



Connections

A Newsletter for Cerenity Senior Care - White Bear Lake

Upcoming Events

A note about events

Until further notice, to reduce exposure, we will not be scheduling activities that invite family members and friends into the community. However our talented staff are creating innovative ways to celebrate holidays and keep residents socially engaged while keeping in mind state and federal guidelines relating to COVID-19.

Please know that any visiting restrictions are in place to safeguard the health and wellness of our residents, your loved one.

Masks needed in our senior living communities



Looking to make a difference? Fabric face masks are needed for our staff. For more information and a pattern please visit: www.CerenitySeniorCare.org/news
If you have a different pattern than the one provided on our website that is fine too! We will gladly accept your generous donations. **Preferred drop off hours are M-F from 8 am—3:30 pm at 1900 Webber St.**

Our Core Values

provide the foundation for everything we do at Cerenity Senior Care. They are:

Collaboration.

Hospitality.

Respect.

Stewardship.

A Few Words From Pat

Dear Friends and Families,

It is strange sometimes being an Administrator for a senior living community; especially now I feel like I am learning from our residents each day as we all attempt to navigate what it means to be alive during a global pandemic. When I have felt anxious or worried a resident reminds me, "It will be ok." or "We will get through this." The amazing thing is to recognize and understand that they are right. They are positive proof of the perseverance of the human spirit having lived through many challenges in their lifetime (not all of us can claim we survived a polio virus outbreak in the 1950s or a World War). Our residents continue to inspire me and my staff, with their wisdom and stories of resiliency during difficult times.

Please be assured that I am invested in taking every possible measure to safeguard everyone's wellbeing; this includes our residents and all Cerenity staff. As of the first week of April, we have no positive tests of COVID-19. Our first priority is always to keep our vulnerable population safe. We are receiving frequent updates from the Minnesota Department of Health, Center for Disease Control, and a daily call from our corporate contacts with

Benedictine. It is a fluid situation and we are quick to adapt many new changes to keep everyone safe. (You can find a list of some of these proactive measures on page 2 of this newsletter.) These changes may not be convenient or fun, but are necessary to keep everyone as safe as possible.

Unfortunately, we don't know when precautions will be lifted and when we will be able to return to our daily rhythms. That being said, take comfort in the fact that *it is Spring*, when many celebrate the glory of Easter and a season filled with hope, life and renewal. I hope you and your families are enjoying your time together with gratitude as best you can and getting outside to savor the sunshine and springtime buds emerging. *While we are socially distanced for now, our hearts are all in this together. Be well!*



Pat McDonald,
Administrator

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SHINING Stars

2020 Sister Claudia Award Recipient: Jeanne Duffy



Congratulations to Jeanne for being recognized as this year's Sister Claudia Reil Award recipient! Jeanne has worked at Cerenity-WBL for over 15 years and is a Licensed Social Worker (LSW). She supports our long-term care residents and essential operations of our talented social work department. Jeanne will join the Leadership Team in Duluth, MN for the annual Leadership Conference this coming September to celebrate her much deserved award.

Proactive Measures During Difficult Times

Rest assured we are doing everything in our power to maintain the health and well being of your loved one during this uncertain time. Below are just a few of our efforts here at Cerenity- White Bear Lake:

- *We have restricted any entry to our facility to only authorized staff*
- *We have enhanced our cleaning and disinfecting and are actively sharing information with our residents and associates*
- *We have a clipboard at every nurses station to inform staff of any new COVID related updates*
- *We have implemented innovative wellness programming to keep residents socially engaged and celebrate holidays while still adhering to state and federal guidelines*
- *We have required all staff to wear a mask during their shift*



The Manitou Fund donates lead gift to Cerenity

2020 will be another exciting year for Cerenity, thanks to the generosity of a local family foundation, 'The Manitou Fund' who has graciously donated a lead gift of \$325,000 for renovations to our Assisted Living Residence. The apartment remodel will begin this year and will include: replacing and updating kitchen cabinetry and appliances, flooring, lighting, enlarging doorways and bathrooms for better wheelchair accessibility. The entire project is expected to take 3 years and cost \$1.3 million. Apartments will be renovated as vacancies occur, so tenants will not be moved or misplaced during the renovation process. A capital campaign to raise more funds will begin this summer, however, the gift from the Manitou Fund will allow us to begin these improvements immediately.

Pipe Line Grant participants

Last June, Cerenity was awarded a State of Minnesota Pipe Line grant for employees to advance their careers with higher education. The following employees are participating in the LPN education at St. Paul College: Amanda Beckwith, Ellen Campbell, Aleesha Craft, Christian Holm, Allison Sutherland, Alycyn Thompson. Culinary employee, Frisco Rice is enrolled at St. Paul College earning his Sr. Living Culinary Manager's Certificate.

Best wishes to these grant recipients and all our employees working to advance their careers in Health Care! Keep up the great work!

Donation from Jersey Mikes

On February 25th, Cerenity Employees enjoyed a wonderful lunch, compliments of Bart Crockett, owner of Vadnais Heights- Jersey Mike's. A variety of Sub sandwiches were a nice treat! Thank you.

Wellness Programs *Staying Connected*

Clockwise from right: Wellness Coach Shari offers a manicure to a resident, Chaplain Ann Gonzales conducts a Holy Week sermon and recites "Spiritual Communion" while observing social distancing requirements, family members gift a beautiful Spring bouquet to one of our residents, residents work on "fabric gardens" with Wellness Coach and Art Instructor Dana Hughes



Currently the **Wellness Department** have had to make changes in the way they are implementing activities due to COVID-19 precautions. We want to let our residents' loved ones know that the Wellness Staff have been doing small groups (using the 6 ft. rule and prior to April 6) such as Bingo, arts/crafts, trivia, spiritual services, etc. We are also providing 1:1 in room visits including, but not limited to manicures, music, social visits, Chaplain visits, grooming-styling/ curling our residents hair, bird aviary and patio visits. We realize that this is a difficult time for our residents and their loved ones not being able to visit in person, but we want you to be assured and comforted that our residents psychosocial, spiritual and physical needs are being met during this time.



An Act of Spiritual Communion

My Jesus, I believe that You are truly present in the Holy Eucharist. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.