

Koochiching Health Services
Social Accountability Statement 2022

Littlefork is a small Minnesota community just 9 miles south of the Canadian border, close to beautiful Rainy Lake and Rainy River. The city is home to 700 residents. At Koochiching Health Services, we strive to make the town of Littlefork a better place to live by offering long-term and short-term care to the elderly. We are fortunate to have a group of community members who are committed to volunteering in the facility and assisting us in enriching the lives of their loved ones, friends and neighbors. Many of our staff are long time community members committed to caring for their fellow Littlefork residents.

Our Mission: Expressing *Christ's* love by providing care that values every human life.

St. Francis Health Services owns and operates Littlefork Care Center and Jack Pine Chateau and is sponsored by the Catholic Diocese of St. Cloud. We agree to promote the Ethical and Religious Directive for Catholic Health Care services.

Koochiching Health Services consists of a 42 bed skilled nursing facility and 12 unit Independent Apartment. The facility provides medical, social and spiritual care to its residents without regard to race, color, creed or national origin, in furtherance of the organizations exempt status. During the current reporting year, the organization had 13,333 patient days and provided services to more than 88 patients in the Nursing Home and provided housing for more than 12 tenants at the Independent/Assisted Living Center. Also during this time period, the organization employed approximately 82 total employees, including 47 full time equivalent employees and gross wages paid out were more than \$2,360,000

<i>Core Values:</i>	
<i>Integrity</i>	We faithfully adhere to high principles and professional standards.
<i>Commitment</i>	We dedicate ourselves to those we serve.
<i>Respect</i>	We value and treat each individual with compassion and dignity.
<i>Excellence</i>	We have the passion to do our best.
<i>Service</i>	We deliver what has not been done, before it is expected.
<i>Stewardship</i>	We wisely employ the talents, resources, and relationships entrusted to us.

Providing Quality Care and Services for Older Adults

Koochiching Health Services serves a geographic area of approximately 3154 square miles with about 20% from the Littlefork community, 61% from the International Falls community, and 19% from the surrounding areas of Bigfalls, Northome, Birchdale, Loman and Indus. In a given year, over 100 individuals will use our services. Many individuals use our services for recuperation from surgery and/or short-term rehab. Often, those individuals stay with us for one to three months.

Rainy Lake Medical Center, our Contract Therapy Company is able to provide therapies for:

<ul style="list-style-type: none"> • Orthopedic Injuries • Back and Neck Injuries • Amputations • Chronic Pain • Hip Fractures 	<ul style="list-style-type: none"> • Speech Disorders • Swallowing Disorders • Post-Surgical Conditions • Neurological Disorders • Stroke
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In addition to medical services, Koochiching Health Services offers a wide variety of opportunities for socialization within our community. Family and public participation is encouraged. Activities include:

- Live Music
- Bingo
- Word Puzzles
- Bible Studies
- Current Events/Reminisce
- Veteran’s day Service
- Offsite trips
- Bus rides
- Shopping
- Memory Games
- Campfires & S’mores
- Sr. Prom
- Bookmobile
- Pet visits
- Garden Club
- Beauty Shop Services
- Religious Services
- Birthday party every month
- Special Parties
- Sing Alongs/Music groups
- AM Exercise
- Fine Dining
- Physical Games
- Baking
- Memorial Day Service
- Happy Hour/Social Hour
- Men’s & Women’s groups
- Sensory Groups
- Manicure/Pedicures
- Art/Craft Projects
- Intergenerational activities

An example of this commitment to excellence is the implementation of “Nursing Facility Performance-Based Incentive Payment Program” (PIPP) grants awarded by the MN Department of Human Services (DHS). One grant in progress during 2023 was the “Falls Prevention” grant.

FALLS PREVENTION:

An older adult is treated in the emergency room every 11 seconds and an older adult dies every 19 minutes as a result of falls (Karon, Ryther, & Robinson, 2015). Falls are the leading cause of fatal and non-fatal injuries among older adults over the age of 65 (Karon, Ryther, & Robinson, 2015). With these statistics it is important for care centers to address falls with the intent to decrease falls, potential for injuries, and increase the individual receiving services’ quality of life.

