



The Peak

Pinnacle Services and Summit Fiscal Agency Newsletter

Spring 2013

Pinnacle Job Openings

Pinnacle has a variety of job opportunities available right now. If you are already an employee and would like to cross train to pick up more hours, please see your supervisor to discuss some options. If you know someone who would like to work at Pinnacle Services, please forward the job postings to them to apply. Follow the link:

<http://www.pinnacleservice.org/carreers/>

Program Highlight: Edinbrook Crossing, Brooklyn Park

Edinbrook Crossing located in Brooklyn Park, MN has 10 units capable of serving 19 clients at the Greens of Edinburgh Property; overlooking the golf course. We work collaboratively with the property management as our clients do reside on all 4 floors of the complex. Each client is responsible for signing a lease and following rules of the property leasing office. Our agency delivers services that are compliant with the requirements of Customized Living (CL/CL+).

Staff and a Registered Nurse are accessible to clients 24/7. Staff spend their shifts with a client in his/her own apartment assisting with personalized care; i.e. medication administration, socialization, meal preparation, and domestic cares (laundry, cleaning, hygiene).

There are currently 2 male openings at this location.

If you have questions about Edinbrook Crossing or wish to discuss the vacancies, please contact:

Jamie Fann by email at Jamie.Fann@pinnacleservices.org or by phone at 612-977-3115.



Riley's Big Night

Story written by:
Mark Paulson (Riley's Dad)

In a tense and tight 3rd and 4th grade playoff game, during a second half timeout, our son Riley had asked another kid on his team, Noah, to pass him the ball... a small miracle in itself for a child with autism to initiate such a request. As the season has worn on and become more competitive, Riley has rarely gotten to take a shot or even catch the ball. He always emits a joy to be playing, but it's been a constant in reminding him to pay attention and stay engaged in the game.

Noah, his teammate did pass the ball to Riley. In heavy traffic, Riley caught it (which usually doesn't happen). And with a defender in his face, Riley shot the ball - 'SWISH'... Riley had just scored his first basket of the season! To our surprise, and the surprise of the other team and coach, the crowd and Riley's teammates went crazy with a raucous roar. Riley's coach had both arms lifted in the air cheering Riley on who

ran back on defense with an endless smile. I was running the scoreboard in between both team benches and as I yelled up, I yelled 'that's my boy!' With the team down by 7 and under 3 minutes remaining, our "Raptors" staged a furious come back which led to winning 32-30 on a basket with under 10 seconds left. The coach huddled the team up and began a cheer, "Riley! Riley! Riley! Riley!" He was thrilled and many parents teared up when they approached us after the game.

We were filled with gratefulness for the encouragement of Riley's coach, teammates, and their parents. I then remembered I was supposed to be out of town, but had stayed due to snowy weather. God had sent a snow-storm for me, among the worst of winter-haters in all of Minnesota... so that I could witness a historic family moment!

“Having a child with autism has “taken a village” and we appreciate all who contribute, including Summit services.” –Mark Paulson

Summer Health Tips:

Eat More Berries:

They will load you up with antioxidants, which can reduce age-related illnesses. Berries are also high in fiber which helps keep cholesterol low and may even help prevent some cancers.

Get Dirty –Stress Less:

Plant a flower or small garden. Just putting your hands in the soil is supposed to be ‘grounding’ which can help relieve physical and mental stress.

Floss Daily:

Flossing reduces bacteria in your mouth, which allows your body to focus efforts of bacteria fighting elsewhere.

Get Out to Exercise:

Going for a family hike, walk, or ride is an excellent way to spend time together and burn calories while getting a little vitamin D.

Vacation Time:

Vacations have multiple benefits: They can help lower blood pressure, heart rate, and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease.

Full Article:

<http://women.webmd.com/features/8-summer-steps-for-healthy-living>

March and April Peak Pinnacle Player Winners

- **Stefany Jones! Core Values #1-8** “A great staff, who encourages growth and independence in the ladies. Amazing work ethic and flexibility!”
- **Lori Maher! Core Value # 4** “Lori is dedicated to her job and works tirelessly. She keeps the consumers on track!”
- **Lynn Morris! Core Value #4** “Lynn has done a great job of providing a stable and sustained management at BWT.”
- **Fannita Jones! Core Value #2** “Always striving to have clients be as independent as possible.”
- **Udo Eze! Core Values #3 & 4** Consumer says, “Udo never stops working once he arrives at the home and he is not afraid to do anything asked of him.”
- **Elizabeth Paulus! Core Value #4** “Elizabeth is working hard to keep the house organized and running smoothly and she is helping out by working direct care shifts.”
- **Heidi Buisman! Core Values 2 &5** “Heidi encourages the consumers to do as much as possible independently. Heidi is fun and makes us laugh early in the morning.”
- **Viviane Formikong! Core Value #5** “Is great with consumers – makes them feel happy!”
- **Erikka Borck! Core Values #1-8** “Exceptionally demonstrates all core values and always with a positive attitude.”
- **Margaret Lampman! Core Values #2 & 3** “Margaret, you give the girls your very best in providing for their needs. You encourage them and staff and you provide direct care of the highest quality.”

1. Absolute honesty, integrity and ethics in all aspects of business.
2. Encourage people to achieve their full potential.
3. Services of the highest quality.
4. Work with passion, commitment, and enthusiasm.
5. Create fun and happiness in people’s lives.
6. Celebrate diversity and the uniqueness of people.
7. Be tenacious and innovative agents of change.
8. Pursue growth and learning.

Core Values
Pinnacle



In-Home Care Costs Steady and Lowest

According to a national survey by MetLife, costs for nursing homes and assisted living were up in 2012 over 2011, while the costs for day services and in-home care remained level. The average annual rates for assisted living and nursing homes rose 2.1% and 3.8% respectively.

Coming in at over \$90,000, the cost of having a private room at a nursing home is over 4 times the cost of a home health aide. In-home care for seniors is often the best way for individuals to maintain independence and give families the peace of mind that their loved one is receiving the best care in a stable and comfortable setting. In addition to these factors, the MetLife survey shows how much financial sense it makes to receive services in the home.

Pinnacle Home Care is proud to provide the highest quality in-home services for seniors, and is excited to be a part of this growing trend.

Pinnacle

HOME CARE

pinnaclehomecare.org

Events worth Checking Out

- 1 Summit will be exhibiting at the 2013 Minnesota Age and Disabilities Odyssey – Framework for the Future.**

June 17-18 in Duluth

For more information:

<http://www.mnodyssey.org>

- 2 Pinnacle is a sponsor for the Monticello Walk 'N Roll.**

June 15th, 9am-1pm

Walk 'N Roll is a chance for all residents to enjoy Monticello's beautiful parks and trail system.

<http://business.monticellocci.com/events/details/2013-walk-n-roll-2346>

- 3 Music and Movies in the Park.**

Live music at various locations around Minneapolis and then at dusk they show a movie. For a list of band schedules, locations, and times, visit the website:

<http://www.mplsmusicandmovies.com>

- 4 Special Olympics Summer Games.**

June 20-22, Stillwater MN

Attend the games as a spectator or you can volunteer at the event. There is a group from Pinnacle volunteering.

Link to the event and sign up:

http://www.specialolympicsminnesota.org/Volunteer_Registration.php

Pinnacle Introduces:



**Deborah
Mason**

**Case Manager/
Medica Care
Coordinator**

Please provide a brief paragraph about yourself and your background.

I have been with Pinnacle for a year and love my job! I am a single mother of 4 adult children and Grandmother to 4 of the cutest, smartest, best looking grandkids ever! After my children had flown the coop, and a layoff pending, I tossed 20 years of business management and accounting out the window and signed up for school. With my children's support, decided to follow a dream I had since childhood and get my Degree. This dream came true 12/2011. Some tell me I am probably the number one caretaker of people, never afraid to get involved and always volunteering for something or another. At the moment, I am also attending the University of St Thomas MSW program 3 nights a week, specializing in mental health services for the aging population.

If you could give the world one piece of advice, what would it be? Do not be afraid to follow your dreams, it is never too late!

What's the hardest lesson you've had to learn? I cannot do everything for everyone.

What did you want to be when you grew up? Retired and rich

The last movie I saw was... The Croods with my granddaughters

If you had an Honesty Room, who would you want to question in there and why? CEO of Monsanto, try to find out how to get all the GMO'S out of our food

It's hard to believe but I have never... been to Las Vegas

What talent do you wish you were born with? A good voice... Love music but the room empties if I sing.

If you could have a \$10K shopping spree to one store, which store would it be and how long would it take to spend it? Kohl's, Depends on who came along

What is your least favorite word? Duh!

