

Views From The Valley Fall and Winter, 2018



CHOSEN VALLEY CARE CENTER, INC.
A Senior Living Community



*Enjoying the garden with bubbles:
John and Pearl.*

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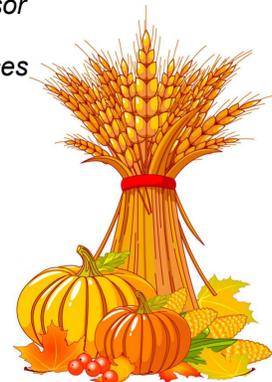
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From The Administrator's Desk

Hi Everyone,

In the past couple years, the Care Center Board of Directors and management have been discussing the growing needs of the Care Center. These discussions lead us to working with an architect to develop a plan for addressing the needed improvements of the Care Center.

As noted in my previous article, some of the first steps in this process included:

1. The Board and management formed a building committee in preparation for meeting with the architects. This committee will be responsible for guiding the decision making process, leading-up to the actual plan for a renovation/building project.
2. The architects began leading us through a master planning process in the fall of 2017. Throughout this process we discussed concepts for renovations and potential building additions, and how resident care and programming would coincide with the proposed changes. This process also provide a "road map" for potential future additions to the Care Center.
3. A facility analysis was performed. The purpose of this was to review and assess the condition of the Care Center's infrastructure to determine age, current condition, code compliance, useful life, repair and update schedules, as well as determine the cost to do the required work to the systems.
4. A boundary and topographic survey was completed. This survey will be used by the architects to determine boundary/property lines, property elevations, and other detailed information needed for determining what can be done within the property lines.

Recently, the Board and management made some final decisions about renovation/building project priorities and what we wanted to accomplish. Some of the decisions included:

1. A building addition (new wing) consisting of new resident rooms, additional common area space, nursing station and employee work space.
2. Short-term private resident bedrooms (suites). These rooms would offer private bathrooms with showers for residents who come to the Care Center for a short time, with plans to return to their home. A dining/lounge area would also be located in this area.
3. Additional private bedrooms and split double bedrooms will be created. This will reduce the number of bedrooms where there are four residents sharing one bathroom.
4. A remodeling of resident bedrooms, widening bathrooms, and providing finish upgrades to hallway corridors.
5. Additional space for physical, occupational and speech therapy services.
6. A new nurse call system including door access control functions.
7. Provide new switchboards and panels, and replace the emergency power generator.

(Article continued on next page.)



From the Administrator's Desk, continued.

Once a decision is made about the renovation/building project start date, I will update everyone again. This is an exciting venture, and we will keep everyone informed along the way. Thank you to everyone for your support and dedication to our home each and every day. I'm very grateful to be a part of such a dedicated and caring community.

Wishing you all health and happiness!

Craig Backen, Administrator



**Resident Council Representatives:
Elaine Gommels and Arlynn Peirce.
Resident Council meets every month with administration.**

Lisa Vickerman: Caregiver stress



A caregiver is someone who gives basic care to a person who has a chronic medical condition. A caregiver helps the person with many tasks. These tasks include shopping, preparing and eating food, cleaning, taking medicine, bathing, and dressing. Caregivers also provide companionship and emotional support.

Caring for a loved one is never easy. The caregiver is often "on call" almost all of the time. It may be hard for you to juggle the different parts of your life. This could include work, chores, caring for children, and the person who is sick.

Caregivers are much more likely to suffer from health problems such as stress overload, depression, anxiety and other issues. If a caregiver is feeling overwhelmed and stressed, there are things you can do such as talk to your family doctor, talk to your loved one and your family, and take care of your health.

There are several things a caregiver can do to help manage stress and minimize your risk of health problems such as, avoid using tobacco and alcohol, eat a healthy, balanced diet, exercise regularly, and get plenty of sleep. Sometimes the stress of caregiving for a loved one becomes overwhelming. This stress can lead to stress overload and even depression.

Signs of Stress Overload include

- Feeling overwhelmed or helpless, anxiety or irritability
- Excessive anger toward the person you care for, your family or yourself
- Health problems or sleep problems (sleeping too much or too little)
- Social withdrawal
- Unhealthy behaviors such as smoking or drinking too much alcohol

Signs of Depression

- Change in appetite, unintended weight loss or gain
- Crying easily or for no reason
- Feeling sad, hopeless, or helpless
- Feeling slowed down, restless or irritable, worthless or guilty
- Loss of interest in sex
- Headaches, backaches or digestive problems
- No interest or pleasure in things you used to enjoy
- Sleep problems
- Trouble recalling things, concentrating or making decisions
- Thoughts about death or suicide

Contact your family doctor if you think you may be suffering from stress overload or depression. They may be able to help manage your feelings and stress. This could be through stress management techniques, counseling, or medicine.

