



ADMINISTRATOR NEWS

I have tried to keep you updated as the Board has worked through the process of selling or leasing Traverse Care Center and Prairie View Place and their partnership in Pheasant Country Home Care. On July 13, 2010 the Traverse Care Center Board did make a decision to enter into a Letter of Intent with Health Dimensions Group (HDG). This Letter of Intent is based on a proposal that was submitted to the County by HDG, dated June 25, 2010.

What does this mean? This means that HDG will now submit a Lease proposal, which both parties will then work through the process of agreeing on specific terms. HDG will have representatives out here in August to start meeting with the employees as this process moves forward.

As residents and families what should you notice? The transition should be a very smooth process and you should notice nothing different. If anything we are hoping for improved quality and systems changes that will improve our resident's quality of care and life and future of Senior Services for our community for years to come.

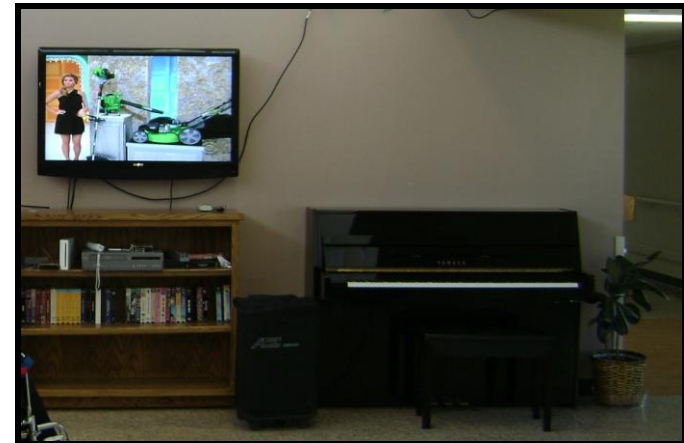
We will continue to keep employees, residents and families informed the best we can as the information becomes available.

Chere Rikimoto, Administrator
chere.rikimoto@co.traverse.mn.us
or call me at 320-563-8124

A FEW MORE CHANGES AT TCC

We have various donations that we receive at Traverse care Center. Lu Ann Peickets class of ??? donated \$1000.00. Lu Ann loved music so part of the piano would be from their generous donations, and the rest of the money came from other donations we have received from numerous people. There are too many to mention, so a big thank you to all of the donations.

We appreciate donations as it allows us to buy things such as the piano which is used often and all of our residents enjoy music. We also were able to pay for the rest of the TV from the donation fund, in addition to what the residents raised from the quilt fundraiser.



NURSING NEWS

Hello from the nursing department.

Our mission statement here at TCC is:

“Traverse Care Center is committed to provide the highest quality of care to each individual we serve in a caring and competent manner.”

Many people do not understand the special training, skills a personality required to provide good care to residents in a long term care facility. Those without direct experience sometimes think it just involves passing out pills, serving meals and giving an occasional bath. But really, it involves so much more than that.

Elderly people have very complicated and fragile systems. Often, they are suffering from multiple serious health problems such as diabetes, congestive heart failure, Alzheimer’s, arthritis, Parkinson’s and the list can go on and on. Something as simple as a bladder infection or a cold can be downright dangerous or deadly for a frail senior. While hospital staff manages acute situations, our staff must be trained in the ongoing maintenance and care of people who often can’t advocate well for themselves. Our staff must be sensitive to small changes in our residents and respond to those changes appropriately. This is often noticed by our staff members who know our residents so well that they can often tell when “something has changed,” or “something just isn’t right, they are not acting like themselves today.”

NURSING NEWS CONTINUED FROM PAGE 3

Our staff make every effort here at the Traverse Care Center, to “maintain the highest level of functioning” when it comes to our residents. This is done through a variety of staff members and departments. Different ways we attempt to maintain this highest level of functioning is through things such as having a say in their activities of daily living, physical fitness & exercise, emotional support, religious opportunities, nutrition, skilled therapies, nursing care, cognitive activities and daily interaction with others along with a committed, hard working and caring staff who put in the hours to ensure that your loved ones are taken care of everyday.