Do you have a nick-name? If so, what is it and how did you get it. Grandkids call me maama, family calls me Debbie

What did you eat for breakfast this morning? Greek yogurt and coffee

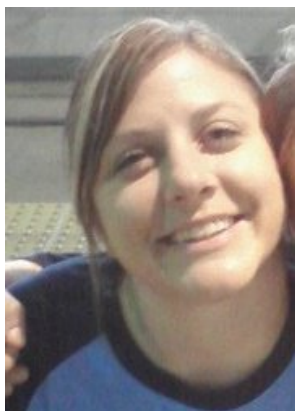
What was your favorite sitcom growing up? Leave it to Beaver (ok so most of you never heard of it)

My life would be complete if... Someone paid all my student loans. Any takers?

What's the most spontaneous thing you've ever done? Cleaned my house

Which super power do you wish you possessed and why? Duplication, sometimes there is so much to do or so many in needing help, that it would be nice to have two of me.

Pinnacle Introduces:



**Kristina
Hammond**

Staff Accountant

Please provide a brief paragraph about yourself and your background.

I was raised in Rosemount MN. I have a background in payroll with a few different companies. I have a fiancé and a 4 year old yellow lab named Gracie. I love to be doing anything outdoors.

If you could give the world one piece of advice, what would it be? Mind your own business

What's the hardest lesson you've had to learn? Trust. I always want to trust everyone but never make them work for it. I have been burned several times because I trust too easily.

What did you want to be when you grew up? Lawyer

The last movie I saw was... Soul Surfer

What talent do you wish you were born with? Wish I could sing, I pretend I can, but I do not have a voice.

What would we find in your refrigerator right now? Coca Cola and condiments.

If you could have a \$10K shopping spree to one store, which store would it be and how long would it take to spend it?

I do not like to shop, I would probably give the money away!

What is your least favorite word?

Most words that start with the letter P.

Do you have a nick-name? If so, what is it and how did you get it. Duey, my parents have always called me this. (that does not mean I am giving anyone permission to call me this)

What did you eat for breakfast this morning? I don't eat breakfast

What was your favorite sitcom growing up? Who's the Boss

My life would be complete if...Spring and Fall were the longest seasons of the year

What's the most spontaneous thing you've ever done? I need to work on being spontaneous. I have not really done much without planning it first.

If you had to eat one thing for the rest of your life, what would it be?
White Cheddar Popcorn

Which super power do you wish you possessed and why?
To be able to freeze time.

Pinnacle Introduces:



Michael Neri

**Administrative
Assistant**

Please provide a brief paragraph about yourself and your background.

I never know what to say with these questions. So... I am 39 years old, married, and have a 19 year old daughter. I worked for 14 years in pharmacy, 9 as an asst. manager, five as a pharm tech.

If you could give the world one piece of advice, what would it be?

Be excellent to each other.

What's the hardest lesson you've had to learn?

You can't always get what you want. But, if you try sometimes, you just might find, you'll get what you need.

What did you want to be when you grew up?

Happy? Maybe a rock star.

The last movie I saw was...

Iron Man III.

If you had an Honesty Room, who would you want to question in there and why?

God.

It's hard to believe but I have never...

Graduated.

What talent do you wish you were born with?

Math aptitude.

What would we find in your refrigerator right now?

Almond milk, fruit, yogurt, bread, pumpkin baileys.

If you could have a \$10K shopping spree to one store, which store would it be and how long would it take to spend it?

Target, and probably 2-3 years.

What is your least favorite word?

Obey.

Do you have a nick-name? If so, what is it and how did you get it.

Moose. It was given in my teenage years during times of absence, when food could be scarce. I would eat as much as possible in one sitting, thus "moosing" down food.

What did you eat for breakfast this morning?

A protein shake. Pineapple, strawberries, Greek yogurt, honey, teaspoon of creatine, and 1 scoop of optimum nutrition natural whey, vanilla flavored.

What was your favorite sitcom growing up?

Who's the Boss?

My life would be complete if...

Every day was Halloween, and mystery returned to the world.

What's the most spontaneous thing you've ever done?

My life is a series of spontaneous events. I plan nothing, and love it that way.

If you had to eat one thing for the rest of your life, what would it be?

I think in a perfect world, pizza that did not adversely affect my health.

Otherwise...smoothies.

Which super power do you wish you possessed and why?