Lisa Vickerman, Director of Clinical and Residential Services

Ellen: Holiday Fun



This is a great time of year! With special holidays to celebrate each month, there is always something to anticipate. I think most people would agree that October is a fun month. First, we have Oktoberfest with a celebration in honor of the 16 day festival that has been celebrated in Germany since 1810. Then we have MEA, and for students it can be a fun two days with a break from school and an opportunity to do something special for that great holiday - Halloween. There are pumpkins to carve, a costume to create and scarecrows or corn shocks to put in the yard. It is always entertaining to see the children in their costumes, and trick or treating.

November brings Veteran's Day, a remembrance to those that have served and an opportunity for us to give special thanks to those that serve or have served our Country. At our annual Brass Band Concert this summer, I was standing behind most of our residents seated in their chairs, with the Brass Band in front of them. When the Star-Spangled Banner began playing, many of our residents reached to take off their sun hats and several struggled to their feet in honor while our staff rushed to assist them. It was a very memorable picture for me and one that I am very thankful that I witnessed. Thanksgiving Day is another occasion to give special thanks. We have so much to be thankful for and it is so easy to take them for granted: the freedom to worship, our loved ones, food and shelter. The list can be very long when we think about it.

And December brings many smiles. . . Just thinking about children sitting with Santa makes me smile. Then there are the school concerts and Sunday School programs, the carolers, delicious cookies, and Christmas cards with newsy letters. They each add to the excitement and special warm feelings of the holiday season. Getting together with family and friends completes the holidays. Chosen Valley Care Center will host a Holiday Tea on Sunday, January 6th. It will have all those things that we are thankful for: family and friends, and delicious food. Be sure to put it on your new 2019 calendar! In less than three months the year will be over. Time goes by too fast. It is great to make memories and it is so nice to reminisce about all the memorable events and holidays of our past.

I hope you can enjoy this special time of year,

Ellen Strande, Director of Human Resources



Veterans Day Celebrated



Every year we honor and celebrate our Veterans on or near Veterans Day. Please join us November 9th for the Veteran's Pie Social from 1:30 to 3 pm, with a special program for Veterans at 2 pm.

Pictured at left: Anne Manahan (seated) with Mary Trealla and Jim Crowley.

Pictured below: Veterans Bob Unverzagt and Frank Kinney look over service memories.



Business Office: New Medicare Beneficiary Identifier Cards

New Medicare Beneficiary Identifier Cards

In April 2018, new Medicare cards were beginning to be mailed out. By April 2019 all Medicare eligible recipients will have their new cards.

For security reasons, your social security number will be removed from your Medicare cards and you will be mailed a new Medicare card. This will help keep your information more secure and help protect your identity. You'll get a new Medicare number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your card is mailed.

It is very important that Chosen Valley Care Center receives a copy of your new Medicare card when you receive it. Please bring the card in and we can make a copy. You may also mail a copy of the card attention to the Business Office.

If you have any questions, please feel free to contact Erin Amdahl, Business Office Manager, at 507-867-4220.

Erin Amdahl
Business Office Manager



A Word from the DON: Carrie Colbenson



Influenza Vaccine: How often and when do I need it?

If I got vaccinated during the 2017-2018 season, do I need to get vaccinated this season?

According to the CDC the answer is “yes”. They recommend everyone six months of age and older should get a flu vaccine annually. Reason being, vaccine compositions may be updated from one season to the next and a person’s immune protection from vaccination declines over time. In order to get the best protection against the flu, an annual vaccination is needed.

When should I get vaccinated?

It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body. The CDC recommends getting the flu vaccine by the end of October but suggests making plans to get vaccinated early in fall before flu season begins. If you missed the recommended time to get the flu vaccine, it is still beneficial to receive the vaccine. Vaccination should continue to be offered throughout flu season, even into January or later.

How effective is the flu vaccine?

Vaccine effectiveness can vary. However, recent studies show vaccine reduces the risk of flu by 40-60% if flu viruses are like the vaccine viruses. Flu viruses change constantly and can change from one season to the next. They can also change within the course of one flu season.

For more information on Influenza and vaccinations go to www.cdc.gov and search Flu (Influenza).

Carrie Colbenson, RN
Director of Nursing

Visiting animals make our day!
Left facing page:
Baby goats come to visit Eleanor and Mary.
Right: Baby chicks are fascinating to Donna and Eleanor.