Jeff Olsen, RN
Director of Nursing
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Above: Matthew Westerman with Soil Water is pictured with Pat Tracy, Marilyn Mathias and Mary Schultz planting a rain garden for the resident’s at TCC’s employee entrance.



ACTIVITIES

Greetings from the Activities Department

Mark Your Calendar

The Traverse Care Center will be having our annual Resident Family Picnic.

When August 3rd, 2010

Time: 5:00 Supper

6:30 p.m. Tri State Band will perform

Please RSVP on or before July 30th by calling 320-563-8124

This is a good time to enjoy an evening of No Cooking and Good Entertainment.

Come along and join in on the fun.

It's Fair Time Once Again:

August 26th – 29th

The Activity Staff will work hard at assisting residents to the fair. If you are able to take your family member to the fair please let the nursing or activity staff know. The residents love sharing stories about the fairs that have gone by and this is a great opportunity to make new memories. If you have extra time and would like to put a smile on a residents face for an afternoon please call the Care Center and let the Activities Department know, we would love to have the extra help. The scheduled times the TCC Staff are planning on going to the fair are:

Friday August 27th 2:00 p.m.; 4:00 p.m.; and at 6:30 p.m..

On Saturday don't forget the Fireworks display at dusk at the Fair Grounds. We are very fortunate that we can sit right in our front yard and watch the fireworks.

Deb Heck
Activity Director
Traverse Care Center
www.traversecarecenter.com

SOCIAL SERVICES

609 – by “the birds”

The Minnesota legislature passed a Return to Community Initiative. This requires the Minnesota Board on Aging to provide long-term care options counseling to residents of nursing homes who express a desire to return to the community and starting October 1, 2010 each resident, upon admission will be asked “Do you want to talk to someone about the possibility of returning to the community?”

Since this is geared toward residents who have been in the nursing home less than 90 days it does not impact most of our current residents. You may wonder why I am writing about this if it has little impact on our current residents. Your family member or friend at TCC may not be the only older adult for which you are providing care. This information may be of assistance to you with relationships outside of TCC.

Community Living Specialists only work with residents who request the assistance to relocate back to the community. Their involvement does not replace facility staff responsibilities but are partners in discharge planning.

This effort is coordinated with the Minnesota Help Network through the Senior LinkAge Line and the “Senior Link” www.MinnesotaHelp.info can be used to find resources and information. An interactive tool, the Long-term Care choices Navigator, that will help set up a personalized profile that will match needs to services near you is available at <http://longtermcarechoices.minnesotahelp.info/>.

Family Council will meet on Thursday, August 12, 2010 at 10:00AM in the Community Room. Attending doesn't mean you have committed yourself to each meeting – feel free to come to any or all of the meetings. Meetings start on time and are an hour in length.

Barb Christeson, LSW
barb.christeson@co.traverse.mn.us



DIETARY NEWS

Greetings from the Dietary Staff!

It is hard to believe it is almost August. This summer is just flying by. We love getting visitors, so come on by for a snack and some coffee, and some great company. Afternoon snack is served at 2:30 pm daily. Hope to see you soon.

As a reminder, we hold our monthly Birthday Party the 4th Thursday of the month, so come on in and join the celebration.

Here is a look at the five different food groups, and how to use them every day for a healthier meal planning for you and your family.

