



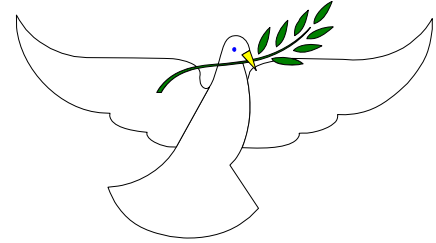
# Rosewood on Broadway

*SMP Health System*

*Fall 2009*

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## WALKING YOU HOME



Rosewood's Mission includes this statement, "Compassionate Care recognizes that each person's life is of utmost value and deserves respect and care at all stages." To that end, Rosewood's Mission Integration work group developed "**Walking You Home**", a program to care for residents of Rosewood nearing the end of their life.

The idea was originally brought to us from Kim Borah, a nurse at Rosewood, who had experienced a similar program when her mother died. The idea was embraced by the Mission work group and they set out to create Rosewood's program.

There was the acknowledgement that, no matter how cliché it sounds, death and the dying process is a once in a life time event. There is no opportunity to say, "start this over, I know I can do it better." We want everyone who dies in the care of Rosewood to have the best dying experience that can be. It not only includes care for the person dying but also for their family who often spend long hours sitting with their loved one. It ends with staff members walking with the person who has died and their family to the waiting funeral coach.

### **Rosewood staff members speak about the experience:**

Walking the resident Home has been very beneficial for the resident's family and staff. Dakota Rose (3<sup>rd</sup> floor) has walked several residents home. Dying can be very scary and sad for people, but families have told me that when we "walk their person home" it has made it easier to handle their loved one's death.

Staff and family will gather around the resident to say a pray. When the funeral home arrives at Rosewood, staff members, family, and other residents will walk the resident from their room to the waiting funeral coach in the front of the building. We then turn over the care of the individual to the funeral home.

One family member told me that her sister, Mary Beth, would watch residents that passed away leave the building by themselves and she would state "How sad and lonely for that person." When Mary Beth passed away and the family was told that we now walk individuals home, her sister cried and stated that Mary Beth will not be alone now. Walking the resident home has been a way for our staff to say good-bye to "our" family member and for other residents to see that dying is all a part of living. **Staci Kouba**

I believe that the "Walking You Home" event following the death of any resident is very beneficial to family and Rosewood associates alike. Our prayer with them and the signs of our love are very helpful and consoling. Many family members comment on how much it means to them to see the respect, love and care that we have for their loved ones as we take a moment away from our other duties to be with them at this time.

I see it as an activity that helps them and us as we begin to grieve our loss. It also reflects on the nature of who we are and what we are all about here at Rosewood as we minister to the needs of those we serve in life and in death.

It reflects upon the dignity and value of every human person as one created in the image and likeness of God, created and held in existence by God for the purpose of working out our salvation with His help ,and of spending eternity with Him.

Further, it is always an awe inspiring thought, that the person who has just left us in death, now stands before God who's love for them and us is steadfast. **Deacon Jim Hunt**

When one nurse was asked to submit her thoughts she said that it was the first time she had led the Walking You Home event. She figured she would cry but knew she could get through it. It is an emotional event for family as well as staff members but it is also unifying.

A family member from out of state, visited her mother on her 100<sup>th</sup> birthday. During her visit she asked a staff member what happens when people die at Rosewood? One of Rosewood's staff members explained Walking You Home to her. Tears welled in her eyes. Only a month later her mother died and she was not able to be here during the process but told staff members that she knew her mother had been well cared for and treated with great dignity.

## WONDERFUL DONATION GIVEN TO ROSEWOOD



Joan Stock the wife of Rudy Stock whom was a former resident of Rosewood has donated Rudy's van which he used in his business Stock Decorating. This van is being used at Rosewood for various things which includes hauling and picking up supplies and also used for transporting residents to different outings . Rudy's family knows that he would be very happy knowing his van is being put to such good use!

In the photo is Joan Stock handing over the keys to the van to Bruce Davidson Administrator at Rosewood and also a photo of the van which Rosewood has recently gotten the logo put on. On the back door of the van also includes a special logo which reads:

**"Donated to Rosewood on Broadway in loving memory of Rudy Stock of Stock Decorating"**



## 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 residents 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 6, 2009, 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



## IN THE GARDEN

This summer there has been a lot of work done in our garden area. We have improved on our watering system and had 2 raised garden beds built for the residents to be able to reach and take care of themselves. We have several residents who spent a lot of time in the garden and even started plants in their rooms so they were ready to plant when the time is right. The residents are out there helping to water the garden and they find the time so enjoyable. This is such a delight for so many of our residents and it

brings back so many memories. We have served fresh tomatoes, green peppers, etc at mealtime that they have raised in their garden. The flowers are so vibrant and beautiful. One of our residents is always putting flowers in a container on the sides of his wheelchair.

