



ROSEWOOD on BROADWAY

SMP Health System

First Edition 2010

STUDENT OPPORTUNITIES

Rosewood's most recent administrative intern is Thomas Costello. Tom is completing his education through Minnesota State University at Moorhead (MSUM) and prior to becoming an administrator, Tom must complete 480 hours of internship before writing his administrative boards. Tom is but one of many interns who apply and receive a part of their education at Rosewood.

What is an intern and why is it important to have interns? An intern is someone who works in a temporary position with an emphasis to on-the-job training, making it similar to an apprenticeship. Interns are usually college or university students, but they can also be high school students or post graduate adults seeking skills for a new career. Internships provide opportunities for students to gain experience in their field, determine if they have an interest in a particular career, create a network of contacts and gain school credit. Internships provide employers with inexpensive labor for and also the prospect of interns returning to the company after completing their education with little or no additional training.

An intern may be paid, unpaid or partially paid (in the form of a stipend). Paid internships are most common in the medical, architecture science, engineering, law, business (especially accounting and finance), technology and advertising fields. Internships in not for profit organizations, like Rosewood are often unpaid positions. Typically the student internship last 6–12 weeks, but can be shorter or longer. The act of job shadowing may also constitute as interning.

Tom is not alone as we have many interns from many disciplines represented at Rosewood, including in Nursing; Social Services and Activities. The students come from many educational facilities, North Dakota State University; Concordia College; Minnesota Technical College; North Dakota State College of Science; and Skills and Technology Building.

In 2009 the following were interned and trained at Rosewood on Broadway:

Skills and Technology	142 Certified Nursing Assistant students
North Dakota State College of Science	26 Nursing students
Minnesota Technical College	60 Nursing students
North Dakota State University	64 Nursing students
University of Minnesota at Moorhead	1 Administrative Intern and 2 Social Work interns

Rosewood is pleased to be able to provide an opportunity to these students to learn about caring for these people that we serve.

FLOOD PREPARATION

Well here we go again, preparation for major flooding in Fargo-Moorhead. As many of you remember last year, that meant the evacuation and re-location of all residents from all nursing homes, senior housing and hospitals in Fargo-Moorhead. The good news is that many things were learned from that and the planning has begun earlier rather than later.

We have participated in the first meeting with Cass Public Health to discuss early concerns and ideas for improvement from last year. Each facility is working with Cass Public Health and the City of Fargo on assessing it's vulnerability and ability to shelter in place. If evacuation is necessary, it would be expected to be a staged evacuation with the most vulnerable facilities relocating first and as the projected river levels rose, evacuation would move on to other facilities vulnerable at the higher river levels.

In the next few weeks we will be preparing staff members, residents and families, gathering items that would need to go with residents if they must leave Rosewood and participating in all the planning and information meetings and activities that are taking place on a local and state level.

We will continue to get information out as we have it. In the meantime, you may call Rosewood (701) 277-7999 and speak to Teri Walter if you have questions.

YOU ARE NEEDED!!

We have a need for volunteers to be medical escorts for Rosewood residents going to clinic appointments. Not only is this a vital position, it is also very rewarding. Volunteers are asked to meet the resident at Rosewood and ride along on the van to the medical appointment. The van driver will help the resident in and out of the van and deliver them to the clinic door. The volunteer will then register the resident at the clinic, take them to the appropriate office and wait in the waiting room until they are done. The volunteer does not go into the exam room with the resident, is not to assist with lifting the resident and does not provide any input to the physician. After the appointment, volunteers take the resident back to where the van dropped you off; make a phone call to be picked up and return to Rosewood.



When an escort is needed a volunteer is called to see if they are available to go on the appointment. You decide if you are available for that time and day.

We would like to have several volunteers on our list so we don't over use any one volunteer. If you are interested, please contact Myrna Harris or Jill Freed at 277-7951.