Tenant Spotlight: Dale Henry



Dale J. Henry was born on December 2nd, 1926 to parents Paul Emery and Lillian Viola (Tollesfrud) Henry on the family farm in Fremont, Minnesota. Both of his parents were born in Minnesota; his father in Fremont and his mother in Mabel. Dale, his brother Robert and his two sisters Harriet and Donna attended District 68 rural school near Fremont. Robert now lives in St. Paul. Harriet (Prescott, KS) and Donna (St. Louis, MO) have since passed on.

After eight years in rural school, Dale transferred to Lewiston High School. His favorite subject was arithmetic and algebra. After four years, he graduated as Salutatorian of the Class of 1944. Dale went on to attend the University of Nebraska in Lincoln for six months.

Dale moved to Chatfield when there was an opening with Interstate Power Company. It is there he met his future wife, Lavonne Eileen Battey. Chatfield was Lavonne's home town. Dale met Lavonne when they were both working for Interstate Power. They were married on February 24, 1951 at Zumbro Lutheran Church in Rochester.

Dale and Lavonne enjoyed a full and happy life in Chatfield. Dale worked as a lineman for Interstate Power, and later as a district representative. In total, Dale worked for Interstate Power for over 40 years. But, that is not all the story. Both Dale and Lavonne were extremely active in the Chatfield Community.

Dale volunteered for countless organizations as a Boy Scout leader, a Mason for 70 years, a member of the American Legion Post 197 for 70 years, a firearms safety instructor (receiving the Silver Musket Award for 10 years of service from the DNR), a volunteer fireman for 22 years, an ambulance crew member for 11 years, a Jay Cee and Commercial Club member, a Library Board member and a very active member of the Chatfield Lutheran Church, serving as a Sunday school teacher and the President of their Board. This very talented and giving man helped keep these organizations and many others working strong for the community.

Dale and Lavonne raised seven children in Chatfield: Paulette (retired teacher and insurance agent, lives in Owatonna); Judy (retired teacher, lives in Albert Lea), Carol (nurse administrator, lives in Texas), Dianna (bank teller, lives in Indiana), Ruth Ann (owner of bed & breakfast in Chatfield), Jeanne (nurse, lives in Australia) and Ron (assistant supervisor for Mayo security, lives in Chatfield). These seven children went on to marry and have children of their own: seventeen grandchildren and eight great-grandchildren. Dale and Lavonne were happily married for sixty years. (Lavonne passed away in March of 2011).

Now Dale enjoys visits from his family as well as playing cards and working crossword puzzles on a daily basis. We are very pleased Dale is a tenant of our Assisted Living Apartments.

Resident Spotlight: Mary Keefe



Mary (Peters) Keefe was born in St. Charles, Minnesota on August 6th, 1932 to parents, Ralph and Lilah Peters. She was the oldest of the family, with younger siblings, Carol and Robert. The family moved to Chatfield soon after Mary was born. Her father worked for Interstate Power Co., as a lineman. A defining moment in her young life happened at age eleven when her father was killed while working on a power line. He was 37 years old.

Growing up, Mary was a city girl. She attended Chatfield schools all twelve years, and graduated with the Class of 1950. She is a life-long member of the St. Mary's Catholic Church. It is there she met the love of her life, Norbert (Norb) Keefe.

One Sunday morning after Mass, Norb invited Mary out for dinner. They dated for two years, and on August 22nd, 1953, Mary and Norb were married at St. Mary's Catholic Church. Mary remembers one older neighbor saying their marriage "won't last six months." Norb and Mary were married 64 years. (Norbert passed away November of 2017.)

The newly married couple settled down on the Keefe family farm, just outside of Chatfield. The farm house was the same one Norbert was born in, and his father and grandfather were born in. Mary, the former city girl, became very familiar with the workings of an active farm. She recalls loving to cook and bake. Every afternoon, the oven was going. Norb loved pecan pie. If she baked any pie at all, one would have to be pecan.

Mary and Norb raised their four children on the farm: Thomas, David, Daniel and Mary Beth (Betts). Mary worked as a homemaker, bookkeeper for local businesses, and a volunteer in the Chatfield community.

Her volunteering got her involved with the building of our Care Center. Mary was a founding member of the Founders Committee. When the Committee toured the future site of our Care Center, the land held a nice corn and bean field. Mary voiced her concern that the farmer should be allowed to get his crops out before building started. She was assured the farmer would have access to the land for harvest.

