



## Danna Potter

### St. Otto's Administrator

Greetings, Residents, Families, Friends, and Team Members of St. Otto's Care Center!

To all the residents, family members, and friends that have been a part of St. Otto's, THANK YOU!! Your loyal and caring ways make a difference in the lives of those we serve. It is our privilege to go through life's journey with you, whether it is for short-term, long term or end-of-life care, St. Otto's team members treasure every moment spent.

As many know, working in long-term care is far from easy, let alone the past three years. The challenges we have faced as an organization have been overwhelming, yet our team continues to walk through the doors of St. Otto's every day to serve our residents.

Earlier this year, we celebrated several team members' milestones of 5, 10, 15, 20, 25, 30, 35, 40, and even 45 years of service, a cumulation of over 620 years at St Otto's Care Center. Reaching these milestones is an extraordinary occasion for our team and a testament for their loyalty to providing quality care for our residents. St. Otto's recognizes that our team members are our greatest assets, and we are delighted to honor their dedication and commitment to all they do. The success of St. Otto's is a direct result of our team's daily efforts in caring for our residents and building long-lasting relationships. It is with great pride and admiration; we congratulate these team members on so many years of service and look forward to many more years to come.

As we continue into 2023, St. Otto's Care Center will continue to focus on our four core values of (1) Resident Centered Care, (2) Respectful and Compassionate Team Members, (3) Striving for Excellence, and (4) Caring for the Community. These core values are the foundation that keeps our mission and vision thriving!

Thank you for being a part of the St. Otto family.

Sincerely,

Danna Potter  
Administrator

*St. Otto's Newsletter is published quarterly by St. Otto's Care Center and intended to keep family & friends updated on current events within our facility.*

*Owners: Brian & Krista Bernander  
Administrator: Danna Potter  
Editor: Laurie Rothanberg*

## Values

### **Resident Centered Care**

*We provide a personalized family approach centered on meeting the needs of those we care for.*

### **Respectful and Compassionate Team Members**

*Our team members promote a professional and respectful environment through teamwork, communication and compassion.*

### **Striving for Excellence**

*St. Otto's Care Center pursues excellence daily through consistent communication and follow through, continuing education, and empowerment of team members.*

### **Caring for the Community**

*St. Otto's Care Center's strong foundation extends beyond its walls, connecting our residents with the community in which we all live and work.*

## VISION

*Continue to strengthen our excellence providing for our residents and community.*

## GENEVIVE

In January, St. Otto's Care Center partnered with Genevive to expand our network and offer residents primary care rounding services onsite. Genevive is a senior medical practice and care management organization working in over 200 facilities in Minnesota. We are excited to welcome our new providers, Kelsi Nelson, MD, and Michaela Cielinski, APRN, CNP.



**Kelsi Nelson, MD**

Dr. Kelsi Nelson started her career in high school as a Certified Nursing Assistant working in long-term care. Dr. Nelson completed her Family Medicine Residency and achieved her Doctor of Medicine at the University of Minnesota. After fifteen years of practicing Family Medicine and Express Care Medicine, Dr. Kelsi has returned to long-term care, where her passion began. Dr. Nelson's professional interests include Quality of Care; Polypharmacy; Palliative Care; Patient Interactions; and Mission Work both locally and internationally.



**Michaela Cielinski, APRN, CNP**

Michaela, a Board Certified Nurse Practitioner specializing in geriatrics, has worked in long-term care for many years. Michaela received her Master of Science in Nursing at the College of St. Scholastica and her Bachelor Of Science at the University of MN. Michaela focuses on enhancing and promoting the quality of life of the elderly while preserving comfort and dignity. Michaela's professional interest is in Wound Care; Advanced Care Planning; Chronic Disease Management; Psychiatric Care; and Polypharmacy.