I would choose super healing. Because it would make life less painful, stop illnesses, and probably grant me immortality. Either that or the ability to make people take a look inside themselves and see what could make them a better person, and give them the desire to do it.

Shout Outs

Jeremy A. would like to thank Edinbrook Crossing staff for their hard work. During a recent annual meeting a parent of one of the consumers commented that “This is the best place my son has ever lived. He’s never been this stable and healthy.”

Jeremy A. would like to thank Audrey H. for stepping up to oversee Jasper Hill temporarily as she continues to manage Bavaria Lake.

Adama Jalloh: You keep your cool when clients explode –Tish G., RN

Pang Vang: You provide excellent service to all of our consumers at all times – Staff Fannita

Laura A. would like to give a shout out to Sam - Even though I am new myself, Welcome to Pinnacle! I am happy to have you on board, and hopefully we can have our programs work together to help each other out!

Thank you to all staff at Edinbrook Crossing for helping me become acquainted as the Program Manager –Lindsey McMartin

HUGE thank you to Lynn Morris and Jeremy Anderson for training me the past few weeks as the new Program Manager! –Lindsey McMartin

Shout out to Lindsey! Thanks for all of your hard work at Ridge Point in April! My filing pile is dramatically smaller thanks to you. –Elizabeth P.

Shout out to Lynn! Thanks for taking on Ridge Point while I was out of town. You’re super woman! –Elizabeth P.

Jeremy A. would like to give a shout out to Lindsey M. for joining the program management team and being off to a great start.

Shout out to Peter for all of his guidance, and listening to my many questions as I settle into my role here at Pinnacle. He is great at his job!! – Samantha K.

To all of Hidden Valley staff for always pulling together and working out coverage for activities, open shifts and general small details that drive us all nuts. –Lynn M.

Jamie O for always trying to help fill open shifts and work out schedules. –Lynn M.

Jeremy A. would like to thank Lynn M. for her flexibility and support of multiple programs outside of her primary one.

Thank you Dylan L for your patience. - Lynn M.

Laura A. would like to give a shout out to Jamie O. – Thank you for taking the time and showing me around Jackson Square! I also appreciate your feedback from this past weekend on-call! It is nice to hear the positives too. You rock!



Shout Outs Continued...

Laura A. would like to give a shout out to Elizabeth – Thank you for letting Hillcrest use your van in a time of need!

Laura A. would like to give a shout out to Lynn – Thank you for your advice and support in helping me in my new role at Hillcrest!

Laura A. would like to give a shout out to Alley – Great Job on creating the rotating menu, they look amazing!

Laura A. would like to give a shout out to Lindsey – I know you can handle any challenges that faces you, congratulations in your new role as Program Manager!

Laura A. would like to give a shout out to Audrey – I appreciate your outlook on working with sensory input over medications! I know your consumers are in great hands!

All of the management has been so helpful, I hope I didn't miss anyone. –Laura A.

Consumer at Edinbrook Crossing said, "Things have been going better in my life than they ever have. I wouldn't have been as successful as I am without the help of everyone here."

An email from a case manager at Edinbrook Crossing with this feedback: "Thanks to you and all Pinnacle staff for all you do for my client. I think this has been a great placement and opportunity for her." Props to Edinbrook!!!

Medica Care Coordinator, Deborah Mason, has worked very diligently over the past several months to find a safe housing environment for one of her members. Recently, her efforts have paid off. Deb found a home for her member that has been struggling with homelessness and is working to assist him in finding resources to furnish it.

Medica Care Coordinators completed their annual contractual audit on May 7th. We received an outstanding 100% and many raving complements to the high quality services that are provided to our members.

Reduce, Reuse, Recycle – Waste Not, Want Not?



Here are just a few statistics to make you think:

- * On average, each American throws away more than **1200 pounds** of trash per year, far more than most people in other countries.
- * Americans throw away 25 billion Styrofoam coffee cups every year, and 2.5 million plastic beverage bottles **every hour**.
- * Eighty-four percent of a typical household's waste – including food scraps, yard waste, paper, cardboard, cans, and bottles – **can be recycled**.

A few simple things you can do to reduce the amount of trash you create: Use a refillable water container instead of buying bottled water, recycle, get on non-distribution lists for junk mail/phone book, reuse things (get crafty), buy used things, and walk/bike (if you can).

Hennepin County has a great tip site for how to recycle more and use less – http://www.minneapolismn.gov/solid-waste/solid-waste_grabage-zero-hero