Today, Mary is very proud of the Care Center and its adjoining apartments. "It has become everything we hoped it would be," Mary said, "and adding the apartments was such a good idea."

Mary enjoys many activities at the Care Center. She visits her garden, sits outdoors any chance she can, and looks forward to visits from her seven grandchildren and five great-grandchildren. (With another great-grandchild due in March, 2019)

Department of Life Enrichment



Fall greetings to you from the Chosen Valley Senior Campus Life Enrichment Department! Soon the resident gardens will be put to rest for another year as we look ahead to pumpkins, Halloween, Thanksgiving and snow! (I prefer it in that order! Don't you?!)

Trick or Treater ghosts, goblins, witches and characters of all kinds are welcome to come seeking candy on Halloween the 31st of October from 3:00-4:00 PM. **As this can be a high energy stressful time for some residents we do limit this time to the one hour period.** We greatly appreciate your cooperation at this time as not to effect the residents evening meal time

as well. We will be providing candy for all residents at the Care Center that wish to pass it and will assist those who need a helping hand. You are welcome to come and share this time with your loved one and assist them as needed. If your loved one has a favorite candy they like to pass out, I encourage you to purchase that for them to pass. When you think of 78 people passing candy out to approximately 150 children – it is rather expensive. A donation container is located at the front desk if you would like to contribute to this “Sweet” event!

The Annual Veteran's Pie Social will be on Friday, November 9 from 1:30 p.m. – 3:00 p.m., with a dedication to our Veterans at the Care Center, Assisted Living and Independent Apartments at 2:00. The Veteran's Pie Social is a Founder's Committee Fund Raising event. The Founders are some of the finest bakers in the county so be sure and join us and treat yourself to pie and ice cream. (There is no charge to Care Center residents or Veterans). Mark your calendar and don't miss the pie and ice cream. Show your support and gratitude to our Veterans and the chance to support the Founder's Committee all in one afternoon!

Throughout our lives, we have special dates and anniversaries we remember. Especially with the upcoming holiday season thoughts and memories of our loved ones who have been called to their heavenly home are close in our hearts and thoughts. Your family members have greatly touched our lives at the Care Center as well. We are inviting all families who have lost a loved one who resided at the Care Center this past year to bring a special ornament for our memorial tree. A special service and dedication of each ornament will be on Friday, December 7 at 2:00 p.m. We will be sending out an invitation and encouraging families to join us. The ornaments will be marked with the resident's name and displayed on the tree throughout the holiday season. After the holiday season, the ornaments will then be packed away for the next Christmas for years to come. This tree will be located this year in the Fish Lounge. Many of the ornaments families shared last year represented the resident's special interest or hobby or an ornament that they had constructed. This is a special time of remembrance and celebration of lives that have touched our hearts.

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As the months quickly pass, soon snow will be drifting down and Christmas will be in the air. Santa Claus will make his annual visit to the Care Center and Assisted Living Monday December 24 at 9:30. Santa will have a special gift for each Care Center resident, donated by their church, staff members and others from the community. **We are encouraging you to open your gifts with your family member.** This leaves a more lasting impression and is more memorable for them. It's also a great time to share a family favorite Christmas treat, however if you wish to bring in Lutefisk please alert us as extra air fresheners will be available! Just kidding! Please remember if clothing items are given, be sure and mark the tags or contact Jody Lawstuen so name tags can be sewn onto them. It is possible to request name labels from her and sew on before the gift is given – this is especially nice if you are positive of the size, as once the gifted is open it can go with the resident rather than down to be labeled first. This helps greatly, as you think about how many sweaters, shirts and stockings come in for 78 residents!

The Chosen Valley Senior Campus invites you to our Holiday Tea on Sunday, January 6, 1:30 – 3:00. Join us after the busy hustle and bustle of the season for a cup of Holiday cheer!

The Sweetheart Treat Founder's Committee Fund Raiser will be held on Thursday the 14th of February from 2:00-3:00 PM, serving angel food cake, strawberries and ice cream or whipped topping. Come and celebrate this special day with your loved one and enjoy a favorite dessert and coffee while supporting the Founder's Committee in their fund raising adventure.

Frequently we take photos of the residents participating in events and soon for their Christmas photo. If you would like to have these pictures shared with you by email please notify me with your address and I would be happy to forward them on to you; my address is act@chosenvalleyseniorliving.com or call me at 507-867-2721.

We are always looking for items of interest for the residents from an old tool of some sort to trips people have taken. If you would like to share something with us – give me a call. Presently we are looking for broken toasters or other appliances that can be taken apart and discover how they work. Let me make this clear – these will not be plugged in or tried to be fixed, just seeing how the parts are to work!

