



# BROWNS VALLEY HEALTH CENTER

## Browns Valley Health Center, Inc.

### *Social Accountability Statement - 2021*

Browns Valley is a small, rural community located on the cusp of Western Minnesota. The city is home to approximately 585 residents and 45 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 2021, 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, 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 35 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 approx. 10,500 patient days and provided services to more than 40 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
- Bell Choir
- Shopping/Outings
- Special Event Celebrations
- School Program visits
- Bowling, Horseshoes, Yard Toss, Balloon Toss
- Wii Games
- News Group
- Manicures
- Alexa Music

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

### **BVHC Grants**

An example of this commitment to excellence is the implementation of “Nursing Facility Performance-Based Incentive Payment Program” (PIPP) 2021 grant awarded by the MN Department of Human Services (DHS) entitled: “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 two year \$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. 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 2020-2021 cost report year (10/1/2020-09/30/2021) BVHC awarded over \$9,000 towards:

- i. NAR Certification
- ii. RN Schooling

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 70 employees. During the 2021 year the organization employed approximately 60 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 \$1,710,000.00 in wages and \$300,000.00 in health care benefits to our staff and \$60,520.00 in pension benefits. This was all provided in an area where medical and employment opportunities are very limited.

For More Information	
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