

Health Of Residents A Priority For Local Care Center

CONTINUED FROM PAGE 7B

their rooms and snacks are also monitored by staff.

It is important to have a record of what each person has consumed when overseeing their health especially when problems arise.

Cooking activities are scheduled at the nursing home during the month. It is a make it, take it and eat it type of arrangement. Residents have enjoyed these activities.

Once a week a volunteer comes to read a book or newspaper to those who wish. Music therapy is held twice a month. Other volunteers bring in pets to visit or play the piano or musical instrument for residents.

"We love it when people share their talents with our residents," said Debra.

"We really appreciate our active care center auxiliary group, the churches and others who get involved with the people here."

Even though the Rustads have owned Valley Care and Rehab for two years they have been on staff longer.

Mark served as administrator for four years. Debra has been

with the nursing home for five years starting as a CNA while pursuing a nursing degree. Debra worked as an RN after earning her degree and serving as the facility's Director of Nursing.

"We have worked hard to regain the trust of the community after purchasing the business," said Mark. We are full now and doing well. We don't have any severe wounds or clinically complex situations at this time which makes things a little easier."

Previous owners made some undelivered promises and burned some bridges but they didn't close the facility. "We are so grateful for that," said Mark. It would have been a terrible loss for the community."

The Rustads give credit to their staff for the success of Valley Care and Rehab. "We hear compliments about our staff often because we are kind of the face of the facility," said Mark. "Our staff does not get to hear often enough that people appreciate the job they are doing."

Having an open door management policy is important to the Rustads. They try to listen to suggestions and give staff a voice in decisions.



Verna Prestegaard, left, Donna Gertz, center, and Sharalyn Flem, right, share conversation and help each other put the craft together during activity time at Valley Care and Rehab.

A health insurance benefit is offered to staff. "If we can eliminate that financial burden from our staff we want to do that," commented Mark. "We

want them to be able to seek physical health when they need to.

"We strive to provide a safe and enjoyable work environment. We want work here to be as stress free as possible. We seek to have positive energy in our building, that ensures our staff is feeling good."

Mark and Debra advise seniors to stay active, eat a healthy diet and take the prescribed

medication properly.

"Be prepared with a power of attorney and have a will," the Rustads say. "Make decisions on burial services and formalize them so you can have a voice in what happens. These things will take the stress off your family members."

Serving the community is a priority for Rustads. They try to fill staff with local people.

The people living at the care center contributed to the

community during their lives and have been an integral part of local society. They are still interested in what is happening and just don't want to be forgotten. The people may be older but they still serve a purpose and want to be active in the community as best they can.

Mark and Debra Rustad are diligent about keeping both the residents and staff healthy and happy.



Part of keeping residents healthy is encouraging them to socialize during activity time. Harold Gelsinger is having a good time putting a craft together while visiting with staff and his neighbors at Valley Care and Rehab.



**FOR ALL YOUR NEW CONSTRUCTION
AND REMODELING NEEDS**

Office: 218 236-5622

Fax: 218 233-6116

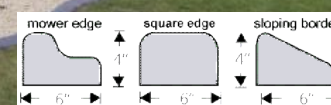
Cell: 701 238-1709

MN# 20635186, ND# 23086

1915 27th Street South, Unit A, Moorhead, MN 56560

CURB Master inc.
continuous concrete edging

- Many Different Designs & Colors Available
- Stamped Patterns Available
- We Offer Full Service Landscaping Installation & Complete Design Services



218 233-1400

www.curbmasternd.com
4347 12th Ave N • Fargo, ND

ROTHSAY
TRUCKSTOP
EXIT 38 I-94
AND CAFE
— Fine Food & Fuels —
218-867-2197
Check out our specials!