Please note a weekly article of our "goings on" is in the Chatfield Newspaper, check it out!

Enjoy the changing of the seasons! If you have any ideas for us in Life Enrichment I'd love to hear them! Stop on by!

Kate Winter Glor, ADC
Director of Life Enrichment



Environmental Services: Gerry Gathje



Disasters happen are you prepared?

This is a question that we often ask too late, and before we can become prepared, the event has already taken place. Over the last two years, we have asked this question of ourselves and have put into place many new safeguards to ensure the safety of our residents, family and staff. Below is a process we used in developing our emergency plan. I hope by reading the list you will begin to implement and safeguard your home against natural and manmade disasters

1. Hazard Identification:

- Decide what hazard (s) could impact your community directly and indirectly.
- Take an all-hazards approach inclusive of natural disasters, infectious disease outbreaks, security threats...etc.

2. Hazard Mitigation:

- Develop action plans to prevent or reduce the likelihood of the event and/or reduce the severity or consequences.
- Decide how you will care for residents in the event of a disaster and educate staff on how to protect themselves and residents.

3. Preparedness:

- Develop a plan inclusive of how you'll meet the needs of residents if essential services breakdown; address circumstances that will allow you to:
 - Provide care and services during an emergency
 - Accept additional residents
 - Execute your evacuation plan
- Develop and maintain a communication plan that complies with both federal and state laws; resident care must be well-coordinated within the facility, across healthcare providers and with state and local public health departments and emergency systems.
- Implement staff education and training.
- Test the plan with drills and actual incidents, share lessons learned and revise the plan as needed.

4. Response:

- Put your preparedness plan into action, and determine how you'll respond to an emergency.
- Outline actions to take immediately before an impending threat, and during and after a disaster.

(Continued on facing page.)

Gerry Gathje, continued

5. Recovery:

- Implement programs during and after an emergency that are designed to return the facility to its usual state or a safe functional status.

Emergencies and disasters are unpredictable and can happen anytime, anywhere. Developing an effective emergency preparedness plan will empower staff to safely and effectively respond to a disaster.

Sincerely,
Gerry Gathje
Director Environmental Services



The Men's Group make crafts together: a nesting ball (above), painted fish T-shirts and colander windchimes (below).





Watching Butterflies emerge out of cocoons proved to be a fascinating summer/fall science project.
Above: Margie takes a closer look at cocoons.
Below: Pearl inspects and Mary wears new butterflies.

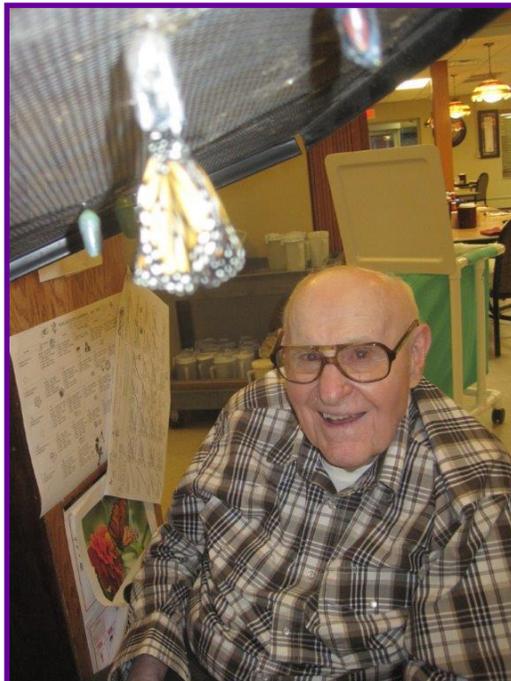




Many ladies wore newly hatched butterflies as ornaments before we set them free in our garden.

Above: Dolly and Jan wear butterflies beautifully.

Right: Bob takes a closer look at a butterfly calendar marking the days between when a chrysalis forms and when new butterflies hatch.



Employee Spotlight: Anne Gurtner



Mary Ann Gurtner (friends call her Ann) enters the break room with a smile and bright voice, "Good morning, ladies!" She has just completed preparing and serving brunch for our Care Center residents (70+), Independent Living tenants (15), and Assisted Living tenants (20+), plus meals on wheels. Ann is our AM cook, working in the Dietary Department.

Her effervescent personality comes naturally, and it is infectious. Mary Ann was born in the Philippines, third child among seven siblings. She attended college there, but before graduating, received an offer to work in Japan. At age 22, Ann flew to Japan for a new job and a new life, not knowing the Japanese language, or what exactly to expect. Ann flourished in Japan.

