

JANUARY

2025

### Dates to Remember

January 1<sup>st</sup> – New Year’s Day

January 20<sup>th</sup> - Martin Luther King Jr. Day



## From Your Administrator By Kim Pederson

U.S. News & World Report Names Park River Estates Care Center Among Best in Minnesota

Park River Estates Care Center was recently recognized by U.S. News & World Report as a Best Nursing Home for 2025 – a status earned by only 19% of skilled nursing facilities nationwide. Since 2009, U.S. News’ annual [Best Nursing Homes](#) ratings have assisted consumers needing either short-term rehabilitation or long-term care for themselves or a family member.

Park River Estates Care Center earned its U.S. News Best Nursing Home status by achieving a “High Performing” rating for Short-Term Rehabilitation and Long-Term Care. U.S. News awards the designation of Best Nursing Home only to those that satisfy U.S. News’ assessment of consistent performance in objective quality measures.

*“Our family is proud of the recognition that the staff and leadership at Park River Estates Care Center have achieved with this rating from U. S. News and World Report. The recognition reflects the almost 60 years of an operational philosophy that focuses on meeting the needs of residents and families in achieving positive outcomes in their care. Thanks to the residents, families, staff, and leadership at Park River Estates Care Center for supporting these important values.” Steven Chies, President.*

For the 2025 edition, U.S. News rated more than 15,000 nursing homes on residents’ outcomes -- such as infection rates, staffing levels, potentially inappropriate reliance on antipsychotic drugs, health inspection results, and other quality indicators.

“U.S. News’ Best Nursing Homes ratings give patients, senior residents, their families, and caregivers an objective assessment of quality to help them choose the facility that best fits their individual needs,” said Ben Harder, chief of health analysis and managing editor at U.S. News. “Nursing homes that have earned the recognition of U.S. News have a track record of achieving better outcomes for patients and residents and maximizing the amount of care they receive from nurses and other staff.” I’m proud to share this news!

**Kim Pederson, Administrator**

# JANUARY

## Zodiac Signs

Capricorn- January 1<sup>st</sup>-19<sup>th</sup>

Traits: honest, ambitious, persistent

Aquarius- January 20<sup>th</sup> – 31<sup>st</sup>

Traits: artistic, loyal, impulsive

## Moon

January's full moon, known as the wolf moon, is on the 13<sup>th</sup> this year. Legend tells that this moon was named after the wolf packs howling hungrily outside Indigenous Americans' villages on the coldest of winter nights.

January is named after the Roman god *Janus*. In Roman mythology, Janus is considered the god of new beginnings, doorways, & transitions. He is depicted as a man with two faces. One face is looking back at the past, while the other faces forward towards the future.

## Birthdays

Linda F.                    January 8<sup>th</sup>  
Mike R.                    January 20<sup>th</sup>  
Dottie C.                   January 28<sup>th</sup>

