



Pelican Valley Health Center

Managed by Ecumen

Changing Aging

From the Desk of

Executive Director, Barbara Garrity



This legislative session has brought some incredible news to Minnesota's nursing homes, especially Pelican Valley Nursing Home. A historic piece of legislation has been approved that would establish a reimbursement system for Minnesota's nursing homes and reimburse facilities based off a cost report system. Prior to this, there was no formalized reimbursement system in place, meaning it was always uncertain if there would be a rate increase from year to year. We went many years without having an increase to our rates while we were faced with rising expenses like costs of employee benefits, wages, food costs and other things. As you may know, nursing homes in the state of Minnesota have been struggling for many years. We have one of the largest reimbursement gaps in the country, so what we are reimbursed for falls short of what our actual costs to provide the care are. Currently, the reimbursement gap is about \$34 per person, per day. We recorded more than 11,000 resident days last year, so in essence, we provided \$374,000 of care that we did not get reimbursed for due to the large reimbursement gap. Due to state regulations, we can't charge a person paying out of pocket more than what the state set Medicaid rate is, so about 90 percent of our revenue stream is impacted by this underfunding. The average nursing home in the state operates at a negative 1.43 percent operating margin. Nursing homes in West Central Minnesota, which is where Pelican Valley operates, are far worse at an average of negative 3.53 percent operating margin. However, things are about to change for our industry.

The legislation that has passed would give Pelican Valley Nursing Home the largest rate increase our facility has ever had. This is an incredible thing that will allow us to pay more competitive wages to our staff, invest in our building and be able to be more financially self-sufficient. We are extremely thankful to everyone who took the time to contact lawmakers about the need to fund nursing homes, your voices made a difference and you have been heard. We are also thankful for Rep. Bud Nornes who helped Pelican Valley, Fergus Falls and Battle Lake area nursing homes present a bill to lawmakers to address funding issues in our area. This new legislation is a lifeline for many nursing homes and we're excited for a bright future ahead! It won't go in to effect until January 1st and the effects of it won't be fully felt for another year or so but it's a great step in the right direction to support the financial health and future of nursing homes.

We want to thank the community for being so supportive of PVHC and for helping us through our tough times. Having a senior living campus like ours in this community is an incredible thing. Many rural communities have lost their nursing homes but PVHC has been able to continue its operations. We employ more than 100 people and provide a home to more than 60 seniors. Our campus supports many local businesses through the services we provide. We have been a part of the Pelican Rapids community for more than 50 years and are looking forward to many more years!

Barbara Garrity, Executive Director

Childcare Center Coming to Pelican Rapids

Pelican Valley Health Center is thrilled to be partnering with Children's Corner to bring the first child care center to Pelican Rapids. Children's Corner will be renting out the bottom floor of Riverfront on Main Assisted Living at 119 N Broadway and offering child care services for infants, toddlers and preschoolers. The new center will provide 42 new licensed child care openings that will help meet a critical need for the community. Children's Corner received a \$31,500 grant from West Central Initiative to help with startup costs. "As the only nonprofit child care center in Otter Tail County, we would have been unable to afford the startup costs without these grant dollars. The ability to add additional child care for the community of Pelican Rapids will only strengthen their Economic Development opportunities," said Sue TenEyck-Stafki, Children's Corner Executive Director. "This is a fantastic opportunity for us to be able to provide intergenerational care between our assisted living and the day care, provide a new service to our community and be able to provide an additional benefit to our employees," said Executive Director Barbara Garrity. We are aiming for a September opening date. We will keep the community informed of an exact date when we get closer to September.

If you are interested in either employment opportunities or want to enroll your child, contact Sue TenEyck-Stafki of Children's Corner at 218-739-2847. Children's Corner also has locations in Fergus Falls and Perham.

20th Annual Pancake Breakfast

It's that time of year again! We are gearing up to celebrate our 20th year of our annual pancake and sausage breakfast on Saturday, July 11. The event starts at 7:30 am and goes until 10 am. Tickets for the all you can eat breakfast are \$6 for adults and \$3 for kids 12 and under. Don't miss the coupon for \$1 off on the back of this newsletter!

Money raised through this fundraiser will go towards helping us create a senior fitness center at Riverfront on Main. One of our goals is to encourage healthy lifestyles and exercise is a huge part of that. We have a large space at Riverfront on Main that we want to turn in to a fitness center with equipment made specifically for seniors.