## FAMILY COUNCIL

Rosewood on Broadway will be introducing a Family Council. What is a family council? A family council is an organized, self led, democratic group of family and friends of nursing home residents. A family council meets regularly to discuss shared concerns about quality of life and care of the resident. The benefits of a family council are as follows:

1. Offers ongoing support with strength drawn from shared experiences.
2. Provides an opportunity to express concerns and explore solutions as a group.
3. Builds communication with staff and creates a team environment.
4. Educates and informs members about long-term care topics, e.g. Residents' Rights, the survey process and problems resolution.
5. Advances the quality of care for the benefit of all residents through teamwork.
6. Advocates on behalf of all residents.

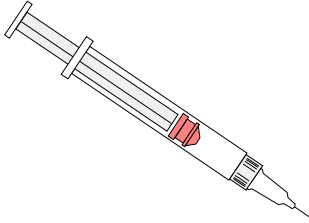
Through efforts of concerned family members at Rosewood who spawned the genesis of the family council the first organizational meeting will be held at Rosewood on **October 14, 2009 at 6:30 p.m.** Hope to see you there.

## ALZHEIMER'S MEMORY WALK

Congratulations to all who worked to raise money for the Alzheimer's Association. Rosewood had 38 walkers and raised than \$3800 for the September 19<sup>th</sup> Memory Walk. Staff members worked hard selling lunches, having a rummage sale and collecting donations to say nothing of showing up to walk early on a Saturday morning.

A few facts about Alzheimer's Disease:

- Every **70 seconds**, someone develops Alzheimer's.
- Alzheimer's is the **seventh-leading cause of death**.
- The direct and indirect **costs of Alzheimer's** and other dementias to Medicare, Medicaid and businesses amount to more than **\$148 billion** each year.



# INFLUENZA, H1N1, and PNEUMOCOCCAL UPDATE

## Seasonal Flu Influenza

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. 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, and 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

The influenza vaccination will be available to all residents, staff and volunteers at Rosewood the beginning of October. For more information on influenza and the vaccine, you may contact Renee Muhonen, Director of Nursing at Rosewood or Carla Gingrich, Infection Control

## 2009 H1N1 (swine flu)

2009 H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread.

### How does 2009 H1N1 virus spread?

Spread of 2009 H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

### What are the signs and symptoms of H1N1?

The symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea.

## **H1N1 ACIP Recommendations:**

The Advisory Committee on Immunization Practices (ACIP) has recommended five priority groups for vaccination. The groups are as follows (in no particular order):

- People ages 6 months through 24 years, including healthy individuals
- Pregnant women
- Healthcare and emergency medical services personnel
- Household contacts and caregivers of infants less than 6 months of age
- People ages 25 through 64 years who have a chronic health condition that puts them at high risk for influenza related complications
- If doses of H1N1 influenza vaccine are available after the above priority groups are vaccinated or when demand ceases, then vaccine will be opened up to healthy people 25 through 64 years and then people 65 and older.

We anticipate the H1N1 vaccine to be available in late October for our staff and residents that meet the criteria.

## **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. For more information, you may contact, Renee Muhonen Director of Nursing at Rosewood. or Carla Gingrich, Infection Control.

### **Are there other ways to prevent the spread of illness?**

- Take everyday actions to stay healthy.
- 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, especially after you cough or sneeze. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

# ACTIVITIES and EVENTS AT ROSEWOOD

## *Our regular programming:*

- Protestant Chapel services- Sunday at 2:00pm and Wednesday at 2pm
- Catholic Mass-Thursday at 10:00am
- Rosary and Communion-Monday at 10:00am
- Benediction and Holy Hour—Friday at 3pm
- Bible Study- Thursday at 1pm and Friday at 1:15
- Chaplet of Divine Mercy—Wednesday at 3pm
- First Lutheran Communion Service--4<sup>th</sup> Thursday at 2:00pm
- Men's Group—Wednesday at 11:30am
- BINGO- Monday, Thursday, Friday at 5:30pm and Tuesday, Wednesday and Saturday at 2:00pm (unless otherwise indicated)
- Movies on Tuesdays at 5:30
- 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**

2<sup>nd</sup> Angels of the Muse  
9<sup>th</sup> Collin Wahl  
16<sup>th</sup> Glenn Douglas  
23<sup>rd</sup> Ed Dewald  
30<sup>th</sup> Rock 'n 60's

### **November**

6<sup>th</sup> Leo Kiefer  
13<sup>th</sup> Rock 'n 60s  
20<sup>th</sup> H&V Melodies  
27<sup>th</sup> Glenn Douglas

### **December**

4<sup>th</sup> Mark & Amy Miller  
11<sup>th</sup> Rock 'n 60s  
18<sup>th</sup> Glenn Douglas

***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.***

## **PAY IT FORWARD DONATION**



Rosewood on Broadway recently became the fortunate recipient of a \$1,000 donation through the 2009 State Bank and Trust “Pay it Forward” program. Each year the employee’s from State Bank and Trust are given funds that in turn they give to an organization, individuals or families in need.