Her employment in Japan led to many opportunities. Ann worked several jobs to send money home to send siblings to college, and later saw her own daughter graduate from college. She owned her own Karaoke bar in a sea-side town. There she and her employees entertained corporate dignitaries from the Mitsubishi Company, as well as engineers from many other companies. She was respectfully known as "Mama-san" (lady of authority) to her clients and employees.

After her daughter graduated from college, Ann felt alone. She looked for companionship and found a Chatfield, Minnesota gentleman looking for companionship as well. They communicated online, then met each other and dated long distance for two years. In 2010, Ann shut down her Japanese business and flew half a world away to marry her husband, Brent Gurtner.

Ann has been a Care Center Dietary employee for over seven years. She started as a waitress, then a kitchen aid, then a server at the apartments, and then became a full time cook four years ago. The best part of working at the Care Center is "interacting with our residents because all of us, everyone sees our future through them."

Both the Philippines and Japanese cultures value the wisdom of our elder population. Ann keeps that in her heart every day as she serves the residents. "I was able to discover myself in cooking," Ann said, "it is very rewarding to serve our residents (and tenants) good food, and have the opportunity to work at the Care Center."

Two years ago, Ann proudly became an American citizen. She now holds citizenship in Japan, America and the Philippines.

When Ann is not at the Care Center, she is working in her garden, or beautifying her home with DIY projects, or spending time with her husband. In the future, Ann hopes to travel more and see the world, and help her many friends with decorating their homes with her ideas. For now, she and Brent travel to Japan as often as they can to visit Ann's daughter, an architect.

Environmental Services: Jody Lawstuen



September, 2018. We've had another good spring, summer, and fall here at the Chosen Valley Care Center Environmental Services Department. We stay busy through all the different seasons. Cleaning and laundry keeps us very busy seven days a week. We have an A.M shift and a part time P.M shift in housekeeping. Our laundry department has one A.M shift daily.

When residents receive new clothing, I would like to remind all family members to please mark the new clothes with a permanent marker or bring the items to our laundry department. We will mark new clothes for you, so we are able to return all items back to the residents. It is so confusing to have clothing with no name. We always like to find the right owner to any garment.

We have had some changes in our department. New staff has joined us, and we want to welcome them. We want them to know what a great addition they are to our Environmental Services Department. Changes occur all the time and we learn to adjust to them. Sometimes that can be difficult, because we are used to everything staying the same.

Our goal in our department is to keep things clean in our resident's rooms, and in all of the common areas. Sometimes that can be a challenge for the housekeepers. Keeping up with 78 residents and understanding how each of them want their rooms kept keeps our staff very busy. I thank all the staff in our department for doing a great job with keeping everything clean and in order. These thanks extend to all the staff in Maintenance, Housekeeping and our Laundry department.

We get things ready for spring every year and now we will be getting things ready for fall and winter. Our maintenance department does a great job in the winter months keeping the parking lot and the sidewalks clear of snow and ice. Please continue to keep safe and take extra precautions during the winter. Wear proper footwear to stay safe.

Winters actually go quite quickly with all the events and Holidays ahead: Halloween, Thanksgiving and Christmas. I look forward to seeing everyone at the events we have here at the Care Center. Halloween is fun for the residents and their family members. I am hoping you can join your loved one for a meal with them or to stop and visit at Thanksgiving. Spending time with a friend or your family member during the Holidays is so important. And don't forget the wonderful Holiday Tea in January. Life Enrichment and the Dietary department make wonderful food for the residents, their families and our community.

I know at my house I am very busy starting with Halloween right through to Christmas. I enjoy the Holidays with all my family and friends. The grandkids look forward to coming and showing us their amazing Halloween costumes. Then they come for Thanksgiving and can't wait to eat all that good food. And don't forget Christmas! That is their favorite Holiday of course, scanning for their name on a present under the tree.

Jody Lawstuen, Environmental Services Supervisor

Melissa Fenske, LSW
Director of Social Services



Greetings to you from the Social Services Department!

I am happy to announce to all of you that my co-worker, Stephanie Mensink, delivered a healthy baby girl on September, 26th. Hattie Jean weighed 8 pounds and 3 ounces and was 20 inches long at birth. Stephanie will be taking time off and plans to be back right before Christmas. During her absence, I am fortunate to have Colleen Haffner, from the Life Enrichment staff, as well as Bryan Allen assisting me.

