



## Views From The Valley

April 2011



**CHOSEN VALLEY CARE CENTER, INC.**  
A Senior Living Community



**“All the flowers of  
tomorrow are in the  
seeds of yesterday.”**  
Chinese proverb



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From the desk of the  
Administrator....



Dear Family and Friends,

With summer time upon us, we have been busy discussing and planning special building and beautification projects which enhance the Care Center's environment.

One of the larger project items this summer involves enhancements to the Care Center dining room areas. At this point, the project calls for upgrades to the main dining room, sunroom and the large and small activity rooms that are adjacent to the main dining room.

The main goal for the project is to create inviting, home-like, multi-purpose dining areas that offer residents, families and visitors a place to dine and socialize and enjoy the numerous activities that are offered each day.

Some of the specific items for this project include new flooring, wall coverings, ceilings, lighting and cabinetry casework/storage. There may also be some structural modifications made to walls, ceilings, doorways, etc.

We are also looking at the acoustical needs of these areas, as sound and noise are important factors to consider. Audio and video will be an important feature, and a lot of consideration will be given to this in these areas.

These dining room enhancements will offer additional options for use and convenience to residents, families and visitors. We plan to provide more information to everyone as the plans for the project moves forward.

I hope you are enjoying springtime and everything it has to offer. 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**



## Physical Therapy



When You Need Advice from a Physical Therapist . . .

Did you ever wish you could ask a physical therapist a question about a pain you are having? How about a fitness question?

As a service to all those who are connected with Chosen Valley Care Center, Physical Therapists' Bob Schrapp and Brad Heineck have put together some helpful free videos for you to view on your computer.

Just go to your computer and type in the web site:  
[www.physicaltherapyvideo.com](http://www.physicaltherapyvideo.com)

We are posting new titles all the time but here are some of the videos available.:.

- Knee Arthritis: A Physical Therapist's Three Secrets to Treating.
- A Very Portable, Cheap, and Effective Strengthening Program
- The Exercise Ball: How to Use it for Core Strengthening (a two part series).
- A Three Minute Stretch Program to Help Prevent Pain at Home or Work.
- Two Exercises to Help Stop Grandma from Falling.
- Preventing Falls: Recommended Changes to the Home.
- Preventing Elderly Falls: Tips from Physical Therapy.
- Running Shoes and Inserts: Tips from Physical Therapy
- Running Stretches: Demonstrated by Physical Therapists
- End pain when using your computer

The rehabilitation staff of Chosen Valley Care Center would like to remind everyone they do provide outpatient therapy services. Services include outpatient physical therapy, occupational therapy, and speech therapy. They provide therapy for these common diagnoses and more: after knee, hip, or shoulder surgery/replacements, neck, shoulder, hand, back, hip, or knee pain. They also provide therapy for tendonitis, bursitis, arthritis, plantar fasciitis (foot pain), stroke, weakness, poor balance, or neurological diseases.

***Robert Schrapp, Physical Therapist***



## Chief Financial Officer



We are always trying to update and improve our services at Chosen Valley Care Center. I am happy to let you know that we have wireless internet access for our residents and visitors at the Care Center. Please feel free to bring in a laptop or computer for your loved one. Before connecting to the internet, you will need to see myself or Stacy so that we can show you which service to connect to and there is also a special key code that must be entered before you will be able to connect. More residents want to have access to email and the internet than ever before. There is so much information out there and this is a great way to pass the time for bed ridden residents.

We recently had a family that wanted to have a birthday party here, but all the siblings couldn't attend. They brought a laptop in and with the Care Center's wireless internet access and technology such as skype and webcams, they were able to have the party and communicate with the siblings that could not be here in person. They just passed the laptop around the room and everyone was able to communicate back and forth verbally and visually. It is truly amazing where technology has taken us.

We also have a computer in the television lounge that is dedicated for resident use only. This computer has all the capabilities that a personal computer has. We continue to try and make the Care Center more like home and almost every home has a computer in it these days. We will continue to make changes that make our residents feel more at home.

With summer approaching, I want to remind you that we will be having the Chosen Valley Care Center Golf Outing again this year on August 26, 2011. This will be an 18 hole, four person best shot as it has been in the past. Please mark your calendars and more information will be coming soon.

