

***Views From The Valley
Spring & Summer, 2018***



CHOSEN VALLEY CARE CENTER, INC.
A Senior Living Community



***Greetings from Chosen Valley Care Center!
Pictured: Broomball Fun***

**Board of Directors
Chosen Valley Care Center & Apartments**

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Denise Daniels
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Amy Vreeman
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From The Administrator's Desk



Hi everyone,

Numerous additions and renovations have been made to the Care Center over the years. The most recent renovation was in 1992. Since that time, the building has served many residents and families from Chatfield and the surrounding area. And, with the passage of time, the Care Center has shown a growing need for improvements and updates.

This past year, the Care Center Board of Director's have been discussing the growing needs of the Care Center. The Board and management have also been developing a list of ideas to address the needs throughout the building. These discussions have lead us to work with an architect to develop a plan for addressing the needed improvements.

Some of the steps in our process have 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.

Once final decisions are made on a renovation and/or building project, and a budget has been determined, 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 a great Spring and Summer,

Craig Backen, Administrator

Lisa Vickerman: Weight Loss and Dementia



Dementia is a progressive decline in brain function that results in memory loss, confusion, and behavioral disturbances.

Unfortunately persons with Alzheimer's disease and related dementias are at a very high risk for weight loss. Research shows that weight loss occurs frequently in the early stages of dementia and becomes more pronounced as the illness progresses.

There are some strategies that are known to maximize intake, to reduce weight loss and minimize supplement use.

Encourage exercise throughout the day to increase appetite.

Keeping a person involved in daily exercise can enhance appetite.

Over flavor the food. Research has indicated that our taste buds decrease with normal aging and that our ability to taste may change further due to dementia. Therefore, consider adding a bit more spice to food to make the food more flavorful.

Provide the greatest caloric load at the breakfast meal or provide the highest caloric load at the meal in which the person is most alert. Research shows that people with dementia often eat best at breakfast.

Incorporate food likes and dislikes. Interview your client and family to identify individual food preferences and then do your best to incorporate these into the person's individual plan.

Maximize self feeding skills. As the dementia disease progresses it becomes very important to actually observe the person while they eat in order to identify approaches and/or adaptive devices that may foster the greatest level of self feeding ability.

Reduce over stimulation and distractions in the dining environment. Make sure staff keep their voices down during meals, and keep the table clear of clutter and unnecessary items.

Be sure food is tender and cut into small pieces. We need to do all we can do to ensure the person can chew and swallow the food and safety.

Make certain the food is presented within their visual field and the person is cued to eat. The caregiver must remember to place items within 14-18 inches from eye level, or the client might not even know the food is there. Also, the caregiver must cue the client to initiate eating or drinking.

(Article continued on next page.)

Lisa Vickerman, Continued.

In closing, one of the most important things we can do as caregivers for people with dementia is to ask “why” when a person demonstrates a new behavior or change in function. So, stop and ask yourself “why” this person might be eating less. While it is true that Alzheimer’s disease pathology will impact nutrition and weight loss, there are many things that a skilled caregiver can do to stimulate appetite and self feeding ability.

Lisa Vickerman, Director of Clinical and Residential Services



**Top: Baby Cooper and Mom Amanda visit Mary.
Right and Bottom: Baby Ryder and Mom Carrie visit Signa and Donny.**

Ellen: Sixteenth Annual Walk-N-Roll



We hope you can join us on Thursday, June 7th for our sixteenth annual walk to the park. Residents, tenants, families, staff and community members are invited to our "Walk -n-Roll" beginning at 1:00 p.m. (our rain date is Friday, June 8th). We will enjoy some refreshments and socializing when we arrive at the park.

For the past fifteen years, Care Center staff, residents, tenants, and families have enjoyed this outing. Our trip to the park and back is not just outdoor fun for the residents and tenants 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.

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, walking and then collecting the dollars, 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 with 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 fun and opportunities! Through out the years, we have held various options to our walk and roll. For several we have raised funds through pledges and helped remodel our bathing spa, purchase locking glider rockers and a large screen TV. We raised enough funds to add a Wii, a new microphone system, resident computer furniture and shelves, and outside furniture made from recycled milk jugs which are very long lasting. Some years we had special music, one year antique vehicles to view and more recently we decided that conversation and enjoying the park was plenty for the afternoon.

We hope to continue to have families participate in honor or in memory of a loved one, or just to join their family member on the walk. The walk-n-rolling 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 and Apartments?

(Article continued on next page.)

Ellen, continued.....

If you would like to participate in our event by walking 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 fifteen years.

Ellen Strande, Director of Human Resources



Walk-N-Roll photos from our 2017 walk



Business Office: What is Medical Assistance and How Do I Apply?

What is Medical Assistance and How Do I Apply?

