

HOMESPUN

Third Edition 2016

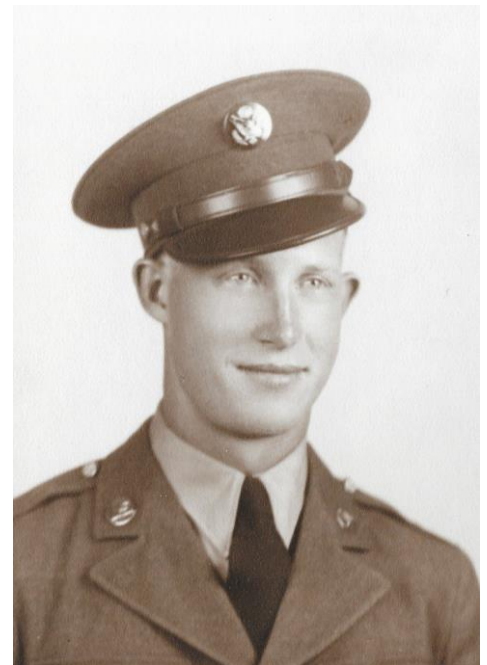
Rosewood on Broadway

MEET FRED QUAM...

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

Fred was born on October 2nd, 1916 in Fargo. He was one of seven siblings and managed to share a bedroom and one bathroom with all of them! His father was a sheriff for Cass County. Fred went to Roosevelt Elementary and enjoyed playing basketball and football as a child. Fred graduated from Fargo Central High School.

Fred joined the Air Force in December of 1941 and left on New Year's Eve 1941. While in the service he trained and worked as an aircraft mechanic. His early service was in Oklahoma City where he met his wife of 58 years. Fred and Lois were married in 1944. Fred served until November 1945 and most of his time was at Charlotte, North Carolina, Lois continued working for the government in Oklahoma City. They had twin daughters, Jean a Dean at the University of Minnesota and Jane a professor for Bellevue University in Omaha, Nebraska, both have earned Ph.D.'s. Fred also has 4 grandchildren and one great grandchild.



In January of 1947 Fred joined the North Dakota Air National Guard (Happy Hooligans) and served there as an aircraft mechanic in the early years and retired as a Quality Assurance Supervisor in 1976. Also the Hooligans were called to active duty in April 1951 for the Korean Conflict and were released in November 1952.

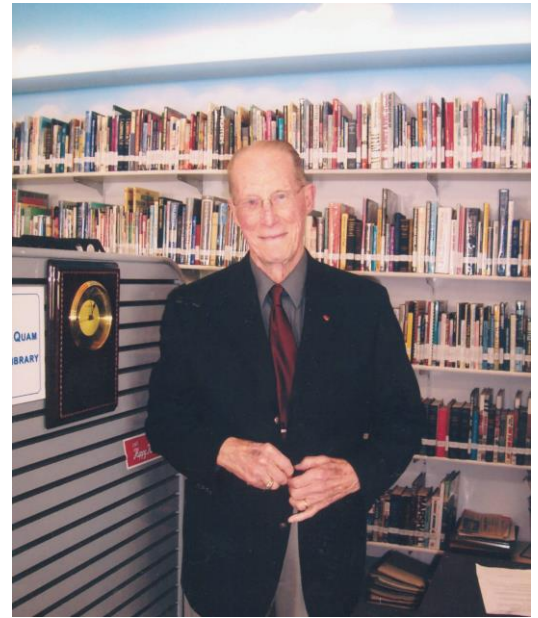


Fred and Lois also had many enjoyable times at their lake home on Pickeral Lake near Underwood, MN. They enjoyed the many visits of their grandchildren and other family members.

Fred volunteered in many ways; for many places including the Valley Senior services, for which he served on the board. He also served on the board for the Emergency Food Pantry as well as working fundraisers through Kiwanis for scholarships for youth in the Fargo area. He also volunteered for Rosewood as a Co-Chairman with Lois for over 30 years with the Rosewood Auxiliary.

The pinnacle of Fred's volunteer service was to establish a military and war time library at the Fargo Air Museum, which was eventually named the Frederick Quam Research Library. The library is unique and one of a kind with donated books from all over the country, from different donors and it contains over 4000 titles. The library includes books from as far back as the civil war.