## OUR JOURNEY TO EXCELLENCE

In late 2016, St. Otto's Care Center was awarded the National Baldrige Bronze Award for Quality in Healthcare. This was a first validation step as we continue pursuing fulfilling one of our values, "Striving for Excellence." In late June 2018, St. Otto's was informed we were one of four facilities in Minnesota to receive the Baldrige Silver Award, essentially the next step illustrating we continue to follow a path of developing systems of quality towards a continued pursuit of excellence. In 2023, St. Otto's was informed that our facility maintains the Baldrige Silver Award standards and is ready to pursue the Baldrige Gold Award. These highest standards signify our continuous efforts to grow and improve all systems and processes. Over the years, the Baldrige criteria have guided our organization to make systematic changes that enhance our quality of care. We are very excited to continue our journey to the GOLD!

## "STRIVING FOR EXCELLENCE: EMPOWERING EMPLOYEES"

Since 2021 St. Otto's Care Center has worked to implement our "Striving for Excellence: Empowering Employees" program. The program has aimed to improve staff retention by creating a culture of trust, relationship building, teamwork, wellness, communication, mentorship, and leadership skills. Monthly, team members attended classes that represented a specific focus area described above. This fun and engaging program has shown to have had a positive impact on team members and the organization as a whole. Mental, physical, and spiritual well-being increased by 16%, job satisfaction by 18%, professional growth opportunities by 12%, and employee engagement and relationships improved by 13%. St. Otto's is proud of our recruitment retention efforts and offers opportunities for dietary activities, nursing, housekeeping, and professional services. St. Otto's understands today's workforce's desire for flexibility, work/ life balance, educational reimbursement, and professional development. Let St. Otto's EMPOWER you to be the best you can be! For more information, please call 320-632-9281 or apply online at [www.stottos.org](http://www.stottos.org).



# MUSIC MANIA

The sound of drumming can be heard down the first-floor halls of St. Otto's. When you enter the room you will see many smiling faces drumming to the beat of the music. Music Mania is a new program we added since Covid has lessened.

Drumming can have positive effects on your health and may help with many conditions from stress, fatigue, and anxiety, to hypertension, asthma, chronic pain, arthritis, mental illness, addiction, and even cancer.

Here is why drumming is good for you:

1. It makes you happy. Drumming releases endorphins and alpha waves in your brain which are associated with a feeling of well-being.
2. It induces deep relaxation and reduces stress
3. Helps with pain control. Drumming promotes the production of endorphins which are like the body's own painkiller.
4. Boosts your immune system. Drumming increases the natural T-cells which help combat cancer and other viruses.
5. Creates a sense of connectedness with members of the group.
6. It aligns **your body and mind with the natural world**. Drumming allows you to flow with the rhythms of life by simply feeling the beat.
7. It releases negative feelings. The act of drumming can serve as a form of self-expression. You can literally drum out your feelings. When held, negative emotions can form energy blockages. The physical stimulation of hitting the drums can help remove those blockages.
8. It puts you in the present moment. You need to focus to follow the rhythm. This will put you in tune with others around you.
9. Drumming stimulates creative expression.

And why are we promoting this? Because drumming is one of many things that are easy to do, accessible, fun, good for our physical health, and also good for our mental health. Drumming can help us cultivate health, well-being, and resilience.

When asked what Mary Tanner liked about the drumming she stated; "I like keeping the rhythm".

Irina Vickstrom, activities assistant, stated; "It is good eye-hand coordination and a great way to stimulate their senses."

So next time you enter the building on Music Mania day you will hear the beating of drums and the beautiful rhythm our residents keep.



## CARING FOR THE COMMUNITY

2023 brought many opportunities for St. Otto's Care Center to uphold one of its values, "Caring for the Community," by raising \$2,000 for the Morrison County Food Shelf, supporting our fallen soldiers, and placing Memorial flags at each grave site at Camp Ripley, as well as helping clean up yards during the community "Day of Caring" event.



## KING & QUEEN!

St. Otto's Care Center 2023 King (Clifford Karjala) and Queen (Norma Pantzke) were at the Little Falls Dam Festival Saturday, June 17th. What a joy for these two to represent our St. Otto's residents!!