GRAINS MAKE HALF YOUR GRAINS	VEGETABLE VARY YOUR VEGGIES	FRUITS FOCUS ON THE FRUITS	MILK GET YOUR CALCIUM- RICH	MEAT-BEAN GO LEAN WITH PROTEIN
<p>Eat at least 3 oz. of whole grain cereals, breads, crackers, rice, or pasta ever day.</p> <p>1 oz. is about 1 slice of bread, about 1 cup of cereal, or a ½ cup of cooked rice, cereal or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweet potatoes</p> <p>Eat more dry beans and peas like pinto, kidney and lentil beans</p>	<p>Eat a variety of fruit.</p> <p>Choose fresh, frozen, canned or dried fruit.</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine, choose more fish, beans, peas, nuts, and seeds</p>
<p>For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right go to MyPyramid.gov.</p>				
Eat 6oz. every day	Eat 2 ½ cups every day	Eat 2 cups every day	Get 3 cups every day	Eat 5 ½ oz. every day

Crystal Peterson, Food Service Director
crystal.peterson@co.traverse.mn.us

PRAIRIEVIEW PLACE

Summer is here and we are enjoying the sunshine and warmer temperatures. The patio planters and potted plants are looking beautiful. A special “Thank-you”, to all tenants who are taking such good care of our plants. It makes our outdoors look colorful!

Our group exercise classes are still being held Monday-Friday at 10:45 A.M. and are attended by the majority of our Tenants. There are a few of the Tenants that also take advantage of riding the Nustep machines at the Care Center. Everyone is working hard to keep strong and be the best they can be. It may also be helping them to feel “young at heart!” Quarterly assessments are done on those participating to track each ones progress regarding their strength, endurance, flexibility and balance. In recognition of Fathers Day the fellows voted to have homemade pies from Crandall’s. Everyone was given the opportunity to share their favorite memories and “words of wisdom” from their Fathers. Ewald Moerer shared his passion of making toy farm machinery with us and had an International press grain drill he made on display. Pictures of his press grain drill and the story behind it was even published in the Toy Farmer magazine! We’ve had two guest speakers this summer also. Rondi Lillehaug, a Social Worker with Lakeland Homecare and Hospice spoke on “Changes in Life and How to Cope.” Colleen Violet an R.N. with Lakeland Homecare and Hospice shared the history of Hospice and the wide range of services they can provide. They both shared very interesting information with us and took time to answer all our questions. Socializing is a very important part of our day here at Prairieview. It starts at exercise class time and continues on during our noon meal. Then at 2 P.M. you can come back to the dining room and join in the scheduled activity, play cards or enjoy a cup of coffee and visit with others.

If you or someone you know would enjoy the caring, comfortable lifestyle, socializing, services and amenities Prairieview offers while your independence and privacy are still preserved contact Mary Schmitz and schedule a tour and learn more about Prairieview.

Mary Schmitz
 PVP Manager
mary.schmitz@co.traverse.mn.us

PVP Pictures

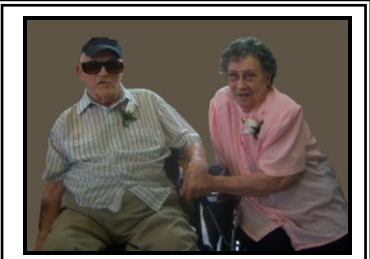


ABOVE: Ewald Moerer shared his passion of making toy farm machinery with the resident's at PVP. James McCartney was looking at the press grain drill Ewald made.

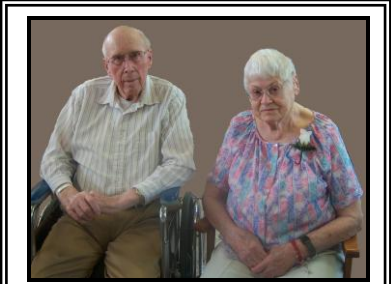
BELOW: Other resident's admiring Ewald's work, are his wife Shirley, Verna Olson, and Marlys Kochie.



