



# BROWNS VALLEY HEALTH CENTER

## Browns Valley Health Center, Inc.

### *Social Accountability Statement-2020*

Browns Valley is a small, rural community located on the cusp of Western Minnesota. The city is home to approximately 570 residents and 48 businesses. Browns Valley Health Center is located in Browns Valley, Minnesota and is in close proximity to the communities of Sisseton, Beardsley, Graceville and Wheaton. The facility provides medical, social, and spiritual care to its residents without regard to race, color, creed, or national origin, in furtherance of the organization's exempt status

In 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.

### *Our Mission:*

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

St. Francis Health Services owns and operates the Facility 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.

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

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

At Browns Valley Health Center we strive to make the city of Browns Valley a better place to live. Through our relationship with 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.

We accomplish this by:

### Providing Quality Care and Services for Older Adults

BVHC routinely cares for 41 individuals, at one time, who are in need of many different services ranging from ADL-Total Care, Dementia Care, Wound Treatment, Ostomy Care, IV Therapy, Post-surgical Care, Short / Long and Short Term Rehab with PT-OT-Speech Therapists and Restorative Nursing Therapy. All of our beds are considered Skilled/Medicare Certified. During the current reporting year, the organization had 11,514 patient days and provided services to more than 50 patients.

Many individuals use our services for rehabilitation from surgery and/or acute conditions. Those individuals often stay with us for just one to three months.

Our physical therapy, occupational therapy, and speech therapy services provided by Big Stone Therapies aid's residents in rehabilitation and provide them the opportunity to return home or to a more independent setting. We are able to provide therapies for:

- Orthopedic Injuries
- Back and Neck Injuries
- Amputations
- Spinal Dysfunction
- Chronic Pain
- Post-Surgical Conditions
- Hip Fractures
- Neurological Disorders
- Stroke
- Speech Disorders
- Swallowing Disorders
- Outpatient Therapies

In addition to medical services, BVHC offers a wide variety of Social and Spiritual Activities including:

- Live Music
- Culture Exposure / Trivia
- Church/Bible Study
- Cards, Pokeno, Bingo
- Music Therapy
- Library Group
- Book Club
- Spot Light Resident
- Shopping/Outings
- Special Event Celebrations
- School Program visits
- Bowling, Horseshoes, Yard Toss, Balloon Toss
- Wii Games
- News Group
- Manicures

- Bell Choir
- Crafts
- Movie Nights
- Rugs for Veterans
- Zoom/Facebook Messenger/Video calls
- Alexa Music
- Fine Dining
- Coffee Groups, Happy Hour
- Café Day
- Community puzzles
- Virtual Reality Googles

## ***BVHC Grants***

### **2020 Year**

Browns Valley Health Center, an affiliate of St. Francis Health Services of Morris (SFHS), entered in the second year of our Nutrition and Optimal Weight (NOW) Project. Over this year, Browns Valley Health Center, will work collaboratively with related SFHS long term care centers to improve the overall dining experience and the nutritional status of individuals receiving services at Browns Valley Health Center. The NOW Project is a result of SFHS's long term care collaborative being awarded a Minnesota Nursing Facility Performance-based Incentive Payment Program (PIPP) grant by the Minnesota Department of Human Services (DHS).

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 Browns Valley Health Center 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.

Marla Miller, Corporate Grant Coordinator for SFHS, states, "This is an excellent opportunity for Browns Valley Health Center to make an impact in the experience each individual receives at mealtimes. We want Browns Valley Health Center residents to feel special, cared for, and truly enjoy what they eat. We hope mealtimes are something they look forward to each day."

Implementation of the NOW Project began January 1, 2019 at Browns Valley Health Center 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.

Our specific goals in this grant are too:

- 1.) Managing Weigh loss
- 2.) Improving overall dining experience

### 3.) Decrease unexplained weigh loss

#### **2021 Year**

Browns Valley Health Center, an affiliate of St. Francis Health Services of Morris (SFHS), is pleased to announce we were recently awarded a Minnesota Nursing Facility Performance-based Incentive Payment Program (PIPP) grant by the Minnesota Department of Human Services (DHS) focused on preventing falls. The initiative for fall prevention and fall reduction began January 1, 2021 and will continue through December 31, 2022 within our care center and related SFHS' skilled nursing care centers.

The Falls Prevention Project will provide our care center with additional resources to make positive system improvements to prevent falls for individuals receiving services that is focused on each individual's preferences and needs. This program will have three components; expanding falls prevention and person centered education, implementing Safe Being technology, and increasing exercise program opportunities.

The education component of the Falls Prevention Project comes to us with a new partnership with Pioneer Network to expand our work force knowledge of Person Centered/Directed care. Pioneer Network is the national leader for culture change that advocates and builds a culture of aging where individual choices are respected and fosters care that is directed by the person receiving it. Staff will learn how to better address needs and lifestyle choices to reduce an individual receiving services' risk for falls.