## MORRISON COUNTY FAIR

St. Otto's Care Center residents participated in the Morrison County Fair in June...and with great success!

We had 31 premium first place winners, 3 Grand Championships and 1 Reserved Champion! We are so proud of our residents and their creativity and talents!!



# YEARS OF SERVICE MILESTONES

## *Congratulations!*



**5 YEARS**  
Charlie Eggerth, Laurie Rothanburg, Phyllis Feia, Cathy Boyd, Brooke Dudley, (Marvin Kiser, Jr., Deacon Matthew Ludick, Marquie Marquette, Kimberlee Waldoch not pictured)



**10 YEARS**  
DeAnna Primus, Abigail Marts, Raneyl Moren, Michelle Dreiling, Danna Potter, Angela Hurre (not pictured)



**15 YEARS**  
Marcia Schmidtke, Karen Jacobs (not pictured)



**20 YEARS**  
Shirley Treb, Jennifer Jelinski



**25 YEARS**  
Marla Horejsi, Renee Ledoux, Rebecca Deering, Delores Schwanke, Jackie Bzdok (not pictured)



**30 YEARS**  
June Zyvoloski, Stacy Martinson, Pamela Krawiecki, Ann Gerbi



**35 YEARS**  
Margaret Mettler, Elta Schuett (not pictured)



**40 YEARS**  
Stephanie Adams



**45 YEARS**  
Deborah Witucki, Vivian Demarre (not pictured)

## PEN PAL PROGRAM

Mrs. Johnson's 4th grade class rode the bus from St. Francis of the Lakes Catholic School in Brainerd to St. Otto's Care Center to meet their Pen Pals! These 4th graders and their Pen Pal have been writing letters in cursive since last fall and participating in online Zoom meetings and conversations!

It was quite a celebration on this day to finally meet each other in person.

There are so many stories, laughter, and smiles of joy between these generations!!



## GREETINGS FROM THE NUTRITION SERVICES DEPARTMENT.

Update on some of the changes in our department;

1. We have fully implemented the International Dysphagia Diet Standardization Initiative Plan for the Residents who have difficulty chewing and swallowing their food and beverages.

This was founded in 2013 with the goal of developing new international terminology and definitions to describe texture modified foods and thickened liquids used for individuals with dysphagia of all ages, in care settings and all cultures.

Speech & Medical Providers are involved when determining the right texture of food and fluids for each of the Residents.

If families would like more information on this, please let me or the charge nurse know.

2. I would like to review the Residents policy for food that is brought in from outside the facility;

St Otto's will make every effort to ensure that foods brought in from outside sources are safe and follow food safety sanitary code standards for infection control as well as safety within the Residents diet /texture restrictions. When bringing in any food or beverage, please check with the charge nurse to determine if the Resident is able to have the item/items brought in.

These foods/beverages need to be dated with the date brought in, and labeled with the Residents name. St Otto's policy states: most items can be kept for 3 days and will then be tossed. Certain foods such as pickled foods or cheese will be discarded after 1 week.

Keep the amount of food brought in to a small amount - due to the timeliness to consume the food, and the amount of space that is available... see policy for more specifics.

3. Resident refrigerators in rooms: housekeeping checks the temperature of the refrigerator daily. If the temperature is out of range, maintenance will check on it, and notify the family if not working.

Please also keep in mind that staff does not check on the food/fluids etc.. in Residents refrigerators. Families need to monitor the items in the refrigerator, and any cleaning that needs to be done to maintain the refrigerator.

Have a Great Fall:  
Karen Jacobs, Food Service Director

*The Food Service Department would like to share this recipe:*

### Caramel Apple Cheesecake Bars

Easy Caramel Apple Cheesecake Bars have three delicious layers and are a perfect fall dessert! A graham cracker crust topped with a creamy cheesecake layer loaded with cinnamon spiced apples and cookie-like streusel and caramel on top.