***Jean Haakenson, Chief Financial Officer***



Minute to Win It Races  
held March 18, 2011.



Anna's Shamrock Showgirls,  
featuring Shirley Gartner, Judy  
Johnson, Jean Haakenson,  
Roberta Copeman, Anna  
Strande and Ellen Strande were  
the second place winners.



Bill's Bone Crushing Ballerinas  
were the first place champions!  
Their team consisted of Lisa  
Rollie, Cherie Stevens, Lisa  
Wagner, Erin Amdahl and  
Suzette Moechnig.



## ALZHEIMER'S DISEASE

Alzheimer's disease is a progressive, degenerative disorder that attacks the brain's nerve cells, or neurons, resulting in loss of memory, thinking and language skills and behavioral changes.

It is estimated that 5.1 million Americans may have Alzheimer's disease. If you know someone who has been diagnosed with Alzheimer's disease or has been a caregiver for someone with a diagnosis of Alzheimer's disease there are resources available that may assist you in getting your questions about the disease answered. While there are many great resources available, one resource is the Alzheimer's Foundation of America. Their website is [www.alzfdn.org](http://www.alzfdn.org) there is also a toll free number 866-232-8484. There is a wealth of information at this web site including; definitions for the different types of dementias and tips for caregivers. If you call the toll free number the phone is answered by a receptionist who can transfer you to a social worker who will answer your questions about Alzheimer's disease or related illnesses. I will answer any questions you may have to the best of my ability and can also assist you in contacting this or other resources with any further questions.

**Katie Shimek, Director of Social Services**

## Dietary



With spring here and summer on the way, we start thinking about our gardens, food markets, fresh vegetables, fruits, herbs and spices.

Spices not only just excite our taste buds, but are composed of an impressive list of photo-nutrients, essential oils, antioxidants, minerals and vitamins that are essential for our well being. Spices have been added to our food for centuries.



Cinnamon, one of our highly prized spices, has been in use since biblical times for medical and culinary purposes. The active ingredients in cinnamon are known to have anti-oxidant, anti-diabetic, anti-septic, local anesthetic, anti-inflammatory, rubefacient (warming and soothing), carminative and anti-flatulent agents. Cinnamon also contains vitamin A, niacin, pantothenic acid and pyridoxine. It should be stored in a cool, dry, dark place, or refrigerated in an airtight glass container. Cinnamon that is used excessively may cause choking and respiratory distress, inflammation of taste buds, gum swelling, and mouth ulcers. It may also cause difficulty breathing, dilated blood vessels, sleepiness, depression, or even convulsions.

If you have any questions about the nutritional benefits of what you are planning this year in your garden please call me.

We continue to provide Meals on Wheels and senior dining downtown. If you would like to participate in either of these programs you may call Sharron at 507-867-3591 for senior dining or me at 507-867-4220 before 9:00 a.m. If you are interested in Meals on Wheels call Blanche at 507-325-2313 or me at 507-867-4220.

Wishing everyone a safe and healthy spring and summer.

**Barb Weiss, Dietary Director**



Activity  
Department  
**"Spring Has Sprung!"**



It's that time of the year where everyone is eager to go outdoors and get some fresh air. As the weather continues to warm we will be having more activities outside; walking club, horseshoes, ladder ball and other games, gardening, van rides, out to lunch and picnics just to name a few.



#### **Resident Garden Plots**

Plans are in process for residents who wish to have a garden plot this year. The goal for those who wish to have a garden plot is to be able to plan, plant, water, weed and harvest it with minimal assistance of staff, which truly makes it their garden. The large center plot will once again be the community garden, for those who wish to garden but may not be able to maintain the plot independently. Last year this plot was a cutting flower garden which was wonderful. On gardening day a group of residents would cut and arrange flowers in vases for the dining room tables.

#### **May is a Busy Month!**

##### **Tuesday, May 3, 1:30 p.m. Lady's Royal Tea**

Thursday, May 12, a full day of preparation for the **Bi-Annual Care Center Prom!** We are looking for volunteers with a background of hair and make up to get us prepare for the big event, music by Dick Hagedorn at 2:00 p.m. We will have formals (shawls that will coordinate with any top) for the women. If you have a male resident, please arrange for them to have a button down front shirt. We have many donated ties we can set them up with for this event. No prom would be complete without flowers, corsages and boutonnieres for all the Care Center residents. What could be better than spending the prom with a special date and spouses are encouraged to join us!

