

# HOMESPUN

First Edition 2017

Rosewood on Broadway

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## Meet Mary Lou Gronland...

I have had the pleasure of hearing many of the residents' life stories and thought I would share them with you. I hope you enjoy!! Jill Freed – Resident Programming Manager

Mary Lou was born on October 16, 1934 in Fargo in her mother & father's house, she was to be born in a hospital but she said she was in a hurry to get out and her grandmother delivered her. Mary Lou has four brothers and one sister. She grew up in Fargo and when she was in the 6<sup>th</sup> grade they moved to Moorhead. She attended Shanley and Moorhead High School where she graduated in 1952.

After high school Mary Lou went to Interstate Business College for two years for typing, business office practices, proof reading and speed writing. During this time a girlfriend of Mary Lou's mentioned to her that there was this guy that she thought Mary Lou would get along with very well. So Mary Lou and Don met at a dance through their friends and you know the rest of the story. Mary Lou and Don met in 1953 and got married May 1, 1954.



Before Mary Lou was married she started working for the Internal Revenue Service. She worked for them for three years as a typist and working on business tax returns. During this time (1955) Mary Lou found out she was pregnant and in those days after 5 months of pregnancy you couldn't work any longer. So Mary Lou quit her job and stayed at home to have and raise her daughter and their son who was born in 1960. Mary Lou then went back to work in 1955-56, worked for Kaye's Printing and retired with them after 20 years. She then went into free-lance work and started working with Nordic Needle (a local needle works shop), she was with them for 20 years (where she did all their catalogs and needle work books) and while working there she became best of friends with Roz and Sue.

Mary Lou and Don have been married for 62 years. They have two children, five grandchildren, four step grand-daughters, three great grandchildren, two grand dogs and three grand cats! Mary Lou did a lot of church work, traveling (would leave in March every year for three months), cross-stitching, reading, bingo, playing cards and she and Don loved to go dancing, partying and going out to eat. In fact they have a group of friends, a dozen of them from Church and they go out every Sunday after Church for breakfast and every Tuesday night for supper at the Sons of Norway. Mary Lou has been here at Rosewood since 2012. ***"You can be a rainbow in somebody else's cloud."***

## ROSEWOOD AUXILIARY NEWS

Winter is here and the holiday season was bustling. The auxiliary hosted their annual Christmas party on December 4, 2016. Merrill Piepkorn provided us with entertainment. Auxiliary members provided goodies and helped serve the residents and their guests. The lighting of the Christmas tree was presented at this time. Residents and their families filled the dining room.

The auxiliary continues to have Pie Day the first Thursday of each month from 1:30 pm to 3:00 p.m. This is one of our major fundraisers along with purchasing colored bulbs for our Christmas tree lighting.

A special thank you to Messiah Lutheran WELCA, First Lutheran WELCA, Faith United Methodist UMW and Faith United Methodist quilters for their generous monetary donations. The auxiliary also wishes to thank the area churches that provide us with pies and volunteers each month. The mission of the auxiliary continues based on the generosity of those who donate. The donations go directly to helping the residents at Rosewood.

The auxiliary is looking for new members for 2017. Anyone is welcome – male or female. Dues are \$15.00 per year. If you are a representative from your congregation, perhaps they will provide the membership fee for you. The goal is more than having a meeting, it's about serving the resident's at Rosewood.



## PNEUMOCOCCAL VACCINATION UPDATE FOR ADULTS AGED 65+



There is a 2nd Pneumococcal vaccine that is recommended for residents 65+ who have already had the pneumonia vaccine. It is called Pevnar 13 and it is now covered by Medicare. Having both pneumonia vaccines – Pevnar 13 and the previously available 23-valent pneumococcal polysaccharide vaccine (PPSV23) is recommended by the Centers for Disease Control (CDC). These vaccines are generally given one time only and do not need to be repeated.

Pevnar 13 has been recommended since 2010 for infants.

Pneumonia remains a leading cause of serious illness among adults in the United States. An estimated 4000 deaths occur each year because of *Streptococcus Pneumoniae*. Pevnar 13 vaccine protects against 13 different strains of pneumonia and when given in addition to the PPSV23 vaccine provides the best protection.

Pevnar 13 is given by injection, so the common side effects reported were injection site reactions such as redness, swelling, pain in the injection site, and limitation of arm movement. There were also systemic side effects: fatigue, headache, muscle pain, joint pain, decreased appetite, chills, and rash.

