



# AITKIN HEALTH SERVICES

## *Social Accountability Statement 2021*

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.

Since 2020, COVID-19 greatly impacted society including our care center. The Minnesota Department of Health, the Centers for Disease Control & Prevention and the Centers for Medicare & Medicaid Services provided numerous recommendations to reduce care center and community transmission and protect residents, staff and the community. Our care center followed those recommendations which included: increased usage of personal protection equipment, increased infection control activities, restricting visitation and the entry of non-employees, testing, management of positive cases and vaccinations.

Aitkin Health Services received approximately \$500,000 in provider relief funds due to the pandemic in 2021. This money came from the Federal Cares Act and forgivable loans. Most of these dollars were used for operating expenses due to low census and historically high costs that were a result of COVID-19.

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.

### 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

An example of this commitment to excellence is the implementation of “Nursing Facility Performance-Based Incentive Payment Program” (PIPP) grants awarded by the MN Department of Human Services (DHS). Two grants in progress during 2021 and 2022. These two year grants are a 2020 “Restorative, Ambulation, Mobility Program (RAMP)” and a 2021 “Falls Prevention” grant.

RAMP Grant:

The goals of maintaining each resident’s highest practicable level of functioning and enhancing the overall quality of life is greatly impacted by a resident’s ability to ambulate and maintain mobility. Health, wellness and the sense of independence are encouraged when ambulation and mobility are supported and sustained.

The SFHS Restorative Ambulation Mobility Program (RAMP) 2 year grant project totaling \$598,412 will strengthening the quality of care for its residents by improving residents’ restorative programming, ambulation and mobility and add Walk To Dine and balance exercise programming. The goal is to improve resident care as evidenced by achieving a positive increase

in each care center's MN QI Facility Quality Measure related to Functioning Q24 – Walking As Well or Better than on Previous Assessments (LS).

#### FALLS PREVENTION:

An older adult is treated in the emergency room every 11 seconds and an older adult dies every 19 minutes as a result of falls (Karon, Ryther, & Robinson, 2015). Falls are the leading cause of fatal and non-fatal injuries among older adults over the age of 65 (Karon, Ryther, & Robinson, 2015). With these statistics it is important for care centers to address falls with the intent to decrease falls, potential for injuries, and increase the individual receiving services' quality of life.

The SFHS Collaborative is working together to create a comprehensive falls reduction program that includes improving the care center environment by making it more home-like through strengthening person-centered care, using new artificial intelligence (AI) technology, and developing new exercise programming. The SFHS Collaborative aims to achieve a safer environment for individuals receiving services by training all staff to support, understand, and strengthen our person-centered care to better meet individual resident needs, to use new AI technology to understand the person's routine and habits, and to increase movement and exercise programming to decrease the risk for falls and subsequent negative outcomes related to falls. As care needs are better identified and person-centered care is improved for individuals receiving services, a decrease in falls could lead to improved utilization of medical care resources, decreased hospitalization, and improved use of staff time related to falls. Falls can have very negative consequences for residents and require multiple types of resources. This \$2.8 million project will assist us in rebalancing by effectively using new and existing resources through training, AI technology use, and expansion of exercise programming. The SFHS Collaborative will be able to provide quality care more efficiently as both intrinsic and extrinsic factors related to falls are better understood and considered.

In addition, COVID-19 Federal, State and Leading Age MN Association grants have been applied for and received to address the significant impact of COVID.

### 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
- HOPE

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.

## 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
- South Aitkin First Responders
- Aitkin Moose Lodge
- Aitkin County CARE
- VFW 1816 Garrison, MN

## Volunteerism

Due to the COVID restrictions we were not allowed to have volunteers in the building.

## Promoting Economic Development

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

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|-----------------------------------|---------------------------------|---|
| • Aitkin County Fair Board        | • Forty Club Inn                | • Ritter Sewer & Excavating, INC        |
| • Aitkin Area Chamber of commerce | • Garrison Disposal             | • Riverwood Health Care Center          |
| • Aitkin Dairy                    | • Timber Lakes Septic           | • R & J Broadcasting, INC               |
| • Aitkin Flowers & Gifts          | • Gravelle Plumbing and Heating | • R & R Landscaping & Construction INC  |
| • Aitkin Medical Supply           | • Hyytinens Hardware Hank       | • Tidholm Productions                   |
| • Aitkin Rental Center            | • Jeff's Mobile Lock and Key    | • Unclaimed Freight                     |
| • Aitkin Historical Society       | • Lammers Appliance Repair      | • Village Laundromat and Car Wash, INC. |
| • Aitkin Independent Age          | • Midwest Machinery Co.         | • The office Shop                       |
| • Al's Welding                    | • Neighborhood National Bank    |   |
| • Boyd Electric                   | • Paint By design               |   |
| • Cedarbrook Lumber               | • Paulbecks County Market       |   |
| • Cuyuna Regional Medical Center  | • Ripple River Motel            |   |
| • Dotzler Power Equipment         |                                 |   |

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

Facility Information	Aitkin Health Services 301 Minnesota Ave South Aitkin, MN 56431 Phone: (218) 927-5526 Fax: (218) 670-7033 Web Site: <a href="http://ahs.sfhs.org">http://ahs.sfhs.org</a>
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