

Oakland Park Communities

W I N T E R 2 0 1 7

Department Personnel Information:

Laura Erickson
Administrator
laurae@oaklandparktrf.com

Jenny Stromlund
Director of Nursing
jennifers@oaklandparktrf.com

Cindy Arlt
*Activities Director/
Social Services Designee*
cindya@oaklandparktrf.com

Scott Clifton
Maintenance Director
scottc@oaklandparktrf.com

Charlotte Maruska
Administrative Assistant
businessoffice
@oaklandparktrf.com

General Switchboard
218-681-1675



From the Administrator



Merry Christmas Residents, Family, and Friends!

Thanksgiving has come and gone, and Christmas is quickly approaching. I hope you had a time of giving thanks and fellowship with family and friends over Thanksgiving.

In the last newsletter, I reflected a little bit about the positive changes we've had at Oakland Park over the past couple of years. Our staffing has stabilized, the quality of food and care has improved, the residents are happier, and annual state surveys have reflected the positive changes. We are pleased that these positive changes are now reflected on our Five-Star Quality Rating. Each nursing home in the United States is rated on a Five-Star Quality Rating System. This system rates nursing homes on a number of factors, including state surveys, staffing, and quality measures. With the update of our last survey on the Five-Star system, Oakland Park has moved from a two star to four star nursing home in two years. This has been possible through the hard work of our dedicated team. We appreciate your help and support as we have grown over the past couple of years and as we continue improving care for our residents. We still have room for improvement, but we want to celebrate and share our successes also.

We've also had some additional excitement over the past few weeks. We celebrated Veterans Day with our residents and staff members. Four residents and two staff members who served in the military were recognized and given Quilts of Valor from the Red, White, and Blue Quilters. We humbly thank these veterans for their service and are proud to have them living and working at Oakland Park! We were also able to make a special dream come true for one of our residents who lived for Hockey and Football as a younger man. Lester Vigness grew up in Thief River Falls and played hockey his entire high school career and was captain of the team graduating in 1947. Lester played Hockey and football at UND and qualified for the Olympics. While in the service, Lester continued to play hockey in a semi-pro minor league as the right winger for the San Bernadino's Sharp Shooting Shamrocks. On May 10, 1997, he was inducted into the Prowler Hall of Fame. Pictures of him along with his teammates are displayed in both the Thief River Falls and Grand Forks Ralph Englestad Arenas. On November 26th of this year, through the generosity of the NorsKids Foundation and our Social Services Designee's coordination of events, we were able to get Lester back on the ice. He was the guest of honor at the game and was presented with a Norskies Jersey, cap, and hockey puck. His son Daniel and daughter-in-law Deb accompanied him for a fun filled day of laughter and tears, and Lester is still talking about the outing. While we can't make every wish come true, we're excited to celebrate with the residents when we can help a dream happen! Please see the photo's later in the newsletter.

From our family to yours, Merry Christmas!

Laura Erickson
Administrator



From the Director of Nursing

Dear Residents, Family, and Friends,

Is anyone else having trouble grasping the fact that yet another year is coming to a close? For those of us in the Long Term Care (LTC) Industry, 2017 was a whirlwind of new regulations, updating policies, and most importantly, providing quality resident care.

One of the exciting projects we have been working on over the past several months is our Facility Antibiotic Stewardship Program (ASP). Antibiotic Stewardship is not a new principal or idea; however, with the increase in prevalence of antibiotic resistant bacteria, LTC facilities have been forced to look more closely at how and when an antibiotic is prescribed and necessary. Each year up to 70% of nursing home residents receive an antibiotic. Of those 70%, up to 75% are prescribed incorrectly. The overuse and misuse of antibiotics has led to bacteria mutation/resistance and increased the prevalence C.difficile (a deadly type of diarrhea).

The Center for Disease Control (CDC) has assisted facilities with creating an effective and complete ASP by providing guidance and resources for us to utilize. The CDC recommends that each ASP consist of 7 core elements. I will explain these core elements and what we as a facility are doing to meet the requirements of having a comprehensive and effective ASP.

The 7 core elements recommended by the CDC includes:

- Leadership Commitment
- Accountability
- Drug Expertise
- Action
- Tracking
- Reporting
- Education

Leadership Commitment: Leadership commitment is an important first step in an effective ASP. The leaders within Oakland Park including the Administrator, Director of Nursing, and Infection Preventionist, have committed to dedicating time and resources for this on-going project.