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*The same boiling water that hardens the egg will soften the carrot. Everything depends on the individual's particular reaction to stressful circumstances.*

*Dr. James Dobson*

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# INFLUENZA

Influenza “season” starts in October and runs through March. This past year the season actually extended into June, so was much longer than past years. Residents who live in long term care facilities are a high risk group for influenza and are encouraged to receive the vaccination for both influenza and pneumonia. At this time the influenza vaccine is recommended to help prevent a flu pandemic in the United States. It is mandatory that all Rosewood staff receive the vaccine to protect themselves, their families, and the residents.

Symptoms of influenza are:

- fever over 100 degrees
- chills, muscle pain, head or eye pain
- loss of appetite, general weakness
- sore throat and/or cough
- runny nose/sneezing
- light sensitivity

Some suggestions to decrease the chances of getting a cold or flu:

- get plenty of rest
- eat well balanced meals
- drink more fluids
- cover your mouth with a tissue or your sleeve when coughing/sneezing
- WASH YOUR HANDS FREQUENTLY especially after coughing or sneezing
- Avoid close contact with people who are sick
- **STAY HOME** if you have any symptoms of influenza



## REDEMPTIVE SUFFERING

To very many people the whole idea of suffering is very distasteful. Suffering is not of itself a good thing; rather, you can say it is evil. We experience it as a consequence of our fallen condition from the time of Adam and Eve’s original sin in the Garden of Eden and as an effect of all the accumulation and multiplication of sin throughout the history of man. Until Christ died on the Cross you could also say that the only value suffering had to that point was in anticipation of his saving act.

Whether we like it or not, suffering is a fact of life. Jesus did, however, also make suffering a condition required for being his disciples. He said that if we want to be his disciples we must take up our cross daily and follow after him. Suffering can be either of infinite worth or wasted. The difference boils down to our intention or what we desire to do with the troubles, pain, sorrow, hardship and misery that we endure. We can unite our struggles to Christ’s Cross and the sufferings he endured for our sake, or we can struggle and strain against them to no avail. St. Paul summed it up when he said, “Now I rejoice in my sufferings for your sake, and in my flesh I am filling up what is lacking in the afflictions of Christ on behalf of his body, which is the church” (Colossians 1:24).

Theologically this becomes clearer when we think about the Sacrament of Baptism. Baptism is the gateway into the divine life. When we are baptized as Jesus commanded in Matthew Chapter 28, “In the name of the Father, and of the Son and of the Holy Spirit,” we become children of God, brothers and sisters in Christ and temples of the Holy Spirit. In a true sense, God takes us into his family. Furthermore, Scripture tells us that we become members of the Mystical Body of Christ, his Church,

by virtue of our baptism. This means that when we suffer as members of Christ, he suffers through us and gives redemptive value and meaning to our pain and trials.

With Lent just around the corner, we can add a little further twist to Redemptive Suffering in that we can do acts of self-denial and penance that cause us voluntary discomfort deprivation or suffering. Fasting and denying ourselves simple pleasures and doing penance would be an example.

Remember when the man brought his son who was possessed by a demon to Jesus' disciples and asked them to cast the demon out of the boy. The disciples could not cast it out and asked Jesus why. He said, "This kind cannot be driven out by anything but prayer and fasting" (Mk 9:29). Notice that he did not say that he, Jesus, the Son of God was the only one able to cast the demon out; rather, he said simply that prayer and fasting were required, also indicating that if they had prayed and fasted with a little faith they could likewise have cast it out in his name.

Finally, the Cross of Christ is the goal and guide of history. The Cross both stands for and transforms human misery into the means of salvation. It is therefore a sign of hope. We may hear people say that their life has no more value because they aren't able to do anything or do anyone any good in their condition. They may ask, "Why does God leave me here?" or "Why doesn't God take me?" The answer is simple although it is not easy. The suffering we endure is a special sign of God's love and mercy. He desires to unite us to his saving work. St. Augustine said that "God made us without us but he will not save us without us. I think of it in relation to Jesus own death on the Cross. "And when they came to a place called Golgotha (which means place of a skull) they offered him wine to drink, mingled with gall; but when he tasted it, he would not drink it" (Mt 27:33-34). The gall was a mixture of herbs and spices used as a narcotic to relieve pain. Jesus refusal of painkillers signifies his total acceptance of the Father's will and the extent of his sacrificial love such that he would endure the heights of pain and pour out his blood to the last drop for us. We often hear people say that they want to be "pain free" or that they don't want to suffer. On the one hand, pain medications are a wonderful tool to be used in lessening the suffering of the sick, elderly and injured. Generally speaking, each person has a pretty fair sense of what levels of pain they can tolerate without medication or what sort of suffering would be excruciating for them. That being said, there are levels that we can willingly endure without complaint to unite to the sufferings of Christ for the sake of the spiritual, eternal needs of others. Just so, as love is a choice, so is the choice to suffer for love. Each person must do as he is able.