Friday, May 20, 1:30 – 3:00 p.m.  
**The Founder's Committee Annual Spring Pie Social Fund Raising Event.**  
 They are some of the finest bakers in the area. What could be better, enjoy a wonderful slice of pie and ice cream and help raise money for the Founder's Committee! (There is no cost for Care Center Residents)



### Looking ahead to June

Thursday, June 9, at 1:30p.m.  
**The Annual Walk-n-Roll** beginning at the Care Center and walking to the city park. Families are encouraged to participate in this event. Pledges will be accepted. Rain date is set for the tenth if need be.

Thursday, June 16, is the **Annual Lanesboro Fishing Trip**. Last year Care Center Residents, Assisted Living and Apartment tenants were able to participate in this fun event. Sponsored by the DNR, rods and reels, bait, hooks and bobber were provided and no fishing license needed. Always a grand event!

July events to mark your calendar are the **Brass Band Concert at the Care Center** on the fourteenth and on the fifteen the **Annual Steam Engine and Tractor Show in Racine**.

With so many upcoming events/outings and limited space in the van, we do our best to accommodate residents and tenants that are able to participate in their first choice of events. However some of the limitations we encounter are medical needs, special dietary needs and toileting issues, as safety of our residents and staff is our number one concern. If you have any questions, feel free to contact me.

**Kate Winter Glor, Activity Director**



Rita Pickett and Jean Goldsmith modeling their Easter bonnets.

### ACTIVITY WISH LIST

Colored buttons and stencils  
 Fabric – cotton prints



New Website Coming Soon!

We are in the process of updating our website [www.chosenvalleyseniorliving.com](http://www.chosenvalleyseniorliving.com). Among the added features of the new website will include the ability to view our quarterly newsletter on-line. Website visitors will also be able to sign-up to receive our newsletter. This is an example of how it appears on our website.



**Click here to download the latest issue**

Name

Email Address

Submit

If you or someone you know  
would like to be added or removed from  
our mailing list please call us at  
507-867-4220 or email at  
[info@chosenvalleyseniorliving.com](mailto:info@chosenvalleyseniorliving.com).



Ella Ruffalo  
cuddling Amanda  
McCabe's little girl!

## Independent Living Tenant Spotlight

## Marion Halloran



Marion Halloran was born on July 31, 1922. She was born to Bill and Mayme Schoenfelder. Marion was one of nine children who lived in Rochester, Minnesota. Marion attended Rochester High School and graduated in 1939. As a child, Marion enjoyed being active in 4-H, where she was interested in baking, dressmaking and sewing. After high school, she worked at Knowlton Department Store and was employed there until she was married.

Marion met Jim Halloran at a dance in Austin, MN. They were married in May 1944 at Saint Francis Church in Rochester, MN. Together they raised nine children on a farm north of Chatfield. The first seven children attended Eyota schools and the last two at Chatfield schools.

She was a homemaker until 1973, when she began work as an aide in the physical therapy department at Mayo Clinic. She enjoyed working with people and helping them recover. Marion and her husband moved to Chatfield when her husband became ill. He passed away in 1986.

One of Marion's sons built her a beautiful little home near Chatfield. She lived there for 11 years until moving to Chosen Valley Apartments. She recalls attending an open house about five years ago at Assisted Living and soon thereafter, decided she wanted to rent an apartment at Independent Living. She contacted her family and told them of her decision. She nearly moved all her items by herself with two Pier 1 bags. Every day for a few weeks, she brought two bags with her items in it, unpacked and repeated the process until she was finally moved in. She only needed assistance moving the larger items into her new home.

Marion is very content living in her apartment. She likes her freedom and enjoys being able to take an annual trip to Arizona for three months of the year. Marion enjoys playing cards and listening to the music at the Care Center. She is very impressed by the helpful staff and the activity department.

## STAFF SPOTLIGHT: Becky Andrews



Becky Andrews has been employed at Chosen Valley Care Center for five years. Becky began working the night shift as an aide, while attending school to become a practical nurse. Her current position at the Care Center is assistant case manager. Becky wears many hats with this title. She assists with admissions, re-admissions, lab work, and aids the case managers, floor nurses and other staff members.

