

MARIAN'S *Moments*

A Newsletter for Cerenity Senior Care - Marian of Saint Paul

3 Day Walk

Cerenity Marian seniors and staff came out to support the Susan G. Komen 3 Day walk to fight breast cancer. This event means so much to people who have had breast cancer, or are currently dealing with it. Special greetings were exchanged between walkers and Jane Anderson. Jane, pictured with pink hat, is a resident at Cerenity Marian Residence, and is 24 years cancer free from breast cancer. Prior to her move to Cerenity Marian, Jane participated in supporting 3 Day walkers in the Austin, TX each year. The opportunity to continue this important tradition gives her a chance to express her thanks and give back to those who fight to find ways to cure cancer.



Exciting News about Cerenity Marian upcoming Renovation Project

Some months ago, we shared with you that our renovation project was being paused to carefully examine the best way to complete the project with the greatest possible stewardship of our resources. We are pleased to let you know that we have completed a thorough review of all aspects of the project and created a solid building design and construction plan. The **Cerenity Senior Care Board has now approved moving the building renovation project forward**. Project financing and the development of detailed design and construction documents are underway.

As we complete our next steps, the goal is to create a comprehensive construction process and schedule. At this time, we anticipate construction to begin in November 2017 and to be complete 30 months later. It is exciting to share this news with you. We will have more updates for you as our project continues.

Healthy Living

Diane Kearney , Infection Preventionist

Combating Drug Resistance

No action today, no cure tomorrow

Benedictine Health Service

What are Antibiotics?

Antibiotics are medication that fight infections caused by bacteria. They work by targeting and killing harmful bacteria. Bacteria is everywhere, on our skin and in our gut. Normally, the immune system can control the bacteria we have. However, there are times the bacteria grows too fast, the immune system can't keep up and an infection develops.

Antibiotics are important for treating a definite infection, but if they are used unnecessarily, they can do more harm than good.

What is Antibiotic Resistance?

Antibiotics work by killing bacteria. Sometimes not all the bacteria is killed. The surviving bacteria learn how to 'resist' the antibiotic the next time it is used, so the antibiotic has no effect on them. This means a person can get sick again, but the bacteria will be more difficult to kill, making the illness last longer. The more the antibiotic is used, the greater the chance it won't work in the future.

When resistance develops, it becomes more difficult to treat illnesses that were once treatable.

What is BHS doing to decrease this risk?

Improving the way antibiotics are used for the residents is one way we can protect your health and ensure the safety of your care.

We are beginning with educating. This includes not only residents and families, but staff and clinicians. Secondly we have a program that will:

- Make sure you get antibiotics only when absolutely necessary – when you have a bacterial infection
- Make sure that the right antibiotic, at the right time , for the right length of time is used.

We will always use antibiotics when they are needed. Our goal is to use them appropriately. We will always talk to you about the benefits and risk of taking an antibiotic when indicated.

Infection Prevention

BHS communities have a designated Infection Preventionist in each building daily. Their goal is to not only treat the infections that may occur, but to prevent infections from occurring at all through proper nutrition, hydration and preventative care, such as influenza or pneumonia vaccines. As a part of the medical team they work to assure illnesses are treated appropriately.

Diane Kearney, RN, is our Infection Preventionist. She is available if you have questions regarding the Cerenity Marian Infection Prevention Program. She can be reached at: 651-793-2110, or diane.kearney@bhshealth.org



Future Marian's Moments

Please find Marian's Moments on our website cerenityseniorcare.org, or facebook

<https://www.facebook.com/Cerenity-Marian-of-Saint-Paul-Foundation> OR
<https://www.facebook.com/CerenitySeniorCare/?ref=bookmarks>

Donors will be honored annually in the year end issue of Marian's Moments.

If you wish to receive a printed issue please contact us at 651-793-2100 to subscribe.

Thank you for your continued support for Cerenity Marian.

