

# CORNERSTONE™

A SOLID FOUNDATION IN HEALTHCARE

CORNERSTONE RESIDENCE - A PREMIER ASSISTED LIVING COMMUNITY - MARCH 2021

## STYLIN & PROFILIN AT CRK!



FeBRuary brought frigid temperatures, but the folks at Cornerstone Residence of Kelliher stayed nice & warm...  
& can we just mention that they did it with style!

## BINGO



Look at these fierce BINGO players...  
**They are in it to win it!**

CRF Residents are thrilled  
to be playing BINGO once again.

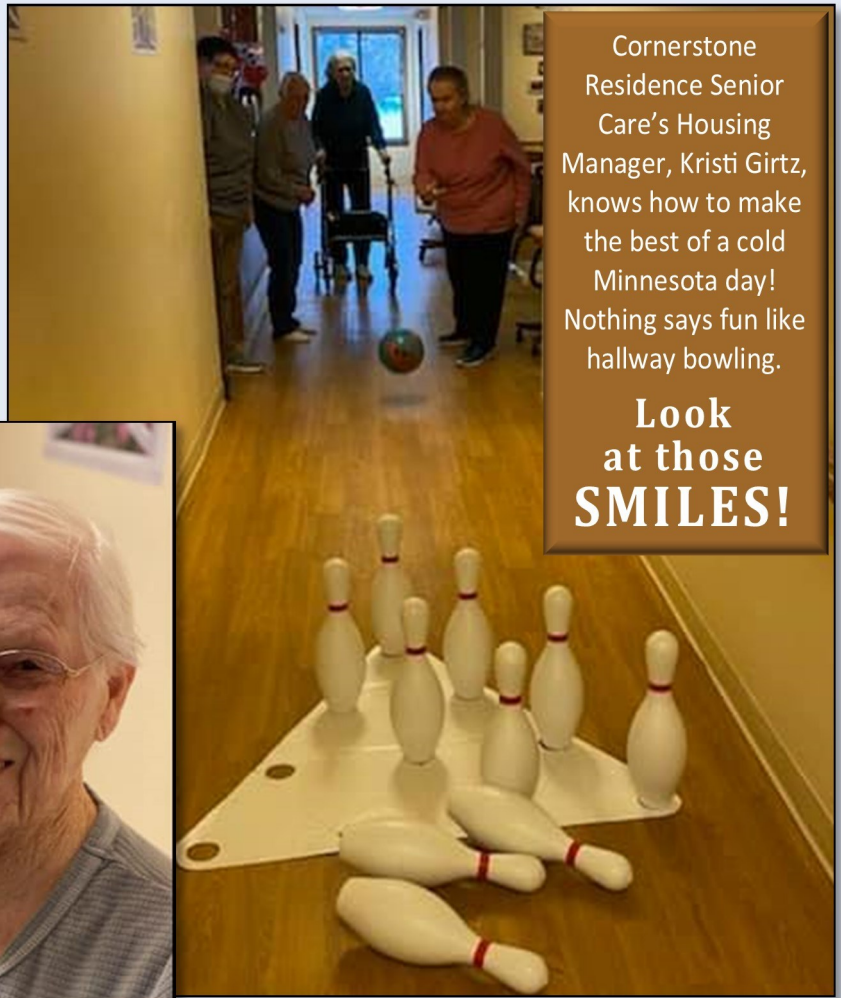
## Good for the Soul



Thank you Pastor Eli Voigt for  
visiting our residents at CRB!  
They love to listen to the piano  
music & hear the sermon.



❄️🌿 Baby 🌿❄️  
IT'S COLD  
❄️ outside ❄️



Cornerstone Residence Senior Care's Housing Manager, Kristi Girtz, knows how to make the best of a cold Minnesota day! Nothing says fun like hallway bowling.

**Look at those SMILES!**



## SPECIAL DELIVERIES AT CORNERSTONE RESIDENCE OF FOSSTON



Personal Assistants, Clara Albrecht & Ranae Lamorie, created beautiful hand made valentines cards for CRF residents. This labor of love was an easy task as staff quickly bond with & truly care for our residents!

