



## AITKIN HEALTH SERVICES

### *Social Accountability Statement 2019*

At Aitkin Health Services, we strive to make the town of Aitkin a great place to live. With our relationships in the community, we encourage participation in the lives of our residents through volunteering, partaking in social events and an active connection with those in our surrounding area.

Our Mission: *Expressing Christ's love by providing care that values every human life.*

St. Francis Health Services owns and operates Aitkin Health Services and is sponsored by the Catholic Diocese of St. Cloud. We are dedicated to promoting the Ethical and Religious Directive for Catholic Health Care services. These directives assist our care center in making decisions to provide the best care possible to each and every individual. We also live by the following core values and celebrate our employees for doing the same.

Core Values:	
Integrity	We faithfully adhere to high principles and professional standards.
Commitment	We dedicate ourselves to those we serve.
Respect	We value and treat each individual with compassion and dignity.
Excellence	We have the passion to do our best.
Service	We deliver what has not been done, before it is expected.
Stewardship	We wisely employ the talents, resources, and relationships entrusted to us.

Aitkin Health Services believes in a resident centered, hospitality care model. Because of this, we have programs that offer our residents increased flexibility in how their day is structured and how/when they receive care and services. We strive to enhance each individual's life with professional and caring services to help each resident achieve his or her highest potential.

An example of this commitment to excellence is the implementation of the "Nursing Facility Performance-Based Incentive Payment Program" (PIPP) grant awarded by the MN Department of Human Services (DHS). The funds of the grant were allocated for a project entitled: "Nutrition and Optimal Weight (NOW) Project".

The Nutrition and Optimal Weight Project is in its second year of implementation. The goal is to reduce the number of residents experiencing unexplained weight loss, increase resident and family food satisfaction, improve resident's overall nutritional status, and to allow individuals receiving services to achieve optimal health, functioning, and wellbeing.

The NOW Project will provide Aitkin Health Services with additional resources to make positive system improvements to support good nutritional outcomes for individuals receiving services, focusing on each individual's preferences and needs. A big component will be implementing the

Kind Dining program to improve dining room service. We hope to create an optimal environment in which food can be enjoyed.

Implementation of the NOW Project began January 1, 2019 at Aitkin Health Services and will continue through December 31, 2020. SFHS is a faith-based, not-for-profit healthcare organization. In addition to their skilled nursing care centers, they offer a variety of services that include customized/assisted living, a full range of therapies, senior housing, transitional and skilled nursing care, and behavioral and residential programs throughout the state of Minnesota.

Aitkin Health Services was awarded another PIPP grant in 2019. This grant is entitled: Resident Ambulation Mobility Program (RAMP) project. The goal of this project is to increase ambulation and range of motion to our residents. This will be accomplished by focusing on restorative nursing programs for our residents including a “walk to dine” program. Implementation of the RAMP Project will begin January 1, 2020 and will continue through December 31, 2020.

Also in 2019 Aitkin Health Services was awarded a Dementia Live grant project. The goal of this project is to decrease resident behavior problems and minimize the use of antipsychotic medications. This will be accomplished by focusing on staff understanding of dementia that can aid in fostering empathy and use of practical tools to improve care for older adults living with dementia. Implementation of the Dementia Live Project will begin January 1, 2020 and will continue through December 31, 2020.

**Providing Quality Care and Services for Older Adults**

Aitkin Health Services has a capacity to serve 44 individuals, with about 85% from the Aitkin/Palisade/Crosby/McGregor/Tamarack/Deerwood areas. In a given year, over 105 individuals will benefit from our services. Many individuals use our services for recuperation from surgery and/or short-term rehab. Often, those individuals stay with us for one to three months.

Big Stone Therapy, our Contract Therapy Company, provides physical, occupational, and speech therapy for residents, along with outpatient services. These services aid in rehabilitation and provide opportunities to return to previous living environments or maintain previous functional status.

We are able to provide therapies for:

<ul style="list-style-type: none"><li>• Orthopedic Injuries</li><li>• Back and Neck Injuries</li><li>• Amputations</li><li>• Spinal Dysfunction</li><li>• Chronic Pain</li><li>• Hip Fractures</li></ul>	<ul style="list-style-type: none"><li>• Speech Disorders</li><li>• Swallowing Disorders</li><li>• Post-Surgical Conditions</li><li>• Neurological Disorders</li><li>• Stroke</li><li>• Outpatient Therapies</li></ul>
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In addition to medical services, Aitkin Health Services offers a wide variety of opportunities for socialization within our community. Family and public participation is encouraged. Activities include:

- Live Music
- Bingo
- Word Puzzles
- Bible Studies
- Current Events
- Veteran's Day Service
- Offsite trips
- Movie Matinees
- Intergenerational Activities
- Memory Games
- Religious Services
- Monthly Birthday party
- Special Parties
- Communion
- AM Exercise
- Special Meals
- Physical Games
- Resident Computer
- Memorial Day Service