Fred has been a resident at Rosewood since December of 2015. He enjoys jigsaw puzzles, bingo, adult coloring books, I-Pad and computer.



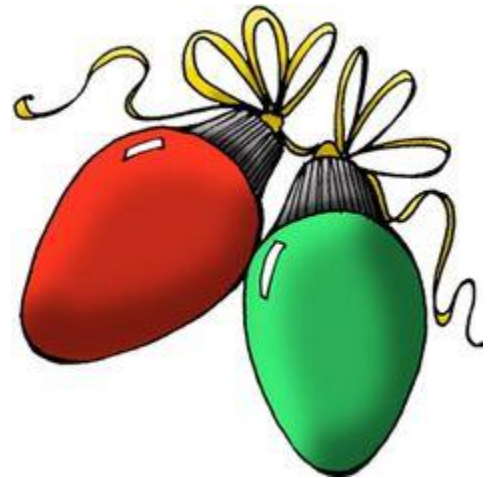
ROSEWOOD AUXILIARY NEWS HOLIDAY LIGHTS

Dear Family and Friends,

Join us again this year at Rosewood on Broadway to honor and remember our loved ones during this holiday season. We will have a Christmas tree with special lights shining just for them. Different colored bulbs can be purchased for that special person.

Clear Lights:	\$5.00
Red Lights:	\$10.00
Blue Lights:	\$15.00
Green Lights:	\$20.00
Gold Lights:	\$25.00

If you have a special friend or loved one at Rosewood or one who has passed away, send us the name of the person(s) you wish to remember. Everyone who purchases a bulb will be a recipient of an angel ornament to be placed on the tree, and after the ceremony, the resident or family member receives the ornament.



On **Sunday, December 4, 2016**, the Auxiliary will be serving holiday goodies and coffee from 1:30 pm to 3:00 pm. Entertainment will be provided from 2:00 pm to 3:00 pm. The lighting of the Christmas tree will take place at this time.

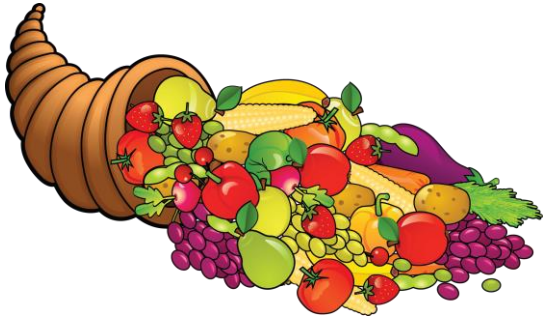
Rosewood's Auxiliary has several fundraisers throughout the year and uses the money for the residents. The money is used to furnish the Fargo Forum for each of the nursing units, bingo prizes, monthly birthday cake, and other unanticipated needs that may occur.

A check for Holiday Lights can be mailed to:

Rosewood on Broadway Auxiliary
Linda Monge, Treasurer
2309 Evergreen Road
Fargo, ND 58012

We are looking forward to seeing those beautiful shining lights in the eyes of the residents, knowing this is a special project just for them. We appreciate your support and look forward to seeing you at the lighting ceremony.

HOLIDAY MEALS AT ROSEWOOD



It doesn't seem possible that another holiday season is just around the corner. We all enjoy spending time and sharing food with our loved ones during the holidays. You are welcome and encouraged to join your loved one for a holiday meal at Rosewood.

We provide a special siesta snack buffet on the holiday. This is a good time to celebrate with your loved one.

If you prefer to dine with your loved one at dinner, we ask you to limit the number of guests to six as dining space is limited.

Guests for holiday dinners are asked to make reservations with the receptionist a minimum of 3 days prior to the holiday. We ask you to make your reservations early to assure we have adequate food and seating. The charge for the holiday guest meal is \$8. Happy Holidays to all!

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



Rosewood vaccinated residents and staff for Influenza in October. At admission we ask you to sign a consent for Influenza vaccination, if you want to make any changes or have any questions about the vaccinations please call and talk to the Nursing Service Manager or Director of Nursing Liz Letness, RN-BC.

