Trinity Care Center (TCC) has been a vital partner of the Farmington community since its opening of the skilled nursing facility in 1968. Originally, as part of a hospital corporation, it has a large contingent of volunteers from the community who have provided support and encouragement. Farmington Health Services (FHS), the corporation that operates both Trinity Care Center, Trinity Terrace (Independent and Assisted Living) and Trinity Suites (Memory Care), has a symbiotic relationship with the community, accepting the support of the community and returning the favor back to the community, which helps make Farmington a better place to live. Volunteers and visitors are able to participate in the many recreational and social activities within FHS which helps maintain our residents and tenants integrated in community activities.

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

St. Francis Health Services owns and operates Farmington Health Services, which does business as Trinity Care Center, and is sponsored by the Catholic Diocese of St. Cloud. We are dedicated in promoting the Ethical and Religious Directive for Catholic Health Care services.

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

Promoting Economic Development

TCC seeks to purchase locally whenever possible. Last year, Trinity Campus purchased over $100,000.00 in goods and services from local businesses. Following is a list of area businesses TCC has purchased services or products:

- Airway Inc.
- Al’s Lock and Key
- Bischel Building
- City of Farmington
- Crest Exteriors
- Farmington Community Education
- Farmington Fairgrounds
- Farmington Independent
- Farmington Liquors
- Longbranch Saloon & Eatery
- Peine Plumbing & Heating Inc
- Pellicci Ace Hardware
Additionally we refer many outpatient clients and families to local businesses.
- Allina Medical Clinic, Farmington
- Corner Medical, Apple Valley
- Hanger Prosthetics & Orthotics, Burnsville
- River Valley Home Care, Farmington
- Darts, Apple Valley

TCC employs over 200 individuals and of these employees, 80% or more are from the local (Farmington, Lakeville, Rosemount) area. Last year, Trinity Campus was the 3rd largest employer in Farmington.

SFHS, our parent corporation, paid over $7.9 million in wages and benefits to staff last year.

**Providing Quality Care and Services for Older Adults**

Farmington Health Services consists of an 84 bed skilled nursing facility, a 54 unit Independent/Assisted Living Center, and a 10 unit Memory Care Center. The facility provides medical, social, and spiritual care to its residents without regard to race, color, creed, or national origin, in furtherance of the organization’s exempt status. During the current reporting year, the organization had 24,000 patient days and provided services to more than 200 patients in the Nursing Home of which nearly 75% came specifically to receive rehabilitative services to regain their strength and independence. More than half of those clients were able to return home. Trinity Campus provided housing for more than 60 tenants at the Independent/Assisted Living and Memory Care Centers.

On a given year, Trinity Care Center and our therapy partner, Big Stone Therapies provides physical, occupational and speech therapy services to over 100 community members on an outpatient basis. We are able to provide therapies for:

- Orthopedic Injuries
- Back and Neck Injuries
- Sports Related Injuries
- Amputations
- Spinal Dysfunction
- Chronic Pain
- Big/Loud Parkinson’s Therapy
- Stroke
- Hip Fractures
- Speech Disorders
- Swallowing Disorders
- Post-Surgical Conditions
- Neurological Disorders
- Vestibular Rehabilitation
• Fall prevention
• Deconditioning
• Cognitive Communication Disorders
• Activities of Daily Living – Dressing, Grooming, bathing, and toileting

Trinity has a solid, reputable activity program that is warmly open to the public. Our extensive volunteer group is part of this wonderful program.

• Weekly Bingo (at least 3x)
• Brain Aerobics (Trivia, higher education, creative writing)
• Reminisce, Memory Lane
• Sing-a-longs
• Daily Exercise
• Intergenerational Happy Hour
• Weekly Music Programs
• Weekly Card Playing/Crossword Puzzles
• Weekly Movies
• Happy Hour

• Lymphedema Treatment
• TMJ/Craniofacial Pain
• Balance Deficits

• Weekly Baking/Cooking
• Bi-monthly “hired” bands, magicians
• Indoor Outings
• Outings to Local Farms, Restaurants, Shopping trips and much more!
• Manicures
• Pet visits/In-house Aviary & Aquarium
• Weekly Crafts & Jewelry Making
• Themed Socials
• Monthly Veteran Coffee Chats and visits from Project Veterans

Trinity Care Center has attained high marks on the Minnesota Department of Health Surveys conducted annually. Due to Covid-19, the Minnesota Department of Health has been unable to conduct annual surveys of long term care facilities. The MDH did conduct spot surveys related to Infection Control and Complaints in which TCC was deficiency free.

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). Two grants in progress during 2021 and 2022. These two year grants are a 2020 “Restorative, Ambulation, Mobility Program (RAMP)” and a 2021 “Falls Prevention” grant.

RAMP Grant:
The goals of maintaining each resident’s highest practicable level of functioning and enhancing the overall quality of life is greatly impacted by a resident’s ability to ambulate and maintain mobility. Health, wellness and the sense of independence are encouraged when ambulation and mobility are supported and sustained.

The SFHS Restorative Ambulation Mobility Program (RAMP) 2 year grant project totaling $598,412 will strengthening the quality of care for its residents by improving residents’ restorative programming, ambulation and mobility and add Walk To Dine and balance exercise programming. The goal is to improve resident care as evidenced by achieving a positive increase in each care center’s MN QI Facility Quality Measure related to Functioning Q24 – Walking As Well or Better than on Previous Assessments (LS).
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.

In addition, COVID-19 Federal, State and Leading Age MN Association grants have been applied for and received to address the significant impact of COVID.

