

Fall 2021

INSIDE:

- Tweeting with joy....4
- Visiting cottage.....5
- School memories....8
- And more

# Community connections

Newsletter from Richardton Health Center



## Expanding services for your loved ones!

**T**he Richardton Health Center is launching a new service, offering adult day care.

Adults needing supervision or care at home will be able to come to the Richardton Health Center from 8 a.m. to 5 p.m. Monday through Friday to spend the day. Stays can be arranged for outside these hours with a mutually agreed upon time by the client and the facility.

“It’s designed for individuals who have limited physical and psychological needs, but are living within their own home setting. They may need

*continued on next page*

Richardton Health Center • Fall 2021

8885 Highway 10  
Richardton, ND 58652  
701-974-3304



**ADULT DAY CARE**, *continued from previous page*

the care, but do not need to live in an institution on a permanent basis,” said Kala Geestman, the social services designee at the Richardton Health Center (RHC).

The program is self-pay at a rate of \$12.50 per hour, as it is not covered by Medicare or Medicaid.

During their stay, participants will receive meals, participate in activities and will have a room where they can nap or relax. Or they can rest in the dayroom with other residents. Snacks will also be provided.

To enroll, contact admissions at 974-3304 and complete the application process, then you will be contacted once the program begins at RHC.

“We want to offer more services to the community in those situations where people need more care on a short-term basis,” said Richardton Health Center’s CEO Theo Stoller. Caretakers who need a respite during the day may also use the service for their loved ones.

“We’re looking forward to providing another service to those in the community,” Geestman said.

The program will be dependent on COVID-19 cases in the facility and will follow visitor guidelines. If visitors are not allowed, the day care program will not be held those days. Currently, Richardton Health Center is included in Stark County’s county positivity rating, which is now in the red, so RHC will delay the program until the positivity rate decreases. Those interested may still contact the facility to arrange care for the future. ■



Adult day care provides social, health and personal care to older adults who need supervised care during the day.



- Services**
- Social activities and interaction with peers
    - Meals and snacks
    - Room for napping or rest
  - They cannot be safely left alone during the day
  - The caregiver needs some respite
- When to consider**
- They feel isolated or lonely

**Community Connections  
Fall 2021**

Richardton Health Center  
8885 Highway 10  
Richardton, ND 58652

Phone: 701-974-3304

**Website:**  
<https://sites.google.com/site/richardtonhealth>

Richardton Healthcare Foundation  
PO Box 306  
Richardton, ND 58652



**Like RHC on Facebook**

## Welcome!

Welcome to Community Connections, a newsletter which is published by the Richardton Health Center and the Richardton Healthcare Foundation, serving the region.

***The mission of the Richardton Health Center:***

Making our home the best by serving our community with holistic care and dignity.

***The vision of the Richardton Health Center:***

Deliver high-quality, personal care every day.

## RHC's survey finds 0 deficiencies!

**T**he Richardton Health Center (RHC) has completed its annual survey assessment with no deficiencies, resulting in an extremely positive outcome.

"The staff here and everybody, including the board of directors, Foundation board, leadership and staff, all deserve credit for having a successful survey. It is an absolutely amazing result of one group having the common goal of caring for residents," said RHC CEO Theo Stoller.

"We're very proud of our team here and we're excited. We want to let the communities that we serve know that we're providing high-quality care," he said.

All long-term skilled nursing facilities are required by federal law to complete an annual Centers for Medicare and Medicaid Services survey conducted by the N.D. Department of Health. The survey includes two separate inspections of the facility, its policies and its operations, according to Stoller.

Nursing homes undergo an annual survey by the N.D. Department of Health, which arrives unannounced at any time.

The first portion of the survey was completed Oct. 3-5.

"They walk through and they watch cares. They ensure that proper documentation is completed, they ensure that policy and procedure is completed and essentially survey all of the opera-

tions of the skilled nursing facility," Stoller said.

"Through that process, they watch for issues that require a plan of correction," he said.

One resident told the survey team she felt deeply welcomed and appreciated and RHC is a wonderful place to be.

"She had a lot of kind words," Stoller said.

"It's a team win for everybody. This happens because all staff is working toward the common goal of caring for our residents," Stoller said.

The second portion of the survey will be an inspection of life safety codes. This survey inspects fire and emergency aspects, along with the facility's maintenance, including policies related to those portions of the facility.