Ice Cream Social

Come enjoy some ice cream and help support a good cause! The Pelican Valley Health Center Auxiliary is hosting an Ice Cream social on Saturday, July 10 that will run from 5:30 pm to 7:30 pm. Money raised from this event helps our Auxiliary with projects throughout the year, like helping buy Christmas gifts for our residents.

We have a great Auxiliary that provides volunteers throughout the year and are so appreciative of their support. We hope to see you at this great event! *If you're interested in volunteering, please contact Cheryl Lundrigan at 863-6532.*



Building Project for Pelican Valley Nursing Home Very Close to Happening

We have spent many years working towards getting a building project going at our nursing home. We're happy to report that we are extremely close to making it finally happen. Just a few days ago, we got our final estimate on the project from our contractors, Olaf Anderson. For the first phase of our project, they expect it to cost about \$3.6 million, which is very close to the early estimates we received from YHR, our architect. We are currently working on finalizing our financing and getting our plans approved by the state of Minnesota. We are very hopeful to start this project by late July or August.

We are very much in need of more space and upgraded amenities at our nursing home. As more and more people come in to do short term recovery stays at our nursing home,

they want private rooms, showers in the room and overall more modern facilities. We are facing tough competition from newer nursing homes in our surrounding areas like Detroit Lakes, Perham, Fergus Falls and even Fargo-Moorhead. We have seen our occupancy decline due in large part to people choosing to go elsewhere in order to have a private room. If we want to continue to provide services in this community, we need to do upgrades so we can continue to attract residents and give them a more modern place to live. Private rooms are a huge demand right now, currently we only have 10 and often our need for them well exceeds that. Our addition and renovation would allow us to have 20 private rooms and 16 double rooms that will be larger and with a divider wall instead of a curtain. All our

new rooms will have showers in them, we will be renovating our existing tub room and adding a second tub room and adding a new nurses station area. We will also completely upgrade our mechanical systems by adding a new boiler and new generator, among other things. Right now, our plan is to work on phase one of the project and then once that is going, evaluate how we want to proceed with phase two. This first project will not change the look of any of the existing nursing home rooms so phase two would be needed to get those rooms renovated and updated to current needs. We are looking forward to getting this project going finally. This is an exciting thing for our campus and will bring our nursing home up to date and ready to serve our community for another 50 years.



Memory Care Assisted Living Apartments to be Added to Riverfront Manor

Recently, our Board of Directors approved a project that will add ten apartments of memory care assisted living to Riverfront Manor. A few weeks ago, work began to get our building ready to add this service line to our campus. This project will take the existing 2nd floor of Riverfront Manor and transition it to a secured assisted living memory care unit. The main floor of Riverfront Manor will

continue to offer assisted living services as we do today and no changes are planned for the main floor. Services for people with Alzheimer's or other forms of dementia are a growing need. We are seeing more requests for that service and expect the need for this service will only continue to increase. The construction going on right now should take a few weeks to complete. We are

hopeful we can open our doors and accept memory care tenants in about six months. While the construction won't take that long, we will be working on getting policies, procedures and other operational needs in place. Our goal is to have our grand opening mid-fall. If you are interested in assisted living memory care services, please contact Housing Director Mel Oelfke at 218-863-2401 x27769.



Become a Volunteer at Pelican Valley Health Center

*By Christy Peasley,
Activities Director / Volunteer Coordinator*

Honored war veterans. Survivors of the Great Depression. Grandmothers who know how to darn a sock and bake the perfect apple pie. These people have lived the history we learned about in school and these are the people you can meet while working as a nursing home volunteer.

When you volunteer in a nursing home you're almost guaranteed to make new friends. Not only will you make friends, but you will also be improving the lives of the people you meet.

Moving away from your home and losing much of your independence is not easy, especially after you've been independent for so long. Being able to share knowledge with others can help nursing home residents regain a little bit of the independence they lost.

Job experience is one more benefit to add to your list of reasons to volunteer. Although your position won't be paid, that doesn't mean you can't list your experiences on your resume. And working with a well-respected organization like Pelican Valley Health Center can also give you another name to add to your list of references.