In the second part of our Falls Prevention Project, we will be installing Safe Being technology in our care centers. The Safe Being system provides the capability for real time remote monitoring while respecting the person's privacy. Safe Being uses a watch-like device that provides data on lifestyles and daily activities and interprets gestures identifying how/when a resident is moving, eating, drinking and sleeping. Each person wearing the device will send an alert when there is a change in status or has been identified as being at risk for a potential fall or has fallen.

The third component of the Falls Prevention Project will be increasing exercise program opportunities such as Bingocize and Otago to improve strength, flexibility, and balance to help reduce falls.

The Falls Prevention Project is intended to build sustainable practices throughout our care center beyond the original two year grant period. 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.

## Recognizing Spiritual Needs and Individuality

Upon admission, residents are assessed for their spiritual needs. Our job and mission is to accommodate these needs. Besides Church Service participation, Bible Study, and Rosary, Communion Services are also offered. BVHC is supported by many of the community churches:

- St. Anthony Catholic Church
- St. Mary's Catholic Church
- United Methodist Church
- United Methodist/Presbyterian Church
- Holden Lutheran Church
- Zion Lutheran Church
- Ave Maria Catholic Church

## Providing Access to Educational Opportunities

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

Each year Browns Valley Health Center budgets to offer staff scholarships to further their education at local colleges by paying the cost of tuition and books. Scholarships are granted for those obtaining Trained Medication Administration (TMA) certifications, Licensed Practical Nursing (LPN) and Registered Nursing (RN) degrees, and Dietary Manager Certification.

For the 2018/2019 cost report year (10/1/2019-09/30/2020) BVHC awarded \$3425.00 towards:

- i. NAR Certification
- ii. Certified Dietary Manager Certification

BVHC offers staff members a variety of training opportunities each year. Some of the topics covered in these training sessions include:

- Infection Control Practices
- Emergency/Disaster Planning
- Abuse and Neglect Prevention
- Proper Lifting Procedures / Ergonomics
- Fire Safety
- Safe Care for Seniors
- Dementia Training
- Trauma Informed Care
- Corporate Compliance / Code of Ethics

Browns Valley Health Center has assisted the local community colleges with on-site training programs and been able to provide LPN students on site training with the residents.

Every employee at Browns Valley Health Center participates in Performance Improvement Projects (PIPs) as part of our commitment to continuous quality improvement. Every employee received valuable information as well as provides vital feedback for their chosen PIP.

Employees of Browns Valley Health Center have the opportunity to attend multi-session leadership training that is sponsored by the parent corporation, St. Francis Health Services of Morris, MN. The World Class Leadership program facilitates this education.

### Helping Community Members in Need

Facility offers services such as,

- Meeting space for local organizations
- Funeral Services
- Church Services
- Loan personal health care equipment for short term needs
- Safety and Home Evaluations
- Provide Community Senior Meals
- Monthly Community Blood Pressures

### Serving as Active Community Members

The facility is affiliated with the following organizations:

- Leading Age of MN
- SWAP
- Senior Linkage
- DMA
- ANCC
- MNDONA
- MHCA

Community groups that BVHC is active in volunteering with are the American Legion, American Legion Auxiliary, Senior Citizens, BV School, BV Education Foundation and Lions Club.

### Volunteerism

BVHC has numerous volunteers from Browns Valley and the surrounding communities that donate their talents and time to the residents. Volunteers assist the facility with inside / outside activities, special celebrations, van rides, and one-to-one visits with the residents.

## Promoting Economic Development

Many local businesses are supported by BVHC. They include:

- City of Browns Valley
- Hardware Hank
- Valley News
- Maynard's Food Center
- Serocki Excavating
- Lewis Drug
- Border States Cooperative
- Hoffman Electric
- Goodhart's Shop
- BV Community Elevator
- #2 Welding
- Cenex C Store

The facility employs an average of 80 employees. During the 2020 year the organization employed approximately 65 full time equivalent employees. Because these people come to work at Browns Valley, they also spend monies in the community, whether they reside in the city or not.

Each year BVHC pays approximately \$1,750,800.00 in wages and \$371,800.00 in health care benefits to our staff and \$63,900.00 in pension benefits. This was all provided in an area where medical and employment opportunities are very limited.

For More Information	
Facility Information	<p>Browns Valley Health Center, Inc.            114 Jefferson St. South            Browns Valley, MN 56219            Phone: (320) 695-2165            Fax: (320) 695-2166            Web Site: <a href="http://www.bvhc.sfhs.org/">http://www.bvhc.sfhs.org/</a></p>
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