Following each survey, the N.D. Department of Health has 10 days to submit a report of the cited deficiencies, then the facility must write a plan of correction. The plan of correction, which can be accepted or denied, is then completed, along with education of the staff. That process did not need to be completed by RHC this year, because no deficiencies were found.

Last year, RHC received two deficiencies, and this year's survey indicates an increased effort by staff to correct deficiencies. ■

### *Just a swinging:*

## Accessible swing adds movement for residents

**R**ichardton Health Center would like to say thank you to the Todd Pelisier family, Conoco Phillips and the Richardton Healthcare Foundation for the donations that made it possible for us to purchase the WhisperGlide wheelchair-accessible swing. The Pelisier family donated to the swing in Todd's memory.

Residents, staff and family members are now able to utilize this lovely new addition to our patio. A big thanks to Jim Beyers for all his hard work in the planning and assembling the swing and Marc Kriegel for laying the cement.

"One resident in particular had initially not liked the idea, but said it is so nice! The change of movement and scenery is wonderful!" said Activities Director Jessica Schmidt.

"Another resident, who normally does not like to go outside or take me up on any invites joined me for a few minutes on the swing with a smile. A few others were able to use it already with their grandchildren, spouses or children and staff. It really is a great addition to RHC and I can't wait to see the joy it brings to our residents for years to come!" she said. ■



## Aviary added to Richardton Health Center

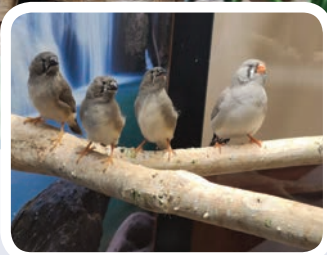
Richardton Health Center (RHC) started tweeting this spring, as the facility received a bird aviary the end of March. The birds have been such a joy and brighten up the room. Even some residents who don't typically go out of their rooms often venture out now and then to take a look! We started with six birds: two star finches, two green singers and two zebra finches, and have added some baby birds

now, too!

"It has brought so many smiles to our residents and staff, as they watch these birds make their nests, and the excitement of trying to catch a glimpse of the new babies peaking their heads out of the nests," said RHC Activities Director Jessica Schmidt.

"The aviary has brought another element to RHC. It has brought joy and entertainment for the residents through watching them fly and play and even getting to see new baby birds grow and learn to fly. It's a fun stopping spot on the way to and from meals that they seem to really enjoy!" said Julie Pelton, a restorative therapy aide at RHC.

"It gives me something to look forward to, especially in the winter when mine go away and even more so when they have little ones in there," one resident said. ■



## Visitation cottage opens for families, residents

**T**he Richardton Health Center has placed a cottage near the main facility to serve as a visitation center for families and residents

The cozy cottage serves as an option for residents to connect with their families and will be available for use any time, including during the COVID-19 pandemic when visitation within the Richardton Health Center may be more curtailed.

“Our visitation cottage has been a Godsend during the pandemic for the times we are not able to have inside visitors. We have been able to help keep residents and family members connected through these difficult times,” said Jessica Schmidt, activities director at the Richardton Health Center.

The center can be used by one resident and two visitors at a time. Face coverings and social distancing will still be observed inside the cottage during visits.

The building includes heating and air conditioning, so it can be used throughout the year. A wrap-around deck has been added with an outside seating area as well.

“We hope it will provide a homelike environment for our residents and their families to enjoy their visits,” Schmidt said.

“We understand the frustration of families who have not been able to visit with their loved ones at Richardton Health Center due to COVID-19 limitations, but we also need to limit visitors inside our facility to continue to keep our residents safe. This offers an alternative for visitation and still limit foot traffic within the main facility,” said Richardton Health Center CEO Theo Stoller.

“I really like the cottage. It gives me a warm place to visit my daughter when the weather is not good and it is decorated just like a home,” one resident said. “I can’t ask for better things. They do so much for us here. I don’t think we would be treated this good anyplace else. This place is more like family than a nursing home. This is home to me.”

Those who wish to use the visitation cottage should call the Richardton Health Center at 701-974-3304.

### RHC continues with COVID-19 precautions

As the Delta variant of COVID-19 emerged as the dominant strain in the United States, the Richardton Health Center continues to take precautions by masking and taking other measures to protect residents.

The N.D. Department of Health (NDDoH) reminds the public of the importance of prevention measures and vaccinations to reduce the risk of transmitting the virus that causes COVID-19.