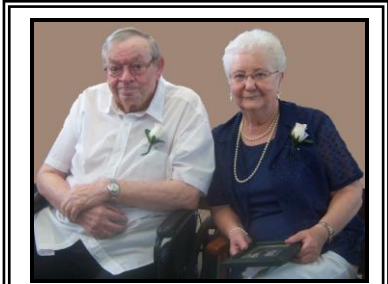
RENEWAL OF VOWS



John and Garnette Bruns
68 Years Marriage



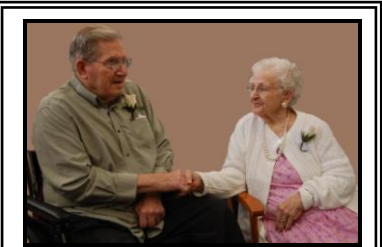
Orville and Ruth Thiel
68 Years of Marriage



Henry and Eleanore Ahrens
67 Years of Marriage



Allen and Faye Johnson
64 Years of Marriage



Walter and Leone Lubben
64 Years of Marriage



Raeter and Maxine Smith
53 Years of Marriage

RENEWAL OF VOWS



Above Don Montonye was the lector for the Vow Ceremony, held on June 17, 2010. Thank you



Above left: Jackie Erickson made the wedding cake for the resident's. At the right Linda Flaten is playing the Wedding music. Below: Margaret Fleischer attended the Guest Book and handed out bubbles for the guest.



THE VISIT

WRITTEN BY JANICE SIMPSON

He gave me my name, he knows it no more.
My hands, his hands once strong held me secure,
Now tremble and shake as they hold his cups.
His mouth won't cooperate as he sups.

His hair of gold and his freckled tan
Gone, like his mind, once a brilliant man.
The greens he took with his irons and woods,
He'd take them today, if only he could.

Not a sentence he finished, no thought complete,
His appearance now not as crisp arid neat
As in days when he took the courts by storm
Now at night he lays his head in a dorm.

I hug and kiss him as his baby blues
Look in query at my I Love You.
Yet his gestures told me somewhere inside
Was he who had rocked me when I cried

As fast as I can I flee through the door
So my tears can't be seen as they fall to the floor.
My daddy, Oh daddy where have you gone!
All I have now are memories so strong.

Oh the love with which he looks at my mom
Tells me he is still that special man, Tom.

RESIDENT FUN PICTURES



Resident's Liz Zimmel, Kathleen Tempel, and Dorothy Lupkes along with other resident's assisted in cleaning sweet corn for their evening meal.



Raeter Smith and Allen Johnson were among many who assisted in corn husking, the resident's had a wonderful time husking corn and sharing stories.



Harry Frounfelter enjoyed cleaning sweet corn and sharing many stories with the other resident's.

WELCOME BACK EMPLOYEES

Kori Piatz, CNA
Kendra Thompson, CNA
Tiffany Fridgen, CNA



WELCOME TO OUR NEW STAFF

Kelly Church, CNA
JoAnna Hagen, CNA
Hannah Larson, CNA
Jennifer Larson, CNA
Andrea Sperr, CNA
Jaime Gustafson, Dietary aide
Kara Nelson, Dietary aide



ABOVE: Henrietta Besler and Tami Lackey took time to do a little dancing to Norman Bartells music. The Henrietta Besler family paid for Norman to play at TCC.



