From the Administrator, Tony Janusz

I would like to thank all of you who attended our Holiday Celebrations. It is always a joy to see the expressions on our resident’s faces when enjoying the company of family and friends.

With the New Year comes new opportunities to make the lives of our residents healthier and more independent. We have begun a new project that stresses mobility, improved range of motion, and lower body strength and balance. Statistics show that improved physical activity in seniors greatly improves their quality of life and overall health.

We have also changed our activity calendar to include more for the residents to do near the end of the day to keep their minds active.

Finally, when you visit your family members please give a kind word to the hard working staff in all of our departments who make many sacrifices to be here in all kinds of weather and conditions. That will definitely make their day.
Easter Sunday Buffet

Sunday April 12, 2020

Guests RSVP’S due by April 3rd

Cost $10.00 per person

11:30am

Menu:

Ham
Scalloped Potatoes
Corn
Biscuit
Cranberries
Colored Hard Boiled Eggs
Easter Dessert
Environmental

Happy New Year Everyone!

First of all, I would like to thank everybody for the visits, volunteerism, and concerns you have with this Care Center this past year. The Christmas season was very nice. We had an excellent turnout from families and friends. The warmer December and January weather has brought us a lot of wet and icy conditions. We try to keep the walks and driveways clean of ice. The sand and salt truck comes to do the driveways and parking lots. We salt the sidewalks as well. But I ask that everybody please be careful walking and driving.

Contacts:
Administration 683-8101
Social Services 683-8104
Director of Nursing 683-8102
Human Resources 683-8103
Director of Rec. therapy 683-8106
Environmental Services 683-8105
Dietary 683-8117

From the Culinary Department: Rita Marsh

I am new to the Culinary Department I began in November. It’s so nice to be back working with / for our elder population.

I have been around visiting with residents and talking about their likes and dislikes. Just getting to know them.

Something new that will begin this year is the birthday club for our residents. Each resident will have the opportunity to choose their favorite meal and it will be served for their birthday along with a birthday dessert and they will receive a birthday balloon too.

We have a food drive happening now “Share the Love Food Drive” for the Pennington County Food Shelf. We as a community can assist with replenishing the food shelf after the busy winter and Christmas season they had. This is being held for January 6th thru February 14th. If you are able to help great, your assistance is appreciated.

We are planning a Family & Friends Easter Buffet it will held on Sunday May 12th here at the Thief River Falls Care Center. It will start at 1130am the cost will be $10.00 per person and reservations are due by April 3rd. See the attached Flier.
Care Center Companions !!!

We are always looking for volunteers who would like to spend some time with residents and staff to enhance the lives of our residents. We have some great volunteers that I can’t thank enough. If you have some new, fun ideas that we could share with our residents please contact Lori at 683-8106 or email at lathompson@trcc.sfhs.org

Employees of the Month:

These employees were Caught in the Act of Kindness as they were working as a team player with the other staff and completing their work as well. They are hard workers and have kind hearts. We are lucky to have them as employees at TRCC.

Please fill out Caught in the Act of Kindness forms to thank staff who do the little extra things that make the Care Center that special place. The forms are at the nurses stations.

Remembering our friends:

Sylvester “Buddy” Hemp
Susan Stenzel
Lawrence Hemmesch
Annabelle Chervestad

Donna Jelle
June Berggren
Kyle Joppru
Alex Wald
Gloria Larson
We sure enjoyed the holiday events this past quarter. October-We had a great Halloween party with pumpkin carving, lots of staff costumes, a pumpkin piñata and lots of trick-or-Treaters. November-The Thief River Falls quilters presented our veterans with quilts and we had a great Thanksgiving buffet. December-We had many music and caroling groups and enjoyed a wonderful Christmas party and program with Santa and lots of goodies and gifts.

A big thanks to everyone for joining in to help make the holidays great for all our residents.

Now the cold has set in for the start of the new year. January-The calendar is a little quieter after the busy December and then February comes with valentine festivities, crowning of the Kings and Queens and the Sweetheart banquet.

Upcoming Events:

*Family Council 1-22-2020 4:00 Conference Room

* Valentine Party 2-14-2020 2:00 Evergreen Dining Room

*Couples Banquet 2-13-2020 5:00 activities room

*Also this year we will have an Easter Buffet April 12th

Activity calendars are posted in all resident rooms. Extra copies are in the wire basket in the entry and now on facebook. Family and friends are all encouraged to participate along with the residents.
Dear Family and Friends please join us for refreshments and snacks at Thief River Care Center *Wednesday January 22nd 2019 at 4:00 p.m.* in the Conference room.

Here you will have the opportunity to meet with our ombudsman Heather Anderson!

This meeting offers the ability to engage with other family or friends of our Thief River Care Center resident’s, as well as ask questions, bring up concerns or make suggestions!

Minutes from our previous family council will be given. One letter per family is set, so please inform family and friends! We hope to see you there!
Christmas and New Year’s came and went too quickly as it always does. I hope everyone was able to spend precious time with family and friends. Each new year brings changes. I recently accepted the position of Director of Nursing here at Thief River Care Center. A couple days later I slipped on the ice and received a metal plate and 8 screws in my leg. My family and I have been learning the art of patience. I believe I was meant to be reminded of what it is like to be dependent on other people. Having to wait for help with things like going to the bathroom, getting a drink of water, washing my hair, getting help to be repositioned or get some medicine for pain. Things we all take for granted. Along with that, as a good Scandinavian, trying not to complain! I am super excited about digging in and trying to make a difference in the lives of our resident’s. I am happy to say that we have hired several care givers and more interviews are set up. I am also excited to welcome back a coworker that has been away for about a year. Alison Matter will be taking on the role of Assistant Director of Nursing and MDS. Welcome back my dear friend.