

# TRINITY Campus Connection

Fall

2008

## ADMINISTRATIVE JOTTINGS

Things change, yet things also remain the same. Long-term care has seen remarkable changes these past 40 years, yet there are many things that have remained little changed over these four decades. I began my career in service to seniors in 1968. I have seen a huge shift in the options from which our elderly may choose. Some of the most obvious changes have occurred in the housing area. There were relatively few housing choices an older person might consider. There were some boarding homes, and a few apartments that catered to seniors, but certainly none of the multiple living situations now available to seniors. One only has to travel through Florida to see all the options.

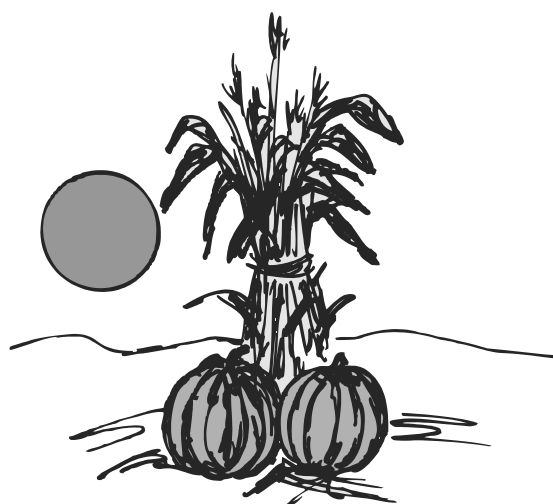
Nursing Homes have also experienced significant changes. Oversight by state and federal agencies is only the most obvious of these changes. Seniors are healthier in 2008 than they were in 1968. The average age of entering a nursing home has increased from the early to middle 70's to the late 80's or even the early 90's. Average length of stay used to be 3 years. Now most admissions to Trinity Care Center go home after rehabilitation. In 1968 seniors

without very involved families could only be cared for in a nursing home. Now with Home Health care, they are able to either stay in their home or be maintained in an Assisted Living facility. Many are able to move into an apartment with some supportive services.]

Trinity Terrace is this type of housing. With meals and housekeeping provided, seniors are able to live in a social and friendly environment and maintain their independence much longer. This also is one of the most reasonable options for seniors. Yet if additional services are required, they can be delivered to tenants in their apartments by a variety of providers. Outpatient physical therapy is available next door at Trinity Care Center. If one needs more care than can be made available in ones apartment, the care center is always an option.

Sincerely,

Rich Ludwig, Administrator  
Farmington Health Services



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## INFLUENZA VACCINATIONS

### *from the Nursing Department*

It's hard to believe, but flu season is upon us. Influenza and pneumococcal pneumonia together are the sixth leading cause of death in the United States and Minnesota among persons over 65. Influenza is a serious respiratory disease caused by a virus. It is not the same as the common cold or an intestinal illness. Vaccination is the best way to avoid getting the flu and is usually 70-90% effective in preventing influenza. Vaccination against Influenza is recommended for all persons who meet any of the following criteria:

- age 50 years, or older
- children 6-59 months
- anyone with chronic respiratory or cardiac disorders, including asthma
- anyone who was under the care of a physician last year or was hospitalized for chronic metabolic disease (diabetes), renal disorders, or immune system disorders
- anyone who has any condition that can compromise respiratory function (spinal cord injury, seizure disorder, or other neuromuscular disorders)
- Residents of nursing homes or other chronic-care facilities.
- any person who lives with or cares for persons that are high risk
- Healthcare workers
- women who will be pregnant during flu season

Although allergic reactions are rare, you should not receive the flu vaccine if you are allergic to eggs or reacted to a previous dose of flu vaccine. Minor illnesses with or without fever do not contraindicate receiving the vaccine. Common side effects include soreness and redness at the injection site, fever, and malaise. Unvaccinated healthy people who get the flu can spread it to others who are vulnerable. By protecting yourself, you are also protecting others.

## NEWS FROM ACTIVITIES



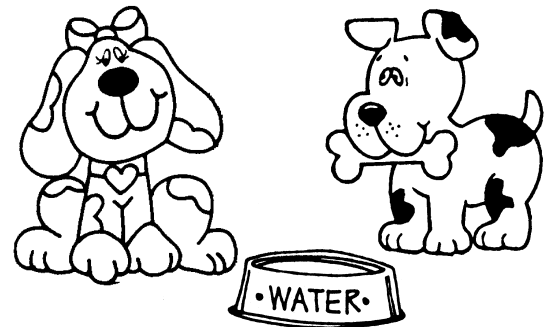
Thank you to all who attended our 2<sup>nd</sup> annual Harvest Party on September 27<sup>th</sup>. It was a spectacular time where all had fun!

