



**Sheyenne Care Center**  
SMP Health System

979 Central Ave N  
Valley City, ND 58072  
Phone: 701-845-8222  
Fax: 701-845-8270



Serving the Community for over 75 years!

## A Letter from the Administrator



Craig Christianson

9/25/2019

### Administrator Corner

I'm always amazed at how fast the seasons go by. If you are like me, I continually ask where does the time go and how fast summer comes and goes. Although I like summer, I always have to remind myself that fall is still a beautiful time of year and I need to take a moment and realize the beauty that God gives us each year at this time.

I'm pleased to inform everyone after 4 long years of working around a construction zone at Sheyenne Care Center, our north building construction and remodel is finally coming to an end. It will be a celebration not only for our residents who have been very understanding during this project but also for the staff having to change many of their daily routines to continue to serve our residents. I can't express enough my appreciation to everyone who endured this construction project from start to finish. I also want to thank the Sisters of Mary of the Presentation, SMP Health System and our community for their support in helping make this project a success. Personally, I'm glad to start a new chapter in the life of our ministry as we look at better ways to serve those who need our help in a new building with many new additions. We welcome our resident's families, friends and the community to come and see what wonderful additions we have put in place that will enhance the lives of many.

God Bless

A Letter from the Administrator	1
Caregiver Award	2
Director of Nursing	3
Service Awards	4
A Poem by Annie	5
Social Services	6
Morale Team	7
Activities	8-11
Infection Control Update	12
Pastoral Care Update	13
Ancient Whole Grains	14-15
Our Services	16



## Caregiver Award Winner!

Emily Thompson, CMA/CNA

Sheyenne Care Center Valley City, ND

Emily Thompson was born and raised on a dairy farm near Valley City, North Dakota. As a child, Emily loved life on the farm, helping her family with chores and caring for the animals. While attending high school in Valley City, Emily started working at the Sheyenne Care Center part-time as a CNA.

This year Emily is starting her 28th year at the Sheyenne Care Center. She is a skilled professional caregiver, and has true passion for the work she does. Emily’s advancement from CNA to restorative CNA and now Med Aid proves her hard work and dedication. She has a very strong work ethic and will go above and beyond to get the work done. Emily always has a strong emphasis on teamwork and is willing to take on other tasks and duties to help fellow co-workers, and she has never turned down an opportunity to help someone in need.

Emily is beloved by all residents and family members who know her. She is a true advocate for the residents and treats them all with love and compassion. Emily resides on numerous committees and volunteers her time to benefit all the residents. Her bright smile, welcoming personality, character and charm are endless, and her extraordinary efforts are greatly appreciated by so many. Emily's super-power is her compassion. She has an unstoppable kindness for those in her care.

In 1996, Emily married Daniel Thompson of Valley City. They continue to reside on the farm she grew up on outside of Valley City. They have 4 children, and are proud grandparents. When Emily isn’t working you can find her at the hockey rink watching her boys play hockey, at a dance competition cheering her daughter on, and playing with her grandchildren.

Sheyenne Care Center is honored to recognize Emily as this year’s Caregiver of the year. Her years of hard work and dedication are truly a blessing to our facility, residents and their families.

*“I love her very much. Emily made the process of moving into the center bearable for both myself and my mother. Her smile, presence and humor helped us to become comfortable with our new surroundings.”*

Nominated by: Brigita Duffy and Karen Jorgenson & family  
Dennis Seibold, Ken Seibold, and Mary Werner



Greetings to All,

Please allow me to take this opportunity to introduce myself to all of you. My name is Ronda Schell your new Director of Nursing. It is a pleasure to have joined Sheyenne Care Center of the SMP Health System in July of 2019. I consider myself fortunate to have been given this opportunity to join an organization with such a fine reputation for its quality of care for the residents; which is driven by the Mission and respect philosophy supported by the Sisters of Mary of the Presentation.

This Director of Nursing position offers new and exciting challenges to me, all of which I am looking forward to. Prior to coming to Sheyenne Care Center, my background entailed working in LTC for the last 18 years; starting out as a CNA working my way up the ladder to Director of Nursing. The last position I held was, Director of Nursing Services with the Good Samaritan Society in Devils Lake, ND. Now, I look forward to this new position where my responsibilities include overseeing and managing the nursing aspect and care of all residents. It has been a very exciting and challenging 3 months and I look forward to serving the residents and families at Sheyenne Care Center for many more.