Becky is currently attending college for her associate degree in nursing and intends to graduate in May 2012. In her spare time she enjoys her three sons, James, 17, Jordan, 16 and Brandon, 13 and her fiancé Curt. As a family activity they participate in archery shoots or volunteer at LaCrosse Archery Club.

Becky's highlight of each day is interacting with the elderly and staff. She has observed many changes at the Care Center throughout her years of employment. Some of the noted modifications have been culture change and computerized charting.

If anyone would need a quiet area  
to meet with your loved one,  
please contact our social worker,  
**Katie Shimek.**



## Care Center Resident Spotlight



### Eva Jane Broadwater



Eva Jane Broadwater was born in Fillmore County on September 23, 1922 to Anna & Otto Serfling. She had two brothers and was the middle child. She attended country school in Harmony, and graduated from Harmony High School. After graduation, she attended Preston teachers school and taught country school for five years prior to her marriage. After her marriage to Paul Broadwater, she discontinued teaching.

Eva Jane and Paul were blessed with three daughters. Eva Jane worked as a bookkeeper in their plumbing business until her husband retired from the business at age 58. Following retirement, they spent their winters in Arizona and also traveled throughout the United States. They also enjoyed special trips to Germany, Spain, England, and Yugoslavia. When they reached their 70's, they decided it was time to cease traveling.

Eva Jane lived at Assisted Living in Harmony, until her admission to the Care Center a year ago. While at the Care Center, Eva Jane enjoys playing cards, listening to the music and getting her hair done in the beauty shop.



## Care Center Resident Spotlight



### William Rissman



William Rissman was born August 8, 1921 to John and Emma Rissman. He was raised in a country home in Waterman, Illinois along with two brothers and four sisters. He attended parochial school until the eighth grade, and transferred to Waterman High School, where he graduated. After high school, he attended one year of college in Indiana for general education.

William met cheerleader, Lois Thorpe when she was a junior in high school. They visited and William told her that he would see her again soon. Three years later, William attended a dance at Northfield College. When he walked in, Lois got a glimpse of him and ran and jumped into his arms and scolded him for making her wait three years to see him. They were inseparable following that dance.

In 1947, William and Lois were married in Illinois where they raised their family. They had two children when Lois decided to attend nursing school. She took the train every day to college, while her mother helped William at home with their two children. Seven years later, their third child was born, blessing them with two sons and one daughter.

William and his family purchased the Old Barn in 1970, where they raised their family, cattle and numerous other farm animals. He operated this farm for 18 years, and later sold the property and built a home near the Old Barn. At the age of 69, his wife passed away from cancer. This was eight months short of celebrating 50 years of marriage. He said that she was a great woman with lots of energy. He recalled many fond memories of her spunk. One in particular was at Thanksgiving, when William was using the electric carving knife to cut the turkey, she insisted he wasn't doing it correctly and took the knife from him. She got so worked up, turned and cut the cord completely off of the electric carving knife. This is one of many moments that William so fondly remembers.

Today, William has eight grandchildren and eight great-grandchildren living mostly in the Nebraska area. He enjoys playing cards with the other residents at the Care Center and visiting with the staff.

## Assisted Living & Independent Living



Just when we thought winter was on its way out and April showers were bringing May flowers, Mother Nature threw a curve ball with a winter storm mix. However, as we look out the window and see snow falling the Assisted Living tenants can stay busy with indoor activities. We received a grant and were able to purchase two stationary recumbent bikes. These bikes are located in the lower level lounge and the tenants may watch scenic nature videos as they pedal along. Our tenants also received a donated gift of a Wii gaming system from the Greiner family this past Christmas. The tenants have enjoyed some friendly Wii bowling competitions. To our disappointment one of our televisions quit working in February. The decision was made to upgrade to a larger TV. We purchased a 55 inch wall mounted flat screen. This was very beneficial to our tenants to purchase a TV of this size, as people age some may experience more vision difficulties. With these challenges, it can be very difficult to see the images on a small television screen. We have been using the TV for many activities each month such as movie nights that are enjoyed by tenants from the Assisted and Independent Living. The TV can also be enjoyed by our tenant's families while they are visiting. Families of tenants at the Assisted Living may contact a staff member and sign out the Wii system while they are visiting. It is on a first come first serve basis. We also offer the lounge for continuing education classes for our staff and the public. The large screen TV has been very beneficial when we host large groups.