Volunteers at Marian

Jackie Burns, volunteer coordinator

Summer = Service

For the last few months we have seen many youth come and go from Cerenity –Marian of Saint Paul. From St. Thomas Academy Cadets, local schools and churches as well as churches from around the country through YOUTHWORKS. As you can imagine the residents light up when they are here. These service minded kids participated in many activities, social gatherings and special one on one visiting. In addition to that, they gave our campus a makeover in many ways: planting and watering flowers, weeding, painting, cleaning/scrubbing floors and much more. In the words of one adult

chaperone "give us any awful, dirty job you have and we'll do it!" Every one of our youth groups were A-MAZING!

MIV (Most Important Volunteer)

I would like to introduce you to **Phyllis Bjork**. Phyllis has volunteered at Cerenity-Marian for 19 plus years. She faithfully comes once a week and delivers communion to the homebound residents and tenants that cannot attend Mass. She also helps me keep the communion lists current and updated. She is very dedicated, reliable and so compassionate about our residents. We are BLESSED to have her!

Service to others is the rent you pay for your room here on earth. Muhamad Ali



Bernie, resident and Tugi, Youthworks volunteer.

Are you behind on your rent? Please contact Jackie Bruns @ 651-793-2116 or jackie.bruns@bhshealth.org to learn more about the many volunteer opportunities we have.

In NEED of musicians for Mass, BINGO callers, Eucharistic Ministers, outing escorts and more.

What's happening at Cerenity Marian?

5th annual

Walk and Roll to Remember

Thurs., Sept. 7th at 1:45 pm.

A walk to honor and support loved ones with memory loss and their dedicated caregivers. The walk will start at 1:45pm., leaving from the 200 Earl Street parking lot. Participants will take a short walk around the block!



After the walk, there will be a car show with classic cars, food, drinks and live music with Ken Wanovich.

For more information, call 651-793-2149. T-shirt are available for \$15 dollars. Come and join the fun. Volunteers needed for this event. Please contact Jackie at 651-793-2116.



Marian Shopping Day

Jump start your holiday shopping

Thursday, November 16, 2017

10:00 – 4:00 Sidewalk Cafe

Vendors include:

Usborne Books – books, music, gifts

Tastefully Simple – samples

Papparazzi Accessories – unique jewelry

LuLaRoe – simply comfortable clothing

Norwex –healthier cleaning products

The Traveling Vinyard – wine tasting /sales

Marian Gift Shop- your favorite items

Plus: A gift raffle

Enjoy fresh baked cookies, coffee and cider.

Mmmm!



Marian of Saint Paul

200 Earl Street

St. Paul, MN 55106

Nonprofit Org

U.S. Postage

PAID

Location

Permit No. 4459

Join us for:

Understanding Medicare Lunch and Learn—Join Iris Myers of Metropolitan Area Agency on Aging for an enlightening presentation discussing Parts A, B, C and D of Medicare and options available. **Thursday, September 14, 2017 11:00 am** , Residence Minnesota Dining Room

AARP Smart Driving Course—Tuesday, September 19th—8:00am-12:00pm—ParkView Room at Marian
\$15.00-\$20.00 per person Up to 10% off your car insurance

Downsizing Where do I begin? Does the thought of moving overwhelm you?

Jill Freeman, Gentle Transitions presenter, dessert and tours

Thurs. Oct. 12 , 1:30-3:30 pm , Cerenity Marian Residence , 225 Frank Street St. Paul MN 55106 , 651-495-1819

Conscious Aging: A New Paradigm for Aging,

Create a new life stage of spiritual development in which you can choose to become more conscious and happier than ever before. Join us for this exciting and empowering new stage of life.

Karen West, educator and career counselor, is thrilled to be sharing what it means to age consciously

Sessions: Wednesdays: September 20th - November 8th from 10:00-11:30 am, Parkview Room

Please RSVP for all these events:651-793-2117, or Sharyl.kaase@bhshealth.org

