



# Zumbrota Health Services

## Zumbrota Care Center & Bridges Assisted Living

SUMMER 2015

Administrator  
*Krista Siddiqui*  
ksiddiqui@sfhs.org

Director of Nursing  
*Lynn Shepard*  
lshepard@zhs.sfhs.org

HR & Business Office Dir.  
*Kerri Hicks*  
khicks@zhs.sfhs.org

Activity Dir. & Volunteer Sr.  
*Lacey Boesen*  
lboesen@zhs.sfhs.org

Social Services/Admissions  
*Sue Harteneck*  
sharteneck@zhs.sfhs.org

Dietary Director  
*Amanda Ritter*  
aritter@zhs.sfhs.org

Environmental Sr. Dir.  
*Ray Goranson*  
rgoranson@zhs.sfhs.org

Bridges Housing Mgr.  
*Beth Duffing*  
eduffing@zhs.sfhs.org

Big Stone Therapy  
507-732-8421

Zumbrota Care Center  
433 Mill Street  
Zumbrota, MN 55992  
507-732-8400

Bridges of Zumbrota  
295 W. 4th St.  
Zumbrota, MN 55992  
507-732-8455

### Notes from the Administrators' Desk

Thanks to the aging baby boomers, it's estimated that 12 million people will need long term care by 2020. Many of these will avoid long term care as long as possible due in part to the negative stereotypes surrounding nursing homes. Nursing homes in MN and throughout the country have been dealing with low reimbursements from Medicare and Medicaid, extreme short staffing, and a slow moving culture shift away from institutional care to resident centered care. Last month MN took a giant step towards alleviating the first two issues by passing the Health and Human Services Omnibus Finance Bill. This bill reforms how the state cares for its aging citizens. One important part of this bill gives nursing homes more funding in which to retain staff and provide them with a livable wage. The third challenge nursing facilities have faced, and one which Zumbrota Health Services (ZHS) has tackled head on is Resident Centered Care. ZHS is committed to providing healthcare in a competent and caring manner that recognizes the value and dignity in every human life.

In fact, Zumbrota Health Services is proud to be a 5-Star Facility. The Centers for Medicare and Medicaid, better known as CMS, has a quality rating system that is used to help consumers, families, and caregivers compare nursing facilities and make informed choices about where they want their loved ones to receive care. The ratings are based on 3 factors: Health inspections, Staffing, and Quality measures. There is an overall rating for every facility from 1 to 5 stars. Zumbrota Health Services is proud of its overall 5-Star rating. In fact, ZHS carries the honor of being the only 5-Star facility in a 30-mile radius of Zumbrota, and is one of only 5 facilities in a 50 miles radius that carries the honor of being a 5-Star facility.

Part of ZHS's success is putting effort into focusing on what its resident's need and want. That is evident in its open dining plan, resident directed wake and sleep times, a beautiful indoor atrium for the residents to enjoy, and many other amenities focused on high resident satisfaction. Not to be forgotten, though, is the healthcare residents receive.

ZHS is proud of its greater than 50% discharge back to home rate. This means that over 50% of residents that discharge from the facility return back to their homes. This shows that Zumbrota Health Services focuses strongly on rehabilitation and has a wonderful partner in Big Stone Therapy who provides inpatient as well as outpatient therapy in its new therapy suite located on the ZHS campus.

While long term care or even short term rehabilitation can be scary for anyone, Zumbrota Health Services recognizes this and put resident satisfaction as their highest priority. This is the stage of one's life where there needs to be contentment, comfort and care. We do our best to see that every generation, including the boomers, find themselves a home and a second family when they stay at Zumbrota Health Services.

Krista Siddiqui, Administrator

## **Big Stone Therapies, Inc. Celebrates 25 Years of Service, Including Four Years in Zumbrota**



ORTONVILLE, MN – Founded in July 1990 by physical therapists Wade Van Dover and Paul Treinen, Big Stone Therapies, Inc. is celebrating 25 years of providing rehabilitation services in this region. They based their company on four core values: faith, family, fairness, and fun; through which they continue to use as their company's foundation.

Van Dover and Treinen began providing physical therapy services to community hospitals in Ortonville, MN; Wheaton, MN; Graceville, MN; and Sisseton, SD. In the following years, the company expanded its services to include occupational therapy, speech therapy, massage therapy, and occupational health services. As the company grew and more locations were added, Roman Taffe joined Van Dover and Treinen in 2002 as Chief Administrative Officer.

“We value our relationship with the Zumbrota Care Center,” Big Stone Therapies Chief Executive Officer Wade Van Dover said. “Our mission is to provide excellence in rehabilitation through caring, hands-on healing services. We look forward to fulfilling our mission in Zumbrota for many years to come.”

With headquarters in Ortonville, Big Stone Therapies, Inc. provides therapy services to patients of all ages in outpatient clinics, hospitals, long-term care facilities, and assisted living facilities. In addition, Big Stone Therapies provides services for home health care, school-based services, and business and industrial settings.