Accountability: Oakland Park has identified individuals within the organization who will be key players in promoting and ensuring compliance with our ASP. This includes Shari Holmes as the Infection Preventionist, and myself (D.O.N). We will assist in creating a culture of responsible and appropriate antibiotic use.

Drug Expertise: Our ASP team includes a Pharmacy Consultant who will assist in ensuring proper and effective antibiotic prescribing. Several members of our in-house team have also attended formal training in Infection Prevention and Control.

Action: Taking action includes changing how we go about communicating with our physicians and improving nursing skills. We will be implementing algorithms for staff to follow in determining when/if an antibiotic may be appropriate or needed and will be utilizing various tools for communicating with the physicians that treat our residents.

Tracking: Oakland Park will be more closely tracking antibiotic use in our facility to ensure proper and effective prescribing.

Reporting: The facility Infection Preventionist will be reviewing data often and will be reporting on this information during our facility Quality Assessment and Performance Improvement meetings. This is when we will be discussing if our actions and plans have been effective in ensuring proper antibiotic use.

Education: I personally feel this is the most important element in the ASP. Knowledge is power and the key to success in reducing incorrectly pre-



scribed antibiotics, the risk of infection from antibiotic resistant bacteria or development of C. difficile. We have met with our residents during a recent Resident Council meeting to provide education and answer questions. Informational handouts are available for family upon request. Our staff will also be trained on various topics as they relate to our specific program and infection criteria.

In closing, I would like to encourage anyone who has questions about this program to please contact myself or Shari Holmes. We would be happy to sit down and answer questions!

Jenny Stromlund, RN
Director of Nursing

Source: www.cdc.gov/longtermcare/prevention/antibiotic-stewardship.html

From the Social Service Designee

Legal Documents

Entering a nursing home may be a stressful time for residents and their families. The resident's illness may have happened suddenly and there may not have been time for advance planning or you may not know where documents related to decision making even are or if they are up to date?



When your loved one enters a nursing home, it is important to bring all of the pertinent information and documents with you. Bringing the following documents, if they exist, will ensure the proper information is on the resident's chart.

Some of you may have acquired some of the documents since admission, but not given us a copy for our medical record. These are some of the documents related to decision-making that we need to have on file.

Financial and Medical Power of Attorney: The person named in this document is responsible for handling only the person's financial affairs and medical to make decisions regarding your medical care.

Order for Guardianship of the Person: This document indicates who was appointed to give informed consent for medical and financial decisions for a person who was determined by the court to be "disabled" and therefore unable to give informed consent in decision making.

Advance Directives: These documents allow a person to make health care decisions in advance, so that those decisions may be carried out in the event that the person is no longer able to give informed consent. The advance directive may specify the type of care the person wants, and/or it may name another individual to give informed consent for medical treatment. A blank copy of an Advance Directive was given to each resident at the time of admission. With continuous regulation changes it is imperative that we have one on file. If we do not find one on file we will offer another copy to you to fill out.

We are in the process of auditing our medical records to see if the residents have the appropriate documents on file and if not we will be asking families for copies of them. Please take a look at your family member's legal documents to see if they are current and up to date. If changes have been made since admission, please bring a copy of the updated documents me. If you have any questions or concerns please contact me at 218-681-1675 or email her at cindy@oaklandparktrf.com. Thank you for your assistance.

Cindy Arlt
Social Service Designee/ Activities Director



Christmas Gifts

The Christmas season is a busy time at Oakland Park Communities with all of the special activities that goes on, to reading Christmas cards and receiving gifts in the mail.

Just to let you know, when gifts come in the mail, we ask the resident if they would like to open them or wait until the Christmas party. If they choose to wait until the party, the resident's name is marked on the package and it is kept in the activity office for safekeeping. If a resident receives money, it is put in their trust account (if they have a trust account), otherwise families will be notified per residents' request.

Staff members have been asked for ideas of appropriate gifts for the residents. Here are a few items suggested by staff.

- Sweat suits for men and women
- CD players and CDs
- Seasonal door decorations for the holidays.
- Large Print Calendars
- Stationery and stamps
- Newspaper subscriptions
- Silk plants or flowers
- Recent family photos or albums.
- Washable Shoes or slippers.
- Electric Razors
- Seasonal Mobiles
- Bird feeder and offer to fill it on a regular basis.
- Button-front sweaters
- Gift Certificates to the Beauty Shop.

