



# CENTRAL DAKOTA VILLAGE

Sisters of Mary of the Presentation Health System

*October – November - December 2005*

Central Rock Review  
Rocky Zastoupil, CEO

Greetings! Fall is upon us now in beautiful splendor with vivid colors of red, orange and yellow. Memories of a fruitful summer fading with winter lying ahead. This is the time of year to give thanks for all of our blessings. I often wonder if we truly see all of the blessings our Lord has given us and continues to give each and every day.

Hurricanes Katrina and Rita have shown us that even during the worst of times we are blessed in seeing the best come out in people. Faith is powerful and carries us through seemingly desperate times. All of us at one time or another face our own hurricanes (crises), and it is how we deal with these problems that causes us to grow and become stronger or stumble and fall. I remember a saying that has helped me through many crises: "If God is with us then who can be against us?" Remember where and with whom our strength comes from.

On a lighter note, Central Dakota held a fund raiser on September 20<sup>th</sup> that might be of interest to everyone. I "volunteered" myself to be the dunkee in a dunking tank filled with water. Guests, employees and especially our residents and tenants enjoyed "dunking the Administrator". A good time was had by all and who knows what next year might bring.



I want to take this time to wish everyone a Happy Thanksgiving with hopes that all will be truly thankful for each and every blessing in our lives.

God's Blessings

# CDV Staff Spotlight

MeLisa Jones



MeLisa Jones was born in Mobile Alabama on February 17, 1979. She stated that it was a beautiful day that day because she was born. MeLisa has two brothers. She attended school in Wyoming and Montana and college in Jamestown. She graduated in 1996.

MeLisa has a son Tristin and is engaged to be married and would like more children. She met her fiancé Casey Roaldson at a social function. They have dated for two years and plan on being married in 2006.

MeLisa says she enjoys eating, camping, work, and spending time with her son and fiancé. Summer is her favorite season, she likes most foods, and yellow is her favorite color. MeLisa's motto she lives by is: Live, Laugh and Love.

## Quilt Winner



Congratulations to Jenny Bjerke for winning the quilt that was recently raffled off here at CDV.

## CDV Resident Spotlight



**Lorraine Smith** was born November 5, 1919 in St. Cloud MN. She attended school at St. Cloud Tech High where she also graduated from.

She met Clarence (Slim) Smith at a picnic in Sauk Rapids MN. They dated for two months and then they got married. They had 4 children, 2 girls and 2 boys. Lorraine has 6 grandchildren and 2 great grandchildren. Lorraine enjoys going to activities such as bingo, church, reading groups, crafts, balloon volleyball, kickball, cards, and watching movies. She is very involved around our facility.



**Irene Miller** was born March 21, 1917 in Windsor ND. When she was a small child her dad worked for the railroad, so they moved to Jamestown. Irene has 9 siblings. She attended school in Jamestown, then helped mom and dad at home. Irene went to a barn dance and then met Arthur Miller who later became her husband.

Irene and Arthur had 11 children. She had twin boys that weighed 16 pounds. They had a son that weighed 13 pounds that passed away seven hours after birth. Irene was a stay at home mom until their children were in school. She worked at the State Hospital for 13 years. Irene has 80, Grandchildren, Step-Grandchildren, and Great-Grandchildren. She had three Grandsons that have passed away. Irene enjoys music, dancing, singing, and reading.

## **Bus Fundraiser**



The Activity Department is going to do a fund raiser. We would like to raise money for a bus, so we can take our residents to community outings, such as fishing, the fair, bus rides, trips to the mall, etc. We are asking for alot of HELP, and hoping to get a grant to help out with the cost. We are looking to get a 7 passenger bus and we feel this bus will be a great asset to our facility. For those who donate, we will put your name on the donation board. As a fundraiser the Activity Department is going to have a Dessert of the Month sale, starting Oct. 19. The goodies will be served out of one of the activity rooms.

## **Hurricane Relief**

\$422.75 was raised for the victims of Hurricane Katrina. The money was raised from the weekly Blue Jean day and a donation jar in the front office.

## **CDV Volunteer News**

The CDV Volunteers recently purchased a 32 inch flat screen TV and a chest freezer. The TV and freezer were purchased with proceeds made from the Central Park Café.

## **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. (except the 3<sup>rd</sup> Monday)  
3<sup>rd</sup> Monday – Monthly Birthday Party  
Tuesday – Reading Group 11 a.m.  
2<sup>nd</sup> & 4<sup>th</sup> Friday – Cards 2 p.m.  
Monday – Sunday – Social Hour 3 p.m.

## **Thank You's We've Received**

"I want to thank you so very much for taking care of my mom for so long. I know she had excellent care. She enjoyed being there. Without your support I couldn't have gotten through it." – **June Heim Family**

"No words can begin to express our thanks and admiration for the exceptional care, love, and understanding provided for our mother, Elizabeth, during the last eight months of her life. It is very evident that the "Job" of caregiver is more so a "Mission" for many of the staff. The special character, personality, and compassion needed to provide care for the elderly and infirmed was always shown in the care received at Central Dakota Village. Thanks again and God bless"  
- **Elizabeth Wegenast Family**

### **Central Dakota Village**

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(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.