

TRINITY Campus Connection

Winter

2010

ADMINISTRATIVE JOTTINGS

Trinity Care Center just completed a major renovation project that greatly updated our mechanical systems. Our boilers were installed in the middle 1960's and were close to the scrap pile, in fact, one of the boilers has been inoperable for several years. We have been fortunate that no problems arose with the remaining boiler. We also relocated our water heaters and softeners to the basement of the care center. This update will permit us to raze the hospital, kitchen, laundry and boiler room when we choose to relocate the kitchen and laundry. This is a project that is being contemplated in the next few years.



A second phase of this renovation includes replacing some of the older bathrooms in the existing rooms, re-tiling the corridors and rooms of the care center, and renovating the bathing suite. This last renovation included a new tub and shower in a more colorful and roomier environment. Some day we will be updating the corridor walls to update the décor of the original buildings. While we are not able to improve the basic lay-out of the building, we will make the general décor warmer and friendlier.

On a separate note, please stay informed about what is happening in St. Paul during this legislative session. The state continues to have budget shortfalls, which translates into fewer dollars for long term care. Senior services in Minnesota have taken it on the chin and I fear this will continue. Last year our rates were frozen, which meant that no funds were available for staff salary increases.

Since 2002, this has been a consistent happening. Increases have either been nonexistent or less than inflation. This means a care giver earning \$10.00/hr in purchasing power, would now be earning less than \$8.00/hr. What scares me

is this: how will be able to retain qualified and skilled employees? While most of our employees are at Trinity because they love there work, eventually, inadequate wages could drive these special people into a different field.

Sincerely,

Rich Ludwig, Administrator
Farmington Health Services



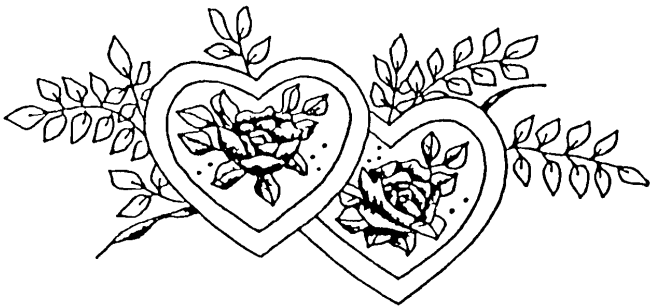
In This Issue

Administrator	1
Terrace	2
Activities	2
Human Resources	3
Recipe	3
10 Tips for a Sharp Mind	4
Campus Contacts	4

NEWS FROM THE TERRACE

Trinity Terrace Housing With Services added an optional assisted living package and a la carte home care services to its current independent living base package already provided effective January 4, 2010. Included in the new services available are resident assistant services and professional nursing services delivered in 15-minute increments if desired, three meals per day, linen and personal laundry service, weekly shower, morning and evening cares, twice monthly RN visits, medication set-up, reminders, assistance and administration and increased housekeeping services. Wellness clinics, nail care services and periodic socials and activities are also available to interested tenants.

If you are interested in receiving information and prices for the base rents or new assisted living services and home care services, please call Marsha at 651-460-1104, or Jackie at 651-252-2055. We would love to schedule a tour of one of the several one and two bedroom fully equipped apartments available at Trinity Terrace for interested future tenants!



Happy Valentine's Day!

Trinity Terrace and Farmington Health Services participated in the Farmington Community Expo on Saturday, January 30th at the new Farmington Senior High School. Our Housing with Services and Activities staff passed out information on our different housing options, home care services and other campus services provided at our Trinity Care Center. Those include long-term skilled nursing, short-term rehabilitation and occupational and physical therapy. Opportunities for volunteering at either the apartments or the care center are many and interested parties should contact Marsha at 651-460-1104 for the Terrace or Joy at 651-460-1166

ACTIVITY HAPPENINGS

We are in hopes that you are all staying warm and happy this winter season! Activities are going well for Trinity and we remain busy... as usual! We have had a relatively new addition to our activity team! Maribeth Vanderbeck joined us as a part-time Activities Leader this past October. She has been doing an excellent job and the residents have enjoyed her energy and positive attitude. She loves her craft time as well as doing anything else to benefit residents. THANK YOU, Maribeth! You are wonderful!

Please come see us anytime to volunteer. I am happy to spend one-on-one time with YOU going over our calendar and discussing what we need assistance with. We are also always in need of bingo cart donations of candy, non-sugar candy and word searches/fun pads. If you would like to volunteer or donate, please call Joy at 651-460-1166. Thank you and HAPPY 2010!