**Suzette Moechnig, Assisted and Independent Living Housing Director**



Assisted Living  
Tenants, Alice Elliott and  
Dorthelda Musty proudly  
displaying their art projects.  
Audrie Stevens is completing  
her artwork.

CVCC Volunteer Appreciation Tea  
celebrated April, 14 2011.  
**THANK YOU VOLUNTEERS!**



Betty Plenge  
CVCC Volunteer of the  
year!

Verna Haugen and  
Amy Neis sharing a  
dance!





## Medical Records



The change of season I have been waiting for has finally arrived! Next to Fall, I think Spring is my other favorite time of year. Everything is changing from the flowers poking through the ground in my yard to a pair of bluebirds starting to build a nest in our birdhouse.

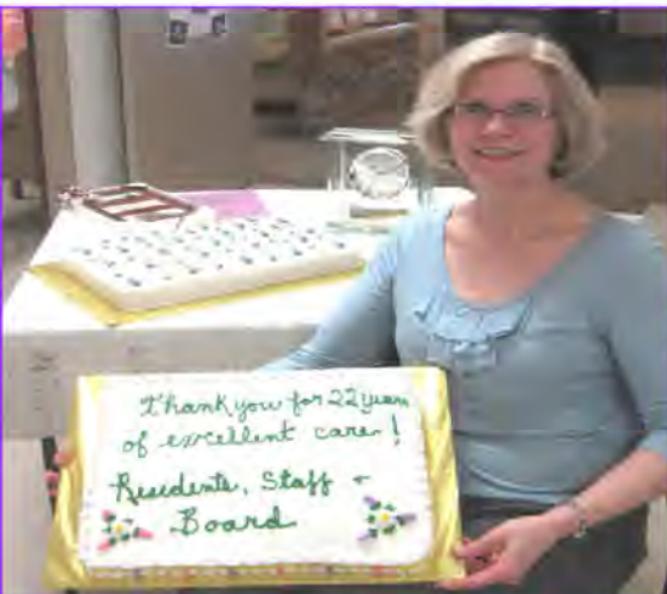
There are also some changes happening right here in our Care Center as well. Starting in mid to late July we will be welcoming a new physician to our facility. His name is Dr. Troy Dowers and we are all looking forward to meeting and working with him.

Dr. Linda Williams, who has been one of our physicians here for over twenty years, has recently moved her practice to the main Olmsted Medical Clinic in Rochester. She will, however, continue to see residents here at the Care Center until Dr. Dowers starts in July. We will all miss her very much when she leaves.

Our doctor rounds schedule at the Care Center is as follows: Dr. Linda Williams on the first and third Tuesday of the month, Dr. Victoria Dietz on the second and fourth Tuesday of the month, Dr. Fred Banfield every third Tuesday of the month and Roxie Tinter CNP every Wednesday. We will also continue to have Dr. Jengyu Lai DPM available to see our residents on an as needed basis for any podiatry issues.

If you have any questions regarding doctor rounds feel free to contact me at the Care Center.

**Lisa Wagner, Medical Records**



Dr. Linda Williams displaying her retirement cake. Thank you for 22 years of service.

## Ninth Annual Walk-N-Roll



We hope you can join us on Thursday, June 9 for our ninth annual walk to the park. Residents, tenants, families, staff and community members are invited to our "Walk-n-Roll" beginning at 1:30 p.m. (our rain date is Friday, June 10). This year we are planning to stay at the park for music and hope others from our community will join us. The special music will be provided by Beth and Dale Hoverman. For those who cannot join us to walk, but would like to enjoy the festivities at the park, we plan to arrive about 2:00 p.m. The Founders Committee will be distributing snacks for everyone while we listen to the music.

For the past eight years, Care Center staff, residents and families have enjoyed this outing. Our trip to the park and back is not just outdoor fun for the residents, but also for staff who may hear a bit of Chatfield history or see a part of town through the eyes of someone who is not outdoors too often. As in previous years, brightly colored t-shirts with a Walk-n-Roll logo will be available for purchase. This year's color is tangerine and may be ordered by contacting Kate, Erin or myself.

