



### Future Editors

**March 11**  
Doug Pfau

**March 18**  
Louis Pinkerton

**March 25**  
Stephan Podrygula

### Greeters

**March 8**  
Jim Olson  
Dick Olson

**March 15**  
Doug Panchot  
Doug Pfau

**March 22**  
Louis Pinkerton  
Stephan Podrygula

### Upcoming Programs

**March 8**  
Wayne Biberdorf  
Hess Corporation

**March 15**  
Lea Johnson  
Trinity Mental Health  
Stress Management

## The Best Way Home

**ManorCare Transitions Patients Between Hospital & Home**  
by Doug Panchot

Millions of adults will be discharged from hospitals this year, requiring skilled nursing and rehabilitation before returning home. They will face a critical decision as to which team of doctors, therapists, nurses and social workers they will trust to help them recover.

Each day, ManorCare of Minot treats patients with medically complex conditions transitioning from hospital to home. The patient's best way home is through our doors. Our outcomes reflect that. On average, 88% of our rehabilitation patients return home.

At ManorCare facilities nationwide, 28,000 nurses treat more than 36,000 patients, and 6,000 therapists will provide more than 100,000 minutes of therapy. Our facility in Minot employs 14 full-time therapy staff and provides an average of 5,000 minutes daily.

Our role in the spectrum of health care continues to expand and change, and we're thrilled that we can make such a positive difference in the lives of our patients of all ages. Today's post-acute care facilities are serving an increasing number of patients transitioning between hospital and home. We are not just a skilled nursing center; we are a post-hospital rehabilitation center.

Whether a patient is recovering from surgery, illness or injury, our staff works with the patient, family members and physicians to create individualized care plans that recognize the unique needs of each patient.

The transition from hospital to home is further enhanced by a nursing staff that receives training in medical management and rehabilitation. Discharge planning begins on admission and goals are set to help the patient return home as quickly as possible.

The combined efforts of the therapy, rehabilitative nursing, dietary and social

services departments provide guidance, family support and the encouragement needed for patients to return to their independent lifestyles.

Our patients are coming to us younger and sicker and expect to recover quicker and return home. Our rehabilitation gym is bustling with activity, with patients working on regaining strength, stamina and the skills they need to return home.

Our center offers skilled nursing and physical, speech and occupational therapy, for patients as they recover from surgery, illness or injury. Often, patients may meet the criteria for discharge from a hospital, but that doesn't necessarily mean that they are ready to return home, they need rehabilitation to restore their physical abilities and re-learn certain skills, as well as to achieve the confidence they need to return to productive lifestyle.

Last summer we added 8 beds and a new rehabilitation gym to meet the growing need for post-hospital rehabilitation in this area. Rooms have swing arm televisions with complimentary expanded basic cable service. Internet access is available both in our internet café and through wireless.

This spring, all rooms will also be equipped with a telephone. We want our patients to have the basic amenities during their stay with us so they not only get stronger but enjoy their stay as much as possible.

Our efforts in that area have paid off. We use an independent company to survey our residents and discharged patients.

Recently, ManorCare of Minot was recognized as one of the top 5 of more than 300 HCRManorCare facilities nationwide for our excellent customer service scores.



# Secretary's Corner Om Madhok

3/1/10

**PRESENT MEMBERSHIP:** 105

**ATTENDANCE:** 57.0%

**VISITORS:** Gaige Miller, guest of Milt.

**MAKEUPS:** Robin Gordon-Thompson, Online; Om Madhok, Reed Argent, Dusty Zimmerman, Teal Myre, Bill McLees, Ron Merritt, Mike Berg, John MacMartin, Dave Lehner, Ken Kitzman, Tom Will, Robert Dick and Brent Mattson, Board Meeting 2-25-2010.

**RESIGNED:** Robert Wagoner

## We Missed You!

Daniel Albertson	Betty Fedorchak	Gerald Lumley
Terri Aldrich	Joel Feist	Jarid Lundeen
Richard Anderson	Mike Gaddie	Jay Lundeen
Kit Baker	Jen Guidinger	OH Mittleberg
Jeff Balentine	Robin Gordon-Thompson	Jim Olson
Wallace Berning	Jaime Haaland	Doug Panchot
Rob Buchholz	Daryl Hodnefield	Tom Rafferty
Don Bausman	Terry Hoff	Chester Reiten
Richard Campbell	Bob Horne	Alison Repnow
Adam Cichon	James Jensen	Alan Reynolds
Lisa Clute	Jolene Khalifa	Claude Sem
Fred Crist	Ann Krause	Rita Sommers
Donald Davison	Kim Krohn	Buzz Syria
Elicia DesLauriers	Alan Kurth	Bryan Thomas
Robert Dick	Linda Langmaack	Steve Tonneson
Sara Dufner	Dave Lehner	Kelly Turneau
Marie Effertz-Hanson	Fred Lien, Jr	Bruce Walker
David Ellingson	David Looyzen	Tom Wentz Jr



**SUNRISE ROTARY**  
**THURSDAY, 7:00 AM**  
**Grand International**

Please send editorials to: [kholte@srt.com](mailto:kholte@srt.com)

**The Prairie Flower** is the official publication of Rotary Club of Minot, Minot, North Dakota. It is published every Thursday. Annual membership dues for the year 2009-2010 in the Rotary Club of Minot, ND are \$588. 6/28/09 Om Madhok, Secretary.