In addition to the personal benefits of volunteering you'll also be providing an invaluable service to our community. There's no limit to the number of volunteers who can make nursing homes more fun and enjoyable for their residents.



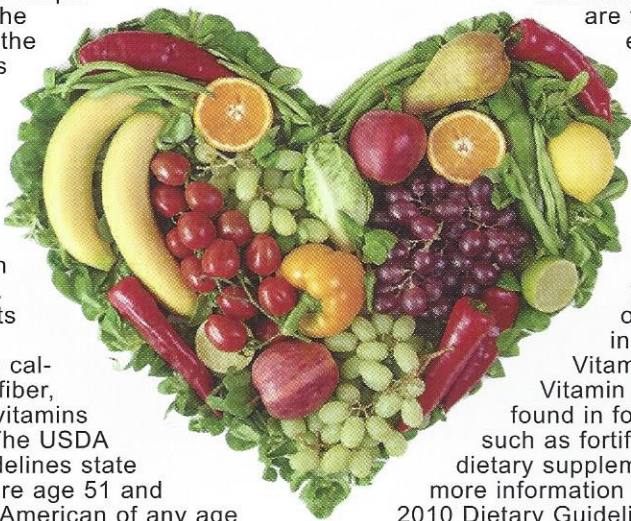
*Want to know more about
volunteering at Pelican
Valley Health Center?
Contact Christy Peasley,
Activity Director/Volunteer Coordinator.
She can be reached at
218-863-2991 x 27718.*

Nutrition for the Older Generations

By Kara Oakes, RDLD
Dining Services Director
& Registered Dietitian

We are asked to make food choices multiple times every day. Food is at the heart of every event in a rural community, from a simple birthday party to the church potluck to the concession stands at a sporting event, to the coffee hour at the local nursing home. The food choices that we make every day have an impact on our overall health.

Many older adults don't eat enough foods that contain calcium, potassium, fiber, magnesium, and vitamins A, C, D, and E. The USDA 2010 Dietary Guidelines state individuals, who are age 51 and older, are African American of any age or who have hypertension, diabetes or chronic kidney disease should limit their sodium intake to less than 1500 mg.



While limiting sodium intake, we need to increase fruit and vegetable intake, especially vegetables of dark-green, red and orange colors; increase whole-grain consumption; increase and choose foods that provide more potassium, dietary fiber, calcium, and Vitamin D. Many of these key

nutrients and vitamins are found in vegetables, fruits, whole grains and milk and milk products. The Dietary Guidelines also recommend, for individuals 50 years and older, to increase their

Vitamin B12 intake. Vitamin B12 can be found in fortified foods such as fortified cereals or dietary supplements. For more information on the USDA 2010 Dietary Guidelines, please visit:
<http://www.cnpp.usda.gov/dietary-guidelines>

-2010 .

Pelican Valley Health Center has placed an emphasis on providing a well-balanced, healthy diet for our clients. We offer a minimum of 5 fruits and vegetables daily as well as many fresh fruits and vegetables weekly based on what is in season. The variety of fruits and vegetables assist in meeting our daily fiber needs and Vitamins A, C and E. We offer fortified hot and cold cereals and whole grain breads daily, which assists in supplementing the diet with magnesium and potassium. Vitamin B12 is found in our meat & dairy sources. A minimum of 5 ounces of protein is offered daily and our clients have a choice of milk at each meal. While our body does make Vitamin D, the ability to make Vitamin D decreases with age. Vitamin D can be found in foods such as cheese, egg yolks and tuna, all of which are available to our clients. Vitamin D is often supplemented in the diet based upon a medical doctor's evaluation.