When we began our walks, a group of us had participated in the Rochester Multiple Sclerosis walk the previous year. After forming our team, asking for pledges, collecting the dollars and walking, we felt great about what we had accomplished. We had raised over \$1800.00 for the Multiple Sclerosis Walkathon. We wanted to share this feeling of involvement with others and at the Chatfield Sesquicentennial in 2003; we decided to raise dollars to benefit our elders in the community. The first year we walked at three different times to allow all staff and residents the chance to walk or roll. Through the years, we have found that the group effort makes for the most opportune fun! Last year upon arrival, we had several items of interest: old cars, a Harley Davidson motorcycle, a new tractor and other items at the park. It provided some opportunities for reminiscing and conversation.

Throughout the years, we have raised funds to help remodel our bathing spa, purchase locking glider rockers, and a large screen TV. We raised enough funds to add a Wii. We have also purchased a new microphone system, resident computer furniture including shelves and outside furniture made from recycled milk jugs which are very long lasting. This year any pledges or donations will be put towards new colorful privacy curtains for our resident's rooms. This will create a more homelike decor to coincide with our culture change goal of making our Care Center more like home.

We hope to continue to have families participate in honor or in memory of a loved one. The walk-n-roll provides an opportunity for great conversation, an up-close look at the neighborhood and a feeling of involvement. What could be better... exercise, fresh air, snacks and a feeling of doing something special for and with the residents of our Care Center?

If you would like to participate in our event by walking or pledging please feel free to visit or call Kate or myself at 507-867-4220 Thank you to all who have helped make this event a great success the past eight years.

***Ellen Strande, Director of Human Resources***



Lucille Baker 100  
years of life!

Mildred Gill  
celebrating 95 years  
young!



## Environmental Services



### "Thinking Creatively"



It was January and the winter days forced me, (a ten-year-old boy) to the basement of our farmhouse. It was there that I decided to build what I believed could be the ultimate trap for rabbits. After gathering my supplies, I began the process of trial and error, which would eventually lead to the first of its kind in live traps. It looked something like a wooden box with one end missing. I mounted a sliding door on the open end and tied a string to an ear of corn. Yes, you guessed it, the rabbit eats the corn, string breaks, door closes, and all of that without circuit boards or batteries. I am still not sure what I would have done if this creation would have actually caught a rabbit, but I do know this, that as a ten-year-old boy it was a wonderful way to spend a Sunday afternoon in January.

Many years later I still find myself very intrigued with the possibilities and challenges that force us to think creatively. Like a wooden box and ear of corn, most jobs start with the essentials. At that time, we had to fashion and fabricate until they become like the picture in our mind.

Over the past thirty days, we have successfully turned what was drab and old, into a new and exciting area for our families to enjoy. Our main front lounge is now filled with sights and sounds that not only warm our hearts, but also tempt us to escape (even if just for a moment) and imagine, that we are somewhere very different. It is always exciting to see our residents enjoy and appreciate the work that was done. Our goal is to continue serving them with exceptional service and the very best in resident care.

I have often thought about God and His gift of imagination, He gave something that was truly unique and very special; imagination is the spark that ignites creativity. Creative thinking could also be defined as a state of mind that enables you to approach tasks and problems with openness to alternatives. With the remainder of this article, I would like to share some steps that will help us to think creatively. The "first step" is to "re-think," stand back and start with the slate completely clean. This is a great time to just simply say if I could do anything what would it be? The great part about this stage is that no one has rained on your parade. For the "second step" we try and "visualize," getting a picture in our mind and seeing it in full color often takes time but it can be done and when we have it, we have something that can almost be touched. With a picture I can now begin sharing the idea with those around me. It is important that as we begin to share with others, that we stand firm in our commitment to see it through, yet be open to ideas that may help refine our own. Do not lose focus or heart during this introductory period, many will say, "it will never work" or "it can't be done like that." It is important to listen to what they say, but then set out to find solutions and turn your idea into reality. The "third and final step" is so crucial, "do not be lazy," a good idea takes a lot of work, and seldom do we experience the reward of hard work until the job is complete. Remember this, there will always be people that say, "it will never work," but if that were true, we would have taken our horse to work and not the car.

