

Epiphany Senior Housing

Epiphany Express

Volume 1, Issue 1

First Quarter
2012



A message from

Mary McCarty

Executive Director

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I want to take this opportunity to give honor to Father Bernard Reiser. Father passed away on Tuesday evening, December 27, 2011. He was an extremely incredible man that always exhibited unconditional love to everyone with which he came in contact. He will leave a void in the lives of hundreds of thousands. He is now in the presence of the Lord Jesus, whom he loved and served his entire life.

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The beginning of another year brings thoughts of reflection on the many years that have passed. It is beneficial to look back and see how far we have come in our life and then to look forward to whatever the Lord has in store for us in the coming year.

With that being said, the new year often brings with it some changes. One of which is Sandy Lammert, who has served as LPN here at EAL for eight plus years, has graciously accepted the position of Epiphany Pines Residence Manager. This will be a new adventure for Sandy and I am very excited for her. I know many of you will be sad that you will not see her on a daily basis, but she will have opportunity to be in this building from time to time and she assures me that she will stop by and visit with you. I would like you to join me in wishing Sandy the very best in her new position.

Please welcome Katie Close to our nursing staff as the new day nurse supervisor. Katie is a RN and comes to us with experience in the field and a heart of compassion that your are use to experiencing.

I pray that each of you have a wonderful year in 2012.


Mary



Terri Pratt

Assistant Executive Director
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February
Family Education Night
February 7, 2012 at 6PM - The Hearth Room

 **GENTIVA®**

Meet with the staff of Gentiva Home Health Care to learn how to:

- ◆ Prepare for discharge from the hospital
- ◆ Manage your pain
- ◆ Prevent complications
- ◆ Maximize your mobility and safety



Patti Frisco

RN Case Manager

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Hello Everyone,

This has been an exciting time for me. I am enjoying getting to know you all and look forward to working with you in the New Year. My job as the RN Case Manager is to ensure that all our residents are in the safest and healthiest environment possible. This is why I would like to speak to you regarding the current flu season. As many of you know, recently we have had residents with Gastrointestinal Flu like symptoms. This makes it even more important for residents and visitors to take necessary precautions.



We know that visitors are important to our residents as much as seeing our residents is important to our visitors. We however are discouraging visits from family and friends who are not feeling well. We know that this is very difficult during the holidays as everyone wants to share in the season with those their family and friends. However, we are very thankful for your cooperation in helping to keep our residents healthy.

If you are a resident and you are not feeling well, either with gastrointestinal symptoms, fever and/or cold symptoms, we ask that you confine your activities to your apartment. Communal dining is wonderful but it is also a great way to spread flu and cold virus. Please take advantage of our tray delivery service should you be ill. Also, if you are in need of additional support to help meet your day-to-day needs until you recover, please contact me or one of the nurses. We will be happy to help set-up additional personal care, or chore services, so that you will be able to recover more rapidly.

This is a wonderful time of year filled with hope and joy for the future. My staff and I are so happy to be a part of this wonderful organization. Thank you so much for trusting us to help meet your individual needs. We all look forward to serving you in the New Year!

Very Sincerely,

Patty Frisco, RN, and the entire Home Health Care Staff



Cheryl Wagner

Certified Dietary Manager
763-772-1053 cwagner.epseniors@hotmail.com



Looking back on 2011, it has been a good year. We've added new staff and they have proved to be an asset to the facility. We've had many fun monthly meals. The Resident Family Christmas Party was a huge success.

Many people complimented us on the **Gingered Salmon** we served as the main entree.

I thought it would be fun to include the recipe. So here it is!

Mix together for Marinade: 3/4 tsp. Ginger, 3/4 tsp. Garlic Powder, 1/4 c. Soy Sauce, 1/4 c. Orange Juice, 3 T. Honey. Pour over 4 thawed Salmon Fillets in a glass or plastic container. Cover; Marinate overnight, or at least a few hours. *To Cook:* Put salmon fillets in a shallow baking pan. Pour some of the marinade over fish. Bake uncovered at 350 degrees for approximately 20 minutes, brushing occasionally with marinade during baking.

Do not allow to dry out. Garnish with thinly sliced green onions.

Serve with your favorite potato or rice and a nice green vegetable for a tasty, healthy meal.

Looking ahead to 2012 we hope to have many fun meal promotions and parties.

We wish you all a Very Happy New Year!

Sincerely, Cheryl, and the Dietary Staff.



Tina Wolford

Maintenance/Housekeeping Director
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We do our best to blow and shovel snow and to salt the walkways, but this is another reminder to be extra careful on the sidewalks as ice can appear at anytime.

We need to talk...The *only* item that can be flushed down the toilet is, well....Please **do not** flush down your toilet any food, paper towels, pads, wipes or *anything* other than what it is intended for.