Individuals who are not feeling well are encouraged to stay home and seek out a COVID-19 testing opportunity.

Preventative measures such as testing, isolating, masking and social distancing have worked to slow the spread of the virus. In-



■ The visitation cottage is located next to the main facility, offering a private, comfortable separate building where residents will be able to meet with two visitors at a time.



dividuals should continue to practice these measures. While these practices continue to be important, vaccines are the best defense against COVID-19, the NDDoH states.

“Research shows the vaccines available in the United States – Pfizer, Moderna and Johnson & Johnson – do offer protection against the Delta variant,” said Molly Howell, immunization director for the NDDoH. ■

*The Richardton Health Center cares for your loved ones with compassion and quality care.*



### Personal care

- We are a 28-bed facility, so we have a high staff-to-resident ratio, offering more one-on-one care.
- We have private and semi-private rooms available.

### Quality care

- We have an in-house medical provider onsite two times a week.
- Trained and qualified staff provide a variety of therapies including skilled therapy and restorative therapy six days a week. Residents have access to a variety of exercise and rehabilitation equipment to meet lifestyle and medical needs. Whether you are staying for short-term rehabilitation after an injury or illness or you are calling RHC home, we have the equipment you need to maintain a healthy lifestyle.
- Residents are offered a selective menu to enhance their dining experience.
- RHC has compassionate and kind caregivers. We have a 2020 N.D. Long Term Care Association Caregiver Award winner.
- Daily activities and programs are designed to enhance a resident's everyday enjoyment. The activities director

encourages participation in indoor and outdoor activities, ranging from musical entertainment to crafts and games. Residents may take part in regular spiritual and church services.

- Richardton Health Center is licensed through the N.D. Department of Health. We are members of the North Dakota Long Term Care Association and the American Health Care Association.

- Our facility is required to be surveyed regularly for quality by monitors for Medicare and Medicaid compliance. This is your assurance that we provide exceptional service in accordance to the policies and requirements of the Long Term Care Association.



## Send your recipes!

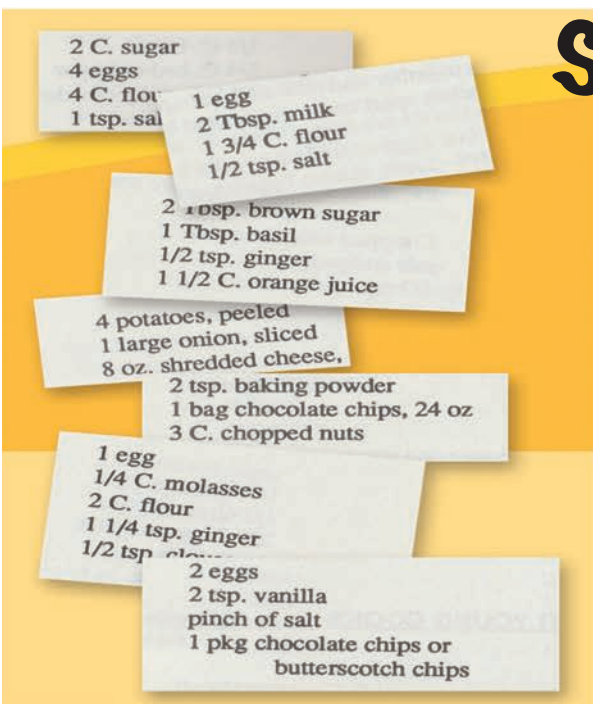
We are putting together a  
**Richardton Health Center  
community cookbook**

and need your submissions.

**Share your family favorites!**

Include your name as you would like it to appear with your recipe.

[jessica.schmidt@richardtonhealth.com](mailto:jessica.schmidt@richardtonhealth.com)



## Employees recognized for enhancing resident care

**K**ala Geestman and Jamie Fandrich were both nominated by families of residents at Richardton Health Center (RHC) for the Caregiver Recognition Award in recognition and appreciation for enhancing the quality of life for residents in long-term care.

The N.D. Long Term Care Association implemented the Caregiver Award Program in 2001. This year, the association received 709 nominations from across the state. Each received a certificate of recognition for being nominated for the award. Residents and family members shared words of appreciation to their caregivers.

Jamie is a restorative therapy aide at RHC, while Kala works as the social services designee.

