

THE KNIFE RIVER CARE CENTER

NURSING HOME INFORMER

Volume 6 Issue 01

JANUARY 2012



Knife River Care Center
 118 22nd Street NE
 Beulah, ND 58523
 Phone: 701-873-4322

January Birthdays

RESIDENT BIRTHDAYS

Martha Gunsch	01/03
Anna Belle Mitchell	01/09
Minnie Endreson	01/15
Henry Kuhn	01/18
John Mosbrucker	01/30
Olga Heth	01/30

STAFF BIRTHDAYS

Leta Tupa	01/07
Sabrina Wieseler	01/16
Noreen Gabriel	01/17
Jessica Olsen	01/19
Pam Weigum	01/23
Tammie Alexander	01/23
Lona Moos	01/24
Melanie Kroll	01/26
Keith Gendreau	01/28
Roxanne Cahoon	01/30



To celebrate all our Resident's Birthdays this month, we will be holding our **Monthly Birthday Party** on Wednesday, Jan. 11th at 2:30 p.m. in The Fellowship Hall. We would also like to thank our Hostess this month The Ladies of Zion Lutheran Church of Beulah, and as always, we appreciate the wonderful help and the delicious cake they provide.

Board of Directors

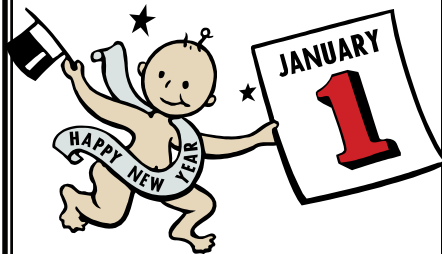
PresidentFred Stern
 Vice President.....Bruce Schmidt
 Secretary..... Mary Lou Horning
 Michelle Anderson ... Dena Kemmet
 Max Miller Dale Gilje

Management of the Home

AdministratorKeith Gendreau
 Administrative Assistant
 Alice Grinsteinner
 Director of Nursing Rhonda Pfenning
 HR Manager.....Marlys Reichenberg
 Business Office Manager
Linda Czywczynski
 Medical Director Dr. Kaspari
 Activity Director.....Sheryl Misslin
 Dietary Director..... Cynthia Olson
 Dietitian.....Dawn Zeigler
 CNA Education.....Peggy Sigman
 Luann Reich
 Director Of Social Service.....
 Kala Geestman
 Occupational Therapy
 Jessica Schultz
 Physical Therapy.....Mary Jo Larson
 Pharmacist.....Dave Just
 Maintenance Supervisor.....Allen Weil
 Housekeeping/ Laundry Supervisor.....
 Darlene Klein

Vesper Pastors for the Month of January

- Jan. 1st,** Pastor Nyman of Prince of Peace Church of Beulah
- Jan. 8th,** Pastor Roberts of Prairie View Church of God in Beulah
- Jan 15th,** Pastor Olson of Trinity Lutheran Parish of Golden Valley
- Jan. 22nd,** Pastor Pittman of Hazen Christian Fellowship of Hazen
- Jan. 29th,** Pastor Langeliers of New Life Worship Center of Beulah



FRIEND'S CLUB

January Communion Services



Catholic Mass and Rosary Service,
Wednesdays at 9:00

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**January 3rd at 10:15**  
Zion Lutheran Communion

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January 4th at 10:15
Peace Lutheran Communion

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**January 10th, at 10:15**  
Concordia Communion

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January 17th at 10:15
Trinity Lutheran Parish Communion

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**January 24th at 10:15**  
Prince of Peace Lutheran Church

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Open Communion Service
January 26th at 2:30
Pastor Fanella

IN LOVING MEMORY OF.....

Samuel A. Pulver

DISCHARGED

Albert Wittmayer

NEW ADMISSIONS

Hilda Kuester
Lawrence Oster
Roberta Stompro
Hildegard Wallender

The Friend's Club from Knife River Care Center sponsors the Employee of the Month. We would encourage everyone to nominate an employee who you feel should be honored for something good that they have done. We employ many people here at Knife River Care Center, and we feel they all are very special in their own way. This is one way that we have chosen to honor them for being special. Forms are available in the coffee shop and the staff lounge in the communication room.

We would like our resident's families and visitors to feel free to nominate someone for Employee of the Month as well. It is always nice to know that families and visitors appreciate what we do for their loved ones. If you have any questions regarding this, you can inquire at the Receptionist Desk.

TEAM PLAYER FOR THE MONTH OF JANUARY

Andrea Block

Position: Account Manager
TIME AT KRCC: 1 year and 8 months

A Little Bit About Me:

I was born and raised in Harvey, ND. I was a Harvey Hornet at Harvey High.