**Birthstones** Garnet, Onyx, Jasper

**Flowers** Carnations, Snowdrops



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## This Day in History

- \*Jan. 1<sup>st</sup>, 1962, the Navy Sea, Air, and Land teams (SEALs) were established as an elite military force. \*
- \*Jan. 7<sup>th</sup>, 1999, the U.S. Senate began the impeachment trial of President Bill Clinton. He was acquitted. \*
- \*Jan. 11<sup>th</sup>, 1935, Amelia Earhart became the first person to fly solo for 18 hours from Hawaii to California. \*
- \*Jan. 12<sup>th</sup>, 1932, Hattie Caraway from Arkansas became the first woman to serve in the U.S. Senate. \*
- \*Jan. 13<sup>th</sup>, 1994, the bodyguard of Tonya Harding was arrested for the assault of Nancy Kerrigan. \*
- \*Jan. 14<sup>th</sup>, 1973, Elvis broadcast the first live concert in history, *Aloha from Hawaii*, reaching 1 billion viewers. \*
- \*Jan. 15<sup>th</sup>, 1943, the Pentagon, the headquarters of the U.S. Department of Defense, was completed. \*
- \*Jan. 16<sup>th</sup>, 1919, the 18<sup>th</sup> amendment prohibiting the manufacture, sale, & transportation of alcohol, was ratified. Prohibition lasted until 1933 and led to the rise of organized crime & bootlegging. \*
- \*Jan. 18<sup>th</sup>, 1964, the Beatles debuted on the American charts with "I want to hold your hand." \*
- \*Jan. 20<sup>th</sup>, 1887, the U.S. Senate approved a treaty with Hawaii to establish a naval base at Pearl Harbor. \*
- \*Jan. 22<sup>nd</sup>, 1970, PanAm flew the first Boeing 747 commercial flight from New York to London. \*
- \*Jan. 23<sup>rd</sup>, 1971, -80 degrees, the coldest temperature recorded in the U.S., was set in Alaska. \*
- \*Jan. 24<sup>th</sup>, 1848, James W. Marshall discovered gold in California, sparking the Gold Rush. \*
- \*Jan. 27<sup>th</sup>, 1945, Soviet forces liberated Auschwitz concentration camp in Poland, uncovering the horrors of the Holocaust. This day is commemorated as International Holocaust Remembrance Day. \*
- \*Jan. 31<sup>st</sup>, 2006, Sandra Day O'Connor, the first woman to serve on the Supreme Court, retired. \*



### *Historical Presentation*

Please join us at 2:00 on January 7<sup>th</sup> for a presentation by local historian David Jones! The topic of his presentation is the 1936 Olympic Games, which were held in Berlin, Germany. The 1936 Olympics are notorious for the tightly controlled image the Nazis presented to the world. But these Games also became a blueprint for future Games that are followed to the present day. We will learn all about the history of the Olympics and the complicated legacy of the 1936 Games.

### *Sweetheart Dinner*

We will be hosting a Sweetheart Dinner with music by Lady Di for our **married couples** on February 13<sup>th</sup> @ 12:00 in the Chapel. Look for your invitation in the mail mid-January!

### *Elvis Hits*

To celebrate Elvis Presley's Birthday on January 8<sup>th</sup>, read through the list of titles and put the correct letter: a, b or c in the blank. (a= movie, b= song and c= movie & song)  
Answers provided on the last page of this newsletter!

- |                                   |                             |
|-----------------------------------|-----------------------------|
| ___ 1. Girls, Girls, Girls        | ___ 11. Kid Galahad         |
| ___ 2. Blue Hawaii                | ___ 12. Memories            |
| ___ 3. Blue Suede Shoes           | ___ 13. Wild in the Country |
| ___ 4. Love Me Tender             | ___ 14. In the Ghetto       |
| ___ 5. Don't Be Cruel             | ___ 15. Flaming Star        |
| ___ 6. Hound Dog                  | ___ 16. Suspicious Minds    |
| ___ 7. Can't Help Falling in Love | ___ 17. Viva Las Vegas      |
| ___ 8. Jailhouse Rock             | ___ 18. All Right Mama      |
| ___ 9. Heartbreak Hotel           | ___ 19. King Creole         |
| ___ 10. The Trouble with Girls    | ___ 20. All Shook Up        |



## Chaplain's Corner

### New Year's Day—Another day, or the opportunity for a fresh start?

As we start the new year of 2025, we often think about new beginnings. Did you know these notable historical events occurred in early January?

- On January 1<sup>st</sup> of 1863 President Abraham Lincoln issued the Emancipation Proclamation that declared all enslaved people to be free. It marked a crucial step toward the abolition of slavery in U.S.
  - On January 1<sup>st</sup> in 1925 Astronomer Edwin Hubble of the Hubble Space Telescope announced his discovery of galaxies outside our Milky Way. The universe is much bigger than originally thought!
  - On January 9<sup>th</sup>, 2007 Steve Jobs debuted the Apple iPhone, putting the internet in everyone's pocket.
- January offers us humans a fresh start. It stretches before us, like freshly fallen snow, beckoning us to come.