Medical Assistance (MA) is a state health care program for disabled and elderly Minnesotans who have limited income and assets. MA helps pay for health care costs not covered by Medicare or other payers. MA pays for certain home health services such as assistance with personal care, medication setup and administration, and nursing home services.

Like all programs you must meet the required criteria before payment or reimbursement can take place. Persons with incomes over the limit may be eligible for MA under a "spend down." If you earn more than the eligible income yet spend a large amount of needed medical expenses, this could be a "spend down."

If you believe you may be eligible of Medical Assistance, contact your County Human Services Agency. You will need to fill out an Application for Payment of Long-Term Care Services as well as answer questions and provide information about your income and assets. Once you have applied for Medical Assistance, please keep the Business Office informed of your Medical Assistance status.

If you would like more information or have questions, please do not hesitate to contact the Business Office or your county's financial worker.

Erin Amdahl
Business Office Manager



Karaoke fun in the hallways with Colleen, Marjorie, Signa and Chrissy

A Word from the DON: Carrie Colbenson



Handwashing: Even though spring has arrived and flu season is coming to an end, it is still important to remember to help prevent the spread of germs. There is one step everyone can take that is one of the most effective ways to keep yourself, your loved ones, and others from becoming ill. Handwashing is one of the best ways to prevent the spread of germs. Clean hands help stop germs from spreading from person to person in all environments such as your own home, workplace, schools, childcare centers, and hospitals.

Handwashing should be completed very often, especially during the following key times, as pointed out by the CDC: before, during, and after preparing food; before eating food; before and after caring for someone who is sick; before and after treating a cut or wound; after using the toilet; after changing diapers or cleaning up a child who has used the toilet; after blowing your nose, coughing, or sneezing; after touching an animal, animal feed, or animal waste; and after touching garbage.

The CDC website provides a step by step process to ensure you wash your hands the right way every time. First, wet your hands with clean, running water; the water can either be warm or cold. Turn off the running water and apply soap. Lather your hands by rubbing them together. Ensure you scrub and lather all areas of your hands, including the backs, between your fingers, and under your nails. Scrub your hands for at least 20 seconds. A suggestion to ensure you have scrubbed for the allotted amount of time is to sing "Happy Birthday" from beginning to end twice. After you finish scrubbing, rinse your hands well under clean, running water. Finish by drying your hands using a clean towel or allow them to air dry.

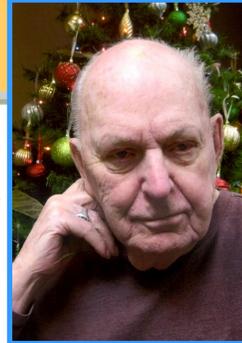
What do we do when we need to wash our hands but have no running water available? Although washing your hands with soap and water is the most effective way to rid of germs, an alcohol-based hand sanitizer that contains at least 60% alcohol is sufficient for use when running water is not available. Alcohol-based hand sanitizers are effective in quickly reducing the number of germs, but it should not replace hand washing as they do not rid of all types of germs. They are not as effective with visible dirt or grease and may not remove harmful chemicals like pesticides and heavy metals from hands. But in times of need, they still help to reduce the spread of germs.

Carrie Colbenson, RN
Director of Nursing

*Sharing Dolls and Memories:
Alice, Lucille and Tracey*



Resident Spotlight: William "Bill" Kremer



So many know Bill Kremer as a vital part of our Chosen Valley community. He was a commercial business owner, a volunteer fireman for 20+ years (with a few years as Fire Chief), a 70 year American Legion member (serving several years as Commander), a Chosen Valley Golf Course member, and an active member in the United Methodist Church, serving on several committees and teaching Sunday school.

This talented and hardworking man was born in Lewiston on December 2, 1922 to William Albert and Jessie Lucinda (Turner) Kremer. His family moved to Chatfield when he was two years old. He was the only son of the family, growing up with four sisters.

In school, Bill 'sang his way' through Junior and Senior High school in the Boys Chorus, the Mixed Chorus and in the Boys Octet. He played in the Chatfield Junior & Senior High School Band under director, C.G. Arsers. Music is something he has loved from the time he was little.

Bill was drafted into the U.S. Navy in April of 1943 and honorably discharged in December of 1945. He served on the USS Yorktown in the south Pacific, and later state-side in San Diego. He helped restock carriers with torpedoes when they were in port. Bill will talk about his experience in the service when asked by family.

On April 19, 1944, Bill married Virginia Mae Caw at the Methodist Church in Oakland, California. They met in Chatfield and love 'made it stick.' They just knew they were meant for each other. Seventy-four years of marriage attests to this happy union.

