.

Ethical

We are guided by the Ethical & Religious Directive for Catholic Healthcare in all our decision-making. We act on behalf of justice for all, especially for the most vulnerable in society.

Compassionate Care

Each person's life is of utmost value and deserves respect and care at all stages of life. Individuals vary in their response to aging and to chronic health conditions. We focus on health and wellness while assisting in areas where support and healing are needed. We attend to the whole person emotionally, spiritually, socially, and physically. Interventions will

promote growth and independence and maximize each individual's potential.

Teamwork and Dedication

All team members are individually responsible and accountable to promote an atmosphere of service and open communication between residents, family and staff. We commit ourselves to the common good by serving with joy and integrity. Moral commitment to truth, responsibility, purpose, trust and professionalism guides us in our daily mission.