

Campus Updates by Katie Ardelt & Heidi Hoffman

We are excited to announce that the Assisted Living is partnering with Marian Center - Cerenity Marian of Saint Paul to participate in a meditative movement study known as Spring Forest Qigong. Humboldt will serve as the comparison group in the study and will look to pursue implementation of the program after the study is complete.

In addition, Humboldt has been working towards creating a partnership with Neighborhood House. Recently, the Culinary Services Director and Dietician provided a cooking class at their site.



Heidi Hoffman, Assistant Administrator & Katie Ardelt, Administrator

These classes are advertised to local churches, community centers and St. Paul's Park and Recreation and the classes are well attended.

Furthermore, the Care Center and the TCU recently completed their annual survey which is conducted by the Minnesota Department of Health. Both buildings did a great job and received positive results.

Lastly, we hope everyone has an opportunity to enjoy the warm summer weather!

Summer Campus Events

Residents and Families are invited to enjoy several musical events that are scheduled on the Humboldt Campus this summer. In addition to the annual Summer Fun Fest this year on Saturday, July 10, there are a number of concerts scheduled both in the park and indoors at ROH:

- Summer Fun Fest - 1-3 p.m., Saturday, July 10 in the Park
- Phil Kizt, singer - 6:30 p.m., Tuesday, July 20 in the Park
- St. Paul Postal Band - 7:00 p.m., Monday, July 26 in the Park
- Bob Leo and an Ice Cream Social - 2:30 p.m., Tuesday, August 3 in the Park
- Pearson's Animal Ambassadors - Friday, August 6, 1:15 p.m. at CCH, 2:15 p.m. at ROH
- Lowery Organ Music Festival - 12-3 p.m., Thursday, August 12, ROH
- Applefest with Bob Leo - 1:30 p.m., Tuesday, September 21 in the Park

New Active Generations Cable TV Show

Did you know Cerenity Senior Care Humboldt is part of a local TV show that focuses on people age 50 and better living active lives? *The New Active Generations* show is on Saturdays, on channel 15 from 9am-10am.

A variety of topics are discussed such as: living life to the fullest during retirement, healthy eating and good nutrition discussion with Amanda Leisenheimer, Registered Dietician, Cerenity Care Center on Humboldt, and profiles of active seniors in our community.

The *New Active Generations* show is sponsored by the City of St. Paul, HealthEast, and Cerenity Senior Care Humboldt. The show is hosted by Ann Naithani, Cerenity Senior Care Business Development and Community Outreach Consultant, Renee Skogland, HealthEast Passport Program Manager and Jeannie Rogers, owner of Presence Promotions. This partnership has given Cerenity Senior Care on Humboldt the opportunity to connect with our community!

Living Our Core Values Out Loud: Stewardship & Collaboration

Haji Nazari, cook at Cerenity Care Center on Humboldt, put our Core Values of Stewardship and Collaboration into action.

Haji, who also works in the house-keeping department at Regions Hospital in St. Paul, had a discussion with his supervisor, Tom Collins, where he found out that Regions was purchasing new hospital beds. Haji inquired if Regions would donate the beds to Cerenity Senior Care.

The donation of hospital beds started in 2008 and to date, the Cerenity Senior Care on Humboldt has received 96 beds and Cerenity Senior Care on White Bear Lake has received 35 beds. Since the start of the donation program, Regions has donated 131 beds to Cerenity Senior Care.

Haji demonstrated two of our Core Values in a remarkable way:



Katie Ardel, Haji Nazari & Lisa Pierce

* Stewardship - utilizing resources efficiently to increase value, decrease cost, and increase quality

* Collaboration - sharing ideas, innovations, best practices, and challenges with team members so that others may benefit from experience
This speaks to the commitment that Haji has for the residents that he works with.

Lisa Pierce, director of Housekeeping, coordinates the transition of the hospital beds from Region's to Cerenity Senior Care. Before being put into service, the donated beds are inspected by two maintenance staff, Fran Weber and Keith Fawcett, to ensure the beds meet long term care regulations. Thank you to Haji for serving our residents and putting Cerenity's Core Values in action!



