

## Happy Holidays, Residents, Families & Staff!

One of the real joys of the Holiday Season is the opportunity to say thank you to the residents for choosing to share their lives with us, the families who support Cerenity, and the staff who provide outstanding care. Throughout the past year, Humboldt has experienced many changes in leadership positions. Both of us look back in awe, recognizing that true leadership here lies within



*Heidi Hoffman, Assistant Administrator  
& Katie Ardel, Administrator*

the residents, families and staff members. This glistened through in a year where teamwork and collaboration served as the foundation. Nevertheless, we are honored to join such a strong community and hope to add even more value to the campus in the future. At the close of another year, we gratefully pause to wish you a warm and happy holiday season.

## Appreciating Our Volunteers

by Dana Hughes, Volunteer Coordinator

Here at Cerenity Senior Care on Humboldt, we continue to be blessed with over 80 volunteers, who are hardworking, devoted and compassionate. We have people of all ages helping us. They help us provide our weekly and special activities. They visit one-to-one with our folks. They help out in the dining room and they help us provide interesting and varied spiritual care and guidance.

New this year, as part of the intergenerational programming we have here on campus, are Ms. Bridget Kramer's 8th graders. They were willing and eager to step in when Ms. Joyce Marxer and her 3rd graders could no longer come due to her retirement. Ms. Kramer is an award winning teacher from Arizona who came back to Minnesota to be closer to family. We are thrilled to have her and her bright and focused students here with us on Tuesday mornings.

We appreciate all of our volunteers including those who live on campus. We are so grateful that they take their time and energy to help us improve the quality of care for the residents who live at both the Care Center and the Assisted Living Community. Thanks you all so much.

## The New Active Generations Cable TV Show

Did you know Cerenity Senior Care Humboldt is part of a local TV show that focuses on people age 50 and over living better active lives? The New Active Generations Show is on channel 15 on Saturdays from 9-10am.

A variety of topics are discussed such as living life to the fullest during retirement, healthy eating and good nutrition with Amanda Leisenheimer, Registered Dietician, Cerenity Care Center on Humboldt, and profiles of active seniors in our community.

The New Active Generations show is sponsored by the City of St. Paul, HealthEast, and Cerenity Senior Care on Humboldt. The show is hosted by Ann Naithani, Cerenity Senior Care Business Development and Community Outreach Consultant, Renee Skogland, HealthEast Passport Program Manager and Jeannie Rogers, owner of Presence Promotions. This partnership has given us the opportunity to connect with our community!

### 🌸 In Memoriam 🌸

*Our prayers and sympathies go out to family and friends of our Cerenity residents who have passed away. May they rest in peace.*

Care Center:

Dorothy Raeker - Sept. 1  
Dolores Mails - Sept. 9  
Al Smith - Sept. 21  
Darlene Murray - Sept. 29

Amy Saunders - Oct. 7  
Anna Ammann - Oct. 10  
William Marcantelli - Oct. 25  
Elroy Vangstad - Oct. 26

Ida Verdick - Nov. 5  
Floyd Joyner - Nov. 10  
Mary Rutkowski - Nov. 21

Florence Hoveland - Sept. 12

Residence on Humboldt:

Janabelle Taylor - Sept. 12

Marion Peterson - Nov. 11

*A big "thank you" to the family and friends of Bill Day. Bill was a resident at Care Center on Humboldt and donations made in his memory made it possible to purchase a flat screen television for the 4th floor. And "thank you" also to Judy Nobles and Meredith Frangomeni for their generous donation of a karaoke machine to Care Center on Humboldt.*

## We are Committed to Quality and It Shows!

Cerenity Care Center, Residence and Transitional Care Unit on Humboldt are proud to announce that we were awarded a 2009 National Quality Award-Step I from the American Health Care Association! (AHCA)

As the nation's largest association of long term and post-acute care providers, the American Health Care Association (AHCA) advocates for quality care and services for elderly and disabled Americans. It also serves as a force for change within the long term care field, providing information, education,



*From left to right: Katie Ardel, Sheila Fawcett, Laura Anfinson, Steve Chies and Heidi Hoffman*

and administrative tools that enhance quality at every level.