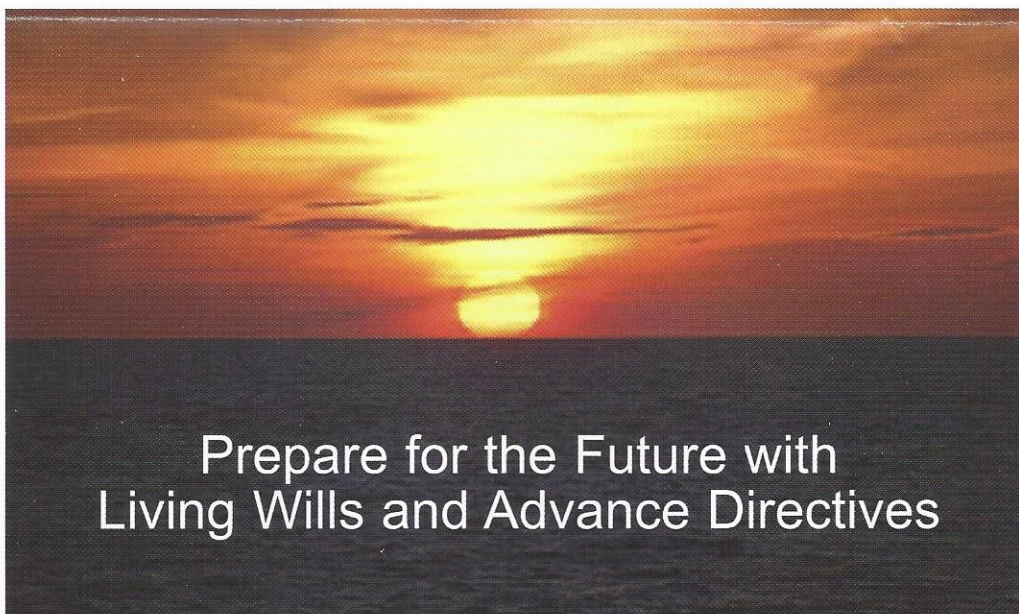
If you are concerned about what you are eating or if you are meeting all your nutritional needs as you age, please contact a Medical Professional or Registered Dietitian. He/she can assist you with understanding what may be appropriate for you.

Changes in Nursing Department Helping Improve Care

By Chandra Eaton, RN, Director of Nursing

Pelican Valley Nursing Home is happy to announce the addition of two new staff members to our nursing department team. In recent weeks, we have had the pleasure of adding Meg Swanson, CNA, Chelsey Colosky, RN and Thomas Manthey, CNA to our team of care givers. The nursing department works hard every day, in collaboration with other departments, to provide 24 hour personalized care to meet each person's individualized needs. We pride ourselves in being small enough to care, but large enough to serve.

Pelican Valley Nursing Home has been improving care with the use of the newest technology. Within recent months, we have updated our call light system, so that every resident has access to a call system anywhere within the building. It is also a wonderful tool used to monitor, adjust, and educate staff on call light waiting times. I am happy to announce that within the last 2 months, our average call light waiting time has decreased to less than 4 minutes. This is an outstanding improvement!! We have also been using iPads and iPods for staff charting. This provides on-time charting, and a more accurate look at the care required to care for our residents.



Prepare for the Future with Living Wills and Advance Directives

Laura Hagen, Resident Coordinator.

At Pelican Valley Health Center, we strongly encourage all our residents and tenants to obtain advance directives and appoint a power of attorney. Even if you're not planning to go to a nursing home or other senior living facility, it's always smart to be prepared for your future. Unexpected end of life situations can happen any time. Planning ahead by having an advance directive can

get you the medical care you want, and relieve stress for your family. Living wills and other advance directives are written legal instructions for your medical care when you are not able to speak for yourself. Please consider securing your advance directive. You can have them drawn up by your lawyer or they are free and you can get them at medical facilities. Don't wait until it's too late, make sure you're ready for the unexpected.

Two Buildings, One Community

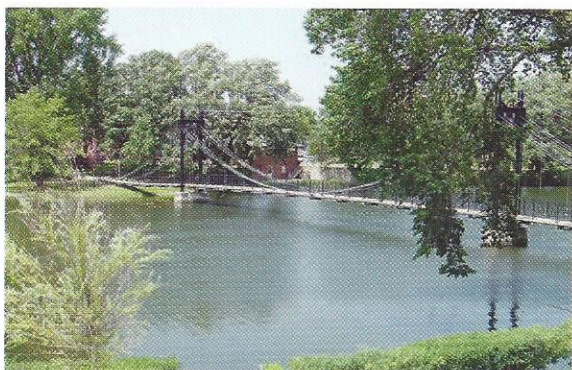


By Mel Oelfke, Housing Director

Greetings! Spring has sprung and summer is on its way and there are a lot of exciting things happening at both our buildings. There are so many different aspects of aging and people view aging differently, which is why we are hosting a "Smart Aging Seminar" each month. We've hosted a few events already and covered topics like how to plan for the future with advanced directives, how to stay active and fit as you age and what kinds of services are available for seniors in Pelican Rapids. We're also preparing to host our first ever fundraising event to benefit Riverfront Manor and Riverfront on Main tenants.

