



CORNERSTONE

NURSING & REHAB CENTER

A CHILD HAS A SPECIAL WAY OF ADDING JOY TO EACH DAY!



Cornerstone Nursing & Rehab Center is proud to continue being a 5 Star Facility!

We are so thankful for our employees. Their hard work, dedication, and love towards our residents does not go unnoticed!

What does it mean to have a 5 Star Quality Rating: Centers for Medicare & Medicaid Services (CMS) created the Five-Star Quality Rating System to help consumers, their families, and caregivers compare nursing homes more easily. The Nursing Home Care Compare web site features a quality rating system that gives each nursing home a rating of between 1 and 5 stars. Nursing homes with 5 stars are considered to have much above average quality and nursing homes with 1 star are considered to have quality much below average.

Our Scores:

- Health Inspections - We earned 5 Stars!
- Staffing - We earned 5 Stars!
- Quality Measures - We earned 5 Stars!

Visit www.medicare.gov to see for yourselves how we rate with other local skilled nursing facilities!



Loss of Independence



By Aaron Spray
Registered Nurse

The loss of independence can be very unsettling for our aging loved ones. Many elders feel they

lose their dignity and sense of identity when they no longer can do their own activities of daily living. Feelings of doom due to the added costs and a fear of confinement may also be playing on their emotions. Anger, confusion, fear, and guilt are all very common reactions. It is very important to take these feelings into consideration when starting a conversation about the possibility that your loved one may need additional help.

Loss of mobility is a common reason for needing more assistance. Mobility is a huge factor in maintaining independence. One cannot continue to care for themselves if they are unable to make it to the bathroom or walk to the kitchen for a meal. There are many reasons why people lose mobility. Lack of physical activity, obesity, balance, a recent fall/accident, or strength issues are a few. Loss of mobility has serious social, psychological and physical consequences. Not making it to the bathroom in time can lead to incontinence, which can lead to urinary infections. Not being able to go out to socialize with family and friends can lead to depression. The list of complications that can arise from immobility are near endless.

There are things you can do

to help your loved one. Start by monitoring their mobility while they are moving about at home or while out shopping. If you believe there is an issue, make them an appointment with their medical doctor for a mobility screening. You may think that it is a given that your loved one is being monitored by their physician. The sad fact is, they are not always. Physicians have many body functions to worry about and monitor. They may not realize that mobility should be added to list unless they are informed of possible issues. Remember that your loved one may be too proud to mention a decline, so you may have to.

If mobility is deemed a problem, it should not be immediately assumed they need to move into a skilled nursing home or assisted living. Many times, physical or occupational therapy can help your loved one restore their mobility to its maximum potential allowing them to continue living at home longer.

Cornerstone Nursing & Rehab Center in Bagley provides residents with a worry-free stay, in beautiful private rooms while they receive inpatient therapy. The fabulous staff of Choice Therapy offers rehabilitation right there so no additional travel is necessary.

Mobility is not the only reason why maintaining independence may be hard. Memory loss ranks high also. As we age it is normal to have some additional troubles with memory. However, knowing when to be concerned can be tricky. If you fear that your loved one is suffering from memory loss, beyond the normal, see a doctor. Many things can be

affecting their memory. Stress and anxiety, ADHD, depression, thyroid problems, diabetes, infections, vitamin B-12 deficiency, among other complications can be the cause.

If your doctor has ruled out fixable memory sabotages, it may be time to investigate long term help for your loved one.

Cornerstone has many options available. Any of our assisted living facilities can assist an individual with mild to moderate memory loss. Assisted living allows the individual to continue to live as independently as possible while assuring that their needs are met. If memory loss is too severe for traditional assisted living, Cornerstone also offers a memory care unit in Fosston and two in Bagley.

Remembering that your loved one has a wide variety of emotions linked to the loss of independence will help you to deal calmly with them. Having calm and honest conversations about their needs, along with your own limitations as a care provider may help them to see that more help is necessary. Many nursing and assisted living facilities have websites where they can view the living accommodations. Seeing may help them to visualize themselves living there. Being patient, kind and thoughtful during this process will help make the transition much smoother.

Our community is so blessed to have options available when it comes to elder care. Visiting www.cornerstoneshc.com can help familiarize you with what Cornerstone Residence and Cornerstone Nursing & Rehab Center offers.



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**Where there is
love there is life.**
MAHATMA GANDHI

WELCOME TO OUR NEW DIRECTOR OF NURSING!

I worked on Med Surg Ortho at Sanford Bemidji for 12 years and was the manager for the last 6. After leaving Sanford, I managed the nursing staff at the Beltrami County Jail for a couple months prior to accepting the DON position here at Cornerstone. I have my master's in nursing leadership, I enjoy maintaining a safe and collaborative work environment while mentoring staff.

I am married to my husband Bucky, have 2 Boston Terriers (Hooper & Hattie) and a cat (Maceo). We live in Bemidji and have a place on Lake of the Woods where we spend a lot of time during the summer fishing and cruising around on the golf cart.

I am excited to continue to get to know all of the employees and residents!





Cornerstone

Nursing & Rehab Center

A 5 STAR FACILITY

CORNERSTONE
A SOLID FOUNDATION IN HEALTHCARE

Services offered at Cornerstone Nursing & Rehab Center

Cornerstone Nursing & Rehab Center, a 47-bed, Medicare-certified, skilled nursing facility, provides skilled care in a comfortable, safe and home-like atmosphere. Cornerstone offers quality health care and strives for excellence in all departments, enhancing the quality of life for our residents. Stop by for a personally guided tour of our facility. Individual resident care plans are developed by a team of professionals to ensure that all residents' needs are addressed and provided for.

We offer:

- 24-Hour licensed nursing care
- Physician visits
- Exercise and restorative care programs
- Therapeutic diets
- Physical, occupational and speech therapy
- Daily activities to meet individual interests
- Wonderful volunteers
- Spiritual and hospice services
- Transportation arrangements
- Resident and Family Councils
- Adopted Foster Grandparents Program
- Private resident rooms
- Designated Memory Care wing
- Monthly visits by a registered dietitian and pharmacist consultant
- & much, much more!

Cornerstone Nursing & Rehab Center

416 7th Street NE
Bagley, MN. 56621



A sweet friendship
refreshes the soul

PROVERBS 27:9