Recognizing Spiritual Needs and Individuality

Upon admission, residents are assessed for their spiritual needs. Our job & mission is to accommodate these needs. Our Chaplain is at Trinity two days a week, visiting with residents and leading non-denominational services. Our Care Center is visited and supported loyally by many members of the community churches, as follows:

- All Saints Catholic Church
- Bethlehem Lutheran
- Bethel's Rock
- Bible Baptist
- Church of Jesus Christ Latter Day Saints
- Church of the Advent
- Community of Hope
- Faith United Methodist
- Farmington Lutheran Church
- Grace Community Bible Church
- Highview Christiania
- Hope Lutheran
- Hosanna!
- Light of the World
- Lord of Life Lutheran Church
- Real Tree Church
- St. Joseph Catholic Church
- St. John’s Lutheran Church
- St. Michaels Catholic Church
- Shepherd of the Valley
- Trinity EFC
- Trinity Lutheran Church
We also offer spiritual activities most every day of the week. They include, but are not limited to the following:

- Mass (1X/month)
- Rosary (weekly)
- 1-1 Rosary visits 2-3x/week
- 1-1 visits with Chaplain Pastor Bob 1/week
- Pastor Bob’s Bible Study
- Bible Study & Devotions
- Hymn Sing & Hymn Singers
- Numerous Bible Studies led by various churches
- Church every Sunday
- Quarterly Remembrance Services

Providing Access to Educational Opportunities

Within the last year, TCC awarded over $45,000 in scholarships to employees to further their education at local colleges. In past years, scholarships have been given for those obtaining Licensed Practical Nursing and Registered Nursing degrees. Scholarships can be used to pay the cost of tuition and books for our employees. Individuals who acquire their CNA certificates are eligible for full reimbursement including tuition and cost of books.

Trinity Care Center encourages employees and others community youth to consider careers in aging services. TCC also assists the local colleges with on-site training programs. Several classes of Certified Nursing Assistant (CNA) and Licensed Practical Nurses (LPN’s) do onsite training throughout the year. This is hands-on training with the residents we serve.

Employees of TCC have the opportunity to attend multi-session leadership training that is sponsored by the parent corporation, St. Francis Health Services of Morris, MN. The World Class Leadership program facilitates this education and the training is offered on a yearly basis.

TCC works with the Farmington School District to provide opportunities for students to experience long term care. For many youth, this is their first opportunity to experience life in a long term care community. This positive experience often changes their attitudes toward “old people”.

Helping Community Members in Need

Trinity Care Center has a solid foundation in Farmington that supports its community.

Trinity Care Center encourages integration of services between our care center and the community at large. Developmentally disabled students are welcomed into our home to allow them the opportunity to become comfortable around seniors and non-controlled environments. This experience also permits our residents and staff to develop an understanding of the difficulties these young people have in normal activities of daily living. These shared experiences develop compassion and empathy in our residents and staff.
Serving as Active Community Members

TCC employees are active members of their community, participating in area churches, school events and fraternal and social groups. In the past year, TCC has sponsored various events through the Chamber of Commerce, Music in the Park with the City of Farmington, Rotary related events, Senior Center and Farmington Business Association.

Volunteerism

Each and every year, countless volunteers donate endless hours to our residents here at Trinity. These volunteers assist with activities, special events, outings, projects and 1-1 interaction with the residents. In a typical year we amass over 4000 hours of volunteer support. The following is a list of activities provided by our dedicated group of volunteers:

- Community Work Service
- Manicures
- Pet therapy Visits
- Rosary/Catholic Mass
- Protestant Services
- Crafts and Jewelry Making
- Women’s Tea
- Special Music programs
- Brain Aerobics/Word Finds
- Veteran Events
- Church Services by numerous denominations
- 1 to 1 visits
- Hymnal Singers
- Happy Hour
- Active Games
- Red Hat Society
- Bingo
- Board/Card Games

Volunteers are also generous participants on our fundraising projects.

For More Information

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<tr>
<th>Facility Information</th>
<th>Farmington Health Services</th>
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<tbody>
<tr>
<td></td>
<td>905 Elm Street</td>
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<tr>
<td></td>
<td>Farmington, MN 55024</td>
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<td></td>
<td>Web Site: <a href="http://www.trinity.sfhs.org">www.trinity.sfhs.org</a></td>
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<tr>
<td></td>
<td>Phone: (651) 463-7818</td>
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<td>Fax: (651) 460-1165</td>
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<tr>
<th>Administrator/Director of Nursing</th>
<th>Elizabeth Letich</th>
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<tr>
<td>Administrator</td>
<td>Phone: (651) 460-1138</td>
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<td>Email: <a href="mailto:eletich@trinity.sfhs.org">eletich@trinity.sfhs.org</a></td>
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<tr>
<th>Administrator/Director of Nursing</th>
<th>Sarah Banks</th>
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<tr>
<th>Admissions Information</th>
<th>Katherine Schwinden</th>
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<tr>
<td>Social Worker</td>
<td>Phone: (651) 460-1155</td>
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<td>Email: <a href="mailto:kschwinden@trinity.sfhs.org">kschwinden@trinity.sfhs.org</a></td>
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<tr>
<th>Admissions Information</th>
<th>Robin Bisel</th>
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<tbody>
<tr>
<td>Social Worker</td>
<td>Phone: (651) 252-2230</td>
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<tr>
<td>Email: <a href="mailto:rbisel@trinity.sfhs.org">rbisel@trinity.sfhs.org</a></td>
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