In conclusion, I remember a very faith-filled resident some yours ago, who was dying from a very painful and rapidly progressing disease. He was on some very strong medications to control his pain. During the course of my ministry to him he would tell me that he would forgo those medications sometimes to suffer for his family whom he dearly loved. He would also refuse them if a priest were coming to administer the sacraments so that he would be alert and able to respond as he should. When he was very near death and many of his family members were coming to visit, he refused pain medication so that he could listen to them and speak to them clearly. He wanted to interact with them in full awareness, despite the pain. This man's example is what I would describe as dying "with your boots on" and living fully while working in the Lord's Vineyard, until he comes. God bless and keep you all in the depths of his love. The Pastoral care Staff.

# Lent



# ROSEWOOD ON BROADWAY Receives 2017 Customer Experience Award from Pinnacle Quality Insight

Fargo, ND. February 15, 2017 – Rosewood on Broadway, a Fargo – based provider of catholic skilled nursing care, is proud to announce that they are the recipient of Pinnacle Quality Insight's 2017 Customer Experience Award™.

Rosewood qualified for the award in the categories of:

Overall Satisfaction	Response to Problems
Nursing Care	Dignity and Respect
Quality of Food	Recommend to Others
Cleanliness	Activities
Individual Needs	Professional Therapy Services
Laundry Service	Safety and Security
Communication From Facility	

Rosewood on Broadway displays a continued dedication to providing Best in Class healthcare services. Tony Keelin, CEO of Rosewood on Broadway describes receiving the awards as an honor, stating that we continually strive to provide loving care and services with a team of very dedicated and loyal employees.

For over 60 years of serving the community, Rosewood on Broadway has placed a strong emphasis on ensuring that the individual needs of every resident are met. Over the course of 2016, a sampling of Rosewood on Broadway's customers and their families have participated in monthly telephone interviews that include open-ended questions, as well the opportunity to rate Rosewood on Broadway in specific categories.

Every month, Rosewood on Broadway has gathered its real-time survey results in order to gain a better understanding of the resident's needs and make improvements when necessary.

By qualifying for the Pinnacle Customer Experience Award™, Rosewood on Broadway has satisfied the rigorous demand of scoring in the top 15% of the nation across a 12-month average. Clients have the opportunity to achieve this Best in Class distinction on a monthly basis in many categories designed to accurately reflect each resident's experience.

## About Pinnacle Quality Insight

A customer satisfaction measurement firm with 20 years of experience in post-acute healthcare, Pinnacle conducts over 150,000 phone surveys each year and works with more than 2,300 care providers in all 50 US states, Canada and Puerto Rico

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*In the blink of an eye, everything can change. So forgive often and love with all your heart. You never know when you may not have that chance again.*

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# ACTIVITIES and EVENTS AT ROSEWOOD

## CHURCH SERVICES

Chapel services – Sunday and Wednesday at 2pm  
Chaplet of Divine Mercy – 3pm Wednesday  
Catholic Mass – Thursday at 10am  
Rosary and communion – Monday at 10am  
Bible Study – Thursday at 1pm  
Adoration—Friday at 2pm  
Benediction and Holy Hour – Friday at 3pm  
First Lutheran Communion Service – 4<sup>th</sup> Thursday at 2pm

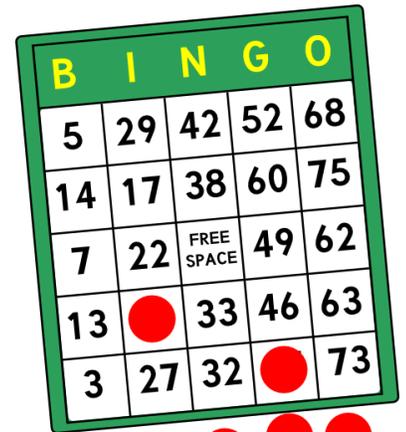
## BINGO

Monday, Wednesday, Thursday, Friday at 5:30pm  
Tuesday and Saturday at 2pm

## COMMUNITY COUNCIL MEETING

Dakota Rose (3<sup>rd</sup> floor) last Tuesday of each month at 1:30pm  
Prairie Heights (4<sup>th</sup> floor) last Wednesday of the month at 3pm  
Second floor 1st Thursday of each month at 2pm  
Berg Court (1<sup>st</sup> floor) last Monday of each month at 1:30pm