I am married to my wonderful husband Randy and have two children, my daughter Morgan, 21 years old; she is currently living in Fargo and my son Maxwell, 6 years old. I relocated back to Valley City from Devils Lake, ND; where I had resided for 20 years. I am a 1990 graduate of Valley City High School. I am very excited to be back in Valley City and looking forward to the great opportunities that lie ahead of me.

Sincerely,

Ronda Schell, RN, BSN, DON

# Service Awards

Sheyenne Care Center would like to thank all of our employees for all they do for our residents and their fellow employees. Their hard work and dedication in making the lives of our residents more comfortable, is greatly appreciated. Each and every one of our employees plays a vital role in achieving our mission.

We would also like to give special recognition and appreciation to employees with longevity of service. Every year, we give out service awards for those employees that meet certain milestone in service years, listed below are the service award winners for 2019. Thank you again to our employees for providing our residents with the loving care they deserve.

## Years of Service

### 3 Years

Marvin Neawon  
Bessie Jaffa  
Alexis Wilson  
Thomas Danquah  
Wenwu Mulbah  
Keely Sabinash  
Stacey Woodward  
Amanda Patrick  
Sara Koryta  
Barbara Zubrod  
Olivia Siaffa  
Victoria Lundy  
Hannah Hager  
Ellen Anderson  
Jeanet Cole  
Linda Schmidt  
Sierra Gardener  
Ben Lockwood  
Mary Liza Koebernick  
Marie Dulay

Taiwoe Pearson

Theresa Rose

Paige Gould

Jade Vaudrin

Aaron Cluchie

Brenda Degenstein

Yannie Salvador

Sally Basner

### 5 Years

Jennie Lonski

Marielle Villarin

Jerry Eldridge

Joseph Neurauter

Elisa Urbano

Allan Gerber

Ida Dartoe

Stacie Larson

### 10 Years

Josh Esch

Brianna Powers

Michele Johnson

### 15 Years

Barbara Whetter

Angela Waters

Brenda Bernhardt

Virginia Zubrod

### 20 Years

Jessica Nelson

Carol Grenz

### 25 Years

Mary Ertelt

### 30 Years

Angela Hansen

Connie Behm

### 45 Years

Bonnie Olson



## 4th of July



The 4th of July comes once a year  
Where the boys and girls are  
happy with cheer  
Some can't wait until midnight  
In case there's a storm and no  
light  
Mother says be home before dark  
Where some animals may scare  
you with a barb  
They are running faster to  
make it home  
As mother is standing by the  
door alone  
Okay, boy lets take a bath  
before bed  
And yells to all good night  
As the moon shines  
Over the shed.

A poem by Annie



## Making Visits Special

- ◆ Visiting a loved one in a nursing environment can cause family and friends to experience a range of emotions, from joy to sadness, and relief to guilt. Sometimes you may feel unsure of what to do with your time together in this setting, if there are limitations on what your loved one can do with you, or if they have difficulty remembering details they once could. The following are some suggestions to help add meaning and joy to your visits, or spark an idea that you could incorporate into your time together:
- ◆ Discuss community events, bring the local paper and help them feel connected.
- ◆ Reminisce about past life experiences. Spark a memory with old family photographs and memory albums.
- ◆ Take time to personalize their room, decorate for the seasons, and swap older photos with newer ones, put up a sporting banner and pictures on the walls. Bring decorations that are meaningful to them.
- ◆ Bring a book by their favorite author and read to them during the visit. If children are present, have the child read their favorite book to your loved one.
- ◆ Share humorous cartoons and stories. Don't be afraid to joke around and laugh!
- ◆ Read poetry, spiritual passages, and share events happening within your family.
- ◆ Join them in sharing a meal.
- ◆ Take time to brush and/or fix their hair nicely, give a manicure or help them with makeup.
- ◆ Bring some games they love or used to enjoy: cards, checkers, board games, puzzles, chess, word puzzles.
- ◆ Bring a special houseplant you assist with caring for on visits.
- ◆ Sit down and watch family videos together: old home movies, weddings, sports games, dance recitals or just any movie you think they may enjoy.
- ◆ Assist your loved one with writing a letter to a friend or relative.
- ◆ Give them a hand massage or a back rub or back scratch. Having a massage and getting physical touch can be very uplifting, especially coming from a loved one.
- ◆ Bring crafts such as wood working, crochet or cross stitch.
- ◆ Hug a lot.
- ◆ Create a tactile blanket with different textures and items of interest to touch and talk about.
- ◆ Begin a project that you can work on each time you visit, such as a special collection book or scrapbook.
- ◆ Keep a dated journal of what you did during your visits. This may help the resident recall special memories of your time, and help others who visit know more about what your loved one enjoys. It can also assist staff in helping the resident remember.
- ◆ Help fulfill some of their wishes. It may be contacting long lost friends or relatives, going somewhere special, if able, or sharing their meaningful possessions with others.

