



TRINITY Campus Connection

Summer

2009

ADMINISTRATIVE JOTTINGS

Trinity Terrace will be experiencing some changes in the coming months. We have applied for and received a license to deliver an increased level of services to our tenants. Some of these services will be included in our new "Catered Living" option. Ala carte services will be available through our "Home Care Agency" located at Trinity Care Center.

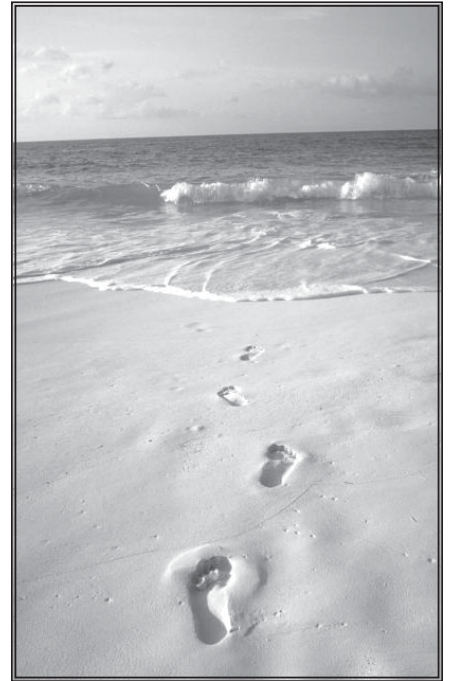
In the past few years I have observed that an increasing number of our tenants had to relocate because they needed additional services we were unable to provide. While our new service op-

tions do not constitute assisted living per se, they will be sufficient to keep many tenants in their homes. Often we have noted that, with the basic needs of meal service and medication management resolved, many residents are able to maintain an independent life style in their apartments. Many seniors do not properly manage their medications and after years of making meals for their families, no longer enjoy cooking. Having someone step in to provide these services may help people stay healthier longer.

What does this mean to the tenants who already live at the Terrace? Actually they will experience no change, nor notice any differences in their existing services. This is an optional add-on program that will be available when and if they need it.

Sincerely,

Rich Ludwig, Administrator
Farmington Health Services



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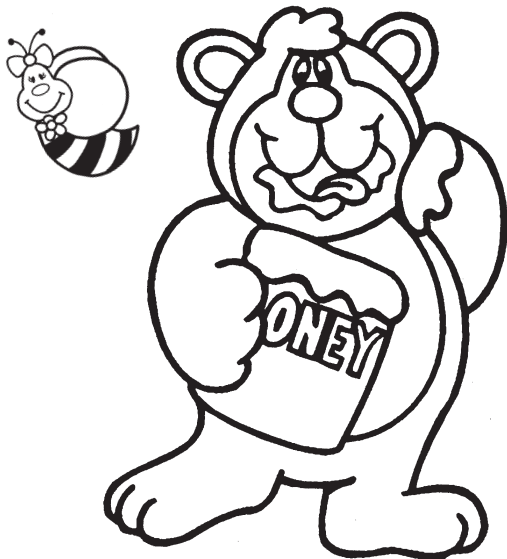
FROM THE ACTIVITIES DEPARTMENT

September is National Honey Month!

Honeybees have been "working" for us for at least 6500 years, with the first written accounts of "keeping bees" occurring in China and India in 3500 BC. Honey was believed to be the food of the gods by ancient Egyptians, and King Rameses III offered 50 TONS of honey in sacrifice to the god of the Nile.

Bee & Honey Terms

- Drone:** Male bee, has no stinger; useful to the colony only as a mate to the queen
- Apiary:** A collection of bee hives. An apiarist is the person who tends bee hives.
- Bee Dance:** The dance a forager bee performs to give directions to a source of nectar.
- Colony:** All bees in a hive
- Queen:** Largest bee; lays up to 1500 eggs per day to keep the colony populated
- Workers:** Smallest bees in the hive; undeveloped females responsible for feeding the queen and developing larvae; collecting nectar, and guarding the hive entrance. Life expectancy is 28-35 days.
- Swarm:** Older bees who leave the colony with an old queen to start a new hive. Young bees and an emerging queen remain to rebuild the colony.



Imagine the poor little worker honeybee who produced ½ of a teaspoon in a lifetime. Let's celebrate the 3.2 million colonies of bees nationwide who are responsible for pollinating 10 billion dollars worth of crops (not to mention the honey, honey!)