**Rosewood Auxiliary's Pie Day Fundraiser** – 1<sup>st</sup> Thursday of the month at 1:30pm  
**Daily coffee/Social Time** – 1:30 – 3pm in the dining room



## NURSING HOME WEEK

### May 14 thru the 20th

All across our nation, skilled nursing care centers create a unique spirit and community for residents and staff alike. Visit us and you will witness the American spirit in action. Stories from proud veterans, immigrants and hardworking people of different faiths fill the walls of each center every day. This tapestry of cultures and experiences capture the essence of our proud country. Beginning **May 14 to 20, 2017**, the nation will salute skilled nursing care centers and the role they embrace in society with the theme “**The Spirit of America.**”

Established in 1967 by the American Health Care Association (AHCA), National Nursing Home Week publicly honors the indomitable spirit of residents and staff who face each day with a sense of purpose and compassion.

### Rosewood Nursing Home Week Events to celebrate:

<b>Sunday, May 14</b>	Mother's Day Dessert Buffet, 1:30-3pm
<b>Monday, May 15</b>	Banana Splits being served in Main Dining Room followed by entertainment, 1:30-3pm
<b>Tuesday, May 16</b>	Bingo, 2pm
<b>Wednesday, May 17</b>	Volunteer Luncheon at 12:00, Chapel at 2pm
<b>Thursday, May 18</b>	Spring Tea hosted by the Rosewood Auxiliary with entertainment by Chuck Fox, 1:30 to 3pm
<b>Friday, May 19</b>	Raw Sugar to entertain, 2-3 pm
<b>Saturday, May 20</b>	Bingo, 2pm

## LIVE MUSIC & ICE CREAM EVERY FRIDAY AFTERNOON AT 2PM

### March:

3<sup>rd</sup> Rockin' 60's  
10<sup>th</sup> Steve Kraushaar for Veteran's Ceremony  
17<sup>th</sup> The Auggies  
24<sup>th</sup> Joseph DeMasi  
31<sup>st</sup> DC and Hawk

### April:

7<sup>th</sup> Steve Kraushaar  
14<sup>th</sup> Good Friday Service  
21<sup>st</sup> Joseph DeMasi  
28<sup>th</sup> Rockin' 60's

### May:

5<sup>th</sup> Steve Kraushaar  
12<sup>th</sup> Rick & Loretta  
19<sup>th</sup> Raw Sugar  
26<sup>th</sup> Clark Gaebel

## CONGRATULATIONS...

Rosewood extends thanks, congratulations and wishes for a blessed retirement to the following staff members:

### **Julie Tschider.**

Julie retired on January 16<sup>th</sup>. Julie was the manager of Rainbow Square, Rosewood's Adult Day Program. She started her career at Rosewood as a CNA, then as a medication aide, case manager and then the manager of Rainbow Square since it's opening. We wish Julie great travels!

### **Sally Kienenberger.**

Sally retired on February 17. She worked as the Quality Nurse and helped to open the new Berg Addition in the capacity of Nurse Service Manager for more than 4 years. Sally had worked in the long-term care industry for over 20 years and had a solid knowledge of nursing home regulations and overall operation. We thank her for her service and wish her many years of relaxation.

### **Ruby Melting.**

Ruby came to Rosewood in 2009 to work in Environmental Services as a housekeeper and then doing laundry. Her last day is March 17. Ruby says when she retires she is going to clean HER house. We wish her good health and relaxation.

### **Teri Walter.**

Teri is the Case Management Coordinator at Rosewood and will be retiring on March 31. She came to Rosewood after working as a case manager at Villa Maria. Teri's career with Villa and Rosewood spans more than 42 years. Teri looks forward to not going to work everyday and spending the summer working in her yard.

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## Mission Statement

*Rosewood on Broadway, inspired by the Sisters of Mary of the Presentation, serves those in our care with respect and compassion as we strive to fulfill the healing mission of Jesus.*

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Rosewood on Broadway  
1351 Broadway  
Fargo, ND 58102

**ROSEWOOD DEPARTMENT COORDINATORS**

Administrator/CEO— Tony Keelin  
Director of Nursing—Liz Letness  
Finance Director—Meldine Tang  
Dietary Manager—Deb Anderson  
Environmental Services Coordinator—LaVonne Olander  
Case Management Coordinator—Teri Walter  
Pastoral Care—Deacon Jim Hunt



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