

HOLIDAY LIGHTS--

Dear Family and Friends,

Join us again this year at Rosewood on Broadway to honor and remember our loved ones during the holiday season. We will have a Christmas tree with special lights shining just for them.

If you have a special friend or loved one living at Rosewood or possibly one who has passed away, send us the name of the person or persons you wish to remember. A card will be placed in their room stating who the light is from.

Magenta light: \$5

Red light: \$10

Blue light: \$15

Green light: \$20

Gold light: \$25

Rosewood's Auxiliary uses all monies to improve the lives of the resident and the area in which they live. We furnish Fargo Forums for each floor, bingo prizes, monthly birthday cake and help wherever it is needed.

On Sunday, December 7, 2008, the Auxiliary will be serving holiday goodies and coffee between the hours of 1:30 AND 2:30. There will be special music and the lighting of the tree during that time.

A check can be mailed to :

Rosewood on Broadway Auxiliary
Linda Monge, Treasurer
2309 Evergreen Rd.
Fargo, ND 58102

We are looking forward to seeing those beautiful shining lights in the eyes of the residents, knowing this special project is for them.

A special thank you to all those who contributed in June to our Bake-less Bake Sale. The money was used to help keep up the garden. We appreciate your wonderful support.

Sincerely,

Dolly Strand
Project Chairman
Rosewood on Broadway Auxiliary

ENVIRONMENTAL SERVICES

Caring for the building and grounds to provide clean, safe and comfortable surroundings is the main concern of **Environmental Services**. The staff consists of 17 people, housekeepers, laundry workers, maintenance personnel and the department manager, LaVonne Olander.

A typical day starts at 5:00 am with laundry on the main floor . Linens are done in the main floor laundry. At 8:00 more of the department begins their day with the final shift beginning at 12:30pm and going to 9pm.

Curtis Jalbert who works in the main floor laundry has the longest longevity in the department with 26 years. Other laundry workers are Char Dotting and Mathilda Sirleaf. Bob Kouba is in charge of floor care and works maintenance with Mark Olson and Terry Hamilton. There is a housekeeper on each floor who does the cleaning as well as the personal laundry of the residents (clothing). In October of 2007 the change to doing personal laundry on each floor and not sending it to the main laundry was done. This has cut down on lost items and provides a better service for residents. Housekeepers include Edelle Bond, Aimee Stromenger, Liz Hunt, Annette Bruns, Jenny Jacobson, Oretha Glaye, Tammy Pietruszewski, Raina Fritz, Amanda Berg, Elaine Hettwer.

Despite their role outside of nursing care, environmental services staff play a key role in the life of the facility. As well as providing their vital functions of providing linens, clothing, repairs and cleaning, they have a unique connection to the resident. Because of their non-threatening positions, residents often open up to them in ways that they don't to those providing medical care. Also, housekeepers are in residents' rooms every day, they become familiar with small but pertinent details about the resident—such as what they like to watch on TV, how they like their environment kept and when they might not be feeling well. They're not invading personal space in terms of doing personal care so, typically, residents are often more comfortable talking to these staff members.

Any time anyone thinks that these individuals and their jobs are not essential to Rosewood's operation just stop to think about not having clean towels or bed linens. Or not having the floor vacuumed for a week or light bulbs replaced. Or not infection control cleaning. Not only are they important, we couldn't survive without them, THANK YOU!

Notes from Bruce...

One effort to increase the effectiveness of Rosewood's communication is conducting quarterly staff meetings and focus groups. The All Staff meeting is an opportunity for staff to hear what's new from the Administrator and each Coordinator regarding their department.

On Monday, September 29th Rosewood kicked off the first all staff meeting. My goal is to have 100% turn-out for this event. It is an opportunity that staff can ask questions of the Administrative team. Too often I hear, “we never know what’s going on around here”. This is an opportunity to gain insight, and to ask questions.

On Wednesday, October 1st Rosewood kicked off its first employee focus group. There are three focus groups scheduled for the 1st week of October. In order to become a Servant Leader, we need to know the concerns of the employees. Our action plan is as good as the information received.

I am proud to say that we have a good turnout for the employee focus groups. There were many themes expressed, but a consistent theme received by the employee’s is to enhance communication and work on building team work. The goal is to focus in on two or three issues and dig deep into why they exist, and offer a plan through education and reinforcement to provide a solution.

Enhancing communication and building a better team is a goal for any organization. We at Rosewood see this as a great opportunity. By enhancing our efforts in building both communication and team work - everyone wins.