When one thinks back over the last year, maybe you experienced a move into this senior community. That marked a big change. You are still adjusting to that new reality. I hope you have made new friends and settled into Park River Estates.

Some people make new year's resolutions with the goal to work towards positive changes regarding one's health, finances, personal relationships, and spirituality. It is good to reflect on what you want to learn this year. Here at Park River Estates Care Center, we offer a Bible Study on the second Friday, studying the gospel of Mark. You are invited to attend. Perhaps you want to make a new friend. How can you take steps towards these desires? Prayer always helps! And attending activities offers opportunities.

Some seasons in life offer little opportunity for changing our surroundings or our friends. But every day opens new opportunities to change our thinking and our attitudes.

Remember, God gives us a fresh start every morning.

*"The faithful love of the LORD never ends! His mercies never cease.*

*Great is his faithfulness; his mercies begin afresh each morning."*

(Lamentations 3:22-23)

Knowing and following Jesus opens us to possibilities we hardly dreamed about. Take another step towards Christ this year—there is always room to learn and grow!

Happy New Year!!

+Chaplain Sherree Lane, Director of Spiritual Care



## Martin Luther King Jr. Word Puzzle

Pair the question in the first column with the answer in the second column. Answer Key is at the bottom of the last page!

- |   |                          |
|---|--------------------------|
| 1. What is the first amendment freedom?                                 | A. Emancipation          |
| 2. What is a person with three degrees?                                 | B. Justice               |
| 3. What is it called when you refuse to patronize an establishment?     | C. Marches               |
| 4. What is it called when you achieve goals through a symbolic protest? | D. Montgomery            |
| 5. What is another word for fairness?                                   | E. Birmingham            |
| 6. What is the name of the person in charge?                            | F. Segregation           |
| 7. What is the name of a person fighting for a cause?                   | G. Baptist               |
| 8. What city did Dr. King lead the bus boycott?                         | H. Doctor                |
| 9. What is the opposite of war?   | I. Speech                |
| 10. What did Dr. King have that led to a famous speech?                 | J. National Mall         |
| 11. How did Dr. King want people treated?                               | K. Leader                |
| 12. What jail did Dr. King write a famous letter?                       | L. Civil Rights          |
| 13. What word is used to describe separation?                           | M. Activist              |
| 14. What word is used to describe freedom from bondage?                 | N. Nonviolent Resistance |
| 15. Dr. King led these peaceful walks.                                  | O. Dream                 |
| 16. Where is the Martin Luther King Jr. Memorial located?               | P. Boycott               |
| 17. Dr. King was a leader in this fight.                                | Q. Peace                 |
| 18. Dr. King was a Minister of this faith.                              | R. Equal                 |



## Key Facility Contacts:

Administrator.....Kim Pederson  
Dir. of Admin. Services.....Dani Van Beek  
Dir. of Compensation.....Lori Jumper  
Dir. of Culinary Services.....  
Dir. of Enviro Services.....Connie Riley  
Dir. of Finance.....Marti Bullock  
Dir. of Health Information.....Pam Carpentier  
Dir. of Maintenance.....Kurt Becker  
Dir. of Nursing.....Alicia Leavitt  
Dir. of Rehabilitation.....Tom Kylo  
Dir. of Social Services.....Chris Neely  
Dir Spiritual Care.....Sherree Lane  
Dir. of Staff Development.....Sue Sellner  
Dir. of Therapeutic Recreation.....Linnea Maki  
Infection Preventionist.....Sam Graf

### Elvis Hits Answer Key:

1. a	6. b	11. a	16. b
2. c	7. b	12. b	17. c
3. b	8. c	13. a	18. b
4. c	9. b	14. b	19. c
5. b	10. a	15. a	20. b

### M&K Jr. Word Puzzle Answer Key

1. H	2. H	3. P
4. N	5. B	6. K
7. M	8. D	9. Q
10. O	11. R	12. E
13. F	14. A	15. C
16. J	17. L	18. G