Saying goodbye at the end of your visit can often be difficult. Make up a routine that you and your loved one can do before you leave, such as saying a prayer together, singing or listening to a special song or hymn, having a snack together, or planning your next visit. Perhaps you could highlight your intended visit date on their calendar as a reminder that you will be returning soon. Above all, let them know they are deeply loved.

-Jennifer Cabezas, Admissions coordinator/ SSD





## Employee Morale Team

This year the employee morale team at the Sheyenne Care Center was trying to think of different activities that would get staff, residents, families of staff and residents and the community involved in one event. The activity selected was the Summer Bash. It was held in the back parking lot at the Sheyenne Care Center and consisted of games, music and food; the three necessities for a great bash. The kids that came had a blast playing the games, which were the duck pond, bean bag toss, ladder ball and water balloons. They also had the opportunity to win some neat prizes while playing these games.

Craig Christianson was the DJ for the Summer Bash, bringing karaoke which led to some great singing and entertainment for all involved some people were even dancing !

It was great seeing the residents out there enjoying the music and visiting with everyone. Since this was our first year doing the Summer Bash we weren't sure what to expect, but we had a great turn out and we are looking forward to next years Summer Bash!

◆ Carol Grenz, Employment Recruiter





Greetings all:

We have had an amazing summer and hopefully it's not over yet. In our neighborhood meetings the residents expressed wanting to get out and do and go more. We had a mild hiccup in July when our bus broke down (full of residents in Tower City going to have lunch) so we missed out on a couple of planned outings (fishing and music in the park) but we were soon up and on the go again. Many outings were out for lunch, rides in the country, shopping, museum adventure, and picnics at the lake, bowling and music in the park. But we also spent many hours sitting outside at the care center singing, blowing bubbles, playing with the kids, planting and just plain having quite time with mother nature. We are looking forward to many fall color tours and hoping to see the school kids as much as possible and to having inside fun when the weather just gives out on us. We will have many special programs coming up as well as card parties, lectures, baking, and so on as well. Here are a few pictures of some of our fun:







Fun with the kids!







# Walk & Roll!



# A Day at the Park!







# A Day out Bowling!

As I sit here looking at the beautiful green grass and the south sun it's really hard to start talking about the holidays but, I won't have a chance before they get here so here goes: We will again be doing our stocking stuffer program to raise funds, and gift items so that we can assure everyone at SCC had an enjoyable Christmas. If you one of the lucky ones you may get a letter about it in mid-November. If you don't and have questions about how it works please call me and I'd be glad to visit with you about it.

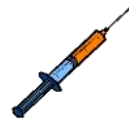
We would also like to invite any individuals or groups who want to spread Christmas joy to the residents by hosting a program or party to please call and schedule it with me so everyone has a great time. We so appreciate all our community does for us. God Bless You All!!!

Be sure to check out the Sheyenne Care Centers new web site. You can see weekly activity calendars for each neighborhood. [www.sheyennecarecenter.com](http://www.sheyennecarecenter.com)

◆ Cindy Schwehr, Activity Coordinator



## Infection Prevention/Control



We will soon be entering the 2019-2020 influenza season. To prepare, SCC recommends influenza vaccines for all residents. Influenza vaccines for SCC employees are mandatory to help keep infections to a minimum. When entering the facility hand sanitizer is available and encouraged to use before entering the building. We also have masks available at all entrances that we highly recommend the use of if a visitor has a cough or infection. Residents are also encouraged to get the recommended pneumonia vaccines. These vaccines have already been offered and administered to all the residents that qualify in the facility and are offered to all new admissions.