The SFHS Collaborative is working together to create a comprehensive falls reduction program that includes improving the care center environment by making it more home-like through strengthening person-centered care, using new artificial intelligence (AI) technology, and developing new exercise programming. The SFHS Collaborative aims to achieve a safer environment for individuals receiving services by training all staff to support, understand, and

strengthen our person-centered care to better meet individual resident needs, to use new AI technology to understand the person's routine and habits, and to increase movement and exercise programming to decrease the risk for falls and subsequent negative outcomes related to falls. As care needs are better identified and person-centered care is improved for individuals receiving services, a decrease in falls could lead to improved utilization of medical care resources, decreased hospitalization, and improved use of staff time related to falls. Falls can have very negative consequences for residents and require multiple types of resources. This \$2.8 million project will assist us in rebalancing by effectively using new and existing resources through training, AI technology use, and expansion of exercise programming. The SFHS Collaborative will be able to provide quality care more efficiently as both intrinsic and extrinsic factors related to falls are better understood and considered.

Recognizing Spiritual Needs and Individuality

Spiritual care is an integral part of holistic resident care. Upon admission, each resident is assessed for his or her spiritual history and needs. In keeping with this, Koochiching Health Services has participation from the following local churches:

- St. Columbian Catholic Church
- Big Falls River of God Church
- Northwood Mennonite Church
- St. Thomas Aquinas Church
- Littlefork Baptist Church
- Northwood Bible Church
- Littlefork Lutheran Church

Our churches and staff offer multiple spiritual activities for our residents including:

- Remembrance Services
- Communion
- Weekly Worship Services
- Deacon visits
- Weekly Rosary
- Weekly Bible Study
- Bedside Prayer Service
- End of Life Care/Support
- Hospice/Grief Assistance
- Intergenerational Fellowship
- Clergy Visits When Needed
- Spiritual Sing Along
- Anointing of the sick

Providing Access to Educational Opportunities

Education is a high priority in health care and for Koochiching Health Services. Providing opportunities to further education and learn new information and skills is essential to providing quality, comprehensive, and holistic resident care.

Koochiching Health Services awards scholarship monies to assist staff in furthering their education. Scholarships have been given for those obtaining Nursing Assistant Certification Trained Medication Aide, Licensed Practical Nursing, and Registered Nursing degrees.

Staff is encouraged to apply to attend the St. Francis Health Services World Class Leadership Academy.

Additionally, Koochiching Health Services provides training programs each year to cover topics in:

- Infection Control
- Disaster Planning
- Abuse and Neglect Prevention
- Proper Lifting Procedures
- Fire Safety
- Alzheimer's/Dementia Training
- Clinical Issues/Training
- Corporate Compliance/Code of Ethics

Koochiching Health Services encourages others to consider careers in aging services. Koochiching Health Services assists the local colleges with on-site training programs. Several classes of Licensed Practical Nursing (LPN) and Registered Nurses (RN's) do onsite training throughout the year. This is hands-on training with the residents we serve.

Helping Community Members in Need

Koochiching Health Services supports many organizations within the community. Over the past year, Koochiching Health Services has given to the following community organizations:

- Rainy Lake Medical Center Foundation
- Littlefork-Big Falls Sports Calendar
- Fairview Home Care and Hospice Foundation
- Littlefork-Big Falls Yearbook

Koochiching Health Services regularly sponsors advertising in:

- Littlefork Lutheran Church Bulletin
- Littlefork Times
- Rainy Lake Gazette of International Falls

Serving as Active Community Members

- Serve on Advisory Boards at Rainy River Community College for RN, LPN, and NA/R programs
- Serve on Steering Committee for Health Care Advisory Council of Koochiching Economic Development Agency
- Active involvement with the local office of Minnesota Workforce Center

Volunteerism

Over the past year, our volunteers have donated approximately 444 hours to the residents of Koochiching Health Services. Volunteers assist the facility with activities, special celebrations, outside activities, hair and nail care, and one-on-one interaction with residents.

Promoting Economic Development

Koochiching Health Services purchases products and services from many local businesses. Last year, Koochiching Health Services purchased \$367,327 in goods and services from local businesses. Business Koochiching Health Services routinely purchases from include:

- City Drug
- J&D Family Foods
- Jackpine Family Diner
- Northstar Electric Cooperative
- Benedict Sign Co.
- Donahou Electric
- Minnesota North College
- Shannon’s Inc.
- Bremer Bank
- Polkinghorne’s Hardware Hank
- Littlefork Times
- Northern Disposal
- Ron Nelson Refrigeration
- Align Chiropractic and Wellness Center
- Trustar Federal Credit Union
- Mel’s Corner Service
- Rainy Lake Medical Center
- Rainy Lake Gazette
- Coca Cola Bottling
- Pick Me Flowers
- Flowerchild Floral

There are 62 employees working for Koochiching Health Services and 57 of these employees are International Falls/Littlefork residents. Each year, Koochiching Health Services pays approximately \$3.1 million in wages and benefits.

For More Information	
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