Employee Wellness Initiative

Cerenity on Humboldt began a new initiative focusing on Employee Wellness in May. A Wellness Survey was administered to which 165 staff members responded. We found that our staff are the most concerned about Mental Health and Well being, followed by Eating/Nutrition and Exercise. The majority of Humboldt staff said that, "I have made some health behavior changes, but I still have trouble following through." The survey also showed that many would be interested in participating in activities to do with weight loss/control, a fitness challenge, cardiovascu-

lar exercise, programs to support healthier eating, and health screenings.

The Employee Wellness Committee had its first meeting on June 9 and discussed the results of the wellness survey. The committee decided that the first initiative will be a team-style walking program on campus, which will measure steps and give out prizes for the top finishers. The fall initiative will focus on nutrition and healthy eating. Watch for more updates from the Employee Wellness Committee!

News from Dietary

Prep time: 15 minutes. Serves 6

In an effort to expand our horizons, and get the Cerenity name out in our community Dan McGuire, Ann Naithani and Amanda Leisenheimer held their first cooking class at the Paul and Sheila Wellstone Center In May.

Approximately 12 people attended the class but larger groups are anticipated in future classes. Now that summer has arrived, we are offering fresh fruit and pasta salads on our menus and have resumed our picnics on the patio.

Below is a recipe that uses fresh summer garden ingredients.

Green Pepper Tomato Salad

3 medium tomatoes, seeded & chopped	2 T. cider vinegar
1 medium green pepper, chopped	1 T. sugar
1 celery rib, thinly sliced	1/2 t. salt
1/2 C. red onion, chopped	1/8 t. pepper

In a large bowl, combine the tomatoes, green pepper, celery and onion. In a small bowl, combine the vinegar, sugar, salt and pepper. Stir into tomato mixture. Cover and refrigerate for at least 2 hours, stirring several times.

From the Chaplain ~ Time for Sabbath

According to the calendar and the temperature summer is officially here! One of the things that I used to enjoy about summers when I was a kid was the idea of a “summer break.” I looked forward to doing something different with my time; building sandcastles on the beach, letting popsicle juice drip down my fingers, (go ahead and insert your own favorites here.) etc.

As I have become a “bigger kid,” (I’m suspending use of the word “Grown-up” for the summer!) I have noticed that the idea of a “Summer break,” while still very alluring, seems to take a backseat to more pressing and practical concerns. This is not necessarily a bad thing, for us “big kids” have many things that need to be done. Here, there are many residents that are counting on us for care on a daily basis. Yet the idea of a break is a very old one, and the reality of a break is very necessary.

There are many ways we could describe this break: nap, lunch, vacation, time off. I’m proposing we add the

word Sabbath to the list. Sabbath is an idea as old as creation, which in its simplest form is “time apart, for rest of the body and restoration of the soul.” This idea is as necessary for our health and well being as the food we eat. Without a nourished and rested soul it is hard for us to do more than simply exist. We may not be able to take summer breaks like we used to when we were littler kids, but we still need breaks. I was reminded of this when I sat in Itasca state park near the head waters of the Mississippi River. We were miles from here and I was able for a time to set aside all the “stuff” that I have to do daily and just sit, surrounded by red pines, the sounds of laughter and running water. And it was good. My prayer and encouragement for you is that you would be able to do just that; take some time to “feed your soul, and rest your body.” Take some time for a Sabbath. It doesn’t have to be anything big or elaborate, just something that feeds your soul. Now...where is my pail and shovel, I’m going to the beach!

Clean Sweep by the Culinary Department

All three of the latest Core Value winners are long-time, valued members of the Culinary department. Blanca Mendez, a cook at the Residence, has been at Humboldt for 30 years. At the Care Center are Terry Dukart, a 2nd Cook who has been there 15 years, and Aggie Golden, a Culinary aide who is a fairly newcomer with three years. Congratulations to all of them for exemplifying our Core Values of Hospitality, Stewardship, Collaboration and Respect!



Blanca Mendez & Dan McGuire



Aggie Golden & Terry Dukart

 **In Memoriam** 

Our prayers and sympathies go out to family and friends of our Cerenity residents who have passed away. May they rest in peace.

CCH:

Edward Benysek
Rufinus Loegering

Isabel Dangers
Willard Riley

Lorraine Franta
Marlene Springer
Louis Wenner

ROH:

Lillian Carlson
Rosella Troje

Nina Dickinson
Shirley Warner

Paul Schoenberger

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