

CEDAR NORTH/CEDAR SOUTH STAFF MEETING SUMMARY

Subject: CN/CS Staff Meeting

Date: January 15th, 2026

Time: 8:45a-11:00a

Inservice's:

- ❖ **Safety/Health Review:** Check winter attire for all individuals (hat, coat, mittens, boots). Make sure the ice melt buckets are full.
- ❖ **Emergency Procedures:**
 - CN-Joy for power outage
 - CS-Angela for power outage
- ❖ **Nursing Inservice:** Nothing to review this month
- ❖ **Program Policies (assigned in STAR):** Blood Borne pathogens/Universal Precautions

Meeting Review: Push water as much as possible with the clients to stay hydrated. Starting in February on CS there will be an extra shift added to the weekend

- Maintenance – any house concerns?

CN Individual Reports:

- **Dylan: DIET – REGULAR DIET- WEIGHT – 188.5 (+ 1.9)**
Appts: none in December

Concerns: none currently

Outings: Does meals and coupons on Friday mornings, Farmer Dell, Walmart and Paradiso in Grand Forks, MCGH Christmas Party, Retirement party at MCGH office, played piano at Argyle Mall, went home for Christmas.

Notes: recently had Influenza A

Exercise: Dylan rides a bicycle daily (either inside or outside) and will go for walks with staff.

- **Outcome:** Choose a community site to do volunteer work with at least 1x/week

- **Hailey: DIET – REGULAR DET – WEIGHT – 156.1 (-1.5)**

Appts: None in December

Concerns: Keeping areas of the home clean where her things are such as staff bedroom and living room. Hailey should only bring a certain number of items with her to the DAC. Hailey should be getting ready in the morning 1st before going on her iPad.

Outings: Farmer Dell, Santa Day at Argyle Mall, Walmart and Paradiso in Grand Forks, retirement party at the MCGH office, MCGH Christmas party.

Notes: use the exercise bike 2x a day for 5 minutes was discussed at her team meeting

OT/PT Exercise Program: Encourage Hailey to get up and walk/exercise every hour when she is at home.

- Outcome: Weekly, Hailey will explore new leisure activities so she can identify interests she enjoys and can do during her free time.

- **Sandra: DIET – TO HAVE 2-3 CARB CHOICES AT EACH MEAL AND 1/2C PORTIONS; SNACKS ARE TO BE 1 CARB – WEIGHT: 186.8. (-.7)**

Appts: Sandra seen Brenda King, Megan Kipp (pulmonology) and Nicole Hylden in the month of December.

Concerns: Remind Sandra to ride the exercise bike daily and/or walk weather permitting

Outings: Crookston to see her son, Farmer Dell, Santa Day at Argyle Mall, Catholic daughters Christmas Potluck, Walmart in Grand Forks and Crookston, Paradiso restaurant, Church, a baptism, retirement party at MCGH office, MCGH Christmas Party, daughters place and work Christmas party.

Notes:

Exercise: Sandra is encouraged to exercise daily on her own, choosing what she wants to do for exercise.

- Outcome: 1. To be more involved in community events – engage in St. Rose Church activities (serving funerals, be a greeter, work at the Fall Bazaar)

- **Vinette: DIET – PUREED FOODS, HONEY-THICK LIQUIDS, 1/2C PORTIONS -WEIGHT 175.7 (+3)**

Appts: Rebecca Schultz X2 (dermatologist)

Concerns: make sure Vinette's humidifier is on every night.

Outings: Farmer Dell, Santa Days at Argyle Mall, Walmart and Paradiso in Grand Forks, MCGH Christmas Party, Retirement party at the MCGH office, Church, Christmas in Roseau with friends and a baptism

Notes: Vinette had a couple falls in December Make sure food that is being processed and put in freezer for her get labeled as to what it is and a date..

OT/PT Exercise Program: Neck massage daily, exercise program BID, exercise bike, walking program daily w/ counting wooden pieces to track; finger board (located on living room wall) once a day.

- Outcomes: 1. Vinette will attend church services or watch church services on television twice a month
- 2. Monday - Thursday, after returning from the ODC, Vinette will unpack her lunchbox and put her dirty dishes in the sink and place her lunch box on the kitchen counter.
- 3. Have her fingernails polished two Sunday afternoons/month

CS Individual Reports:

- **Gary:** DIET - REGULAR DIET 1/2C SERVING PORTIONS
- WEIGHT: 168.9 (-01 oz)

Appts: massage w/Carol

Concerns: Still watching Gary's weight with portion control for meals/snacks. Gary has gotten better with staff when using his walker to ambulate but still walks with pushing the walker farther away from him and staff needs to redirect him when doing this.