SCC has implemented a fun yet beneficial program called “Code Wipe Out”. During the months of October through May (Flu season) employees will participate in a facility wide wipe down activity while the song “Wipe Out” is being played on the overhead speaker system in the facility. This will occur two times daily at approximately 8:45 a.m. and 1:45 p.m. by Erin Hiam or designee. Appropriate high touch surfaces will be wiped down with antimicrobial disposable wipes throughout the facility during the approximate 3 minute song to decrease the risk of exposure to illness causing viruses and bacteria.

SCC has had new additions and remodeling taking place. SCC and the contractors are working together to ensure all safe practices are being performed and monitored as to not pose a risk of infection. A survey team, QA and weekly meetings are being done to monitor for these risks and to plan accordingly.

Infection reports are available monthly for SCC employees, these include information on the types and number of infections residents and employees had during the prior month. All infections are also recorded into a state data base so the CDC/state health department can monitor for suspicions of an outbreak or recurrent infections. Daily monitoring is being performed and monthly QA meetings (more if needed) are done with our full management team and medical director to discuss ways to prevent further infections if there is an area of concern. Quality Assurance (QA) is done regularly with employees on the importance of using standard precautions with all resident cares. QA is done in all departments to ensure all the right practices are being performed to prevent the spread of infections.

SCC has also implemented an antibiotic stewardship program. This program includes antibiotic use protocols and a system to monitor antibiotic use. The reason for this program is to decrease the number of unnecessary antibiotic use and to better improve the care of our residents. In return this will aid in the posed risk of drug resistant bacteria that have caused areas of concern worldwide.

Infection prevention and control is important to us at SCC to help us take the best possible care of your loved ones. We will continue to provide education and do our best to keep infections to a minimum.

◆ Erin Hiam, LPN - Infection Preventionist





## Pastoral Care Update

Pastoral Care Department has had a busy Year. The busyness for us is good. In this busy schedule it has been a time of meeting new residents, saying good bye to residents returning to their homes, and grieving the loss of residents that have come to end of life. Ministry in all its phases is a rewarding experience.

Our department consists of three Chaplains and one volunteer. In addition to myself as full time we have Rev. Foster Beckstrand part time and Rev. Allan Gerber working as needed. We have added Deacon Jim McAllister who volunteers on Wednesdays helping with visits and prayer

We provide a very full list of spiritual care activity. We offer weekly bible study on Friday mornings, non-denominational Worship Service on Tuesday afternoons, Catholic Services on Friday afternoons and Worship on Sundays with area pastors providing the services. We offer special services for holidays such as Thanksgiving, Christmas, Ash Wednesday, and Good Friday.

We staff weekly Monday through Friday, and are on-call evenings and weekends. We do have some area Ministers that help us provide the weekend coverage. We are available to help families in end of life situations offering prayer, prayer shawls, and a Precious Good Bye Service as the resident nears their final days. Keeping vigil at a bedside can be emotionally difficult and a trying time. We try to offer comfort in this time of need.

Many times the need for residents, staff and families is to be present with them and provide a listening ear as they sift through memories and issues. Life can often be challenging and our goal is to help in these situations.

Studies have shown that spiritual care is a very important part of providing holistic care. It is our privilege to work in partnership alongside other staff members. If there are special needs for your loved ones please contact us.

Our Mission Statement and Respect Philosophy, along with the Ethical Religious Directives for health care help us to build a firm foundation of care that meets Gospel values and strengthens relationships. Our Mission goal is to provide care that is compassionate, holistic and unique to each resident.

May God's loving mercy care and protection be with you.

◆ Virginia Davy/Chaplain MA BC.



## Ancient Whole Grains

The recommendation to make at least half of the grains consumed whole grains is one put forth by the Dietary Guidelines for Americans.

Whole grains contain all 3 parts of the grain: germ (nutrients) is the part of the kernel that has the potential to become a new plant; endosperm (energy) is the part of the seed that would nourish the new plant until it was strong enough to obtain its own nutrients; bran (roughage) is the multilayered outer skin of the grain. The bran and the germ are removed by food producers leaving just the endosperm. This process improves the shelf life, but decreases the fiber, protein, and nutritional content of the resulting grain product.

Whole grains contain not only fiber but also protein, vitamins, and minerals including Vitamin E, Vitamin B6 (other B vitamins are enriched/added into processed grains), Vitamin K, magnesium, manganese, zinc, potassium, phosphorus, and copper. A daily fiber intake of at least 20-35 grams is encouraged for maximum health benefits including decreased risk of heart disease, diabetes, and some cancers, as well as meal satiety.

