Zumbrota Health Services
Zumbrota Care Center &
Bridges Assisted Living

First Annual Golden Harvest
Fine Dining Fundraiser
THURSDAY, OCTOBER 23, 2014
6:00PM—8:30PM
Tickets: $40 Individual, $65 couple
3 or more: Each additional ticket $30.00

Zumbrota Health Services (ZHS) is pleased to announce Carol Simons’ promotion to Acting Administrator effective September 2, 2014. Prior to her Director of Nursing position at ZHS, Carol had more than 18 years of multidisciplinary nursing work. Her most recent role was the Assistant Director of Nursing Services at Golden Living West, a skilled nursing facility in Rochester. Carol recently passed the State Exam for the MN State Board of Nursing Home Administrators. She will serve as the Acting Administrator of ZHS until the completion of her NAB Exam, which is the National Association of Long Term Care Administrator Boards.

We are also pleased to announce the promotion of Kim Schroeder to the role of Director of Nursing. Kim is a long-term employee of Zumbrota Health Services, starting her career in 2004 as a Nursing Assistant, then Trained Medication Aide, Licensed Practical Nurse, and finally Registered Nurse with Wound Care Certification. With Kim’s new position, she will be responsible for nursing staff recruitment, performance reviews and education. She will also be in charge of wound care and managing the residents’ plan of care.

Carol Simons will remain very actively involved in the running of the nursing department as Kim transitions into her new role. Carol Raw, VP of Senior Services at St. Francis Health Services will continue to mentor Carol Simons as she continues to work toward her full administrative licensure.

ZHS is very excited about these recent promotions. Both Carol and Kim have demonstrated their continued commitment to resident care and professional excellence that we hold as a cornerstone at our facility. Congratulations!

Kerri Hicks, HR & Business Office Director
Zumbrota Health Services would like to announce the transition to **Thrifty White Pharmacy** for our 24 hour service/7 day a week medication needs. Thrifty White Pharmacy is located in Plymouth, MN and specializes in long term care facility service. Deliveries to Zumbrota Health Services will be made daily and on an as need basis 7 days a week any time of the day or night. This will allow us to provide our residents with premium pharmacy service at a competitive price. Thrifty White Pharmacy has given specialized pricing to Zumbrota Health Services because they are a skilled nursing facility within the St. Francis Health Systems group. Thrifty White Pharmacy will work with our nursing staff to ensure the medications are packaged to decrease the chance of medication errors. Education consultants will also train nurses to become more efficient, productive and accurate during medication passes. Our residents and their families will continue to be able to have their choice of pharmacy. Zumbrota’s 2 local pharmacies, **Main Street Pharmacy** and **Weber and Judd** will continue to provide medication and services to our residents. ZHS is fortunate to be able to give our residents such superior pharmacy choices and

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**Zumbrota Health Services** is happy to announce the addition of **On Call Clinicians** Psychology providers to the team of health care specialists. A licensed psychologist will see residents as needed in the facility at the Zumbrota Care Center for issues such as depression, anxiety, difficulty coping with a new diagnosis or new living arrangement, loss of a loved one, mental illness, or a family dysfunction. Often times residents with a cognitive loss are seen by the psychologist with their family member. With the introduction of this non pharmacological intervention, it is our hope that residents seen can achieve a stable coping pattern without the introduction of further medication. **On Call Clinicians** takes care of billing the resident’s insurance company if provided. **In House Senior Services** is a company from the Twin Cities that will be bringing dental, vision, podiatry and hearing care to the residents at Zumbrota Health Services. This care will be provided on site in Zumbrota at the Care Center. This convenient service allows residents to receive all the service of specialty providers in the comfort of their own environment. Specialized staff and physicians will bring equipment on site to Zumbrota and provide care to residents who have signed up for service. In House Senior Services takes care of billing the insurance company if provided. If your family member/ loved one is a resident at Zumbrota Health Services, these are excellent opportunities for them to receive the dental, vision, hearing, podiatry and psychology care that they need.

If you are interested, please contact  Sue Harteneck, LPN Social Worker Designee/Care Coordinator at 507-732-8423.
Dietary Corner:

**BAKED APPLES**

**Ingredients:**
- 4 Large Honeycrisp apples
- 1/2 cup brown sugar
- 2 tsp ground cinnamon
- 1/4 cup dried cranberries
- 1/4 cup chopped walnuts
- 4 tbsp butter

**Preparation:**
Preheat oven to 400°. Slice off top of apples and scoop out cores, leaving a well. In a bowl mix brown sugar, cinnamon, cranberries and walnuts until blended. Stuff each apple with 1/4 of the mixture. Place apples in a deep baking dish. Top each with 1 tbsp of butter and 1/2 tsp cinnamon. Fill bottom of pan with water and bake for 50 to 60 minutes until apples are tender. Serve with vanilla ice cream for extra goodness.

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**How Does Reducing Hospitalizations Benefit Residents?**

⇒ Residents receive timely care from staff members who know the resident and who are able to respond to the resident’s individual preferences and needs.

⇒ Residents remain in a familiar environment with their personal possessions and maintain their routines as much as possible.

⇒ Residents avoid an uncomfortable, often traumatic, trip to the hospital, and potentially long delays in the hospital’s emergency room.

⇒ Residents avoid adverse events that can occur due to miscommunication between the hospital and the nursing home.

⇒ Residents avoid adverse effects that can occur due to a change in their medication regimen.

⇒ Residents avoid acquiring a hospital-related complication.

⇒ Residents are not confused by changes in utilization review or reimbursement procedures.

-Advancing Excellence website
Looking for volunteers to lead group activities, call bingo, room visits, music, or share talents!
See Lacey in Activities.
Activity Department is taking donations for the following items.
Small boom box with cd player, craft items (paints, brushes, rubber stamps), nail polishes