HALLOWEEN

We are heading into the holiday season and a busy time of year. In the month of October the big event is Halloween. Children from the schools around Rosewood, staff members children, residents’ grandchildren and other are invited to trick or treat. Wrapped candy is donated by local businesses, staff members and family members as well as Rosewood. An average of 300 to 400 trick or treaters take part in this event.

Residents have pails filled with candy and wait for the kids to come in their costume to receive the treats. Students from area colleges volunteer their services to help the resident’s hand out candy. This is an activity the residents really enjoy, seeing the little ones in their costumes and being able to treat them.
NO TRICKS WANTED!

RESIDENT/FAMILY COUNCILS

Resident/Family Council started on the 2nd floor unit with residents, staff and family in May. We set up a idea box to come up with a name for the unit. We did not want to be referred to as the "16 Bed unit". Through resident and staff votes the consensus on the name is South Prairie.

Alison Huether is our new nursing service manager. Alison has been with us as a primary day nurse on Prairie Rose. Welcome Alison.

Our meeting dates will be the second Thursdays of each month at 2:00 pm.

Third Floor Resident and Family Council Meeting

Starting May 2008 the Resident and Family Council Meetings are now being held on each floor. Third floor's meeting is held the last Tuesday of every month at 1:30pm in the lounge area. So far we have had a great turn out over the past four months. We not only have residents and family attend the meeting, but now the staff from third floor is able to attend. We are able to deal with issues and concerns that directly affects third floor right away, sometimes right there at the meeting!

Our first order of the meeting was to name third floor. We had many great names that residents, family, and staff gave out for suggestions. Some were Busy Bees, Mockingbird Lane, Dakota Wild Rose, Golden Third, Wild Rose, Golden Rose, Dakota Rose, Golden Bunch, Lilac Lane, and many more. The name that everyone voted on was Dakota Rose. So we are no longer third floor, but Dakota Rose!!

Our next meeting is on Tuesday, September 30, 2008 at 1:30pm. If you would like any minutes from previous meetings, please contact Staci Kouba, Third Floor Case Manager.

From Mother Theresa, "In The Heart of the world"

There are many medicines and cures for all kinds of sick people, but unless kind hands are given in service and generous hearts are given in love, I do not think there can ever be any cure for the terrible sickness of being unloved.

It may happen that a mere smile, a short visit, the lighting of a lamp, writing a letter for a blind man, carrying a bucket of charcoal, offering a pair of sandals, reading a newspaper for someone; something small, very small, may ,in fact, be

our love of God in action. Listening, when no one else volunteers to listen, is no doubt a very noble thing.

Holiness grows fast where there is kindness. I have never heard of kind souls going astray. The world is lost for lack of sweetness and kindness.

God bless and keep you all/ Deacon Jim

INFLUENZA

It seems too early to talk about Influenza while it is 90 degrees outside and we are outside enjoying the fresh air and sunshine. We start planning for Influenza season and order vaccines for residents and staff in February and want you to consider the following information when making choices for you or your family member to have the Influenza vaccination.

Influenza “season” starts in October and runs through March. Long term care residents are a high risk group for influenza and are encouraged to receive the vaccination for both influenza and pneumonia. Many have also heard of the “Bird Flu” threat that the United States expects to arrive from overseas. At this time the influenza vaccine is recommended to help prevent the flu pandemic in the United States. We encourage our staff to receive the vaccine to protect themselves, their families, and also the residents from them being a carrier of the influenza virus.

Influenza is a serious disease caused by a virus that spreads from the infected person to the nose or throat of others by coughing, sneezing, and direct contact. Influenza remains the fifth leading cause of death in persons age 65 and over.

Some of the people at greatest risk for getting a serious case of influenza or complications are:

- people 65 years of age and older
- people with chronic medical conditions
- people with long term health problems such as:
 - heart disease
 - kidney disease
 - lung disease
 - diabetes
 - asthma
 - anemia
- people whose immune system is weakened
- physicians, care givers, family members, etc. who come in contact with people at risk

This is why it is so important for caregivers and family members to get vaccinated.

Symptoms of influenza are:

- fever over 100 degrees
- chills, muscle pain, head or eye pain
- loss of appetite, general weakness
- sore throat and/or cough
- runny nose/sneezing
- light sensitivity

Some suggestions to decrease the chances of getting a cold or flu:

- get plenty of rest
- eat well balanced meals
- drink more fluids
- restrict contact with people who have flu or colds
- WASH YOUR HANDS FREQUENTLY**
- cover your mouth when coughing/sneezing or cough into your shirt sleeve
- Stay home if you have any symptoms of influenza

The influenza vaccination will be available to all residents at Rosewood. Vaccinations usually start the first part of November. Those residents not wanting to have the vaccination need to make their wishes known to their nurse.