“Jamie is an awesome, caring, gentle person. She sometimes takes Dad to his doctor’s appointments in Dickinson. She then will take Dad to the drive-thru at McDonald’s and Dad gets his burger, fries and Diet Coke. Plus, she uses her own money to purchase these for him. She refuses to get paid back. Jamie is a huge asset to RHC. Our family loves and appreciates her very much,” one family member wrote in nomination of Jamie.

“Kala was the person I spoke with when



■ Jamie Fandrich, left, and Kala Geestman, right, received certificates of nomination for the Caregiver Recognition Award.

I had to decide where my dad would spend the rest of his life. It was a hard decision, as my mom was dying of cancer and she was in a different facility in Dickinson. Circumstances were not ideal. Kala listened to the difficult time I was having to place my parents in different nursing homes. She reassured me they would take great care of him. She has done an awesome job doing that. I would highly recommend RHC for the outstanding care

they give to their residents. My family greatly appreciates Kala for all her support and kindness,” another family member wrote in nomination of Kala.

“We congratulate both Kala and Jamie for their nomination for this award,” said RHC CEO Theo Stoller. “All of our employees put forward a great effort in caring for everyone’s loved ones at RHC.”

Congratulations to both for being nominated for this award! ■



■ As Darlene Siewert retired from the Activities Department, we had a party for her Sept. 24, which was her last day. Darlene worked at RHC for 30 years! Her award of recognition reads: “30 years of service, Darlene Siewert. CNA - Restorative Aide - Activities Aide. Thank you for all your hard work and dedication throughout the years. You will be missed!”

# Back to school with RHC residents

With autumn's arrival, students are back to school. Richardton Health Center residents who were once teachers share their stories and photos, reminiscing about their days of teaching.



Little Flower School  
Minot



## Sister Delores Heidt

I graduated from Great Falls, Mont., in 1964 with my bachelor's, and Seattle University in 1979 with my master's. I taught for 27 years.

In Minot, I taught at Little Flower and St. Leo's and in Garrison at St. Nicholas. I primarily taught first and second grades.



Irmgard Koenig Wehri  
Photo taken around 1942

## Irmgard Wehri

I went to college for two years, I taught kindergarten for two years in Breslau, Germany.

Because of the war, the men were gone, so they had to take the women to work for the government and do whatever jobs they told us to do. I ended up teaching grades five through eight in one room. It was about 80 students! I taught them for about one year.

The kids were trained, if they finished their homework before I got to them, they sat quiet.

After teaching, the government sent me to collect money so people could ride buses and streetcars.

The bikes were our cars. That's all we had and we were glad to have that!





Clara Lenz Elkins  
Taylor High School  
Class of 1939

## Clara Elkins

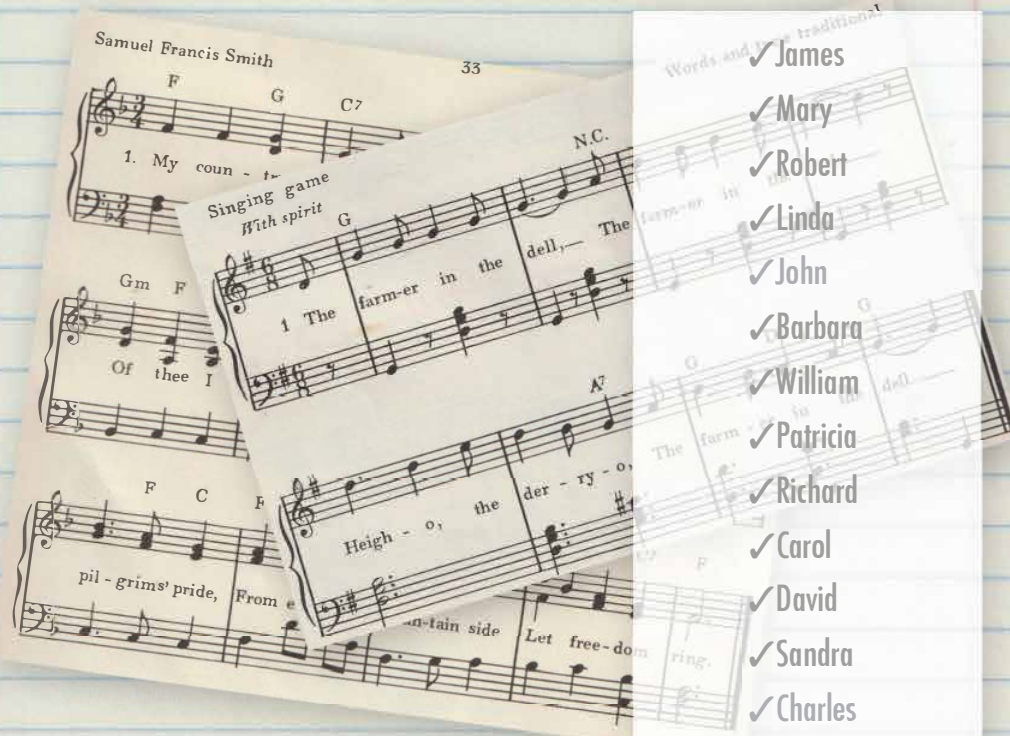
I graduated high school in 1939. I went to college for two years, while working my way through. I worked for the music teacher and phys-ed teacher. I had to take roll; you had to know every student by name.