Outings: Attends ODC 4x a week which will be changed to 5 this week. Gary attended the MCGH Christmas party and enjoyed seeing everyone. For Christmas Gary got to see his mom with his brother and one day his brother came to visit.

Notes: Push more water out though the day and have him sit either before meals or after meals on the toilet and he needs to sit longer to have a BM.

OT/PT Exercise Program: Has an exercise program that was provided by an OT following an evaluation. This program is laminated and posted in his bedroom for staff to use.

- **Outcomes:** 1. Gary will correspond with family and friends by making phone calls or mail monthly, with staff assistance.
2. Once a month, Gary will participate in a community outing by choosing a restaurant to eat at, with verbal prompting from staff.

- **Diane:** DIET – PUREED FOODS AND NECTAR THICK LIQUIDS, 1/2C SERVING PORTION CONTROL; ASSIST OF 1 AT ALL TIMES WHEN WALKING WITH FRONT-WHEELED WALKER; ASSIST OF 1 FOR TRANSFERS

- WEIGHT: 126.4 (+.01 oz)

Appts: massage with Carol and zoom appointment for medication management.

Concerns: Still watching weight and doing portion control, when toileting she needs to set for at least 20 mins. Diane needs to complete her activities; she is very stubborn to where she will not do any activities, however she has gotten better at wanting to do activities.

Outings: Attends DAC 3x a week and attended the MCGH Christmas Party.

Notes: Diane needs to sit at least 20 minutes when toileting to have a BM, also push more water drinking with her.

Schedule outings for Tues, Fri, Sat or Sun each month for Diane 1:1

OT/PT Exercise Program: plantar fascia exercises to feet/ankles daily in am, upper extremity peddle bike 5-10 minutes daily; PROM to lower extremities 3x/day; sit to stand exercises for 30 second durations 5-10 reps, ambulate with walker, gait belt and 1 assist during the day

- **Outcome:** 1. Diane will participate in leisure activities of her interests in music, eating out and movies, in the community, 1x/month.

- **Corrie:** DIET – REGULAR DIET; REGULAR LIQUIDS; NO PORTION CONTROL - WEIGHT: 96.8 (-3.8)

Appts: 12/8 Wyatt from Altru Ortho to be fitted for wash Brace, Tech came on 12/23 to replace parts on his wheelchair. 1/9 (Friday) Taken to NVHC Emergency Room due to weight loss and not eating.

Concerns: Corrie's weight is still a concern as Friday he was noted from the ER to have backed up stool in his colon and a UTI. Corrie needs water pushed at minimum of every 2 hours. Please avoid milk currently as he needs more water. Ensure should still be mixed with ice cream when given to him.

Outings: No longer Attends DAC, did attend the MCGH Christmas party and enjoyed seeing everyone.

Notes: Please push more water throughout the day
Schedule outing each month on a Saturday just for Corrie.

Exercise Program: Ambulate 2-3x a day for 30 ft with a gait belt and two staff.

- **Outcomes:** 1. Corrie will spend time in the community, x1/month, watching community members engaged in activities (walking, shopping, playing, visiting, etc)

Meeting Minutes, Policies and Trainings to be acknowledged in Star Services by each staff member.

The next monthly staff meeting will be held Wednesday, January 7th, 2026 at 8:45am.

STAFF MEMBERS PRESENT:

Name:		Position:	Name:	Position:
Kristal Walen	exc	Administrator	Jennifer Yutrzenka	DCS
Kelsey Grandstrand	exc	PS	Lori Weber	DCS
Henrietta Linder		RN	Margaret Deschene	DCS
JoAnn Saunders		LPN	Laura Kostrzewski	DCS
Carol Urbaniak		DCC	Liz Anderson	DCS
Rachel Lopez		DCC	Helen Gilster	DCS
Kim Kostrzewski		DCA	Marilyn Huderle	DCS
Amy Wheeler		DCA	Sara Bring	DCS
Joy Edgar		ONP	Paige Truedson	DCS
Angela Wick		ONP	Gena Henrickson	DCS
Susan Kuhn		DCS		

Authorized By: Janelle Fick, Program Supervisor