This will save Bill and I a lot of time and energy, not to mention the plumbing! *Thank You!*

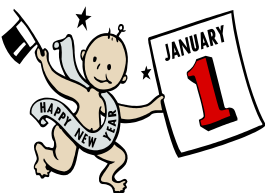


KathyAnn Adams

Marketing Director
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Happy New Year! 2012~hard to believe...

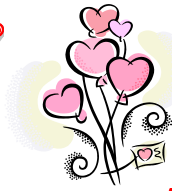
Resolutions...hmm, I don't like to make them.



I don't see the point. If there is a negative habit in my life, I shouldn't wait until January 1st to correct it. On the flip-side, if I want to start doing something more positive, I won't wait for the new year to begin a positive habit, either. Recently, my mom was very sick. This had me thinking about all of the "things" that I think I "need" to do. When a loved one is ill, it puts many things into perspective. The hustle and bustle of the Christmas season kind of takes a back seat as just having mom here with us is enough of a gift. Although I have faith, I

would be lying if I didn't feel doubt that God could really bring healing to my mom. I am glad He is God and I am not! Let's resolve to begin new positive habits and rid ourselves of those that are nonproductive. Let's continue to have faith, even in times of doubt, and embrace new beginnings! *KathyAnn*

Valentine's Party



3:30pm, Tues., February 14th
Dining Room

Join us for great music and the crowning of the Kings and Queens of Assisted Living and Memory Care



Birthday Celebrations!

Dining Room

January 4th at 2:15
Katie Langlais

February 28th at 2:15
DC & Hawk

March 19th at 2:15
Shirley and The Choir

St. Patrick's Day Party!

Watch for Details!



Resident and Staff Birthdays will be posted each month



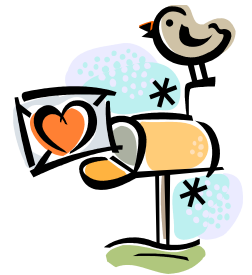
Card Making Extravaganza!

Options are Unlimited!

Card Making with Mary Jane and Barb

Come make cards for...

- ◆ Birthdays
- ◆ Valentine's Day
- ◆ St. Patrick's Day
- ◆ Thank You's
- ◆ Thinking of You...
- ◆ Get Well...



Watch the calendar for dates!

Thank You Volunteers

Bingo: Judi, Trudi and Doreen **Church Services:** Denis & Judy, Sr. Corrine, Marie, Deb and Don, Linda & Jim, Fathers': Abbott, Carlson, and Zehren, Dr. Rick & Josie, Sybil, Sherman, Char and Juli **Cribbage:** Denis and Leo **Memory Care:** Amanda, Jim, Amy Katelyn and the Mohlers and Minnells **Music:** Sybil **Nails:** Rosie and Rosina **Pet Visits:** Amy with Honey & Oliver, Melissa with Patch and Dodger, Patti with Elwood **Outings:** Leif **Wii Games:** Leif **Knights of Columbus:** Dan G. **Games:** Monica and Elijah **Ladies Auxiliary and Epiphany Angels**



Vanessa Sabre

Activity Coordinator

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Monthly Shopping Trips

Bus Leaves at 2:00 p.m.

- Friday, Jan. 6th Cub
- Friday, Jan. 13th Target
- Friday, Jan. 20th Walmart
- Friday, Feb. 3rd Cub
- Friday, Feb. 13th Target
- Friday, Feb. 20th Walmart
- Friday, Mar. 2nd Cub
- Friday, Mar. 9th Target
- Friday, Mar. 23rd Walmart



LUNCH BUNCH OUTINGS

(we will leave at 11:00a.m.)

Friday, January 27th

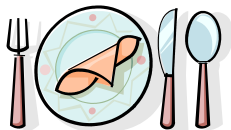
Famous Dave's Barbecue

Friday, February 24th

Olive Garden

Friday, March 30th

Old Piper Inn



Please sign-up for outings at the first floor receptionist desk.



New Craft! Seed Art

Seed art is an old craft going back long, long ago. Join Vanessa *Thursday's, January 5th, 12th, 19th & 26th* in the community room from *1:00 to 2:30p.m.* Together we will learn how to create beautiful pictures using rice, beans, peas, seeds and Elmer's glue.



Attention all MEN! Join our Men's Group!



Please join Jim, from Activities, on **Fridays twice a month at 2:00p.m.**

In the Game Galleria

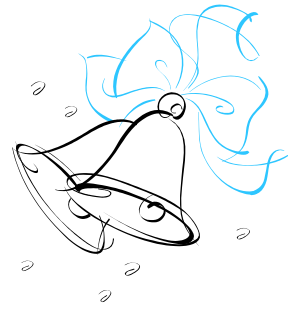
Come enjoy a beer or soda, snack and good conversation!





Deb Sauer

Senior Administrative Specialist
763-772-1041 dsauer@epseniors.org



Wow— another year has gone by!