For more information on influenza and the vaccine, you may contact Renee Muhonen, Director of Nursing at Rosewood.

Pneumococcal Vaccine (PneumoVax) What You Need to Know

Pneumococcal disease is a serious disease that causes much sickness and death. Anyone can get a pneumococcal disease but some people are at greater risk. These include:

- people 65 and older
- the very young
- people with health problems such as:
 - alcoholism
 - heart or lung disease
 - kidney failure
 - diabetes
 - HIV
 - some types of cancer

Pneumococcal disease can lead to serious infections of the lungs (pneumonia), the blood (bacteremia), and the covering of the brain (meningitis).

Drugs such as penicillin were once effective in treating these infections but the disease has become more resistant to these drugs, making treatment of

pneumococcal infection more difficult. This makes prevention of the disease through vaccination even more important.

Pneumococcal polysaccharide vaccine will be offered by physician's order to residents of Rosewood. This is a one time only vaccination if you receive it after you are 65 years of age. If you do not want this vaccination, please make your wishes known to a Rosewood nurse.

For more information, you may contact, Renee Muhonen Director of Nursing at Rosewood.

ACTIVITIES and EVENTS AT ROSEWOOD ON BROADWAY

Our regular programming:

Protestant Services—Sunday at 2:00pm and Wednesday at 10:00am

Mass—Thursday at 10:00am, Sundays at 5:15pm when posted on weekly schedule

Communion Service and Rosary—Monday at 10:00am

Morning Social on all Floors- at 9:15am

Bible Study—Thursday at 1pm

First Lutheran Communion Service--4th Thursday at 2:00pm

Bingo--Monday, Wednesday, Thursday, Friday at 5:30pm and Saturday at 2:00pm (unless otherwise indicated)

Resident/Family Council Meetings—

Prairie Rose/South Prairie (2nd floor) – second Thursday of the month at 2pm

Dakota Rose (3rd floor) and 4th floor -- last Tuesday of the month at 1:30

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

Daily Coffee/Social Time—1:30pm-3:00pm in the dining room

Live Music and Ice Cream Treats every Friday afternoon at 2:00pm:

October

10th Moorhead Senior Singers

17th Lloyd Larson

24th Marilyn Munger

November

7th Leo Kiefer

14th Rachel Hanson

21st Rockin' 60's

28th Ed DeWald

December

5th Daryl and Duane

12th Seth Muldern

19th Ed DeWald

26th Rockin' 60's

Special and Upcoming Events:

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.

Volunteer Opportunities are Available at Rosewood

There are several volunteer opportunities available at Rosewood. If you are interested in volunteering or know of someone who may be interested, please contact Myrna Harris-Program Manager at #277-7951.

Gift Ideas for Nursing Home Residents

It doesn't matter where you live or how old you are – there's nothing like a cheerfully wrapped present to brighten your spirits. Residents in nursing homes present some unique challenges in gift-giving. These suggestions would make any resident feel special during the holiday season.

Gifts to brighten up their room

Picture frames, plants (live or silk), paintings, a calendar marked with birthdays of family members, artificial gold fish bowl or water fall, sun catchers for the window, framed pictures of the resident in earlier days, a collage of pictures of families and friends – these make great conversation pieces .

Gifts for pampering

Basket of lotions and talcum powder (be sure to check with the nursing staff on what's best), shaving lotion, favorite perfumes, luscious bath towel and/or robe, gift certificates to the in-house beauty parlor or barber for hair and manicures, grooming products.

Gifts for having fun

Buy a very simple-to-use VCR and send new movies every month and videos of family events, large print books, a simple-to-use CD Discman or tape recorder so they can listen to their favorite music or books on tape without disturbing roommates, low vision playing cards, large print crossword puzzles or other games appropriate for their cognitive ability, a box of all-occasion greeting cards with a book of stamps, a talking picture frame, stuffed animals.

Gifts for staying warm

Lap afghans or fleece throws are very popular, cheerful holiday sweaters, sweat suits, no-skid slippers, fun socks that depict the holidays or interest of the resident (e.g. golf, flowers).

Gifts that touch the heart

Hand-made gifts, a framed poem or artwork from children or from you, phone cards to stay in touch and cover the costs of long-distance calls. The most cherished gift, however, is a visit from you. If the resident is able, you might offer to take him or her out for an evening ride to enjoy the holiday lights along with a hot cup of cocoa.