

## Reflections ~ Care Suites: An Option for Care at the End of Life

Creating peace of mind by providing a compassionate and supportive family centered environment, to maintain dignity and respect on one's life journey. This is the mission and philosophy of care at Reflections on the Three Links campus.

Specializing in end of life care, Reflections~Care Suites was the vision of Pat Vincent, CEO of Three Links. In describing her vision Pat is quoted as saying *"Facing the end of one's life is one of life's most sacred experiences. Our staff worked hard to create a place that not only focused on resident comfort, but also offered all members of the family the comforts of home."* She notes, *"Our model of care allows hospice programs to maintain continuity as they continue to guide the resident's plan of care once the resident has moved to Reflections."*

The care suites became a reality, opening in September, 2008. Anita Finger, a nurse who has worked in the Three Links system for 20 years and who came to Reflections when it opened explained, "When I toured Reflections, I thought it was perfect. It is something the community needed. It was exciting."

Reflections features, eight spacious suites with several gracious living spaces for families to come together. Families have commented on the openness of the unit and the many home-like areas for them to gather. We encourage family to be an active part of their loved one's care.

In a home-like environment, 24-hour nursing care is provided to individuals who have a life-threatening illness. Reflections is unique in that it provides a peaceful alternative when an individual is unable to remain at home. Some people do not have a caregiver to care for them at home, or there are times when providing end of life care for your loved one is simply exhausting. Reflections provides care and support so family members can share time with their loved one while caring for themselves.

Vicki Schetnan, nurse manager at Reflections, stated, *"I appreciate being able to provide individualized, hands-on care. The residents and families get to know each other and the minimal staff turnover gives families a feeling of safety and security. We work as a team, which is a big part of our success. It's home-like and cozy here."* A family member explained, *"The staff here are exceptional, and they make us feel welcome and comfortable. Reflections became our home when we needed it."*

Reflections does not replace hospice services and support, but rather, we work with Medicare certified hospice programs to coordinate and enhance the care at Reflections. This has been a beautiful partnership as the hospice staff, and our staff, focus on the emotional, physical and spiritual needs of individuals and family members. Not knowing what's ahead or the quantity of days, we focus on living and the quality of life. When hope is no longer cure, we provide hope in other ways; the hope to hear life stories; the hope for comfort and time with family and friends; the opportunity to say goodbye.

When someone is nearing the end of his/her life, we can be overcome with feelings of helplessness. We are reminded of how fragile and precious life is. At Reflections, we feel privileged and honored to provide care at this very sacred time of one's life.

Peggy Wolner, MSW/LICSW  
Care Manager, Reflections



## Upcoming Events for our Residents in March:

- 7 Carleton Student Music Event 1:00 pm
- 17 St. Patrick's Day Bingo and Social 1:30 pm
- 20 Piano Recital 1:30pm
- 22 Resident Council Ice Cream Fund Raiser 1:30-3:00 pm
- 25 Red Hat Social 2:30 pm
- 27 Palm Service 10:00 am
- 31 Holy Week Service 10:15 am

***Friends of Three Links Auxiliary's Invitation to you -***

**This is an invitation for you to attend a special lunch hosted by the Friends of Three Links Auxiliary on *Wednesday, April 14<sup>th</sup>, 12:00 p.m. in the Conservatory.***

We would like you to have the opportunity to meet the members and see what kinds of things our Auxiliary does. Our Auxiliary is a fun group of people that enjoy each other's friendship and working together. Some of the people that belong to the Auxiliary have loved ones that have been a resident of Three Links and they want to stay connected because of the friendships that they made here, and they wanted to know how they could contribute their time to benefit our residents. Please call Carol Fredrickson at 507- 664-8823 to RSVP. We would love to have you as our guest for lunch!



**Snow Ball Dance**

Residents of the Cottage's, Cottage on Forest and Vital Links enjoyed this event which was held on January 22nd in the Three Links Conservatory

