

Summer 2024

A note from our administrator

Greetings everyone! Many exciting things have happened since the last newsletter. We've held numerous fun activities that you will read shortly in the life enrichment section. In May, we celebrated "National Skilled Care Week" in which this is a time where we can honor our staff for the hard work they do throughout the year. I hope you were able to see the fun and excitement throughout the building. Many of these items and events were able to be paid for by our Employee Recognition Fund, which is supported by generous donations from families and staff! If you would like to contribute to the fund, please consider donating to our PHS Foundation in honor of Harmony River staff.

Speaking of the great staff, I would like to take this opportunity to let you all know about some of the unique attributes of the 245 employees that serve at our site. Our team range in ages from our oldest at 80 to our youngest at 15 years old. We are blessed to have 18 staff members who have dedicated over 20 years of service to the residents of Burns Manor and now Harmony River. Our longest serving employee celebrated her 45th anniversary this year and another two who celebrated their 40th anniversary, which are all astronomical accomplishments. We also have a strong philosophy of growing from within and this past May, we had six of our staff members graduate with their RN degree and most have transitioned to an RN role at Harmony River. Additionally, we had multiple staff move internally from various departments to fulfill their desire to grow in different capacities.

Another unique feature of Presbyterian Homes and Services that our site receives benefits from is the INR program. INR stands for "International Nurse Recruitment" program that partners with nurses in the Philippines and assists in immigrating to the United States. We have been fortunate enough to build relationships with several nurses over the past years who have served our residents. We currently have four INR nurses and a fifth nurse arriving soon! We are blessed to have them and their families in our community.

Another exciting update is enhancing our secured courtyard on the North side of our building with permanent shade structures similar to our South courtyard. Construction is anticipated to begin late August or early September. While it is later in the season than we would have hoped, it will be enjoyed for years to come. This project was able to be completed based on funds received from generous donors to our foundation. A sincere thank you to all who have contributed!

I am certain there are many other things I could share as things are always changing at Harmony River!

With deep appreciation,

Luke Krueger, campus administrator

Harmony River

Facebook

This quarter's most interacted with Facebook post was on March 10, 2024, with 3,571 impressions. Congratulations Shirley Moran on your anniversary and having the most viewed post!

"Celebrating Shirley Moran on her 45th anniversary! Thank you for all smiles you have put in the eyes of our residents, family members and fellow staff at Burns Manor and Harmony River. Come visit her at the front desk!"



Culinary & nutrition

MenuCHOICE improves residents' experience by enhancing the dining experience. If you are interested in ordering for your loved one at home, please send your email information and we will send you an invite. We assure you that we work every day in making sure your loved ones have a pleasant dining experience.

As a reminder, when you are bringing in food to share with the residents for special celebrations, the items must be purchased from a store for the safety of the residents.

Patricia Herold,
Nutrition culinary
director
pherold@preshomes.org



Pastor to the caregivers

It is such a blessing to serve as Campus Pastor to the residents here at Harmony River!

But I also want you to know that my job includes caring for caregivers as well, including both staff and families. I am a pastor for the entire Harmony River community, and I want to share my gifts and skills wherever they can be helpful.

On one hand, this means that staff and families are always invited to spiritual activities, whether it's worship on Sunday, or Bible study in the neighborhoods, or devotions on Thursday morning. One of the blessings of moving worship to Sunday afternoons has been seeing how many family members join us for church, and I want to encourage that even more!

I also want to make my counseling and coaching skills available not only to residents but also to staff and families as well. I'm a certified mental health coach, in addition to being trained as a relationship counselor and a grief counselor, and I want to offer these skills to the whole Harmony River community.

Over the next few months, I'll be sharing more about this opportunity for coaching and counseling. Meanwhile, please just know that my calling as pastor is for all of Harmony River – residents, families, and staff members alike.

God be good to you!
Pastor Steve Timm
Campus Pastor



Aegis therapy

Walking to maintain strength and mobility as we age continues to be an important part of our everyday life. Individuals who sat for over four hours at a time were significantly more likely to report chronic illnesses. This enhances the importance of implementing a walking program for you and your family and friends to improve quality of life. Walking programs can be especially effective in helping to maintain older adults' mobility, balance, muscle tone and overall physical well-being where participation levels are consistently high. Completing a walking program for yourself, your family and even your friends is easier when you have consistency and accountability, such as a walking partner. A walking program can be simple if you stick to the following guidelines:

1. Understanding the importance of preventive foot health is vital. Wear appropriate footwear. If you are unsure if you have appropriate footwear, schedule a time with a podiatrist.
2. Consider the use of a pedometer to measure the number of steps you take. There are also apps and other devices that can assist you.
3. Find three routes that accommodate all fitness levels for 10 weeks. Think of parks, trails, your neighborhood or indoor mall for climates where the heat is unbearable or weather is not cooperating. Frequency and progression is the formula for you to see results. Changing your routes will keep you interested and give you enjoyment that you may not seek out otherwise. Consider adding strength and yoga.

Tracking and measuring will keep you motivated, so consider ways to log your steps over the 10 weeks and reward yourself or team at the end for the most steps averaged.

Remember, FUN needs to make a comeback! No amount of discipline and willpower can replace an experience that is fresh, engaging and fun. Have fun creating and implementing your own walking program.

Step Statistics

- 2.5 feet: average person's stride length
- 2,100 average steps: about one mile
- 10,000 steps: about 5 miles
- 10,000 steps: expends about 300 to 400 calories (depending on body size and walking speed)
- 3,100 – 4,000 steps: 30 minutes of moderately intense walking

How Many Steps for an active lifestyle?

