

Arbor Terrace

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Newsletter August 2021



Samaritan  Bethany

~ A Message from the ~ Housing Community Leader



Greetings,

July was filled with patriotic smiles, fireworks, and lots of hot summer days. Our residents enjoyed learning the history of the hot dog on July 21st and got to celebrate July birthdays at happy hour with musician Kent Larson and his accordion magic.

August is coming in hot with the Arbor Terrace Picnic on August 19th! We are excited to have everyone join us in our first “post COVID restriction” community gathering. There will be food, conversation, games, and music by River Root Jam!

We will also be hosting a Back to School Drive. During the month of August we are collecting pens, pencils, markers, notebooks, backpacks, etc. to donate to local schools. These kiddos finally get to go back to the classrooms and we want to help give them supplies they need.

Another change at Arbor Terrace comes starting August 1st, 2021. Assisted Living Licensure will be in full effect. This change is regulated by the Minnesota Department of Health. Arbor Terrace services are not changing but the building will all be classified under one license. Alongside these changes comes an increase in rates and services starting September 1st, 2021.

I hope everyone is staying cool through this heat and humidity!

Sincerely,

Rachael Paddock, LNHA
Housing Community Leader
rpaddock@samaritanbethany.com

507-424-5454





Arbor Terrace Rate Notice

Effective September 1st 2021



July 29th, 2021

Dear Residents and Families,

As you may already know we are transitioning to Assisted Living with Dementia Care Licensure starting August 1st, 2021. This license is comprehensive and covers all areas of Arbor Terrace Independent Living, Assisted Living, and Memory Care. This licensure change is regulated by the Minnesota Department of Health and requires us to revise the lease, service plans and additional services agreements.

We have carefully considered the budget for our next fiscal year, as difficult as it is during these unprecedented times, we are implementing an increase to the base rates and services starting September 1, 2021. After reviewing the new legislature and requirements it is apparent we must change our rates to sustain high quality care and retain our essential healthcare workers. In the rate we did deduct meals and some services from the base rate and they will now be billed separately.

Each resident will need to sign a new lease, service plan, and an additional services agreement with Rachael Paddock, Housing Community Leader. In your individual letters there was a date and time assigned to each of you. If you can not make it on the assigned day or time, please reach out and reschedule with Rachael.

Sincerely,

Rachael Paddock, LNHA

Housing Community Leader

rpaddock@samaritanbethany.com

507-424-5454

COVID-19 UPDATE

Visit Guidelines

- There is no longer a maximum number of visits per week. You are able to visit your loved one as many times as you would like.
- There are no longer restrictions on the length of a visit.
- You must screen at the front desk, even if visiting outside
- Please be sure to maintain a 6 foot distance between other visitors and residents
- If the resident and visitor is fully vaccinated you can choose to be without your mask when in the resident's room. **Masks still must be worn when walking through Arbor Terrace.**
- 2-3 visitors can visit a single resident at a time
- Visits are to occur during the hours of 8am – 6pm

You will continue to use the website for reservations. An area has been added for you to enter in your estimated arrival time for the date and timeframe you choose to schedule a visit.

Please visit the following link to make a reservation <https://ccs-reservation.na.rapidbiz.com/> and use this PIN number to complete the reservation: **497154**. Once the reservation is approved, the visitor will receive a confirmation email. A confirmation email could take up to 24 hours to receive. If you do not receive a confirmation email please check your junk or spam folders.

Vaccination Rate

Staff	78%
Residents	99%

The above percentage represents the percentage of Arbor Terrace staff and residents who have completed both doses of COVID-19 vaccine.

Cumulative Total

Cases at Arbor Terrace

# of Staff	7
# of Residents	15

No new cases since February 2021.



With the Delta Variant in the beginning stages and flu season approaching this fall please be mindful of your health and who you surround yourself with. We ask if you don't feel good please stay home. We want to see you healthy and our goal is to protect the residents and our staff.

Masks are to be worn when in resident common spaces or hallways and always remember to wash your hands.

Arbor Terrace Family Picnic

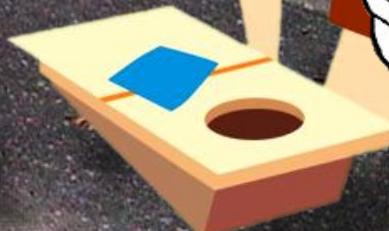
August 19th

4:30pm-6:00pm

Arbor Terrace Parking Lot



Music by...



A Peek at the Month

AT Family Picnic 19th 4:30-6pm

BINGO! Every Mon (AL) Every Tues (IL)

Woman's Breakfast 11th & Men's Breakfast 27th

**Meditation Group (CR) Every
Wednesday 4:15pm**

Painter's Studio (AL) 18th

**Exercise Class Mon, Wed, Fri. 10am
(IL) Dining Room**

RESIDENT FORUM 4th (IL)

Music Therapy (MC) 3rd & 17th

**UPBEATS! Drums for Healing
6th (AL) & 20th (IL)**

Cycling W/O Age Every Mon @ 3:45pm

HAPPY HOUR EVERY THURSDAY at 2:30pm



A look back at July!

**“Oh say can you
see...”**

**How fast the
summer is flying by!
July was great time
here at Arbor Ter-
race with music,
bike rides and
friendship.**

**Enjoy a few
captured moments.**





Resident Spotlight



Abe is a born and raised Minnesotan. He grew up in Easton, MN and moved to Rochester, MN in 1979. Abe attended Wells Easton High School and was a sports fanatic. He was on the football team as a tackle, wrestled, and ran track. Looking back at these memories were a highlight of adrenaline and a moment in time Abe wishes he could relive.