### Recognizing Spiritual Needs and Individuality

Upon admission, residents are assessed for their spiritual needs. Many of our local parishes and churches offer services within our facility. We have an on-call volunteer chaplain who provides visitation, memorial services and spiritual counseling. Area congregations that participate in our spiritual care include:

- Aitkin United Methodist and Pine Lake Chapel
- Glory Baptist
- Bethlehem Lutheran
- St. John's/Bethesda Lutheran
- Shepherd of the Lake Lutheran
- First Lutheran Church
- Bethel Lutheran Church
- Aitkin Community Church
- Immanuel Lutheran Church
- New Life/Missionary Alliance

Some of our services include:

Wednesday Services, Mass, Bible Studies, Devotionals, Communion, Hymn Sing A-longs

### Providing Access to Educational Opportunities

Education is a high priority in health care and for Aitkin Health Services. Providing opportunities to further education and learn new information and skills is essential to providing quality, comprehensive, and holistic resident care.

Aitkin Health Services awards scholarship monies to assist employees in furthering their education. In past years, scholarships have been given for those obtaining a Licensed Practical Nursing degree, Registered Nursing degree, Nursing Assistant and wound care certification.

Additionally, Aitkin Health Services provides training programs each year to cover topics in:

- Infection Control
- Emergency Preparedness
- Abuse and neglect Prevention

- Safe Care for Seniors
- Proper Lifting Procedures
- Fire Safety
- Wound Care Management
- Corporate Compliance/Code of Ethics

Aitkin Health Services encourages others to consider careers in aging services. Aitkin Health Services attends the Aitkin County Commerce and Industry Show.

### Helping Community Members in Need

In the past, Aitkin Health Services has given to the following community organizations:

- Aitkin County Relay for Life
- Food Shelf
- Alzheimer's Association
- Bi-Annually sponsoring the community meal in Aitkin, serving over 100 meals to community members in need

Aitkin Health Services provides Meals on Wheels to the senior population within the Aitkin area

Aitkin Health Services has partnered with Kidz Zone Daycare to provide the employees and community with childcare services. Kidz Zone is able to accommodate 42 children ages 6 weeks to 5 years old from 5:30am to 11:00pm. Implementation of intergenerational activities with the residents of Aitkin Health Services and the Kidz Zone Daycare children has been a wonderful attribute.

### Serving as Active Community Members

Aitkin Health Services supports many organizations within the community and is a member of the Aitkin Chamber of Commerce. Aitkin Health Services employees and the advisory committee are active members of the community. They affiliate with several organizations including the following:

- Aitkin Lion's Club
- Moose Lodge
- Aitkin Women of Today
- Aitkin American Legion
- Aitkin County CARE
- ANGELS LAH/BNP
- McGregor Lion's Club
- Aitkin Education Foundation

## Volunteerism

Over the past year, volunteers have donated approximately 1,586 hours to the residents of Aitkin Health Services. Volunteers assist the facility with activities, special celebrations, hair care, outside activities, one-on-one interaction with the residents and so much more!

Being a volunteer can be so enriching and allow for unforgettable moments. Whether working with a small group of residents or on a one-on-one basis, there are many opportunities available such as leading small group projects, visiting with residents, reading mail, sewing, baking, aroma therapy, or hand massage. There is always a way to allow our volunteers to utilize their interests in order to make special moments for our residents. All of our volunteer opportunities have flexible scheduling to meet our volunteer's lifestyle.

## Promoting Economic Development

Aitkin Health Services purchases products and services with many local businesses. Last year, AHS purchased approximately \$600,000.00 in goods and services from the local businesses listed below.

- Aitkin Dairy
- Shopko
- Paulbeck's County Market
- MLEC
- Gravelle Heating and Plumbing
- Dairy Queen
- Rosallini's
- Family Dollar
- Ritter and Ritter Sewer
- Aitkin Flowers and Gifts
- Neighborhood National Bank
- Lammers Appliance Repair
- Message Media
- Aitkin Post Office
- Aitkin Unclaimed Freight
- Holiday Gas Station
- Garrison Disposal
- Hytinen Hardware Hank
- The Office Shop
- Thrifty White Drug
- Riggs Outdoors
- Jeff's Mobile Lock & Key
- Eric Koch Construction
- Arrowhead Transit
- Cabin Feber Wood Works LLC
- Aitkin American Legion
- Aitkin Medical Supply
- Cuyuna Regional Medical Center
- Ritter Snow Removal
- Stevo's Lawn Care
- Riverwood Healthcare Center
- Thelen Heating & Roofing
- Public Utilities
- Cedar Brook Lumber
- Boyd Electric
- Gobel Sewer Service

There are approximately 62 employees working for Aitkin Health Services. Each year, Aitkin Health Services pays approximately \$2,222,000.00 in wages and benefits to employees who work for our organization.

## For More Information

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