AUGUST

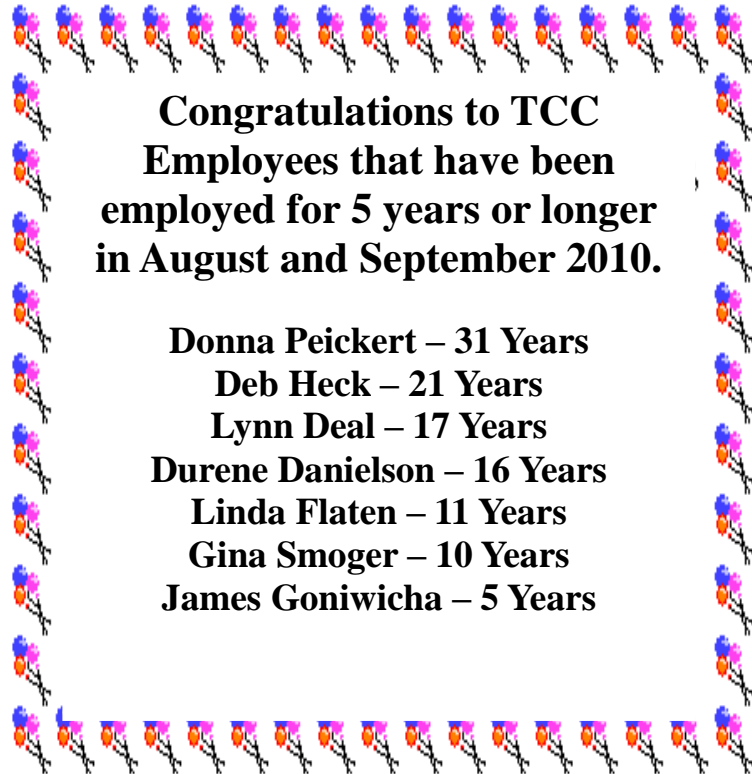
Garnette Bruns

Henrietta Besler

SEPTEMBER

**Adelaide Spence
Richard Lundquist
Hazel Wagner**

**John Bruns
Orville Thiel
Sophie Niederbaumer**



**Congratulations to TCC
Employees that have been
employed for 5 years or longer
in August and September 2010.**

- Donna Peickert – 31 Years**
- Deb Heck – 21 Years**
- Lynn Deal – 17 Years**
- Durene Danielson – 16 Years**
- Linda Flaten – 11 Years**
- Gina Smoger – 10 Years**
- James Goniwicha – 5 Years**

Contact Numbers

TCC Phone Number: (320) 563-8124
TCC Fax Number: (320) 563-4133
Prairieview Place Phone Number: (320) 563-8600
Website: <http://www.traversecarecenter.com/>

Would you like to email or write to a resident?

If you would like to email a resident please include the recipients name in the subject line. Your email will be printed and delivered on a daily basis.

resident.tcc@co.traverse.mn.us

If you would like to write to a resident:
Please use the following address:

RESIDENT NAME
Traverse Care Center
303 7th St. S.
Wheaton, MN 56296

DVD'S AND VHS TAPES

If you have a copy of "Setting Realistic Expectations" which is shown/given to family members of new admits, and **DO NOT WANT IT**, please return it to the Care Center so that it may be viewed by other new resident family members.

REMINDERS

- * In-town medical transportation (non-emergency) is provided by Rainbow Rider through Traverse Care Center.
- * Residents are asked to sign in and out at the Nurses Station when they leave and return to TCC.
- * Aerosol cans and extension cords are not permitted.
- * Think of the space the resident has before making purchase and bringing in items. Larger items should be discussed with facility staff before bringing them.
- * Contact the Dietary manager if you wish to eat a meal at TCC.
- * Let the Business Office know when there are changes in any payment sources such as Medicare, Medical Assistance, Prime West or other insurance.
- * All doors to the facility are locked at 9:00pm. If you happen to be in the facility after 9:00 pm and need to leave, ask a staff member to open the door for you.
- * The door bell is now located at the main entrance. This is used to gain access to the facility after the doors have been locked at 9:00 pm.
- * Business Office window hours are from 8:00am to 4:30pm Monday - Friday.

BEAUTY SHOP CHARGES

Permanent \$7.00; Color \$7.00
 Set (Done by Jody) \$5.00

Thank you! Jody Nelson

**Hair is washed and set by nursing
 Staff and Volunteers. No charge for haircuts.**

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Board of Directors

David Naatz –Chair
 Gerald Kaus-Vice Chair
 Jerry Deal
 Kevin Leininger
 Dave Salberg
 Janet Gauger
 Betty Alsaker

Department Heads

Administrator - Chere Rikimoto
 Director of Nursing - Jeff Olsen
 Social Services - Barb Christeson
 Food Service Director – Crystal Peterson
 Activities Director - Deb Heck
 Business Office Manager – Lisa Siegel
 Maintenance Supervisor - Skip Schmitz
 Prairieview Place Manager - Mary Schmitz