Prep: 20 minutes, Cook: 40 minutes, Total Time: 1 hour

#### Ingredients

##### For the crust:

- 2 cups graham cracker crumbs
- ½ cup butter melted
- ½ cup granulated sugar

##### For the cheesecake layer:

- 16 ounces cream cheese softened
- ½ cup granulated sugar
- 1 teaspoon vanilla extract
- 2 large eggs lightly beaten

##### For the spiced apples:

- 3 medium tart apples peeled and finely chopped
- 2 tablespoon brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg

##### For the streusel topping:

- 1 ½ cup all-purpose flour
- ½ cup granulated sugar
- ½ cup cold butter cubed
- ½ teaspoon cinnamon
- ½ cup caramel sauce

#### Instructions

1. Preheat oven to 350°F (180°C) and grease a 9x13-baking pan with baking spray.
2. Combine the graham cracker crumbs, melted butter, and sugar with a rubber spatula. Press mixture into the bottom of the pan. The crust should be tight and compact.
3. Pre-bake the crust for 8 minutes.
4. While the crust is baking make the cheesecake layer: beat cream cheese, sugar, and vanilla until smooth, about 1 minute.
5. Add eggs and beat on low speed until just combined. Spread over the slightly cooled crust.
6. In another bowl, combine apples, brown sugar, cinnamon, and nutmeg. Toss until all the apple pieces are evenly coated. Spread over the cheesecake mixture.
7. For the streusel topping: In the bowl, beat the flour, sugar, cubed butter, and cinnamon together until you have a crumbly mixture, about 2-3 minutes. Distribute streusel evenly over apples. The streusel should look crumbly.
8. Bake for 30-35 minutes or until filling is set. Drizzle with caramel sauce and let cool in pan on a wire rack for 1 hour. Then transfer pan to the fridge and cool for at least 3 hours. Cut into bars.

#### Nutrition

Calories: 368kcal

# ST. OTTO'S CARE CENTER MANUAL

## Policy: FOODS BROUGHT IN FROM OUTSIDE SOURCES

### POLICY:

St Otto's will make every effort to ensure that foods brought in from outside sources are safe, and follow food safety sanitary code standards for infection control, as well as safety within the Resident's diet restrictions if needed.

### PROCEDURE:

1. It is a Resident's right to obtain foods from outside sources such as ordering takeout, and foods brought in by the Resident's family and friends. The facility staff will make every effort to advise the Resident of foods that are allowed within their diet restriction. However, the Resident has the right to choose food that may not follow his/her diet restriction.
2. If the Resident chooses to order takeout foods from local food vendors: the facility staff will recommend to the Resident that these foods be obtained from a licensed food vendor that complies with food safety standards enforced by the Department of Public Health.
3. The Resident, family members or friends, will be encouraged to check with the facility's staff (Dietary, Nursing) before bringing in foods, to determine if there are any recommended dietary restrictions or texture modifications that should be followed.
4. When/if the facility staff is made aware of the desire to bring in foods from outside sources, it is recommended that the Dietary Department be notified. Dietary staff will advise the Resident, family members or friends, of food safety precautions that should be followed for transporting, delivery and storage of these foods.
5. When food(s) is brought in from outside sources for the Resident (with or without prior notice), the family member/friend should check with the Resident's nurse and/or the dietary professional to clarify that the food is safe for the Resident to consume.
6. For food safety reasons, it is recommended that only the amount of food the Resident and/or family member/friends, plan to consume during that visit be brought in. However, if the Resident and/or family member/friend insists on leaving extra food(s) for the Resident for consumption at a later time, the food:
  - A. Should be kept in a closed container. If the food item(s) is being kept in the Resident's room and does not require refrigeration, the food should be kept in a closed container with a tight fitted lid to help protect the food.
  - B. If the food item(s) requires refrigeration, it should be

left with the nurse or the nursing staff for placement in the refrigerators on the unit where the Resident resides. These foods SHOULD NOT BE STORED in the medication refrigerator or the refrigerators in the dietary department.