Continued on the following page.

The following poem is something that I read every time situations threaten creative thinking.

### **The Don't Quit Poem**

When things go wrong, as they sometimes will,  
When the road you're trudging seems all uphill,  
When the funds are low and the debts are high,  
And you want to smile, but you have to sigh,  
When care is pressing you down a bit,  
Rest, if you must, but don't you quit.  
Life is queer with its twists and turns,  
As every one of us sometimes learns,  
And many a failure turns about,  
When he might have won had he stuck it out;  
Don't give up though the pace seems slow--  
You may succeed with another blow.  
Often the goal is nearer than,  
It seems to a faint and faltering man,  
Often the struggler has given up,  
When he might have captured the victor's cup,  
And he learned too late when the night slipped down,  
How close he was to the golden crown.  
Success is failure turned inside out--  
The silver tint of the clouds of doubt,  
And you never can tell how close you are,  
It may be near when it seems so far,  
So stick to the fight when you're hardest hit--  
It's when things seem worst that you must not quit.

Author unknown

*Gerry Gathje, Director of Environmental Services*

The new  
creatively  
decorated  
hospice room!



## **THANK YOU FOR THE PERSONAL DONATIONS GIVEN TO THE CHOSEN VALLEY CARE CENTER!**

**Knights of Columbus  
Laura Whitcomb Family**



### **Founders Committee Members**

Theresa Manahan  
Mary Keefe  
Inga Jackson  
Vivian Thompson  
Vicky Cramer

Marge Huper  
Carol Finseth  
Barbara Peterson  
Doris Durfey  
Marge Judd

We gratefully acknowledge two of the Founders Committee members that have recently passed, Lucy Lambert and LaVonne Henry. They both gave so much time and talent to the CVCC mission of enhancing the lives of our residents. They will be greatly missed.

## Environmental Services



As I write this we are getting ready for our volunteer luncheon. These volunteers are a group of wonderful, caring and giving people. They assist with activities, sewing, sharing their musical talents, giving manicures, and the list continues. We thank them with all our hearts for helping to make Chosen Valley Care Center a great place for our residents to live.

Our senior shopping day was very successful. Thank you one and all who came to help their resident pick out new clothes. Everyone was so excited to see the many selections they had to choose from.

Warm weather is upon us and it is time to think about getting out our summer clothes. When going through your residents clothing don't hesitate to ask us for assistance with sizing or what new clothing items they might need. We are eager to help in anyway that we can. Remember when bringing in new clothing that we need to sew name labels in them, so please stop by the laundry room so we may assist you.

If you bring in snacks/treats please remember to bring them in tightly sealed containers.

We wish all of you a happy and blessed Easter season.

***Judy Johnson, Environmental Services Supervisor***

Gladys Olson trying on shoes and Gertrude Anderegg getting fitted for new clothing from The Senior Shop.





# SUNSCREEN



The weather is warming, the sun is shining and it is the time when we try to get outside as much as possible. Spring and summer are my favorite seasons of the year. I love to be outside working in the garden or fishing while the days are filled with light and sunshine. The sunshine that makes the summer such a happy time improves our mood and fills everything around us with life and energy. It also has a darker more dangerous side.

Photosensitivity is an increased sensitivity or abnormal response of the skin to sunlight or artificial UV light. Both UVB and UVA can trigger unusual reactions of the skin in people who are taking certain medications. From common antibiotics to heart medication, certain drugs can increase sun sensitivity, causing the skin to burn in less time and with a lower level of sun exposure than normal. It's absolutely fine to take these medications; it's just that people taking these drugs may need to be extra diligent about sun protection.

