



CENTRAL DAKOTA VILLAGE

Sisters of Mary of the Presentation Health System

April - May - June 2006

Central Rock Review
Rocky Zastoupil, CEO

Blessed Easter! He has risen indeed!

Just as our Lord and Savior rebuilt his destroyed temple in three days, spring with renewed "Sonshine" is here rebuilding all the wonderful new life after many days of winter. Take time to enjoy the wonders of our Earthly home.

At Central Dakota Village we are continuing the process of allowing our residents to 'sleep in' and eat a later breakfast if they so choose. You may have perhaps heard the acronym AWU which stands for Alternative Wake Up. This is our name for this wonderful new program. We are trying very hard to have this program up and running sometime this year- perhaps even yet this summer.

Another new and exciting designation is also in the works here at Central Dakota Village. We are working towards becoming designated as a CORE facility. This stands for Center for Orthopedic Rehabilitation Excellence! We are going to add to our already excellent rehabilitation program and become accredited as a CORE facility.

Please come visit and see our new Prayer Room! We have recently completed a minor construction project to build a small Chapel for our residents, their families and any staff members who feel the need for some private prayer time with our Lord. We will also eventually have the Blessed Sacrament available for those of the Catholic faith.

Finally, sometime during May we will be asking our residents, their families and our employees how we can better serve and improve Central Dakota Village. We will be utilizing a survey company named My Innerview. If you are selected, please take the time and complete the survey. Your opinion is important to us!

God's Blessings

CDV Staff Spotlight



Linda Johnson

Linda Johnson was born on May 24, 1947 in Valley City ND. Her mom told her that it was a nice day and that she came early in the afternoon, so that meant that she would not be an inconvenience to anyone. Linda is the youngest in the family and she has two older brothers. Linda went to an old country school at Urbana ND, she attended 1-8 grade there. She went to high school at the college lab in Valley City 9-12 grade. She then went to college as an under graduate at Valley City State University, then went as a graduate student at Georgia State in Atlanta. For 30 years Linda taught children with behavior disorders and autism. She really enjoyed her job, she said it was a 24/7 job but it didn't seem like a job. Linda is now the CNA Coordinator here at Central Dakota Village.

Linda has never married, but she feels she has two families. Her mom has been in the Sheyenne Care Center in Valley City for the past 4 years. Every Saturday Linda takes her mom out and they spend the day together. She said that they have a lot of fun. Linda also has 8 nieces and nephews. Then she has a second family. Linda's good friend has 2 children that Linda has helped with, they keep in touch daily. In Linda's spare time, she enjoys her 2 dogs, being outside working in the yard, fiddling around the farm, going fishing, and reading etc...

Shelly Bensen

Shelly Bensen was born on October 1, 1961. She is the 3rd child out of 4, Shelly has 2 sisters and 1 brother who is the youngest. Shelly attended K-4th grade in Great Falls Montana, then 5-12 in Fertile Minnesota. Shelly and her husband Kevin will be married for 10 years in September 2006. They have 2 children, a girl and a boy. Shelly used to call Bingo at the KC Hall and she is currently a housekeeper here at Central Dakota

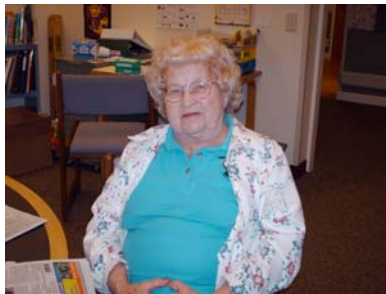
Village. Shelly enjoys spending time with her family and going on trips.

CDV Resident Spotlight



Frieda Schrade

Frieda Schrade was born on the family farm. She is the oldest of ten children and there were 6 girls and 4 boys in her family. She went to school in Deer Lake Township, until the end of 8th grade, where then she helped out on the family farm. When Frieda was in her mid 20's she ventured out to find work on her own. She worked in a couple restaurants before she found her job at the Jamestown City Laundry where she worked until she retired. Frieda did have a daughter who passed away in 1980. Frieda has a special friend named Norman. He takes her to various places. She enjoys his company and they have a lot of fun together. Frieda has a great sense of humor.



Claudia Weisz

Claudia Weisz was born September 17, 1914. There were a total of 8 children in her family. Claudia grew up in South Dakota where she went to school until 8th grade. She met her future husband Sam, they married after dating about one year. They had 5 children, 4 boys and 1 girl. Claudia has many grandchildren and great grandchildren. She speaks very highly of her family. Claudia helped her husband on the farm, she helped milk the cows, feed the chickens plus all the motherly chores. She said that she can remember snow piles as high as the car and having to help open up the roads. Claudia enjoys playing bingo, reading, word puzzles, singing, and being with her family. Claudia has a great sense of humor.



Greetings! Great things have been happening with the fund raising committee this quarter. Staff and families have been extremely supportive and the balance keeps on growing.

During the week of March 13-17 our Volunteer Coffee Shop along with a supplemental grant from Thrivent Financial for Lutherans earned us \$890.80. This sum in addition to private donations brings our balance to \$3256.55.

We will continue to do our part to provide opportunities for you to offer your support and assistance. We will be attending Life's Focus at the Jamestown Civic Center April 26h from 10:00 a.m.-5:00 p.m., selling hot dog and hamburger baskets, and may be doing something in conjunction with the Pizza Ranch in May.

We would like to send out thanks to Rodney Monson for sending a donation in memory of Roger Carlson, and Betty Widmer for donating in memory of Lila Larson and the N.D. Department of Corrections also donating in memory of Lila Larson.

Any contributions are appreciated and will be recognized. Every dollar brings us closer to our first goal of \$10,000. If you would like to send a donation, it may be addressed to:

**Central Dakota Village Fundraising
% Christine Randall
501 19th St NE
Jamestown ND 58401**

Make checks payable to Central Dakota Village

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.
Thursday – Bingo 2 p.m. (except the 3rd Thursday)
3rd Thursday - Monthly Birthday Party – 2:30 p.m.
Monday – Sunday – Social Hour 3 p.m.

Thank You's We've Received

Thanks for the great care you gave to our Dad all the years he lived there. Thank-you also for the Bible you gave in his memory.

Roger Carlson family

Just a note of thanks to each and everyone that was so helpful in Mom's final hours, especially for keeping her comfortable. Also special thanks for all your care and special attention you all gave Mom. The Bible was a nice gesture. Thanks again for everything.

Esther Skattum family

A special thank you to the nurses and staff for taking such good care of our sister Lois. You were all so kind, it is hard to express our feelings. The rose was beautiful. We have no complaints, just a big Thank-you to all and God Bless each and everyone.

Lois Wiest family

We would like to thank everyone for the wonderful care you gave to our Mom. She often told how she cared for the CNA's and the nurses, you were all wonderful to her. We will always remember how great you are.

Sylvia Hoffmann 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.