If you haven't checked us out lately, now is the perfect time to see what we have to offer between our two sites. We may have two separate buildings but we're one community and we offer very distinct and individualized levels of care. Riverfront Manor is a well-established premier assisted living in the heart of Pelican Rapids, featuring 20 beautiful apartments, most overlooking the pristine wooded setting along the Pelican River. Our caring staff provide services to those who value their freedom and independence, but need a little assistance. At Riverfront Manor you choose how to live. We offer security, peace of mind, beautiful scenery, and a convenient location!

For a private tour call Renee Evenson at 863-1133.



Riverfront on Main is a 24-hour enhanced assisted living. Our community offers around the clock supervision and care to those who need a little or a lot of assistance but wish to continue living independently in the privacy of their own apartment. Because we are staffed 24-hours a day, our caring professionals are trained to deliver a high level of care. When you live at Riverfront on Main you will be living in a worry-free comfortable community, making new friends, and eating nutritious meals served daily.

For a private tour call Mel Oelfke at 863-2401.



Riverfront Manor



Riverfront On Main

Keeping Busy at Riverfront Manor

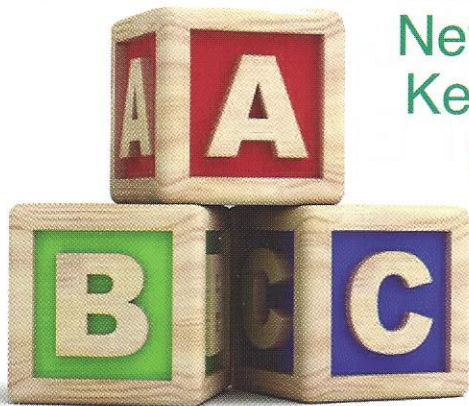
*By Renee Evenson,
Housing Coordinator
Riverfront Manor*

Riverfront Manor has had a busy last six months. Our tenants have enjoyed rigorous exercise classes three times a week. They say one of the keys to feeling better is to keep active! We like to stay active and busy here, we host painting classes, a discussion group and take a walk down memory lane with a monthly show and tell. We share so many great stories from the past! We have a large group of male tenants so

with that, we've started a monthly gentlemen's discussion group. This is open to the public as well and we love having a large group get together to have many conversations. I have been thrilled to have the opportunity to serve our seniors through this job. It has been so enjoyable and rewarding. Our staff is very good at what they do for the tenants and are so supportive of each other.

If you ever want to check out any of our activities or have any questions at all, please give me a call at 218-863-1133 x27740.





New Updates Help Keep Our Tenants Comfortable, Work Beginning for Child Care Center

*By Curt Cardwell,
Maintenance / Environmental Services
Director for Assisted Living*

We recently upgraded our heating system at Riverfront on Main so now each tenant can control the temperature of their room through their own thermostats. Prior to this upgrade, the whole building had to be one temperature. Now everyone can choose a temperature that is best for them. We insulated a lot of pipes as part of that project as well. Even though we had a cold winter, our heating costs were down from last year due to adding the individ-

ual thermostats and insulating the pipes. Our tenants have really enjoyed being able to control the temperature in their rooms. We're beginning work on the basement remodel of Riverfront on Main for the upcoming opening of Children's Corner daycare. There's some minor work involved with that project including knocking down some walls and putting on a fresh coat of paint. Upstairs at the assisted living, we've been working hard this year getting all the rooms updated and painted and they all look great! It has been a busy year but we're happy to see all of the changes.

New Changes Coming to Assisted Living Regulations

*By Deb Gravalin,
RN Clinical Director for Assisted Living
Riverfront Manor and Riverfront on Main*

Assisted living is going through a big change right now. Starting June 1st the assisted living units began operating under a new type of licensure called a Comprehensive License. This has required doing extra staff training on the new licensure rules, policies and procedures. Each tenant has needed re-assessment and development of a new style care plan format to meet requirements so staff have been very busy getting ready! It is truly an exciting time for

our assisted living as we complete this transition process and then move on to planning for 10 memory care assisted living units on the second floor of Riverfront Manor. This will be a very memorable year of changes. With the training and changes for the new licensure, this will help us continue to improve and enhance our services so we can continue to provide the best care possible to those who call one of our buildings home. If you haven't seen Riverfront Manor or Riverfront on Main in a while, come and check us out. We'd love to meet you and give you a tour!