I would like to talk to you about the importance of having a Health Care Directive, sometimes referred to as an Advanced Directive. Possessing a Health Care Directive can help your love ones in many ways. First, you are able to designate an individual, such as a family member or close friend, to speak for you if you can't speak for yourself. Second, it defines what values are important to you as you enter the final stages of life. This will help you avoid unnecessary pain, unhelpful procedures or unwanted hospitalizations.

I encourage each of you to take the time now, while you are alert and healthy, to start thinking about and creating a Health Care Directive. It may not be a fun conversation to have, but it will prevent distraught loved ones from having to make difficult decisions for you. Feel free to come see me if you have any questions regarding how to create this document.

Hope you all enjoy the Fall!

Melissa Fenske, LSW
Director of Social Services ssd@chosenvalleyseniorliving.com



Assisted Living Activities



There are activities galore at our Assisted Living apartments. Above: Phyllis, Alice, Elaine, Marge and Thelma create lighthouses. Left facing page: Alice, Elaine, Thelma and Marge do some baking.

FAMILY COUNCIL

Do you have a loved one residing at the Care Center? Our Family Council is open to you and welcomes all family members who have loved ones living at the Care Center. We meet the First Thursday of every month in the Lehman Room at 12:30 PM. Guest speakers are sometimes provided. Our meetings give family members a chance to express their opinions and concerns.

Please consider being part of the Family Council.

Barb Weiss, Director of Food and Nutrition Services

Well the planting season has come and gone, autumn is here. I wanted to talk about three different food items you might want to plant for next season.

Some of the best nutritional value is in perennial plants like asparagus, raspberries and rhubarb.

Asparagus is loaded with vitamins and minerals A, C, E, K and B6, as well as folate, iron, copper, calcium, protein and fiber. They taste great roasted, grilled, or tossed into pasta. Asparagus helps flush excess fluid and salt from your body which may help prevent urinary tract infections.

Raspberries: One cup of raw raspberries will provide 54% of your vitamin C needs, 12% of vitamin K, 6% of folate, 5% of vitamin E, iron, and potassium, and 41% of manganese needs for the day.

Rhubarb: In April of 2016, this perennial was called a superfood thanks to its impressive nutritional profile. Rhubarb's health benefits include its ability to promote weight loss, improve digestion, prevent Alzheimer's disease, stimulate bone growth, avoid neuronal damage, boost skin health, prevent cancer, optimize metabolism, improve circulation and protect against various cardiovascular conditions. Wow!

Best of all, these three foods are all low in calories. When you plant in the spring, think about the nutritional value of these three foods. Hope you have a wonderful planting season next spring.

Also, I want to remind you that the Care Center Dietary Department provides Meals on Wheels. If you are interested in signing up for Meals on Wheels call Barb @ 867-4220



Barb Weiss CDM, CFP, CRM, CCP, Director of Food and Nutrition Services



Gerald and Marjorie celebrated their 64th Wedding Anniversary on Sept. 12th.

Hair Salon

The Care Center offers hair care services to keep everyone looking their best.

Barber Roy Lange is here with clipper in hand every six weeks. Roy's schedule is posted on the door of the salon. Beautician Pam Danielson is here every week on Tuesdays for cutting, styling, curling and perms.

The option for weekly or bi-weekly appointments are available. Appointments must be made with Amy in Dept. of Life Enrichment for perms and cuts. We need at least a two weeks notice for those services, so please plan ahead. If hair care is to be charged to the resident's personal funds, there must be sufficient funds to cover the cost of service given or this service cannot be provided.

His & Her Hair Care Prices

Permanents	\$44 (including cut & shampoo)
Colors	\$17
Haircuts	\$12
Barber Cuts	\$8.50
Shampoo & Set	\$13
Rinse	\$4
Comb out by beautician	\$4

We are fortunate our stylist and barber will serve Care Center campus at reduced rates. If special hair salon services are not requested, regular hair care, as well as shampoo and sets, are provided weekly by the bath assistant.

Please plan ahead any hair needs of your loved one, with the busy schedule of the beautician, it is not possible to set up an appointment one day in advance. One or two weeks may be needed for an appointment if you are not a regular weekly or every other week customer, especially for permanents. We do our best to meet the needs of our residents and tenants. Please contact Amy in the Life Enrichment Department to make hair appointments.

Happy Birthday, Marvin!!



Marvin celebrated 104 years young in August.