Clara personally delivered the valentines cards with decorated cupcakes, coffee & warm wishes!

*See more pictures on page 3*





## Brandi Knows Best Brandi Coyer, RN Coordinator

As you may know, as we age a urinary tract infection (UTI) can become more common. But did you know that sometimes the elderly may not display typical symptoms? Learning about why we get urinary tract infections and the risk factors that makes us more susceptible can help us prevent possible serious illness and even death for those we care for. If you are caring for an elderly loved one it is important to understand the symptoms and ways to avoid UTIs.

The elderly may have increased risk factors including urinary retention, or the inability fully empty their bladder, incontinence, hormonal changes, obesity, a history of urinary tract infections, or needing a catheter. Women are also at a higher risk. Some medical conditions such as diabetes, Parkinson's, Alzheimer's, or multiple sclerosis may increase the risk of developing a UTI.

Also, as a person ages the desire to drink water and other fluids often lessens, which may be a result of a medical condition, inability to remember, medications or lack of proper nutrition and hydration.

According to mayoclinic.org, a urinary tract infection (UTI) is an infection in any part of your urinary system (kidneys, ureters, bladder, and urethra). The most common symptoms of a UTI are an overwhelming need to urinate immediately and frequently, inability to produce urine, bloody or cloudy appearance, strong smelling and a burning sensation while urinating.

However, many seniors do not express typically symptoms, which makes it hard to diagnose. Instead, many will display behavioral changes such as confusion, agitation, hallucinations, restlessness, delirium, lowered alertness, unexplained incontinence, loss of appetite, fatigue, and an increase in falls or lack of coordination.

It is important to rule out a UTI or other medical conditions whenever there is a change in behaviors. An untreated UTI can cause significant kidney damage and can also be detrimental to your health if it spreads into the bloodstream. Contacting your primary care physician is

strongly encouraged if you suspect a UTI. The good news is that there are ways to lessen the risks of getting a urinary tract infection. Never holding your bladder for an extended period, staying hydrated, wiping front to back, wearing breathable clothing with loose fitting pants, excellent catheter care, and staying clean can all help avoid UTIs. Evidence also shows that double voiding is helpful, meaning emptying your bladder then waiting about 5 minutes and attempting to urinate the contents of your bladder again. This can help assure the bladder is fully emptied. Some may also benefit from taking an organic concentrated cranberry supplement or drinking 100% cranberry juice as well.

At Cornerstone we know how important it is to watch for the typical and less typical signs of a UTI. All our staff have been trained in ways to help residents avoid UTI's and what symptoms need to be reported to the nurse right away to avoid further complications and receive timely treatment. We also encourage adequate water intake during medication administration and mealtimes.

Hoping that all are staying well and warm, Brandi Coyer.



**SPREADING LOVE**

**CRF Valentine's Day**



Cornerstone Residence  
115 1st Street East  
Fosston, MN. 56542

# VISITORS WELCOME! CALL AHEAD FOR AN APPOINTMENT

Visit our website to learn more about the Cornerstone facilities  
& to see what employment opportunities are available.

[www.cornerstoneshc.com](http://www.cornerstoneshc.com)



## Employee Shout Outs!

Sheree has been a CNA for many, many years and in that time she has dedicated 11 of those years to serving the residents of CRB.

She has truly been a “cornerstone” here with her outstanding dependability and the expert level cares she provides.

Residents and resident family have always had such wonderful things to say about Sheree.

Happy Anniversary Sheree and thank you for choosing CRB!  
Employment Anniversary date 2/16/2010

Cornerstone Residence Senior Care wants to give Denise Sumrall a shout out for her employment anniversary!

Denise has been a valuable part of our dietary team for three years! We appreciate your dedication and the care you give to providing nutritious meals to our residents.  
Employment Anniversary date 3/22/2018

*Due to limited space not all employment anniversaries were mentioned... but we appreciate each of you more than words can express!*

Which 5 Employees  
will reign victorious in the  
**St. Patty's Day Candy  
Count Guessing Game!**  
See April's newsletter to find out!



Cornerstone Residence of Bagley sweetened up their residents with cute Valentine's Day floats! Many smiles & laughs - sweet times indeed!