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 Prevnar 13 and it is now covered by Medicare. Having both pneumonia vaccines – Prevnar 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.

Prevnar 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*. Prevnar 13 vaccine protects against 13 different strains of pneumonia and when given in addition to the PPSV23 vaccine provides the best protection.

Prevnar 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.

HEALTHCARE AND END OF LIFE DECISIONS

What to Do? Rosewood on Broadway, as a Catholic Healthcare Ministry of the Sisters of Mary of the Presentation Healthcare System abides by the moral and ethical teachings of the Catholic Church as expressed by the United States Conference of Catholic Bishops in the **Ethical and Religious Directives** for Catholic Healthcare Services. One area that is most relevant to us is providing adequate pain control during the dying process.

There are a number of principles that we can apply which enable us to come to good moral decisions. One of these guiding principles would be the Principle of Double Effect. This principle is a key one among those that the bishops use in arriving at the healthcare directives. We are called, above all, in our Christian life to do good and to avoid evil.



Firstly, the Principle of Double Effect states that an action that is good in itself and that has two effects—an intended (and otherwise not reasonably attainable) good effect, and an unintended (yet foreseen) evil effect—can be morally acceptable and good or licit, when the conditions of the principle of double effect are met. These conditions are as follows:

1. The action that we intend to do must be good or at least indifferent or neutral. The action cannot be what we call intrinsically evil. In other words, the object of the act (what it is that we intend to do) must be capable of being ordered to God to the good of oneself or neighbor. An example of an intrinsic evil act would be euthanasia, which the Church defines as an action or deliberate failure to act (omission), which of itself or by intention causes the death of handicapped, sick or dying persons—sometimes with an attempt to justify the act as a means of eliminating suffering. Euthanasia violates the fifth commandment of the law of God and can thereby never be ordered to God.

2. The good effect cannot be obtained through the bad effect for the end we have in mind can never justify immoral means. The foreseen beneficial effect cannot be achieved by the foreseen harmful effects.

3. There must be a proportion between the good and the bad effects brought about (e.g. life against life); the foreseen beneficial effects must be equal to or greater than the foreseen harmful effects (the proportionate judgment).

4. The intention of the subject must be directed toward the good effect, and merely tolerate the bad effect. Our foremost intention must be to achieve the beneficial effects and to avoid the foreseen harmful effects as far as possible; as one can only indirectly intend the harm.

5. There does not exist another possibility for action.

For an action to be good all five of these criteria must be met. Now to help our understanding, let me give you a practical example.

“A classic example of applying the Principle of Double Effect can be seen in the use of drugs that control the pain at the end of life. Suppose a woman is dying and in severe pain. The normal dosage of pain relievers is not sufficient to control her suffering. The physician knows that in order to control that pain, the minimum effective dose might also hasten her impending death. However, her pain is so severe that he gives her the drug in an amount just sufficient to bring her comfort. Her breathing is affected by the pain reliever, and she dies sooner than might otherwise have been the case.

According to the Principle of Double Effect, the physician acted ethically, because

- The action itself, the administration of pain reliever drugs, is a good action.
- The physician intended only to relieve her pain, not to kill her.
- The relief of her pain was brought about by the medication, not by an early death.
- The pain itself is so severe that if left uncontrolled, it might reasonably be expected to shorten her life, so that even the minimum effective dose to alleviate the pain would also hastening her approaching death, there would be a proportionality between the good effect and the bad effect (life v. life).

When drugs are administered or provided with the intention of killing the patient as the means to relieve his or her pain and suffering, this violates the principle of double effect, is unethical, and is referred to as euthanasia or physician assisted suicide:

- The act itself is bad, the direct killing of an innocent person (even with his or her consent).
- The direct (even well-meant) intention is the death of the patient.
- The patient’s pain is relieved directly by his or her death.
- No reason can be good enough to outweigh directly taking an innocent person’s life “(NCBC- National Certificate Program in Health Care Ethics, Module 2-2--- Principles of Medical Ethics).