Gathering Places

The Lehman Room can be reserved by contacting the Department of Life Enrichment. Reservations are on a first come, first serve basis. A \$25.00 donation is suggested to defray the cost of coffee and carpet cleaning and can be placed in the donation box by the coffee machine in the dining room. Other areas around the Care Center for use include: the E200 lounge area and the gazebo area as weather permits. These areas are not allowed to be reserved, and are available on a first come basis with the exception of holiday meal guests and families, which would be served in the sunroom.

*Groups of 25+ people are asked to seek another place for your gathering, such as area churches or halls. This is because the additional people and excitement can be very stressful for some of our Care Center residents.

The Founder's Committee



Founders Committee Members: (front row) Marge Huper, Margaret Walsh, Shirley Clemens, and Cindy Thesenvitz. (back row) Denise Pagel, Judi Daniels, Mary Funk, Donna Cramer and Vicki Cramer. (Not pictured: Carol Finseth, Charlene Krenzke and Diane Meeker)

Donations to Founder's Committee from April 1, 2018 through September 30, 2018:

Pie Social = \$145.00
Joanne Keefe = \$5.00
Brass Band Concert = \$86.00
Roberta Manahan in memory of Jerry Fritsch = \$6.00

From The Desk of Physical Therapy



The Importance of Sleep

As physical therapy providers, we help you relieve pain with a combination of exercises and other treatment techniques, but nothing helps muscle recovery more than rest and relaxation. We would like to take a moment to have you step back and help you reexamine the importance of sleep. Sleep is a very important part of our lives for the following reasons:

- 1. Learning and memory:** Sleep helps the brain commit new information to memory; a process called memory consolidation.
- 2. Metabolism and weight:** Being overweight can increase the likelihood of suffering from sleep disorders like apnea. On the other hand, chronic sleep deprivation may cause weight gain. That's why the right amount of sleep is very important.
- 3. Mood/quality of life:** Lack of sleep (long- or short-term) may result in symptoms like irritability, impatience, inability to concentrate, and moodiness. In some cases, anxiety and depression are also likely to occur.
- 4. Cardiovascular health:** Serious sleep disorders like insomnia and sleep apnea have been linked to high blood pressure, increased stress hormone levels, cardiac arrhythmias, and increased inflammation.
- 5. Immunity/risk of disease:** Though all the mechanisms aren't clear, scientists have found that sleep deprivation alters immune function. If you don't get enough sleep, you may find yourself falling sick more often.

How Much Sleep? Sadly, we live in a sleep deprived society. Some studies suggest that 50 to 70 million Americans are affected by some type of sleep disorder. It's likely that you need to make a conscious effort to get more (sound) sleep. The human body needs at least 7 to 8 hours of sleep every night. However, it's not just the duration of sleep, but also the quality that matters.

Impact of Sleep Deprivation: Lack of sleep can cause several problems. Aside from drowsiness, it can cause immune, nervous system, endocrine and cardiovascular issues. As your physical therapists, we want you to get the most out of every exercise routine we design for you, but adequate sleep is the foundation for recovery and strength. Sleep deprivation can set off a chain of events that can affect different parts of your life. These may include:

Poor health caused by bad food choices. A study in the *Journal of Clinical Sleep Medicine* discovered that people, especially women, who suffered from sleep apnea tend to consume foods that are high in cholesterol, protein and fat. **Impaired sugar metabolism and diabetes** are more likely in those who get five hours of sleep (or less) a day. Both factors above can lead to weight gain and **obesity**.

(Continued on facing page.)

*From the Desk of Physical Therapy,
continued*

The incidence of car accidents increases when sleep deprived individuals are driving. **Heart attacks** are more likely when you sleep five hours or less. **Balance problems and falls** are more likely (especially in the elderly).

Children who don't get enough sleep tend to be irritable, and in extreme cases, show **behavioral issues**.

When you get enough sleep, your body functions better. We want you to be the best you can be, physically and mentally, which is why we want you to get enough sleep.

Robert (Bob) Schrupp, Physical Therapist



Exercise is good for your joints. (Motion is Lotion)
Above, residents play Batt-A-Balloon,
building upper body strength.

Baking with Apples and Rhubarb



Dolly rolls out crust for apple pies; Doris mixes rhubarb; and Gerri and Charlie peel apples.



Visitors Make Our Day!

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Charles Proctor entertained us during our Prom Dance (above).
Grandpa Mike enjoys visits from his grandchildren (below)



Gardening Fun



Betty and Donna love the garden (above)
Delores cleans pumpkins for the table. (below)
Leroy gives the homemade salsa a stir.





George and Chrissy slice cucumbers with Donna looking on. (above) Gardeners Bob and Gloria (below) enjoy the produce and sunshine.