Please stay tuned to next year's time and date. The more, the merrier. If you have not heard of the Harvest Party and/or would like more details, contact the activities department at Trinity Care Center; Joy Lauterbach would be happy to answer any questions! 651-460-1166. (This year we added a JumpKing and Donnelly's farm animals to the mix)

Gas Cards: Trinity Care Center is now selling gas cards to Kwik Trip. We sell them to you at 10% off. Call Joy with questions.

If you or someone you know are looking for opportunities to volunteer, Trinity is the place! To volunteer is an easy process with 1-1 orientation. Please call Joy in activities with any questions.

### Please Note:



We love having our furry visitors at Trinity Care Center, but for sanitation and safety purposes we need to exclude them from the dining areas during meal times.

Thank you for your cooperation and continued support of our residents!

# A QUICK QUIZ

...from the Care Center Activities Department

1. The popular game that uses a board and square tiles with letters on them is:
  - a) Stubble
  - b) Scramble
  - c) Scrabble
2. This game mentioned above has been featured in which movie?
  - a) Sabrina
  - b) Foul Play
  - c) All of the above
3. What do a certain saw and puzzle have in common?
  - a) They're both complicated
  - b) If a few pieces fall out of the box, the darn things won't work
  - c) They are both named jigsaw
4. The longest Monopoly game lasted:
  - a) 3 days
  - b) 2 weeks
  - c) 660 hours (almost a month)
5. Women's fashions switched to looser clothing, shorter skirts, and fewer corsets so they could be more comfortable playing this game. Name the game.
  - a) Spin the bottle
  - b) Charades
  - c) Ping-Pong
6. At age 15 he was the youngest person in the world to earn the title of International Grand Master and went on to become the world chess champion. Who is he?
  - a) Chester Checkmate
  - b) One of the parker brothers
  - c) Bobby Fischer

Answers: All answers to this are "C"

*We are pleased to announce  
the recipient of the first  
Farmington Health Services'  
Employee of the Quarter.....*

**Meshack Masaki**

The recipient receives...

\$100 bonus

Employee of the Quarter parking

Employee of the Quarter plaque

The following employees were also  
nominated during quarter three 2008:

**Tracy Beckfeld**

**Troy Bennett**

**Susan Bradley**

**Amanda Duenow**

**Sara Dunley**

**Kathy Freidrich**

**Tanya Harmer**

**Sue Hounder**

**Nichole Maras**

**Jackson Mokaya**

**Tammy Riley**

**Nelly Steffes**

**Levana Warner**

**Renae White**

**Sherri Wisnoski**

We would like to thank all of our staff for  
providing exceptional care to our residents.

**Good luck to everyone next quarter!!!**

## *Thanksgiving* Did you know...

- \* It became the first U.S. holiday designed by Presidential Proclamation
- \* The famous rock where the Pilgrims landed along the Massachusetts coast weighs 7 tons
- \* The 1<sup>st</sup> Thanksgiving meal was breakfast, not dinner.

Included in the menu were boiled eel, roast pigeon, stuffed cod, and lobster. The Indians contributed what we think of as more traditional fare: turkeys, pumpkins, corn, sweet potatoes, and cranberries.



### **Recipe: Marlborough Pie - A New England Thanksgiving MUST!**

Unbaked fresh or frozen 9" pie crust  
4 medium tart cooking apples,  
peeled, cored and chopped (3 cups)  
2 tsp. Finely shredded lemon peel  
3 Tbls. Lemon juice  
1 cup sugar  
3 Tbls. Butter  
4 beaten eggs  
1 cup half and half  
1.5 tsp. Cinnamon

- 1) Bake pie shell in a 450 oven for 12 minutes. Cool
- 2) Sprinkle the chopped apples with lemon peel and lemon juice. In a medium saucepan, combine the apple mixture and sugar; cook over low heat till sugar disappears. Simmer covered about 10 minutes, till apples are tender.
- 3) Puree mixture in blender. Stir in butter until melted and let cool.
- 4) Combined pureed apple mixture, eggs, half and half and cinnamon mix. Mix well. Pour into pastry shell. Cover with foil. Bake at 375 for 25 minutes. Remove foil and bake for 25 minutes until knife inserted into middle comes out clean. Enjoy!

## **Trinity Campus Contacts**

Richard Ludwig, Administrator  
Kim Holland, Director of Nursing  
Robin Bisel, LSW, Director of Social Services  
Joy Lauterbach, Activities Director  
Joni Quam, Director of Nutrition Services  
Marsha Montigne, Director of Senior Housing  
Sue Holmquist, Director of Therapy Services  
Matt Pomroy, Director of Human Resources  
John Hofacker, Director of Eng/Hskpy/Ldry  
Care Center Main

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