Test Your "Bee" Knowledge:



- T / F 1. Drones lose an essential body part while mating with a queen during flight.
- T / F 2. Foraging bees are "checked at the door" to make sure they are at the correct hive and are carrying food.
- T / F 3. A group of engineers, after studying slow-motion film of bees in flight, were able to make improvements in helicopter construction.
- T / F 4. Drones will eat stored food at the expense of the colony.
- T / F 5. Drambuie, a scotch liqueur, is made with honey.
- T / F 6. A frightened honeybee can fly over 30 miles per hour.
- T / F 7. California is known as the "Beehive State."
- T / F 8. A hive of bees flies 125 miles to gather enough nectar to produce one pound of honey.
- T / F 9. Bees must visit 2 million flowers to make one pound of honey.
- T / F 10. In old China, honey was used to cover anyone suffering from smallpox.
- T / F 11. The cell of a honeycomb has eight sides.
- T / F 12. Honeybees are constantly searching for someone to sting.
- T / F 13. California almond growers need 750,000 bee colonies to pollinate their orchards.

Answers to Bee Knowledge:

- | | |
|--|---|
| 1. T | 7. F - Utah is the "Beehive State." |
| 2. T | 8. F - They fly 55,000 miles |
| 3. F - In fact, the study determined that bees should not be able to fly at all! | 9. T |
| 4. F - Drones are kicked out of the colony if food supplies are short. | 10. T |
| 5. T | 11. F - The cell has six sides |
| 6. F - 15 MPH is the top speed. | 12. F - This is a common myth. They would rather avoid people and get on with their work. |
| | 13. T |

CARE CENTER NEWS

Expanded Evercare Services

Trinity Care Center has a partnership with Evercare. Evercare offers an experienced program that can assist in managing your health care with clinics and doctors and staff at Trinity Care Center

If you are looking for ways to stay healthier, consistent care is really important. Here at Trinity Care Center we work with the Evercare program to provide services to reach that goal. This program specializes in providing care for seniors and works closely with our staff to respond to your loved one's needs. Evercare can coordinate services with either your doctor in the community or with the Evercare in-house doctor/clinical team.

Evercare's in-house primary care team of a nurse practitioner and doctor will continue to provide primary care by a geriatric team that does "house calls", just like the good old days. You can be seen right here in our building for a regular doctor visits and care coordination.

If you would like to know more, you can call the Evercare referral line at 1-800-905-3689.

ACTIVITIES NEWS

The fun never ceases here at Trinity. Thanks to our wonderful volunteers and residents, things are always going on that bring excitement. In conclusion to the summer, we have been able to travel to the following, thus far:

Donnelly Farm
Bob Anderson's home
Dakota County Fair
Minnesota Zoo
Dick Ames' Arabian Farm in Jordan
Out to eat and more...

Thank you to all the hosts who treated us so kindly and generously! We had such a great time at your places!

This fall, we are planning on going to the Lakeville Apple Orchard, the Dollar Store and out to eat at various places. We look forward to lots of baking and the fall colors! For those of you who have supported our Annual Trinity Harvest Party, we will not be hosting this in 2009. Thank you for all of your generosity for this in the past!

HUMAN RESOURCES/ STAFF DEVELOPMENT

We are pleased to announce the recipient of the **2nd Quarter 2009 Farmington Health Services' Employee of the Quarter....**

Robin Miller

The recipient receives...
\$100 bonus

Employee of the Quarter parking
Employee of the Quarter plaque

The following employees were also nominated during quarter one 2009: **Billie Jo Goskeson , Gloria Nyarko.**

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

Please remember to vote for the individual/individuals who you feel make a difference here at Farmington Health Services (ballots are located at the front Nurses' Station and in the cafeteria).



UPCOMING EVENT

Trinity Care Center/Trinity Terrace
and Evercare Presents:

Sherrie Holck, Nurse Practitioner

**"Have I Lost My Mind or Just My Keys?"
Memory Loss: What's normal? What's Not?**

September 24, 2009
4:30 –6:00 pm

A light meal will be served during the presentation.
Limited seating to 30, so
RSVP by September 15th to
Marsha 651-460-1104

RECIPE OF THE MONTH

Grandma Dorothy's Apple Cake

3 Tbsp. Margarine	1.5 tsp salt
1 cup Sugar	1 tsp baking soda
1 egg, beaten	1 cup flour
1.5 tsp ground cinnamon	3 cups diced, peeled apples
1.5 tsp ground nutmeg	1 tsp vanilla

- 1) Cream margarine & sugar; add egg and mix well.
- 2) Sift together dry ingredients. Add to creamed mixture.
- 3) Stir in apples & vanilla.
- 4) Pour into greased, 9" square pan.
- 5) Bake in 350 oven 40-45 minutes.
- 6) Serve warm topped with whipped cream or ice cream.

Trinity Campus Contacts

Richard Ludwig, Administrator	651-460-1138
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Joy Lauterbach, Activities Director	651-460-1166
Joni Quam, Director of Nutrition Services	651-460-1151
Marsha Montigne, Director of Senior Housing	651-460-1104
Sue Holmquist, Director of Therapy Services	651-460-1173
Matt Pomroy, Director of Human Resources	651-460-1304
John Hofacker, Director of Eng/Hskpy/Ldry Care Center Main	651-460-1152
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