ACTIVITIES and EVENTS AT ROSEWOOD

Our regular programming:

CHURCH SERVICES

Chapel services—Sunday at 2pm and Wednesday at 2pm
Chaplet of Diving Mercy—3pm Wednesday
Catholic Mass—Thursday at 10am
Rosary and Communion—Monday at 10am
Bible Study—Thursday and Friday at 1pm
Benediction and Holy Hour—3pm
First Lutheran Communion Service—4th Thursday at 2pm

BINGO

Monday, Thursday, Friday at 5:30pm
Tuesday and Saturday at 2pm

COMMUNITY COUNCIL MEETINGS

Dakota Rose (3rd floor) last Tuesday of each month at 2pm
Prairie Heights (4th floor) first Monday of each month at 2pm
Prairie Rose & South Prairie (2nd floor) 2nd Thursday of each month at 2pm

Rosewood Auxiliary's Pie Day Fundraiser—1st Thursday of the month at 1:30pm

Daily Coffee/Social Time--1:30pm-3pm in the dining room

LIVE MUSIC & ICE CREAM EVERY FRIDAY AFTERNOON AT 2PM

March

5th Glenn Douglas
12th Rockn 60's
19th Kringen Accordion Group
26th Leo Kiefer

April

2nd Good Friday Service
9th Glenn Douglas
16th Rockn 60's
23rd Bill Bosch & Co
30th Mark Miller & Amy



Refer to daily Take-A-Look and weekly Program Schedule for additions and corrections. Friends and family of residents are welcome to attend. Subject to change as needed.

FROM THE AUXILIARY

Rosewood Auxiliary wants to thank all those who contributed to the Christmas Tree Light project. The tree was officially lit on December 6th at a party for Rosewood residents and guests. Christmas goodies, provided by the Auxiliary were served and there was special music entertainment from Olivet Lutheran Church in Fargo. The tree is outside the dining room window.



During the past year the Auxiliary has purchased a piano for the dining room, furnished The Forum for each floor, provided Bingo prizes, cakes for the monthly Birthday Dinners and arranged Pie Day the first Thursday of the month—area churches provide the pies.

Our membership is open to all who support our Mission of helping to best serve the residents of Rosewood.



CENSUS TO BE TAKEN

The 2010 Census will begin April 1. All residents at Rosewood at that time will be counted. Designated staff members at Rosewood will be sworn in as census workers and will collect and submit information to assure that all residents are counted in the census.

DONATIONS ARE APPRECIATED!

Any time you are doing any closet cleaning, Rosewood always appreciates donations to use for bingo prizes. Jewelry, colognes, knick-knacks, stuffed animals, and like items are so appreciated. You can drop donations off at the front desk or in the Activity/Volunteer room. Thank you!

ROSEWOOD MANAGEMENT TEAM

Bruce Davidson, Administrator
Renee Muhonen, Director of Nursing
Meldine Tang, Finance Director
Deb Anderson, Dietary Manager
LaVonne Olander, Environmental Services
Teri Walter, Case Management Coordinator

FLU IS A SERIOUS CONTAGIOUS DISEASE

Each year in the United States, on average, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications. This flu season there is a new and very different influenza virus causing illness called 2009 H1N1. Flu is unpredictable, but CDC expects flu to continue causing illness, hospital stays and deaths caused by either 2009 H1N1 viruses or regular seasonal flu viruses.

Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue.

The Centers for Disease Control and Prevention (CDC) urges you to take the following actions to protect yourself and others from influenza (the flu):



Get a Flu Vaccine

CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal influenza.

While there are many different flu viruses, the seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common.

Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

Seasonal flu vaccine also is important for health care workers, and other people who live with or care for high risk people to keep from making them sick.

Remaining supplies of seasonal flu vaccine are limited at this time in this season.

A seasonal vaccine will not protect you against 2009 H1N1. A vaccine against the 2009 H1N1 virus has been produced and is the best way to protect against the pandemic virus. Supplies of this vaccine are increasing and most places have opened up vaccination to anyone who wants it.

People at greatest risk for 2009 H1N1 infection include children, pregnant women, and people with chronic health conditions like asthma, diabetes or heart and lung disease.

Prevention

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)

- While sick, limit contact with others as much as possible to keep from infecting them. **Do not visit at Rosewood on Broadway.**
- Follow public health advice regarding school closures, avoiding crowds and other measures to keep your distance from others to lessen the spread of flu.

Take Flu antiviral Medications

If you get seasonal or 2009 H1N1 flu, antiviral drugs can treat the flu.

Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu by keeping flu viruses from reproducing in your body.