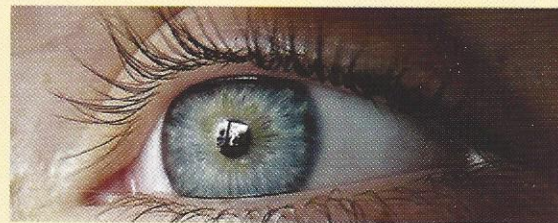
*Lanterns of Love
Saturday, September 19*

Lanterns of Love Fundraiser Event Planned

Save the date! We're excited to announce we'll be hosting our first ever Lanterns of Love fundraiser event to benefit our assisted livings. The floating lanterns may represent someone loved, remembered or honored. There will be three levels of lanterns to choose from. On the eve of Saturday, September 19th, we will host this event along the banks of the Pelican River by Riverfront Manor. We'll watch our biodegradable lanterns light up the river and have a fun evening remembering those special to us. Be on the lookout for more information on this event mid summer.

Money raised from this event will go towards the development of a senior fitness center at Riverfront on Main. Our goal is to convert the old therapy room there into a fun and functional fitness center with equipment specifically made for the elderly. We want to add a Nu Step recumbent bike and a few other updates to that space to help keep our residents healthy and active.

Smart Aging Seminars at Riverfront on Main



This spring, we began hosting a monthly Smart Aging Seminar. We've had a great turnout for these lunchtime events and have heard great feedback from our guests. They love learning something new while meeting up with old and new friends. For July, we are thrilled to have Mayo Clinic physician Dr. James Garrity talk to us about macular degeneration. Dr. Garrity is an ophthalmologist based out of Rochester, Minnesota. He has worked at the Mayo Clinic for 34 years and specializes in diseases of the eye.

WHAT: Age Related Eye Problems: All About Macular Degeneration, Glaucoma & Cataracts
hosted by Dr. James Garrity

WHEN: Wednesday, July 15th at 11:30 am

WHERE: Riverfront on Main, 119 North Broadway in Pelican Rapids

RSVP: Mel Oelfke, Housing Director at 218-863-2401 x 27769

With summer here, we reached out to our partners at Sanford Clinic Pelican Rapids to get some expert advice on staying safe in the heat, especially if you're elderly.

Summer Heat is a Hazard for Elderly

*Dr. Stacey Smith
Medical Director at
Pelican Valley Health Center,
Sanford Clinic Pelican Rapids
Physician*

As we approach our hot summer months it is important to remember that the elderly are at a higher risk of heat illness than others. Heat illness or hyperthermia may begin with heat cramps, progress to heat exhaustion and finally heatstroke. Heatstroke is a medical emergency and can be life threatening. It generally occurs after long exposure to hot temperatures. Our bodies cool by sweating; the moisture on our skin evaporates and cools the body. When the temperature is too hot and/or too humid our bodies may not be able to prevent internal temperature from rising too high. As your body gets hot and is unable to cool down the symptoms worsen.

SYMPTOMS AND TREATMENT:

Heat Cramps

Symptoms: Muscle cramps (most often in the arm, leg or abdominal muscles.), mild swelling of hands or feet, and/or a red, raised rash called heat or prickly rash.

Treatment: Rest, drink fluids, massage the cramped muscles.

Heat Exhaustion

Symptoms: Dizziness, weakness, nausea or vomiting, confusion, headaches, profuse sweating

Treatment: Rest, drink fluids, and actively cool the body down thru use of fan, air conditioning, cool bath or shower. Seek medical attention if symptoms persist.

Heat Stroke

Symptoms: Little sweating or urination, confusion, shortness of breath, nervousness, seizures, coma.

Treatment: Seek immediate care at Emergency Room.

PREVENTION:

Prevent heat illness by following these guidelines:

Avoid the heat of the sun

Limit time out in the sun during

peak times, usually 12 noon to 6 pm. Run errands in the morning or evening when it is cooler.