- Sedentary: <5,000 steps/day
- Low active: 5,000 – 7,499 steps/day
- Somewhat active: 7,500 – 9,999 steps/day
- Active: > or = 10,000 steps/day
- Highly active: > 12,500 steps/day

Denise Hanson PTA, CLT, DOR

Harmony River

Education

Care Conference – what is it all about?

If you have a loved one living at a skilled nursing community, you may receive an invitation to attend their care conference. You may wonder whether it's essential for you to take part in these conferences. Are they simply a formality, or do they make a positive difference in the care of your loved one?

After reading this post, we hope you'll consider yourself a valuable member of the resident's care team, and you'll actively take part in your loved one's care conferences.

Who attends the care conference?

The most important person at the meeting is the resident. Federal law enables residents to attend their care conferences whenever feasible. They also have the right to choose not to participate. You'll receive an invitation if the resident wants you to be there or if you are their health care representative.

Staff from nursing and social services attend. Additional team members such as rehab, dietary, activities, hospice and chaplain also add their input into the care conference and may take part depending on the needs of the individual resident.

What is the purpose of a care conference?

First, it's essential to know that every resident has a detailed and individualized care plan. It includes their strengths, needs, and goals. It also includes steps the care team will take to help the resident experience the best possible quality of life at the facility.

During the conference, the team reviews the resident's progress toward those goals and looks for areas of the care plan that need updating. Here's where you become an important advocate for the resident.

Sometimes the staff may face challenges in coming up with effective steps to help the resident meet their goals. You can share vital information about the resident's history that will prove helpful. For example, you may know details about their eating habits, hobbies, family background, or work history.

When are care conferences held?

You can expect an initial care conference shortly after admission to the facility. After that, they occur every three months, and when a resident has a significant change in their condition. Additional conferences may be scheduled upon request.

How can you help?

These are a few tips to help you be an effective member of the team at care conferences:

1. A care conference is an excellent place to discuss concerns. However, it's best to alert staff to issues at the time they happen. Please don't save them up over three months and then spring them on staff at the meeting.

It's much easier to investigate concerns at the time they happen. Plus, it's best for your peace of mind and the wellbeing of the resident to get problems resolved right away.

Harmony River

Education continued

2. If you would like to attend a care conference, but the assigned time doesn't work for you, let staff know you would like to change it. However, remember that communities schedule conferences on the days and times when the most staff can attend. So, if you request an alternate time, some departments may not be available.

3. It's often helpful to jot down questions in advance. There will be a lot of information discussed at the meeting, and it's easy for thoughts to get lost. You may also wish to jot down notes during the conference. This makes it easier to follow up on the care plan changes you discuss.

4. If you don't understand something, please speak up and ask for clarification. Other people have probably asked the same questions in the past. I'll admit that we as healthcare providers sometimes slip into using medical terms or phrases, forgetting that others may not know what we mean.

(Paraphrased from NursingHomeVolunteer.com)



Life enrichment



I hope you are enjoying your summer! We always have something happening at Harmony River! We have been busy:

- Planting the raised planters in our courtyards, afternoons on the patio and evening music
- Piano Recitals and a Dance Recital
- Flower Power Ladies Day and Red, White and Blue Men's Day
- Visits from the McLeod Co. Dairy Princesses and Ambassadors and the Water Carnival Queen Candidates
- Fishing with the "Let's Go Fishing" program on Green Lake in Spicer
- Looking forward to:
 - WaterColor Art Show, July 9th 2:00-3:00 in the Community Room.
 - Music on the Patio – Mark Hawker in the South Courtyard July 18th at 6pm, August Music on the Patio TBD, watch calendars.
 - "Gone Camping" themed Block Party, July 23 with music by Hammertime from Redwood Falls
 - Primary voting- we will ask all residents and sign them up to vote here on July 25th
 - 2024 Flower Show, August 8th 1:00-3:00 in the Community Room. Bring your flowers to the front desk or Community room to display by 11:00am

Fair Time – We will be taking residents to the fair on Friday, August 16th. Let us know if you are able to escort your resident around the fairgrounds

See calendars for dates and times and more activities! I send the monthly calendars by email if we have your email. If you have any ideas or suggestions for special activities, please let us know.

God Bless you all,

Julieann Knutson, Life Enrichment Director

Sandy Brown, Sharri Fosland and Cindy Henning, Life Enrichment Assistants

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Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

Nominate a PHS employee for the 2024 CROSS Awards

Nominations are now open through July 21 for the 2024 Presbyterian Homes & Services (PHS) CROSS Awards! These awards recognize individual employees who go above and beyond expectations as they embody and extend the five **PHS CROSS Values**:

- ✝ **Christian Ministry**
- ✝ **Ready and Engaged People**
- ✝ **Operational Integrity**
- ✝ **Service Excellence**
- ✝ **Stewardship**

Almost 8,000 employees serve at PHS. They make us proud through the dedication, compassion, and excellence they demonstrate every day. That is why each employee is eligible to be nominated by residents, coworkers, family, or friends.

What employees stands out to you and why? Simply scan the QR code to complete, and submit your nomination online. Or complete the paper nomination form included in this month's newsletter and return to the reception desk. Award recipients will be honored this fall. **Nominations are due by July 21.**

**Nominate electronically
by scanning the QR code**

