Browns Valley Health Center
Family Newsletter
January – March 2015

BVHC Department Managers

Acting Administrator
HR Director
Autumn Roark
aroark@bvhc.sfhs.org
Autumn has worked at BVHC for 2 years. She is very excited about her new role in being the Active Administrator. Autumn is committed to making a difference in the lives of our resident’s, family, and staff.

Director of Nursing
Cameo Pallesen, RN
cpallesen@bvhc.sfhs.org
Cameo graduated from Lake Area Technical Institute, and from Sisseton Wahpeton College in Sisseton. She worked at Coteau Des Prairie hospital for 5 years prior to starting at BVHC. Cameo is excited to get to know all the residents.

Admission/ Nurse Manager
Diane Berneking, RN
dberneking@bvhc.sfhs.org
Diane’s new roll is Admissions Coordinator and Nurse Manager. Diane has worked at BVHC for 30 years.

Environmental Ser. Supervisor
Andy Raw
araw@bvhc.sfhs.org
Andy previously worked at West Wind Village Nursing Home in Morris, MN for 5 years. He is excited to be working with the BVHC family.

Ward Clerk
Pat Kleindl
pkleindl@bvhc.sfhs.org
Tricka’s new position is Ward Clerk and is in charge of the resident’s trust account. She has worked at BVHC for 42 years.

Dietary Manager
Julie Murphy
jmurphy@bvhc.sfhs.org
Julie has enjoyed working with the residents and families for the last 20 years at BVHC.

Activity Social Service
Deb Heck
dheck@bvhc.sfhs.org
Deb has worked in long term care for 25 years. She is enjoying having the opportunity to get to know the residents at BVHC. And bring a little joy to their lives.
**Resident of the Quarter**

The resident will have the opportunity to share favorite stories, a family recipe that will be prepared in our kitchen with other residents, and BVHC will help them make a dream come true. Make sure to ask where the designated area is for “Resident of the Quarter.” Dreams can come true.

**The Resident of the Quarter is:**

LaRayne Ingemunson

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**Dates to Remember:**

**January - March**

Mark Your Calendar!!

Every Thursday at 10:00 a.m. is Catholic Communion and Mass. The community is welcome to attend Church at BVHC.

Card Club meets every Friday at 9:15 am. The resident’s love seeing people from the community visit us.

**January**

3rd Dorothy Douglas’ Birthday  
20th Kids Bingo at 4:00 pm  
22nd Bob Arndt 11:00 am  
22nd Lois’ baking group 2:00 pm

**February**

3rd Sharon Kleindl’s Birthday  
13th The new King and Queen will be announced  
13th Valentine’s Happy Hour  
14th Valentine’s Day  
18th Ash Wednesday  
27th Eldora Jacobson’s Birthday

**March**

3rd Kids Bingo at 4:00 pm  
7th Lee Goehring’s Birthday  
8th Daylight Saving Time Begins  
17th St. Patrick’s Day (St. Patrick’s Happy Hour)  
20th Wayne Benshoof’s Birthday  
22nd Orville Ingemunson’s Birthday  
30th Caroline Sibson’s Birthday

**Bell Choir**

Another new activity is Bell Choir. We practice most Wednesdays. Ask the resident’s to tell you about our Bell Choir.

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**BVHC Web Site**

www.bvhc.sfhs.org
**Family Council**

BVHC is going to host a family Council  
When: February 7th, 2015  
Time: 10:30 am  
Place: BVHC Chapel Area  
We welcome all family and members to join Us.

Each Quarter there will be an agenda, an educational piece, and a different Department manager from BVHC will attend each quarter.

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**BVHC Welcomes**

Karen Heck - Housekeeping  
Sarah Craymans – NAR  
Cameo Pallesen - DON  
Danielle Ortley - NAR

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**Dietary Information:**

7:30 – 9:30 Breakfast $3.00  
12:30 Noon Meal $5.00  
5:00 Supper Meal $4.00  

We are very grateful to have families join our residents for meals. If you are planning to spend a meal with your loved one, please notify BVHC ahead of time. Enjoying a meal together can be a wonderful gift and memories to cherish!

**Memorial Friendship Services**

It has been suggested by the resident’s that they would like to hold their own Memorial Friendship Service when someone passes away from our facility. The family will receive a card that will invite them to the Memorial Friendship Service. The BVHC’s bell choir will provide the music for the services. In the past the area pastors have held a memorial and that will continue at the family requests. BVHC memorial service will be in addition to what is already being done in our facility.
Our Mission

We are committed to express Christ’s message of love and hope by providing for health, residential, community and allied service in a holistic, competent and caring manner that recognizes the value and dignity of every human life.

BVHC Core Values:
Integrity, Commitment, Respect, Excellence, Service, Stewardship