Have an escape to a cool place

Find an air conditioned public building to spend time in if you do not have air conditioning such as the grocery store, library, restaurant or movie theatre. Visit a friend or family member's home.

If your home does not have air conditioning take a cool bath or shower. Wet down your skin with a cool washcloth and sit in front of a fan. Open windows or use a fan to improve airflow. Try to cool down at least one room in your home. Keep windows shaded during the hottest part of the day.

Drink plenty of fluids

Always drink more fluids when your body is signaling that it is overheating by sweating or making you feel thirsty. Drink water, sports drinks, and juices. Avoid caffeine and alcohol as they are dehydrating. If you take a diuretic medication

(water pill) you need to be careful how much liquids you are drinking. Consult your provider if needed.

Wear the right clothing

Wear loose-fitting, breathable clothing that will allow the sweat to evaporate on your skin. Wear light colored clothing and a wide brimmed hat when out in the sun. Light colored clothing reflects light and dark clothing absorbs it.

Take it easy

In extreme heat, it is important to rest and avoid over exertion, especially if outdoors. Lie down to rest.

As friends and family, it is important to check on elderly persons during times of extreme heat to assure they are healthy and safe. They may not recognize the symptoms, especially in the later stages of heat illness. They may need assistance with cooling their home such as setting up a fan, opening windows, or arranging furnishings for air flow. They may

need someone to purchase sports drinks, juice, or a bag of ice. These may seem like simple things but could be lifesaving for those no longer able to manage these tasks themselves. Keep your elderly folks in mind during the hot days of summer!

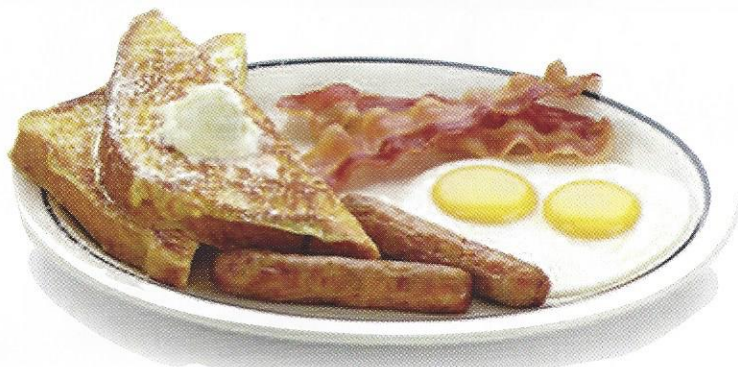
Services on Our Campus

The following services are conveniently located on the Pelican Valley Health Center Campus:

- Sanford Clinic
- Sanford Home Care
- OAKS
(Organizing Acts of Kindness for Seniors)
- Early Head Start
- R & R Therapeutic Massage



Precautions are Essential When Dealing with the Avian Influenza



By Kara Oakes, RDLD
Dining Services Director &
Registered Dietitian

"Have you seen the price of eggs?" is the latest question that I hear in the PVHC hallways. The Avian Influenza has hit the United States. The New York Times recently reported that Iowa, where one in every five eggs consumed in the country is laid, has been the hardest hit. More than 40 percent of its egg-laying hens are dead or dying. This is a loss of over 44 Million birds from the U.S. Domestic Poultry population, primarily focused on egg-laying chickens with a minor impact on turkey. Iowa is the number one egg laying state, with Minnesota coming in second.

The Avian Influenza is an infection caused by viruses that naturally occurs among birds. This influenza is very contagious among birds and some of these viruses can make certain domesticated bird species, including chickens, ducks and turkey, very sick and die. The susceptible birds become infected when they have contact with contaminated secretions or excretions or with surfaces that are contaminated from infected birds. According to the U.S. Center for Disease Control, the current Avian Influenza strain has a very remote chance to affect humans. **No evidence suggests that the virus can be transmitted to humans through PROPERLY PREPARED poultry or eggs.**

Because Pelican Valley Health Center serves a high risk population, we are required to cook our eggs to a minimum internal temperature of 155 degrees for at

least 15 seconds. We use pasteurized eggs when cooking any eggs that may have a runny yolk such as a fried egg, poached eggs or soft-boiled eggs. Poultry and eggs, that are improperly prepared, put one at an increased risk for obtaining a food borne illness of Salmonella. If pasteurized eggs are not available to purchase, menu substitutions will be made to ensure the safety, health, and well-being of our clients.