EGGciting Facts

- * The older a chicken is, the bigger the egg
- * White eggs come from chickens with white feathers
- * Brown eggs come from chickens with red feathers
- * In nature, chickens lay 8-10 eggs 1 to 3 times a year!
- * Every year, U.S. hens lay about 66 billion eggs
- * The biggest egg is the ostrich's egg
- * Whites, yes whites, have most of an egg's protein
- * Yolks have most of an egg's vitamins and minerals
- * In 1997, every American ate an average of 239 eggs





Easter Basket Cupcakes

2 cups Sugar
1 $\frac{3}{4}$ cups Flour
 $\frac{3}{4}$ cup Cocoa
1 $\frac{1}{2}$ tsp. Baking Powder
1 $\frac{1}{2}$ tsp. Baking Soda
1 tsp. Salt
2 Eggs
1 cup Milk
 $\frac{1}{2}$ cup Vegetable Oil
2 tsp. Vanilla
1 cup Boiling Water
Prepared Vanilla Frosting
3 $\frac{3}{4}$ cups Sweetened Coconut Flakes, Tinted *
Garnishes:

(mini kisses, jellybeans, mini M & M's)

* To tint coconut, combine several drops of desired color of food coloring with $\frac{3}{4}$ tsp. Water; add to 1 $\frac{1}{2}$ cups coconut. Stir until evenly colored.

- 1) Heat oven to 350.
Line muffin tins with paper liners.
- 2) In large bowl, stir together sugar, flour, cocoa, baking powder, baking soda and salt.
- 3) Add eggs, milk, oil and vanilla. Beat on medium speed for 2 minutes.
- 4) Stir in boiling water. Batter will be thin.
- 5) Fill muffin papers $\frac{2}{3}$ full with batter.
Bake 20-25 minutes or until wooden pick comes out clean. Cool completely.
- 6) Frost with vanilla frosting.
- 7) Press tinted coconut on each cupcake.
Garnish as desired to resemble Easter basket!

YIELD: 30 cupcakes

HUMAN RESOURCES

We are pleased to announce the recipient of the
4th Quarter 2009 Farmington Health Services'
Employee of the Quarter....

Tracy Beckfeld

The recipient receives...
\$100 bonus

Employee of the Quarter parking
Employee of the Quarter plaque

The following employees were also nominated
during quarter four 2009:

Vicky Bertling	Donna Medved
Marci Hendricks	Gloria Nyarko
Tera Kuiper	Helen Penney
Colleen Lacombe	Liz Sellers
Danielle Johnson	Nelly Steffes
Maureen Johnson	

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 employee cafeteria).

TAX DEFERRED ANNUITY (403(B)) PLAN DOLLAR LIMITATIONS

Effective January 1, 2010:

Deferral Maximum: \$16,500

Catch-Up Contribution: \$5,500

ATTENTION HEALTH SAVINGS ACCOUNT (H.S.A.) PARTICIPANTS

2010 Maximum H.S.A. Contributions

Single: \$3,050 Family: \$6,150

The total of employer and employee contributions cannot exceed maximum allowed amounts.

2010 HIGH-DEDUCTIBLE HEALTH PLAN MAXIMUM ANNUAL OUT-OF-POCKET LIMIT

Single: \$5,950 Family: \$11,900

2010 HIGH-DEDUCTIBLE HEALTH PLAN MINIMUM DEDUCTIBLE AMOUNTS

Single: \$1,200 Family: \$2,400

Be sure to obtain a copy of the **H.S.A. Reference Guide** each year online at: www.selectaccount.com

Keep Your Mind Sharp ~ 10 Tips!

1. Eat a balanced diet
2. Get plenty of physical exercise
3. Get varied mental stimulation and plenty of social interaction
4. Don't abuse alcohol
5. Nurture emotional connections; talk to friends and family members regularly
6. Be knowledgeable about your medications- talk to your physician
7. Improve your blood pressure
8. Improve your blood sugar
9. Improve your cholesterol
10. Avoid tobacco

TRINITY CAMPUS CONTACTS

Richard Ludwig, Administrator	651-460-1138
Kim Holland, Director of Nursing	651-460-1178
Robin Bisel, LSW, Director of Social Services	651-460-1155
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
Jackie Brula, Director of Home Care Services	651-252-2055
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 651-463-7818