I have my work cut out for me this year! My oldest son, Dallas, and his fiancé, Becca, will be getting married on August 4, 2012, at Epiphany Church. There are many details to work out and money to be spent making this a perfect day to remember! I have volunteered to make the wedding invitations so I know I will be very busy. It is a good thing that I love stamping and making cards!

A New Year is the time to unfold new horizons and realize new dreams; to rediscover the strength and faith within you; and to rejoice in simple pleasures as we gear up for new challenges.

Wishing you a truly blessed and fulfilling New Year!

Deb

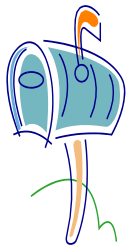


Julie Embry

Business Office Manager
jembry@epseniors.org 763-772-1043

Welcome 2012! The business office is ready and excited for another new year!

Residents— At year-end, I process your CRP forms (Certificates of Rent Paid) and mail them to each of you. A CRP will be mailed to the family representative of our memory-care residents. If you do *not* receive a CRP by January 31, 2012, please do not hesitate to call and request a new one. **Attention employees**—I will be mailing out W2 tax forms the first week of January. *If you have moved recently, be sure I have your new address.*



During the first quarter of 2012, Epiphany will be updating its nursing and billing software. Beginning March 1st, your billing statement will look a little different. Please review your billing statement for any errors and notify us immediately to make any necessary adjustments. We appreciate your patience during this process. In order to offer you the best and most efficient practices, Epiphany is embracing this new technology as a great and ongoing investment.

Wishing you all a happy and a blessed new year!! Julie

Local Church Services

Catholic Mass at Epiphany Assisted Living
Sun. Mass at 10:30a.m. in the Hearth Room
Wed. and Fri. Communion and Prayer at
10:30a.m. in the Hearth Room

Bible Study and Prayer Service at Epiphany Assisted Living

Mon. at 2:15p.m. in the Hearth Room



*Communion offered the last
Monday of the month
All are welcome!*

Epiphany Catholic Church

Weekend Masses:

Sat. Evenings at 5:30 p.m.

Sun. 7:15 a.m., 8:45 a.m., 10:30 a.m.

& 12:15 p.m. Sun. Evening at 5:30 p.m.



Faith Lutheran Church

Sunday Services:

8:00 a.m., 9:15 a.m.

and 10:45 a.m.

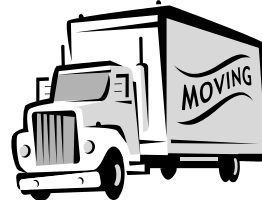
For a ride call: 763-755-3530

LifeLine Screening® offered at The Church of the Epiphany, on Monday, January 16, 2012

LifeLine Screening® uses painless, accurate sonogram technology to “see” plaque build-up in your arteries. When detected early, 80% of strokes can be prevented. Five different screenings offered. Pre-registration required. Call **1-800-324-1851**
Priority code: **HSC6588**

The Spirit of Giving

A great way to give, that keeps on giving, is to give a charitable gift to Epiphany Assisted Living in honor of a special event: a birthday, anniversary and/or retirement, or any occasion. This is a special way to honor someone close to you, while also touching the lives of so many others around them. To learn more about how you can make a difference at Epiphany Assisted Living, please call 763-755-0320 or email m.mccarty@epseniors.org

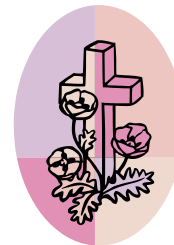


*Please Greet &
Welcome our
New Residents!*

HIS GOODNESS IS YOUR SOLUTION

“Oh, give thanks to the Lord, for He is good!

For His mercy endures forever.” (Psalm 118:8)



Devotional

In the midst of feelings and physical symptoms that can change from day to day, two things remain constant: The Lord is good, and He wants to be good to you! Today, however bad things may be in your body or life, you can say with the psalmist:

“I am still confident of this: I will see to goodness of the Lord in the land of the living.” (Psalm 27:13)

Whatever physical challenge you are facing, the Lord’s goodness will come to your rescue.

(Taken from “Healing Promises”)



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Happy New Year to:

We are on the WEB!
EpiphanySeniorHousing.org



Where neighbors are friends, and people really care.

Mission Statement

Epiphany Assisted Living, LLC

Objective and Goals

To provide quality, compassionate care while assisting the resident with his/her health needs in an assisted living setting. To build a sense of community, in a homelike atmosphere, that fosters well-being for our clients and staff while promoting graceful aging in place.

Our Mission is to provide affordable, high quality housing and services which will respect and enhance the lives of residents and those who are making the transition to senior housing and assisted living facilities.

Our Vision is to be the area's premier senior housing community by creating a financially stable environment that meets the economic, social, spiritual and health-related needs of the residents in our facilities.

Our Strength is our uncompromising commitment to create resident satisfaction by providing a staff of competent professionals who create a warm, caring and secure environment that offers a wide variety of services in a campus environment.

Our Values include honesty, integrity, providing excellent, responsive and courteous services to residents in a faith-based community.