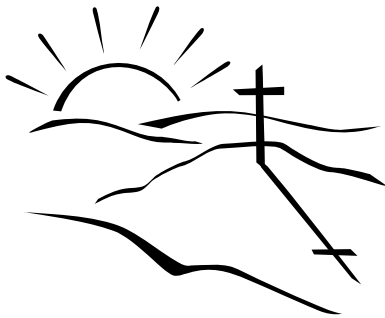
It's very important that antiviral drugs be used early to treat people who are very sick (hospitalized) or people who are sick with flu-like symptoms and who are at increased risk of serious flu complications, such as pregnant women, young children, people 65 and older and people with chronic health conditions. (Most people have been able to recover at home from 2009 H1N1 without needing medical care and the same is true of seasonal flu.)

Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.

Antiviral drugs are not sold over-the-counter and are different from antibiotics.

For treatment, antiviral drugs work best if started within the first 2 days of symptoms.

Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu, including 2009 H1N1 and have respiratory symptoms without a fever.



LENT AND EASTER by Deacon Jim Hunt

Lent is the 40 day season in the Church year that begins with Ash Wednesday and ends with the celebration of the Easter Triduum (Holy Thursday, Good Friday, Holy Saturday). It is primarily a penitential season during which we are called to practice in a more intense way the works of prayer, fasting and almsgiving. The principle focus of these is to purify our relationships with God, neighbor, self and creation, and to perfect in us the

practice of the virtues of faith, hope and charity we receive at our baptism. The season of Lent is modeled after the 40 days Jesus spent in the desert in fasting and prayer to prepare for his public ministry. It likewise helps us to prepare for our life in the world.

Ultimately the purpose of Lent is to prepare us for Easter, that is, celebrating our Redemption and restoration of life with God. Easter is a time of new beginnings, of grace and blessing through, with and in Christ. It is a time of fulfillment, of entering more perfectly, not into life with something, but new life with someone, and that someone is God. Christ's Resurrection on Easter Sunday points also to our resurrection in Him at the end of time, when our mortal bodies will be raised and take on immortality as we enter the eternal family life of the Blessed trinity.

My prayer for all of us is that we enter this Lenten season with a deep desire to enter life more perfectly with God, and that through this season we cooperate with God as He seeks to transform us more perfectly into the persons we are created to be in His image and likeness.



ABUSE AND NEGLECT

At Rosewood, we take each resident's physical and mental well-being very seriously.

We believe that all residents have the right to live free of abuse of all types including verbal, sexual, physical or mental abuse, corporal punishment, involuntary seclusion or misappropriation of their property.

Mistreatment, neglect or abuse of residents is not tolerated. Rosewood will not employ individuals who have been convicted of abusing, neglecting or mistreating individuals. Before hiring any individual to work at Rosewood, references are checked, including checking to see if they are listed on the abuse registry.

All alleged violations involving mistreatment, neglect or abuse, including injuries of an unknown source, are reported immediately by any person witnessing or having any knowledge related to such an allegation.

Management staff investigate all alleged violations using established procedures. The results of investigations are reported immediately to the administrator and all violations then be reported to the State survey and certification agency.

Abuse or neglect is defined as non-accidental injury, treatment or neglect of a resident, under circumstances which indicate that the resident's health, welfare, and safety is harmed.

All employees, service providers and any other individuals who come in contact with residents, are educated on types of abuse and their responsibility in preventing and reporting suspected and/or observed incidents that they feel may be abusive.

If you have questions about abuse/neglect or wish to report behavior you feel is not acceptable, contact Teri Walter, LSW, or any management staff at Rosewood. If you prefer, you may contact the Long Term Care Ombudsman Office at 1-800-451-8693 .

NEW VOLUNTEER OMBUDSMAN

Deacon Dave Haney has been approved to serve as a volunteer ombudsman for Rosewood. Deacon Dave is well known at Rosewood having served previously as the volunteer ombudsman and also caring for his wife while she resided at Rosewood. We are pleased to have him back with us. He is looking forward to reacquainting himself with residents, family and staff members.



Rosewood on Broadway
1351 Broadway
Fargo, ND 58102

PROTECTION

By Russell Hanson, resident of Rosewood

Everybody needs some help, offered by our good Lord,
To try life without Him, no one could afford.

Much better than insurance, for His protection is real.
His premiums are always free, there is no better deal.

Everyone can be accepted , just apply to God in prayer.
There are no omissions, for God is always there.

No examination is required, just have a good clean heart.
Ask forgiveness for all sin and His church is a part.

Don't waste any more time, apply to God today.
Protection starts immediately and lasts all of life's way.