While there are many medications including over the counter pain relievers (such as ibuprofen), oral contraceptives, some diuretics, anti-depressants, chemotherapy drugs and antibiotics that can cause some type of phototoxic or photo allergic reactions. There are things that you can do to better protect yourself if you are taking a photosensitive drug:

- If outside for any length of time, find a pavilion roof or leafy tree to stay under or bring an umbrella with you.
- Use a broad-spectrum sunscreen with an SPF of at least 30. Don't forget to apply sunscreen to your nose, ears and back of neck. Use the correct amount of sunscreen. People with heightened sun sensitivity need to be sure that they use at least one ounce on their body and an amount of the size of a nickel on their face.
- Apply sunscreen 30 minutes before sun exposure. This gives it time to fully absorb and bind to your skin.
- Reapply sunscreen every two hours, since sunscreen gradually breaks down in the sun and wears off. Also apply immediately after swimming or sweating heavily.
- Wear a hat or cap, with a wide brim.
- Wear clothing made of tightly-woven fabrics in dark colors.
- Avoiding exposure during the high intensity hours of sunlight between 10 a.m. and 4 p.m.

And remember clouds do not protect you from the damaging UV rays and that dry, dehydrated skin burns more easily than well hydrated skin. The sun can also damage your eyes, increasing the risk of cataracts, macular degeneration, and eye lid cancer, so wear sunglasses.

So go ahead and take your loved one outside and enjoy the gazebo, and beautiful flowers. Just don't forget if you are choosing to take your loved one outside Chosen Valley Care Center has a supply of sunscreen available for your loved one to use to help protect them from the sun.

# 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. Barb Ristau is styling on Mondays, Pam Danielson is cutting on Tuesdays and Judy Young is curling on Thursdays.

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

## His & Her Hair Care Prices

Permanents (including cut & shampoo)	\$40
Color	\$14
Haircut	\$9
Barber cut	\$7
Shampoo & Set	\$10
Rinse	\$3
Comb out by beautician	\$3

If special hair salon services are not requested, regular hair care, as well as shampoo and sets, are provided weekly by the bath assistant.

## Upcoming increases to the Beauty/Barber Shop prices

(Effective June first)

Permanents (including cut & shampoo)	\$40
Colors	\$15
Haircuts	\$10
Barber Cuts	\$7.50
Shampoo & Set	\$11
Rinse	\$3
Comb out by beautician	\$3

(Last increase to these prices was March 2009)

# Thank you for your generous memorial donations that were given to *The Founders Committee*



In Memory Howard Gilbertson by Margaret Perkins  
 In Memory of Orville Christenson by Lana Bernard, Mr. & Mrs.  
 Gerald Clemens, Ronald & Karen Greenslade  
 In Memory of Betty Culver by Mr. & Mrs. William Manahan,  
 Margaret Perkins & Ilene Lammers  
 In Memory of Pete Connelly by Mr. & Mrs. William Manahan  
 In Memory of Lucy Lambert by Frank & Bernice Lambert &  
 Audrey Burge  
 In Memory of Mel Bernard by Ronald & Karen Greenslade  
 In Memory of Joan Kirkland by Ronald & Karen Greenslade  
 In Memory of Lavonne Henry by William Manahan, Mr. & Mrs.  
 Gerald Clemens, Mike & Vicki Cramer & family & friends  
 In Memory of Myrtle Klema by Mr. & Mrs. Orville Tangen  
 In Memory of Florin Lane by Mike & Vicki Cramer & Margaret  
 Perkins  
 In Memory of Norman Skrukrud by Mike & Vicki Cramer,  
 John & Lisa Martin & family & friends  
 In Memory of Jim Musty by Mr. & Mrs. William Manahan &  
 Margaret Perkins  
 In Memory of Dorothy Bailey by Ronald & Karen Greenslade  
 Anonymous  
 St. Paul Lutheran Ladies Aid  
 CVCC Angel Food & Strawberry Social



### Gathering Places

The Lehman Room can be reserved by contacting the Activity Department. 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.

\*\*\*\*\*  
FOUNDERS COMMITTEE, CHOSEN VALLEY CARE CENTER, INC.  
2011 ANNUAL FUND DRIVE

Enclosed is my gift of \$ \_\_\_\_\_ Date: \_\_\_\_\_  
Given By: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Optional: In Honor of \_\_\_\_\_ In Memory of \_\_\_\_\_ Name: \_\_\_\_\_



CHOSEN VALLEY CARE CENTER, INC.  
A Senior Living Community

1102 Liberty St. SE  
Chaifield, MN 55923

If you or someone you know would like to be added or removed from our mailing list please call us at 507-867-4220 or email at [Info@chosenvalleyseniorliving.com](mailto:Info@chosenvalleyseniorliving.com).

Thanks!