True cereal grains (seeds of grasses) are found in the botanical family 'Poaceae' and consist of: oats, rice, corn (maize), barley, sorghum, rye, triticale (blend of wheat and rye), millet, and wheat (varieties include durum, farro, freekeh, emmer, and spelt). Pseudo-cereals are nutritionally similar to the 'Poaceae' family, but are actually nongrass seeds used in our meal pattern in comparable manner. Amaranth, buckwheat, and quinoa are examples of these 'grains'.

*Ancient grains* is a description for the group of relatively unchanged seeds that have been cultivated and used for consumption over many hundreds of years. Ancient grains tend to be higher in both protein and fiber than typically grown durum wheat. These seeds tend to grow well in poor conditions with fewer chemicals needed for successful growth.

### Amaranth

Non-grass, source of protein, native to Peru, cultivated for thousands of years

### Barley

Grass family, fiber source, grown in Eurasia for centuries

### Bulgur

Grass family, cracked wheat that's been partially cooked, rich in fiber, Middle Eastern staple

### Chia

Non-grass, *Salvia hispanica*, fiber and protein source, native to Mexico and Central America

### Farro

Grass family, also known as emmer wheat, more difficult to hull than durum wheat, one of first domesticated crops in Middle East

### Freekeh

Grass family, young green whole wheat grain that's been toasted and cracked, abundant fiber

## Kamut

Ancient Egyptian word for wheat, trademarked strain of Khorasan wheat, grows well without chemicals, high protein

## Millet

Grass family, source of prebiotic, Himalayan roots

## Quinoa

Non-grass, cultivated at least 3,000 years ago, high in protein (seed is 60% germ compared with 3% germ in wheat), Andean region of South America

## Sorghum

Grass family, native to Africa

## Spelt

Grass family, also called dinkel or hulled wheat, source of protein, grown in Europe

## Teff

Used whole due to the fact that the kernel is too small to mill, grows in harsh conditions (waterlogged, high altitude, heat, and/or drought), protein source, native to Africa (Ethiopia)

Cooking process

To 1 cup of this grain:	Add this much water or broth:	Bring to a boil, then simmer for:	Amount after cooking:
1 c. Amaranth	2 cups liquid	15-20 minutes	2 ½ cups
1 c. Barley, hulled	3 cups liquid	45-60 minutes	3 ½ cups
1 c. Bulgur	2 cups liquid	10-12 minutes	3 cups
1 c. Farro	2 ½ cups liquid	25-40 minutes	3 cups
1 c. Freekeh	2 ½ cups liquid	45-50 minutes	
1 c. Kamut® wheat	4 cups liquid	soak overnight then cook 45-60 minutes	3 cups
1 c. Millet, hulled	2 ½ cups liquid	25-35 minutes	4 cups
1 c. Quinoa	2 cups liquid	12-15 minutes	3 cups
1 c. Sorghum	4 cups liquid	25-40 minutes	3 cups
1 c. Spelt berries	4 cups liquid	soak overnight then cook 45-60 minutes	3 cups
1 c. Teff	3 cups liquid	20 minutes	2 ½ cups

\*Chia can be eaten without soaking or soaked in cold water to create a 'pudding' - no cooking is required

With a plethora of whole grain options available, why not try an 'old' staple for the first time at your dinner table?

Sources:

Whole Grain Council, Grains and Legumes Nutrition Council, Self Nutrition Data, Today's Dietitian August 2016, Mayo Clinic, the-pruceeats.com

♦ Larissa Musgraves, Registered Dietitian

## Our Services

- ◆ Skilled Nursing
- ◆ Rehabilitation and Transitional Services
- ◆ Spiritual Care
- ◆ Palliative Care
- ◆ Alzheimer's Unit
- ◆ Special Care Unit
- ◆ Music Therapy
- ◆ Lifeline



### Looking for a Rewarding Career?

Visit our website to learn about our great employment opportunities and benefits:

[www.sheyennecarecenter.com/employment.htm](http://www.sheyennecarecenter.com/employment.htm)

Please contact us at [scc.careers@smphs.org](mailto:scc.careers@smphs.org) with any questions or to apply