We are anticipating a limited availability of pasteurized & processed eggs. This will affect a wide variety of products, not just the eggs at breakfast. Eggs are used as an ingredient in many different items and the costs of those items will likely also increase. These items could include, but are not limited to: mayonnaise, pies, cakes, breads, cookies, baking mixes, breaded chicken, breaded fish, fresh & frozen pasta and salad dressings.

Substitutions for eggs can be made at any point. Swap eggs with turkey, pork or vegetarian sausage patties; peanut butter; cheese; yogurt; or cottage cheese when using it as a protein source. Eggs are also used for binding and moisture in many products. Try using ¼ cup applesauce or ¼ cup canned pumpkin in place of 1 large egg (1/4 cup liquid egg) in a baked good. Substitute milk or buttermilk for the typical egg wash before dredging meats. Salad dressing containing egg products, such as Ranch, Bleu Cheese, Caesar, and Thousand Island, can be substituted with vinegar-based dressings.

A Great Place to Live and a Great Place to Work

Pelican Valley Health Center is one of the largest employers in Pelican Rapids. We provide jobs to more than 100 people between our three buildings. Our average employee has been with us for seven years! We pride ourselves in being a flexible workplace where we work with our employees to make a schedule that works with their lives. We offer health insurance and other benefits to employees who work 30 hours or more per week.

- Generous paid time off (approximately 15 paid days off you first year for full time employees!)
- Competitive wages
- Flexible scheduling
- Double time pay for holidays worked
- Paid holidays off for qualified full time employees
- Retirement plans with employer match up to 4%
- Health insurance
- Shift differentials
- Tuition reimbursement and scholarships available
- A fun work environment.

Come be part of a team that makes a difference in the lives of our residents every single day! We are hiring for the following positions:

Part time Resident Assistants at Riverfront Manor and Riverfront on Main. We have openings on both day and pm shifts and offer flexible schedules. NO CNA certification is required!

Full & Part time CNAs at the nursing home. This position requires a current Minnesota Certified Nursing Assistant certification. We have openings on day and pm shift and offer flexible scheduling.

Part time Dietary Aides at the nursing home. This position helps with meal preparation, meal service and other dietary related duties. We have openings on the day and pm shift. Apply online at PelicanValleyHealthCenter.com/Careers or call 218-863-2991 x27712 for more info.

What our Employees Say About Working at Pelican Valley:

"I like working at PVHC for many reasons: Working in my hometown gives me a sense of community and pride, but it's more than that. I have a sense of purpose. Working in health care is challenging, physically and mentally and emotionally, but so very rewarding. There is usually something that happens during the day that makes me laugh, I usually get a warm welcome from someone and a hearty send off with a "see you tomorrow or have a nice day."

Laura Hagen, 35 year employee

"I have worked here for many years, and have seen many changes. PVHC is a friendly and caring place to work. The flexibility with hours and schedules is wonderful."

Mary Soland, LPN 28 year employee

"It's a really fun environment. We all get along and work together. I love all the residents, you really get to know them and get attached to them. It's a lot of fun."

Tommy Manthey, CNA

Our Mission

Pelican Valley Health Center exists to provide comprehensive, high quality health care services to the district's citizens in a wise and fiscally responsible manner.



Pelican Valley Health Center

211 East Mill Ave.
Pelican Rapids, MN 56572

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Erhards Grove Township
Legal Counsel
CHAD MILLER
CHARLES KREKELBERG
Attorneys at Law

Pelican Valley Health Center Leadership Team

BARBARA GARRITY
Executive Director
CHANDRA EATON, RN
*Director of Nursing
for Nursing Home*
DEB GRAVALIN, RN
*Clinical Director
for Assisted Living*
VICKIE THOMPSON
Financial Director

LAURA HAGEN
*Resident Services
Coordinator*
MEL OELFKE
Housing Director
RENEE EVENSON
*Housing Coordinator
Riverfront Manor*

CHRISTY PEASLEY
Recreation Director
MARK NEU
Environmental Director
CURTIS CARDWELL
*Maintenance Director
for Housing*
KARA OAKES, RDLD
Dining Director / Dietitian



Pelican Valley Health Center

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JULY 2015

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