Finally, it is important to know and to remember that a patient’s wishes are always to be respected and normally complied with, unless it is contrary to Catholic moral teaching. The conclusion arrived at through the application of the Principle of Double Effect in the example above is supported in Directive 61 of the Ethical and Religious Directive for Catholic Healthcare Services as follows: “Patients should be kept as free of pain as possible so that they may die comfortably and with dignity, and in the place where they wish to die. Since a person has a right to prepare for his or her death while fully conscious, he or she should not be deprived of consciousness without a compelling reason. Medicines capable of alleviating or suppressing pain may be given to a dying person, even if this therapy may indirectly shorten a person’s life so long as the intent is not to hasten death. Patients experiencing suffering that cannot be alleviated should be helped to appreciate the Christian understanding of redemptive suffering.” It is the purpose and function of pastoral care for the dying to assist in this understanding with prayer, comfort and counsel as the patient or resident is willing to receive it.

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
Benediction and Holy Hour – Friday at 3pm
First Lutheran Communion Service – 4th Thursday at 2pm

BINGO

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

COMMUNITY COUNCIL MEETING

Dakota Rose (3rd floor) last Tuesday of each month at 1:30pm
Prairie Heights (4th floor) last Wednesday of the month at 3pm
Second floor 1st Thursday of each month at 2pm



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

LIVE MUSIC & ICE CREAM EVERY FRIDAY AFTERNOON AT 2PM

November:

4th Rockin' 60's
11th Steve Kraushaar for Veteran's Ceremony
18th The Auggies
25th Joseph DeMasi

December:

2nd Steve Kraushaar
9th Rockin' 60's
16th Slew Foot Family Band
23rd Les Jensen
30th Clark Gaebel

January:

6th Steve Kraushaar
13th Rockin' 60's

OTHER DECEMBER ACTIVITIES COMING UP...

- Fargo North High School Choir coming over to sing in their Christmas attire on **Friday, December 2nd at 10:00am**. They will sing a few songs in the main dining room and then walk the hallways caroling. They will return to sing again on **Wednesday, December 7th at 11:15** walking the hallways while caroling.
- The 188th North Dakota Army National Guard Band will be here on **Saturday, December 3rd from 1:15 to 1:45** performing in the main dining room. (There will be 5 to 8 band members here to perform).
- We will be having the Lighting of the Christmas Tree Ceremony on **Sunday December 4th from 2:00pm to 3:00pm**. Merrill Piepkorn will be here to perform that hour and the Auxiliary will be serving Christmas goodies.



- We will be celebrating Christmas with the residents on **Monday, December 19th from 2:00pm to 3:00pm**. A "special guest" will be here to pass out gifts to all the residents.
- Saturday, December 24th at 2pm will be our Christmas Eve Service.

WHERE DOES THE TIME GO...?

It's hard to believe that 2016 will be over before we know it. One of the exciting accomplishments this year at Rosewood on Broadway has been the opening of the newly constructed Berg Addition. The new 32-bed addition added 14 new licensed beds and allowed us to create 69 private rooms throughout the building.

With the new construction, we were able to offer residents improved accommodations through more space and privacy. We were also able to enjoy the completion of the courtyard at the Resident/Family picnic. Since the opening of the new addition, we have remained almost fully occupied.

2017 will be a challenging year for all skilled nursing facilities in North Dakota. As a result of North Dakota's budget shortfall of over \$1 billion, reductions in revenue to nursing facilities statewide are drastic and will result in over \$25 million dollars annually. We are encouraging our North Dakota Legislators to do their best to restore funding as soon as possible to ensure care for our vulnerable population.

I would like to express my appreciation and thanks for the dedicated and loyal staff at Rosewood on Broadway. As always, the labor force is very important to ensure care and services for our residents; while recruitment and retention of staff will remain our challenge.

Blessed wishes for a wonderful Thanksgiving and a Merry Christmas!



Eileen Waldera, who passed away on October 31, 2016, came to live at Rosewood in 2007. Eileen loved to keep busy during her time at Rosewood and enjoyed reading, bingo, the young children who visited on Halloween, card playing, helping with the nursing home's newsletter, and embroidering dish towels for the annual craft fair. She will be deeply missed.

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.

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



Homespun is available on line on our website: www.rosewoodonbroadway.com
If you would like to be removed from the Homespun mailing list, please contact the receptionist at 701-277-7999.