My Mom was a stay at home Mother that raised six children. My Father owns Harvey Sand & Gravel in Harvey.

My Family:

My husband Shane works for Basin electric (AVS) as a plant operator. We have been married for four years and have a baby on the way, due March 31st, 2012. My husband also grew up in Harvey. We have been together since high school. He enjoys hunting and snowboarding.

My Hobbies/Pastimes:

My hobbies are walking, running, reading and spending time with family and friends.

What I really like about working at KRCC:

I love working with all the staff and it's a joy to see all the residents each day and to put a smile on their faces as you pass by.

KRCC IS NOW ONLINE!

Knife River Care Center newsletter is now online, by having the newsletter available on the Website it saves on the environment and we save some on the postage. We have had a few technical problems in the recent past which has prevented the website to be current and we are happy to report the problem has been resolved. If we have your e-mail address a message will be sent advising you the newsletter is available on the website for your viewing pleasure.

Knife River Care Center also has E-mail capabilities for residents and staff. If you would like to E-mail a resident or staff member, our address is guest@krcc-nd.org. In the Subject line, please be sure you put the resident's or staff member's name. Feel free to E-mail and stay in touch with your loved one. We will be happy to deliver messages as they come in!

HAVE YOU SKYPED LATELY?

Talking to a distant friend or relative on the phone is okay, but skyping them is twice as fun! Please remember that we have computer-to-computer video calling on two computers, and the service is free. All you need is a webcam and microphone attached to your PC or laptop, and it's off to the races! Contact any of the activity staff at 873-3274 or email us at Sheryl@krcc-nd.org. Let us help you stay in touch with your love one!

Oatmeal in the Oven

January may be the perfect month to enjoy the warm and hearty comfort of oatmeal. Besides, it's Oatmeal Month. This recipe for oven-baked oatmeal is sure to win the hearts, minds, and stomachs of all who eat it:

Mix together:

- 1/3 cup vegetable oil
- 1/2 cup sugar
- 1 large egg, beaten

Add, mixing well:

- 2 cups oats, rolled or quick
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 cup milk

Pour into greased 9 X 5-inch loaf pan. Bake at 350 degrees F for 35 to 40 minutes (25 to 30 minutes if using quick oats), or until golden brown. Top with milk, cream, brown sugar, nuts, dried berries, or all of the above.

Healthy Hugs



On January 21, Hugging Day, feel free to offer a hug to anyone and everyone you want. After all, the goal of the holiday is for people to show more emotion in public.

Studies have shown that physical contact has many health benefits. Such contact is indeed necessary for healthy social, psychological, and physical development. Hugs strengthen the immune system, decrease the risk of heart disease, decrease levels of the stress hormone cortisol, and increase levels of the "love hormone" oxytocin and the "feel good" brain chemicals, serotonin and dopamine.

Some people shy away from being touchy-feely in public, but humans have always been social creatures that thrive through human-to-human contact. Hugging may be the best tonic of all for what ails you.

ABC'S TO HAVING YOURSELF A GREAT DAY!

A lways know that you are special.
B efore you give up, try one more time.
C an-you CAN do it! Yes, you can! Do
Your best and feel good about it.
E xpect a wonderful and exciting day!
F inish what you start.
G ive, share and play fair.
H elp someone else.
I magination-you have a great one, use it!
J ust because you never done don't be afraid to try it.
K now that you are loved.
L augh it makes you happy!
M istakes-it's okay to make them-but learning
From them is even better.
N ew ways of doing things can be fun!
O ffering to do something extra.
P erfectly wonderful- that's you!
Q uestions-be sure to ask them.
R ead and learn all that you can.
S how others how much you like them.
T alk to someone about your feelings.
U nderstand-if you don't ask someone.
V ote "No" if you don't think it's right!
W ear your beautiful smile!!
X tra hugs and kisses to you!!
Y ou are the only person in the world like you
and that what makes you important!
Z illions of great ways a loveable person like you can have a great day!

Just relax, enjoy your ABC's and have a great day!

SPEAK UP!

It is very important for you to take an active role in your life at the Knife River Care Center. There are caring people who work here-but none of them are mind readers! Here are some ways you can be more involved:

Attend your care plan meetings. this is the time to discuss your personal care plan, make suggestions and discuss concerns and changes you like in your life.

Attend Resident Council meetings. The law requires residents be allowed a meeting place to discuss there concerns. At that time, residents make suggestions and address policy issues that would improve residents' quality of life. Remember this meeting is **for residents only!** Staff members may attend if specifically invited by the Residents.

JANUARY