- C. The food item(s) should be labeled with:
  - a. The Resident's name
  - b. The date the item(s) was purchased or prepared and
  - c. The name of the item
- D. Perishable food items that require refrigeration such as sandwiches, hotdishes, soup, or desserts will be discarded after 72 hours (3 days) if the food is not consumed by the Resident. Foods such as pickled herring, pickled eggs, pickled vegetables or cheese will be discarded after 1 week.
- E. If the food item requires to be re heated, dietary staff will be notified to re heat food to the safe temperature per regulations/food code.
- F. If the facility staff finds there are concerns with the food being brought in that could affect the Resident's health and safety, the staff will contact the Resident and/or their responsible party/Power of Attorney (POA) to address the concern and determine the appropriate action.
- G. Upon the request of the Resident, or instruction provided by the family/visitor for those Residents that are unable to request, the facility staff will assist the Resident by reminding the Resident of the food, accessing, heating and serving the food using safe food handling practices.

### HANDOUT TO INFORM FAMILY AND VISITORS ABOUT FOOD SAFETY HANDLING

Your loved one (the Resident) is included in one of the groups The Center for Disease Control classifies as being highly susceptible to foodborne illness. This is due to their medical condition and the changes that have occurred to their body as they aged.

If you plan to bring in food and drink for your loved one, the following is a guide to assist you in following safe food handling practices:

**Personal Hygiene** - Employees, Residents, family or visitor's health and hygiene are significant factors in preventing foodborne illness. "Infectious" individuals (persons capable of transmitting an infection or communicable disease) are a source of contaminants such as Norovirus, Influenza, etc. Proper hand washing techniques and exclusion of infectious individuals from handling food are critical for prevention of foodborne illness. Signs that you maybe infected and/or should not be handling food to serve to you love one are; fever, diarrhea, vomiting or any open wound on your hands.

**Hand Washing, Gloves, and Antimicrobial Gel** - Bare hands should never come into contact with any foods, ready to eat or otherwise. Since the skin carries microorganisms, it is critical

that individuals involved in food preparation and services consistently utilize good hygienic practices and techniques. When preparing food you should have access to proper hand washing facilities with available soap (regular or anti-microbial), hot water, and disposable towels. Refrain from re-use of hand towels (cloth or paper) as it a risk for cross-contamination foods. Antimicrobial gel (a hand hygiene agent that does not require water) cannot be used in place of proper hand washing techniques in food handling.

**The Proper Way to Handle Food**-The appropriate use of items, such as disposable gloves, tongs, deli paper, and spatulas, is essential in minimizing the risk of foodborne illness. Gloved hands are considered a food contact surface that can get contaminated or soiled. Disposable gloves are a **SINGLE USE ONLY** item and should be discarded between and after each use. Example: if you're in the middle of preparing a meatloaf with gloved hands and you needed to obtain something from the refrigerator, touching the refrigerator door with the gloved hand and returning to making the meatloaf with the same gloves, can cause you to contaminate the meatloaf with bacteria you picked up from the refrigerator door handle.

**Glove Use**-The use of disposable gloves is not a substitute for proper hand washing. Hands must be washed before putting on gloves and after removing gloves. Failure to change gloves and wash hands between tasks, such as handling a soiled dish cloth, between handling raw meats and ready to eat foods or between handling soiled and clean dishes, can contribute to cross-contamination.

**Danger Zone**-food temperatures between 41 degrees Fahrenheit (F) and 140 degrees F allow for rapid growth of pathogenic microorganisms that can cause foodborne illness. Potentially Hazardous Foods (PHF) or foods that require Time & Temperature Control (TCS) that's held in the danger zone for more than 4 hours (if being prepared from ingredients at ambient temperature) or 6 hours (if cooked and cooled) may cause a foodborne illness if consumed. Some of these foods include but not limited to ground beef, poultry, chicken, seafood (fish or shellfish), cut melon, unpasteurized eggs, milk products; cooked rice and grains, beans, grilled sautéed onions, or baked potatoes.