Something to keep in mind when shopping is that we do not wash specialty clothing items due to regulatory hot water temperatures for infection control purposes, so please no woolen items, silks, or cashmeres. Look for medium-weight machine washable garments. Think of items that will coordinate with each other if tops or pants need to be change more frequently. Purchase clothing that is at least one size larger; they are much easier to get into and out of. Garments that close with snaps or Velcro and pants with elastic or drawstrings. For footwear, slip-on-shoes that won't slip off, such as Velcro, washable tennis shoes, non-slip slippers, etc.

When bringing in new items, whether it is clothing or toiletries, please let a staff member know so they can be properly marked. A reminder also with the cold weather, we would like you to double check to see if your loved one has a warm coat, hat, gloves, and boots for outings and medical appointments.

If you chose to give food, please give low-calorie snacks, smaller quantities of food and fruit due to limited space and refrigeration.

We hope to see you during the holidays. Check out our activity calendar and save the date!

Holiday Meals

As the holidays approach, we often enjoy getting together with family to celebrate. If you are planning to come celebrate Christmas or New Year's with your family member, please let us know in advance so we can purchase the proper amount of food. We would ask that you limit the number of guests to 2-3 per resident. Please RSVP to the business office by the following dates for the following holidays:



- Christmas Day Noon Meal: 12/15 (Friday)
- New Year's Day Noon Meal: 12/22 (Friday)



In honor of Veteran's Day, the Thief River Falls Red White and Blue Quilters made and presented Quilts for Valor to residents and employees who served and continue to serve our country.

Top Left: Registered Dietician Consultant Kjerstin (Swenson) Helweg. **Top Right:** Maintenance Director Scott Clifton, **Bottom Left:** (Front Row) Residents Lester Vigness, Kenneth Hagl, Leroy Skjerven and Orville Nelson; (Back Row) Employee Scott Clifton, Quilters Julie Desrocher and Jan Kramer, and Employee Kjersten (Swenson) Helweg. **Bottom Right:** Resident Lester Vigness attended and was honored at a Thief River Falls Norskies hockey game November 26th in Thief River Falls. Here he's pictured with the team and his son Dan. Lester was also presented with a Norskies jersey, cap, and hockey puck.

Holiday Safety

As the holidays come, we often decorate as part of celebrating. We love seeing the seasonal decorations and making Oakland Park feel more like home. When you're bringing in decorations, please remember a few things:

- If door hangers are used, the resident door must still be able to shut easily
- All electrical appliances in resident rooms must be UL-listed and in compliance with Life Safety Code
- If you purchase electrical devices or decorations for your family member/friend, please be sure to have them checked by the Maintenance Director
- Resident doors may not be decorated with highly flammable decorations (ex: paper decorations, wrapping a door with wrapping paper like a present, etc.)

Please Note: The use of extension cords, multiple plugs, dried floral or greenery arrangement (real swags or wreaths), or electrical lights will not be permitted in resident rooms. If you have any questions, please call the Maintenance Director.

Oakland Park Communities
123 Baken St.
Thief River Falls, MN 56701

Phone: 218-681-1675

Fax: 218-681-1037

Email: businessoffice@oaklandparktrf.com

Inspired by our Christian Values & beliefs we provide options in healthcare that will enable seniors to remain in their local communities.



We're on the web!!
www.oaklandparktrf.com

Donations

Donations made 10/1/2017 through 11/30/2017

Donations in Memory of Eileen Larson:

- Family of Eileen Larson

Donation designated to OPC Activities Department:

- American Legion Auxiliary

If you would like to make a donation in memory of a loved one, we will be putting donated funds toward purchasing a Nu-Step full-body exercise machine for our residents. We are excited about this opportunity to support our residents' health!



Resident Christmas Party

Santa has an heavy work load again this year and will be delivering gifts to Oakland Park Communities. Gift opening will take place on Friday, December 22nd at 2:00 pm.

If you have gifts that you would like to bring in at that time, feel free to do so. If you would like to mail a gift for your resident to open at the party, please send it with "Attn: Cindy Arlt" noted on the address. Please keep in mind that storage space for residents is limited. We look forward to seeing you there!