I first taught at a country school south of Taylor. The hardest thing about my first year was I had two first-graders that didn't speak a word of English. Their older siblings tried to teach the parents. Some students were just ornery and spoke German, just to be stinkers. I didn't speak German.

The teacher before me didn't haul out any ashes. He just dumped them under the basement steps! So, I had that job to do, too!

The second school I taught at was north of Gladstone. There were students that wanted to see what they could get by with! I taught first through eighth grade.

- One of my students went on to be a teacher and taught my daughter.
- I taught for four years at one school and one at the other.
- Later on, I taught Sunday School and Bible School.





## Bruce Mitchell

I received my bachelor of education in 1964, and master's in 1973.

I taught at Symonds Elementary School, in Keene located in New Hampshire. Here, I met my future wife, when her daughter was in my fourth-grade class!

I loved the great outdoors, hiking, skiing, fishing and teaching my kids survival skills. I also wrote and published a book on the history on Marlboro, N.H.



## Clara Paulson



I taught south of Werner. I started out with five students my first year. The second half of the year, the older kids started pulling their pranks. I had wanted to be a teacher all my life. Whenever we played school, I was always the teacher. After that year, I wasn't sure if I was supposed to be a teacher or not!

My best friend's parents moved to Leonard, and she and I signed contracts to teach in that district, Barry School District. I was there for two years. I enjoyed teaching there, they were good students. I boarded with one of the student's families. On weekends, I would go to Leonard and stay with my best friend and her family.

Then, I taught the Gustafson family. There were five. I taught them for one year. From there, I went and taught in the Ziner District 2. This was the last year I taught, in 1956. It was close to where we lived, just west of our place.



First year teaching Ziner School District



My students and I at Barry School District in Richland County



Irene, approximately 1978

# Irene Woody

I graduated from a university with a teaching degree in English and started teaching high school in 1973. This is also the year I was married. My husband was an engineer of metal production. I led English and literature clubs for high school kids in the evenings. In 1978, my family moved to Siberia near the north edge of Lake Baikal. There, I taught kindergarten until the new school was built on the newly made settlement. Here, I taught sixth- and seventh-grade German. All our schools had one designated foreign language to teach. I have a minor in German from the university. I led extracurricular activities such as "knowledge bowls" or "battle of the wits" and theater.

My family moved back to the Ukraine in 1986, where I taught high school Ukrainian for a while, then taught Ukrainian at an engineering university and gave private German and English lessons.

In 1992, my husband passed away. I started working as an interpreter for the missionary groups that came to Baptist churches in the area and youth camps all over Ukraine, South Russia and Kazakhstan.

A year later, I married an American missionary pastor and moved to Alaska. We moved to North Dakota in 1995. I got my diploma certified and started teaching ESL, then graduated from the University of Mary in 1998 with a master's degree in special education. I then went on to teach at Selfridge, next to the Standing Rock Reservation from 1999-2003. These kids were cowboys and from cowboy families. The students liked to rodeo and read Louis L'Amour books. I was not familiar with rodeos! It was a new experience!



Irene with her kindergarten class in Siberia



Irene dressed as Father Frost at Christmastime for kindergartners in Siberia



**NOW**

# Richardton Health Center Richardton, ND

# H I R I N G



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**\$2,000 sign-on bonus**
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**\$5,000 sign-on bonus**
- Evening cook – PT**

**Join our team today!**

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