Sheila Fawcett, Director of Nursing, and Laura Anfinson, Director of Social Services traveled to Chicago in October 2009 to accept the award on behalf of the campus.

On Wednesday, December 2, residents, families and employees celebrated this achievement with a dessert and coffee bar and a visit from Steve Chies, Senior Vice President of Long Term Care.



## 'Tis the Season

The holidays can be very busy for everyone,  
but there are a few dates you might want to circle on your calendar!

### At Care Center on Humboldt:

- Tuesday, Dec. 1, at 1:00 Christmas decorating begins.
- Friday, Dec. 4, there will be a Reindeer Social on 2nd floor at 1:00.
- Monday, Dec. 7, at 1:00 there will be a holiday show with Jenny.
- Wednesday, Dec. 9, get decked in your finest for the Family Christmas Party from 5-7 p.m.
- Tuesday, Dec. 15, at 1:00, celebrate December Birthdays with Bob on 4th floor
- Monday, Dec. 21, at 1:30, enjoy the Holiday Show with Ed on 3rd floor.
- Friday, Dec. 25, Judy Nobles will perform a Holiday Concert at 9 a.m. on 4th floor.
- Friday, Dec. 31, at 1:30 ring in the New Year and party with Bob on 4th floor.

Be listening for Carolers in the building on Thursday, Dec. 10, and Monday, Dec. 14, and enjoy Christmas cookies and music on 3rd floor at 1 p.m. on Friday, Dec. 11.

### At Residence on Humboldt:

- Friday, Dec. 4, at 2:30 help decorate the Christmas trees.
- Tuesday, Dec. 15, sign up to go on the Christmas Light Tour at 5:30.
- Wednesday, Dec. 16, join Murray for the December Birthday Lunch at 11:30.
- Thursday, Dec. 17, don your holiday best for the Holiday Party with Stardust from 3-4.
- Monday, Dec. 21, sign up to go with us to Como Park at 9:15.
- Tuesday, Dec. 22, enjoy the special Holiday Lunch with Denise the Harpist at 11:30.
- Wednesday, Dec. 23, Chaplain Peter will conduct Christmas Service at 3:30.
- Thursday, Dec. 31, ring in the New Year at the New Year's Eve Bingo Party at 1:30.
- Thursday, Dec. 31, there will be Catholic Mass in honor of Mary, the Mother of God, at 3:30.

## Seasonal Reminders...

With the holidays upon us many people like to decorate with lights and evergreens. Please remember to check with Maintenance if you need an extension cord. For safety reasons only power strips that say "Relocatable" on the UL sticker are approved for use in our campus buildings. Residents may have a live evergreen plant in your room but cut evergreens - trees, wreaths, garlands - are not allowed.

At this time of year residents and their families often ask if it is okay to give gifts to our employees. Cerenity's policy is that employees are not allowed to accept gifts of cash or the equivalent (gift certificates). Non-cash tokens of appreciation such as candy, cookies and flowers can be accepted and would be shared by the staff on your loved one's floor/unit.

## Help Us Help Cerenity

Cerenity Senior Care Center on Humboldt can earn a donation every time you search the Internet.

GoodSearch.com is a new Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and watch the donations add up!

If you download the GoodSearch - Cerenity Senior Care Center on Humboldt toolbar, our cause will earn money every time you shop and search online. Add the Cerenity Senior Care Center on Humboldt toolbar at <http://www.goodsearch.com/toolbar/cerenity-senior-care-center-on-humboldt>.

*Cerenity Humboldt TCU Therapy Department is excited to announce that we are now able to provide outpatient and home care therapy services to residents of the Humboldt.*

NON-PROFIT  
US POSTAGE  
PAID  
SAINT PAUL, MN  
PERMIT NO. 4459

Cerenity Senior Care  
Humboldt Campus  
512 Humboldt Avenue • St. Paul, MN 55107