Carolyn Jorgenson, the daughter of Rosewood resident Louise Lieb and employee of State Bank and Trust chose to give her “Pay it Forward” funds this year to Rosewood. She requested that \$500 of the funds be used toward a fountain for the back courtyard and \$500 be used toward the purchase of new dinnerware.

We thank Carolyn for thinking about Rosewood for her “Pay it Forward” funds and also to State Bank and Trust for having such a wonderful program for their employees.

## TRICK OR TREAT!

We are headed into the holiday season and the busy time of year. The month of October starts it out with Halloween. Area children from the schools around Rosewood On Broadway are sent invitations to trick or treat with Rosewood residents. Businesses are asked for donations of bags of wrapped candy or monetary donations to purchase the candy. We have an average of 300 to 400 trick or treaters who attend this event. The residents are provided with pails of candy and greet the children who come in their costumes to receive the treats. Students from area colleges volunteer their services to help the resident's hand out candy and keep their pails full. Seeing the little ones in their costumes and being able to treat them is a real delight. A great night for all.



**Trick or Treating  
Saturday October 31<sup>st</sup>  
5:30 - 6:30 pm**

**New this year**, to participate in Trick or Treating please bring a non-perishable food to help fill Rosewood's Emergency Food Pantry that will be used to assist staff members who are in need.

## SMP HEALTH SYSTEM HIRES VICE PRESIDENT OF MISSION



SMP Health System is pleased to announce the appointment of John R. (Jack) Kennelly as its new Vice President of Mission. Kennelly brings twenty seven years of legal and compliance experience, including work with hospitals, nursing homes, and other related health care operations whose mission focused on health care.

As a Catholic health care system, SMP Health System has 4 hospitals, 6 nursing homes and 2 home health agencies throughout North Dakota and Central Illinois. Kennelly's responsibilities will include working with each facility to continue and expand on their current Mission efforts.

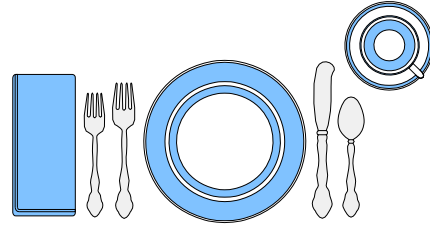
"I am delighted to be working for a Catholic health system. I look forward to the challenge of fostering the System's current Mission consistent with its Catholic identity and the Ethical and Religious Directives in an ever changing political and social landscape."

SMP Health System's Mission reflects the values and philosophy of their sponsorship, the Sisters of Mary of the Presentation, whose Mission includes to heal as Jesus did; providing care to the whole person by ministering to one another and to all who come to us in need of care, with a special concern for the poor and vulnerable. Simplicity, hospitality, compassionate care, and stewardship are just some of the values instilled within SMP Health System employees and their health care culture.

Kennelly and his wife, Doreen, live in Fargo and have three adult children. SMP Health System welcomes them to SMP Health System.

## DINNERWARE FUND RAISER

As many of you may know we recently purchased new dining room furniture for the main dining room. I have heard many wonderful comments about the new furniture from residents, families and staff. Along with being beautiful the chairs have front casters. This makes it much easier for residents to move up to and away from the table either on their own or with staff assist.



Similar dining room furniture will be purchased for the other dining rooms in upcoming years.

Now that we have beautiful tables and chairs, we are working to raise money for new dinnerware for Rosewood's main dining room. We have served lunch an average of once a month over the past year for staff and visitors. There have also been some residents that have chosen to take part in this. At a charge of \$3.00 a plate those participating are getting a good lunch at a reasonable cost and we are making money to purchase new dinnerware for the residents. We average \$200 each time we serve.

In addition to the food fund raising we have received donations from staff and families in honor of or in memory of a loved one.

Our goal for the dinnerware is \$4300. At this time we have raised \$3174.

If anyone would care to donate to this fund, it would be greatly appreciated. Once this goal is met we will begin our next fundraiser to purchase dinnerware for the other dining rooms at Rosewood.

I would like to take this opportunity to recognize the residents and staff that have been remembered with a donation.

*In honor of Louise Lieb  
In memory of Jayne Adams  
In memory of Bill Prieb  
In memory of Mildred Frazee  
In memory of Alice Heitzman  
In honor of Bill Heller*

*In honor of Betty Oesterle  
In honor of Kim Borah's Children and Grandchildren  
In honor of Allison and Katherine Anderson  
In memory of Margarett Amundson  
In memory of Alice Vosburg  
In memory of Eileen Gibbons  
In memory of Rudy Stock  
In memory of Irene Anderson*



Rosewood on Broadway  
1351 Broadway  
Fargo, ND 58102

### *Autumn's Colors*

Country roads at autumn time, show colors without end,  
With surprises always waiting, just around each bend.  
Most country roads go winding, beneath most colorful tall trees;  
Where leaves that fall and flutter, go sailing in the breeze.  
By fields of grain all bundled and shucked in patterned rows.  
Awaiting crews fro thrashing, before the snow storms blow.  
That autumn has her beauty, that nobody can deny.  
Like a master artists canvas God created for you an I.

Russell Hanson  
Rosewood