**Final Cooking Temperatures** - Temperatures are critical in preventing foodborne illness. Cooking food to the temperature, and for the time specified below, will either kill dangerous organisms or inactivate them sufficiently so that there is little risk if the food is eaten promptly after cooking. Monitoring the food's internal temperature is important and will help ensure microorganisms can no longer survive and food is safe for consumption. Foods should reach the following internal temperatures in these situations:

- Poultry and stuffed foods, i.e., turkeys, pork chops, chickens, etc. - 165 degrees F;
- Ground meat (e.g., ground beef, ground pork), ground fish, and eggs held for service at least 155 degrees F;
- Fish and other non-ground meats -

- 145 degrees F;
- If you are using unpasteurized eggs these eggs must be cooked until all parts of the egg are completely firm, regardless of a Resident's request for such things as "sunny side up".

**Holding Cold Food Temperature**-Refrigeration prevents food from becoming a hazard by significantly slowing the growth of most microorganisms. Inadequate temperature control during refrigeration can promote bacterial growth. **Cold foods must be maintained at or below 41 degrees F.** This should be done during storage and when transporting cold foods to the facility. Frozen foods must be maintained at a temperature to keep the food frozen solid.

**Holding Hot Food Temperature**-To minimize the growth of microorganisms after food has been cooked to its proper cooking temperature, **hot foods should be held at or above 140 degrees F** until it's served to your loved one. Appropriate food transport equipment, maintaining safe temperatures for food during transporting the food to the facility, can help minimize the risk of foodborne illness. If this is not possible, another method for safe food handling would be the cooling and reheating method described below.

**Safe Cooling** - Improper cooling is a major factor in causing foodborne illness. Taking too long to chill foods has been consistently identified as one factor contributing to foodborne illness. Foods that have been cooked and held at improper temperatures promote the growth of disease-causing microorganisms that may have survived the cooking process. Cooled food items can also be re-contaminated by unsanitary handling practices or cross-contaminated from other food products, utensils, and equipment.

Cooked foods are best cooled rapidly within 2 hours, from 135 to 70 degrees F, and within 4 more hours to the temperature of approximately 41 degrees F. The total time for cooling from 135 to 41 degrees F should not exceed 6 hours.

Food prepared at room temperature should reach 41 degrees F in within 4 hours.

**Reheating Foods** - Reheated cooked foods present a risk because they have passed through the food danger zone multiple times during cooking, cooling, and reheating. The food that is cooked and cooled must be reheated so that all parts of the food reach an internal temperature of 165 degrees F for at least 15 seconds before it's safe to serve.

**Although proper reheating will kill most organisms of concern, some toxins, such as that produced by Staphylococcus aureus, cannot be inactivated by reheating food. These toxins will cause the food to be unsafe for consumption.**



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St. Otto's Care Center and  
intended to keep family &  
friends updated on current  
events within our facility.

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*Editor: Laurie Rothanberg*

## ST. OTTO'S CHAPEL- SPIRITUAL HOME FOR RESIDENTS

Sometimes it may seem a bit hidden to newer residents since it is located at the far end of the first-floor administration hallway. Once they know where it is, the chapel can quickly become the spiritual home for those who choose to worship there or just spend time in a quiet, holy place. The chapel is home to various services such as Catholic Mass, Lutheran Communion, and interdenominational worship. Special events are also celebrated there.

St. Otto's Chapel is decorated for the various liturgical seasons by a very special volunteer, Judy Glaze. Judy is extremely talented as she uses her creative gifts to enhance the worship space. Her generous gifts of time and talent to St. Otto's are a blessing!

Residents are welcome in the chapel for the various services, as well as spending time there for private prayer and reflection. As residents are often reminded, St. Otto's Chapel is *YOUR* chapel. May all who spend time in the chapel experience the comforting presence of God and His peace.

*"Be still and know that I am God." Psalm 46:10*

Deacon Matthew Ludick  
Spiritual Services Director