**John Kenney** of Grangemouth Central, Scotland— President, Rotary Int'l  
**Ajoy Chatterjee** of Thunder Bay, Ontario, Canada—Governor District 5580

The Rotary Club of Minot meets 12:00 to 1:10 p.m. every Monday at the Grand International of Minot.

**Board of Directors:** Reed Argent, President; Teal Myre, President-Elect; Ron Merritt, Vice-President; Om Madhok, Secretary; Dave Lehner, Treasurer; William McLees, Past President.

**Directors:** 2009-Jen Guidinger and Dusty Zimmerman; 2010 –Robert Dick and Brent Mattson; 2011—Mike Berg and Tom Will

**Standing Members:** Peter Hankla, Exchange Students, Ken Kitzman, Scholarship Fund; John MacMartin, and Rotary Foundation.

## Birthdays

**March 8**  
Cara Olson

**March 11**  
John MacMartin



## Anniversaries

NONE

## Program Chairmen

### MARCH

Alan Estvold

### APRIL

Gerald Lumley

### MAY

Buzz Syria

### JUNE

Bruce Walker

## Fines

**\$20.00 each**

Mike Berg & Milton Miller

**\$3.00 each**

Those who bought insurance

**\$2.00 each**

Trivia questions for those who did not buy insurance

**TOTAL FINES:**

**\$175.00**



## Classification Talk

**Sharon Ervin Johnson** was born in Roanoke, Indiana on Thanksgiving Day, November 28, 1935.

In 1945, her family moved to California where she graduated from Porterville High School. She married Arnold Johnson, Jr. on September 9, 1953 and they made their home in Maryland and New Jersey, Oregon and Wyoming.

During that time, they had three children. In 1969, Sharon received her bachelor's degree from Minot State University where Arnold was a chemistry professor.

She began teaching history at Minot High School, received her Masters degree from Northern Arizona University and became an assistant principal at Minot. In 1980, receiving a Bush Fellowship, Sharon completed her doctorate at UND.

After six years as Assistant Dean of Continuing Education at UND, she

completed her career as Assistant Superintendent in Bismarck.

After retirement, she served as part time director of the UND Graduate Center located at Bismarck State College for another nine years.

Sharon and Arnold spent many hours at their summer home at Strawberry lake which was a gathering place for their family. After Arnold's death, Sharon traveled to many areas of the world, often biking or traveling with her grandchildren.

Sharon and Arnold spent many hours at their summer home at Strawberry lake which was a gathering place for their family. After Arnold's death, Sharon traveled to many areas of the world, often biking or traveling with her grandchildren.

She was a member of the Bismarck Rotary Club for over 20 years and served as President of the Club in 2004-2005.

### THE ROTARY FOUR-WAY TEST

Of the Things We Think, Say or Do:

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?



## Guest Speakers 3-2 2010

**Paul Kramer** and **Cindy Mueller** were our guest speakers this week. Paul started out by giving us the history of the Y's Men's Indoor Rodeo, which contributes to the Triangle Y Camp. Paul has been on the rodeo committee for the past 10 years and served as president in 2009.

When he not volunteering, he's busy working at Anderson, Wade & Whitty Architects.

The Y's Men's Rodeo is in it's fourth year in promoting "Tough Enough to Wear Pink" program and has sponsored the Ranch Rodeo for three years.

Cindy is the Aquatic Director at the YMCA for the past 19 years and served as the director at the Triangle Y Camp for the past 3 years.

The YMCA has been around for the past 67 years and two very important sponsors are the United Way and

Trinity Health.

The Triangle Y Camp began in the 1950s and it was the Y's Men's Rodeo Club mission to raise money for this camp. They have contributed \$250,000 since 2000 and also donate material and equipment to take care of the buildings.

The camp is staffed by members of the YMCA. There are seven sessions with approximately 120 children and 50 staff members attending weekly. A total of 736 were in attendance last year.

The number one answer on the survey conducted every year is that the kids liked their counselor, followed by the made new friends.

The Triangle Y Camp is in the process of cabin replacement. If you wish to help, please contact Paul Kramer at 852-4850.