Abe was 18 years old when he was drafted to Vietnam a part of the U.S Navy. His task in the Navy was to drop off Marines to the shore. After his deployment he returned home and volunteered at the Disabled American Veterans Organization. This was to assist his brothers who were also deployed and returned home with effects from Agent Orange, hearing loss, and other disabilities from war.

Abe also worked for 20 years under Gus Chafoulias who invented the skyway system in Rochester and developed premier hotels. Then he transitioned to working at St. Francis of Assisi as a custodian. On Abe's 60th birthday his co-workers at St. Francis surprised Abe with Twins tickets!

If you know Abe he is always decked out in Vikings or Twins gear depending on the sport in season. A true Minnesotan fan and watches nearly every game! Abe can recall visiting the new Vikings stadium to watch Lourdes High School compete for the state championship.

Abe had a hard time recovering after Vietnam and he thanks his sister, Audrey, and her husband, Denis, for all their support and love to lift him up in his darkest days. Audrey helped Abe go to school and get his life back on track. Abe has loved watching his nieces grow up and now gets to be Uncle Abe to his niece's kids too!

Abe has a love for faith and loves to read literature about Mother Teresa. He also loves to tend to the plants around Arbor Terrace, make necklaces and dream catchers, and grace visitors with some classic rock and roll when they come in Arbor's front door.

Abe choose Arbor Terrace as his home with the help of his sister and knew it was the place to go when the time came. Abe says "It is gorgeous, the people are amazing, service is awesome, and if you need a place Arbor Terrace is where you should go."

Abe's life motto is "To take it one day at a time."

Can be seen online: <https://www.samaritanbethany.com/community-life/resident-profiles/abel-subia>

MEET THE STAFF

What's the best way to start the day? **Taking a deep breath, enjoying a good cup of coffee, and not being rushed.**

If you were dictator of a small island nation, what crazy dictator stuff would you do? **Shoes would be illegal. Everyone goes barefoot.**

What is one or two of your favorite smells? **Rain and sweet grass.**

What kind of art do you enjoy most? **Interactive art and sculpture. Work that is functional and engaging.**

If you suddenly became a master at woodworking, what would you make? **I would turn a baby grand piano into a bookshelf.**



Maria Cameron

Homemaker/Special Agent

What small gesture from a stranger made a big impact on you? **A stranger told me they could tell I was smiling even though I was wearing a mask because of my eyes. Now I'm always sure to smile at others even when I'm masked up.**

What is something you are certain you'll never experience? **Being the dictator of a small island nation.**

"I have family and I'm friends with cows."

~Anonymous

Message from the Chaplain

Attention Good Souls:

We're looking for volunteers to help City View residents get to worship Sunday mornings at 10:00. If you are willing and able, please consider this important role to help provide spiritual care for our nursing home community. It's truly a vital service that you'll feel good about doing.

Those who are interested, please contact myself or Ronnie Robertson, our Volunteer Coordinator at 507-424-4073; rroberson@samaritanbethany.com. Ronnie will assist you with the process to get you certified to be a volunteer. You will need to provide a hard copy of your vaccination certificate and your driver's license. She has a form for you to complete, as well as a very brief orientation session.

Please consider this vital service. Our residents have been prevented to attend in person worship for over a year now. They're more than willing to get together in God's company to nourish their souls. I'm sure yours will be too.

Keep the Faith,

Pastor Glen, Chaplain

Samaritan Bethany

Five friends went to the water park on a nice summer day. Figure out what part of the water park each child is at and what color swimsuit they are each wearing

	Water Slide	Lazy River	Diving Board	Wave Pool	Fountains	Red	Blue	Black	Purple	Orange
Katie										
Josh										
Olivia										
Kevin										
Mya										

Red					
Blue					
Black					
Purple					
Orange					

- Olivia, who isn't wearing purple, doesn't like the water slide or wave pool.
- Kevin is either on the diving board or by the fountains.
- Mya, who's wearing red, isn't on the lazy river.
- The person wearing blue is on the diving board.
- Olivia is wearing orange, but is not by the fountains.
- One of the boys is in the wave pool and the other boy is wearing blue.
- Katie is not on the lazy river.
- The person in black is on the water slide.



SCHOOL THINGS

FIND THE WORDS AND THE MYSTERY MESSAGE

Arbor Terrace Back to School Drive!

We are looking for your help! Arbor Terrace Staff and residents have expressed desire to help out our local teachers and students. It is no secret that our schools are desperately lacking in basic supplies and we want to do our part to help.

Through the month of August we will be collecting new classroom items to donate to local schools and/or youth centers.

⇒ Pencils , Pens, Markers, Etc.

⇒ Notebooks

⇒ Glue, Scissors,

⇒ Hand Sanitizer, Tissues, Clorox Wipes

If you would like to help us in our goal, you may drop off you would just bring your donation to the front desk of Arbor Terrace.

You can contact Shane Hoffman, 507-424-4063 or

shoffman@samaritanbethany.com, with any questions or comments regarding the donation process.

And...if you or anyone you know would like to become a volunteer please contact Shane Hoffman: **507-424-4063 Ext. 4105** We are looking for: bingo caller, yoga practitioners, exercise leaders (will train) one on one visitors, game and card players, artists, musicians, ect.

Samaritan  *Bethany*