Big Stone Therapies in Zumbrota offers Physical, Occupational, and Speech Therapy services at the Zumbrota Care Center in both the inpatient and outpatient (walk-in) setting. If you have any questions or would like to set up an appointment please call 507-732-8421.



**Come watch the Covered Bridge Parade  
at Zumbrota Health Services  
Saturday, June 20 at 6:00pm.**

**Popcorn and lemonade provided. Bring a lawn chair!**



## ***ZHS WELCOMES OUR NEW DIRECTOR OF NURSING***

I have been a Director of Nursing in Long Term Care for the past eight years. I grew up and live in the Duluth/ Superior area. I have three children; two grown sons and a daughter who is in college in Duluth. I have two dogs, a Cavalier and a Chihuahua, whom I love dearly.

Prior to long term care, I was a Head Nurse of a 9 bed CICU for 15 years and I have worked as a QRC for the State of Minnesota. I have also worked in home care and as a supervisor and special projects nurse in Duluth at MDMC.

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Do you have a special or hidden talent? How about a musical background?

Do you like to do magic shows or perform in front of people? How about a unique talent you would like to share with others? Let us be your audience! The Bridges is looking to ramp up our activities. Please contact Beth if you would like to do a performance for us or make a donation for our future activities Call us at : (507)732-8455

## **Sensational Sirloin Shish-Kabobs**

1/4 cup soy sauce  
 3 tablespoons light brown sugar  
 3 tablespoons distilled white vinegar  
 1/2 teaspoon garlic powder  
 1/2 teaspoon seasoned salt  
 Salt and pepper  
 4 fluid ounces lemon-lime flavored carbonated beverage  
 2 pounds beef sirloin steak, cut into 1 1/2 inch cubes  
 2 green bell peppers, cut into 2 inch pieces  
 1/2 pound fresh mushrooms, stems removed  
 1 pint cherry tomatoes  
 1 fresh pineapple - peeled, cored and cubed  
 skewers



### **Directions**

1. In a medium bowl, mix soy sauce, light brown sugar, distilled white vinegar, garlic powder, seasoned salt, garlic pepper seasoning, and lemon-lime flavored carbonated beverage. Reserve about 1/2 cup of this marinade for basting. Place steak in a large re-sealable plastic bag. Cover with the remaining marinade, and seal. Refrigerate for 8 hours, or overnight.
2. Bring a saucepan of water to a boil. Add green peppers, and cook for 1 minute, just to blanch. Drain, and set aside.
3. Preheat grill for high heat. Thread steak, green peppers, mushrooms, tomatoes, and pineapple onto skewers in an alternating fashion. Discard marinade and the bag.
4. Lightly oil the grill grate. Cook kabobs on the prepared grill for 10 minutes, or to desired doneness. Baste frequently with reserved marinade during the last 5 minutes of cooking.

## **Zumbrota Health Services-Employee of the Quarter**

Zumbrota Health Services (ZHS) recognizes outstanding employees who have made a significant contribution within the facility each quarter. It also offers an opportunity for all employees to recognize their peers for their exceptional job performance.

There are nine different criteria that a candidate must meet in order to be nominated; a positive attitude, provides service that reflects ZHS' Core Values, and carries out additional responsibilities beyond their regular job assignment, for example.

Holly Greve, one of our Mentor NAR's, was nominated to be the first quarter of 2015's Employee of the Quarter! Holly joined ZHS July 31, 2014 as a NAR and was quickly promoted to a Mentor NAR in November,. Holly stated that she chose to work at ZHS because the atmosphere was positive, charming and clean.

Holly grew up in Mound, MN but moved to Northern CA when she was 13 years of age. After graduating high school, she moved back to MN and worked as a server in a small café in Deephaven for seven years. During that time she met the love of her life and they welcomed two beautiful children to the family. Holly studied Medical Assistance at the MN School of Business in Shakopee, MN, but decided to be a stay at home mom for three years prior to deciding to pursue a career as a NAR.

As the Employee of the Quarter, Holly was presented with a certificate of recognition as well as being recognized in ZHS' publications, a 10-meal punch card from the facility, an Employee of the Quarter polo shirt, parks in an honorary parking spot during her reign, and is entered into the Employee of the Year drawing that will be held in December. The winner of the Employee of the Year will be presented with a weekend get-away at the Fitgers Hotel in Duluth, MN!

Congratulations, Holly! We are honored that you are a part of our dedicated team of health care professionals!

Zumbrota Health Services  
433 Mill Street  
Zumbrota, MN 55992



*UPCOMING ACTIVITIES  
AT THE CARE CENTER*

June 19-June Birthday Party 1:30p  
June 20- Covered Bridge Parade 6pm  
June 24-Serve of Remembrance 1:00p  
July 17-July Birthday Party 1:30p  
August 21- August Birthday Party 1:30p



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