



CORNERSTONE



NURSING & REHAB CENTER

416 7th Street NE, Bagley, MN. 56634 - (218)6946552 - www.cornerstoneshc.com



PONTOON RIDE FUN!



Thank you Let's Go Fishing and their wonderful volunteers for taking us out for an afternoon of fun on Lake Bemidji! Let's Go Fishing is an organization that believes in the power of nature's healing. Their mission statement is "Bringing Nature's Healing and Well-being to Seniors, Veterans, and the Disabled."



Cornerstone welcomed a few furry friends on August 26th. These handsome dudes plus a few others sure brought a lot of joy to residents and staff alike!



CONGRATULATIONS LADIES! Paige, Certified Dietary Manager, was nominated for the Horizon Award through ANFP-Minnesota. The award is for new members to management who demonstrate a desire for future growth through commitment to their facility by displaying leadership and fostering equality, diversity and inclusion in the workplace. Kelly, Registered Dietary Nutritionist, was nominated for the 2022 Ambassador of the Year. This award is given for a strong commitment to the CDM credential and supports the nutrition and food service department leader through mentoring.

Living With Respiratory



Disease

By Dani Churness, RN, DON

Living with a respiratory disease can be scary. It has been likened to being a fish out of water, feeling like you are

breathing through a small straw, or wearing a tight corset that you can never take off. Not only is it scary, struggling for air also causes chronic fatigue not to mention the emotional toll it takes when you are not able to participate in your favorite activities.

According to Pub Med.gov the most common respiratory diseases in adults 65 or older are “respiratory tract infections, tuberculosis, chronic obstructive pulmonary diseases and bronchial asthma.” 15% of older adults suffer from one of these diseases says WebMD.

Respiratory decline is normal as we age, however the aging process should never cause serious impairment to our lungs on its own. Although our lifestyles can have serious implications to our respiratory health. Smoking is the #1 cause of lung impairment and secondhand smoke a close second. Preventing these diseases are doable by avoiding smoking, limiting exposure to pollutants, getting regular check-ups, and exercising regularly.

If you have been diagnosed already there are many ways to help lessen the

burden of breathing difficulties. Here are a few: wearing nonrestrictive clothing, staying indoors when air quality is poor while using an air purifier as needed, practicing deep breathing exercises, using oxygen and medications appropriately, but most importantly avoiding infection by washing your hands often.

The staff at Cornerstone is sympathetic to our Residents that suffer with respiratory disease and work diligently to help make them as comfortable as possible.

Cornerstone Nursing

& Rehab Center

416 7th Street NE

Bagley, MN. 56621

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!



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..... A CMS 5-STAR RATED FACILITY