After discharging from the Navy, Bill and Virginia made their home in Chatfield where they raised four daughters: Lynn, Jean, Kathryn and Karen (Kari). Today, Bill loves visits from his nine granddaughters, five great granddaughters and eleven great-grandsons.

Bill became a Master Electrician and opened a plumbing and heating business with business partner, Maro Evans. Kremer & Evans served the electrical and plumbing & heating needs of home owners as well as commercial and farm businesses.



In his free time, Bill took his family camping, took trips to California where two of his sisters lived, spent time at their Wisconsin lake home, and took several hunting and fishing trips. He was also an avid reader, golfer, woodworker, and always enjoyed time with this family.

Here at the Care Center, Bill enjoys all the musical programs. He joins in all the singing, especially the old hymns and favorite songs of the 1940's. He also loves the homemade rice krispie treats kept stocked in his closet.

Department of Life Enrichment



Greetings from the Life Enrichment Department!

We have seen the first robin and are hoping for the last snow, we have had two snows so far on the robin's tail. One more and spring is here...Right!? Hopeful and positive thinking make all things better regardless of the situation. This is always good to remember with whatever comes our way, not just snow!



Life Enrichment Department celebrated National Activity Professionals week in January and our team has grown since the last Views edition! Colleen Haffner, Amy Neis, Chrissy Weisz, myself Kate Winter Glor and Tracey Brandt.

Tracey Brandt joined our team January 14th. You may recognize her from the Food and Nutrition Services Dept. She has been a great addition to our team, bringing her cheerful disposition and creativeness.

Pictured above (seated): Chrissy Weisz, Colleen Haffner, Tracey Brandt, (standing) Amy Neis, and Kate Winter Glor

There are always many things to do at Chosen Valley Senior Campus. If you would like to know what's going on, stop in and pick up a monthly activity calendar or check out the weekly article in the Chatfield Newspaper on the second page. The article has many photos of events and happenings. If you would like photos of your loved one emailed to your address, be sure and contact me at act@chosenvalleyseniorliving.com or call me at 507-867-2721(my direct line).

It won't be long and we will be thinking of planting gardens. Individuals that have the ability to plan, plant, weed and maintain their own garden will have individual plots if they have an interest in gardening. There will again this year be community plots for all to tend to as well. It's an exciting time of the year – be sure and check out the gardens throughout the growing season.

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Life Enrichment continued ...

In the spring and summer months we have some very special events taking place, mark your calendar and join us:

*May 11, 1:30-3PM Founder's Committee Spring Pie Social Fund Raiser. The Founder's Committee raise money and destine donations for the benefit of the residents and tenants at Chosen Valley Sr. Campus. Donations to the Founder's Committee can be left at the Care Center front desk made out to the Founder's Committee.

*May 13-19 National Nursing Home Week

*May 17 1:30 The Chosen Valley Senior Campus Prom – it's a great day, with makeup and hair styling, shawls and ties, corsages and boutonnières to be picked out by the residents and then of course pictures and the dance. Chester Procter will be providing the music at this year's Prom.

*June 7 beginning at 1PM the Annual Walk-N-Roll beginning with pictures out front of the Care Center and the walk-n-roll begins down to the Chatfield City Park for refreshments. Then, off again for home at the Care Center. It is always wonderful to have family and friends join us on this journey! (Rain date if need be Friday, June 8).

*The Lanesboro Annual Fishing Trip with the DNR has yet to be announced.

*July 12, 7:00PM – Annual Brass Band Concert in our parking lot! Join us for great music, ice cream, cookies and bars. The treats are a free will donation to the Founder's Committee benefiting our residents and tenants.

The seasons come and go quickly, enjoy each one!

Written by Kate Glor, Director of Life Enrichment Activities



Telling the story of summer through motion and dance includes sharing a baseball game and home run for our team.

Environmental Services: Gerry Gathje



I Can Only Imagine: Sandy and I recently took in a movie entitled *I Can Only Imagine*. As the movie began I was apprehensive and quietly waited with an almost pessimistic outlook. I am so often disappointed with the average movie and so rarely do we find something that truly connects with our inner emotions giving insight and perspective. On top of a pessimistic spirit, I was tired and the only way to fit this movie in our schedule was a 9:00 pm showing. Double trouble for a busy and hectic life of hustle and bustle, I was almost certain that I would doze as Sandy elbowed me awake. Oh my, I was so surprised!

Finally, a movie I could not only connect with and get excited about, but I was totally taken by the story behind the song. A glimpse into a life, a story full of personal and detailed emotions, sometimes heart breaking and still others awe inspiring! Yes, it's true, Gerry made it through a movie without even a yawn, without regard to time, worry or the world around.

I paused the day after to reflect on what I had seen and the emotions this story had touched. What had happened? Why was this movie different? Why did I find myself rehearsing what I had experienced the night before? After sorting and searching, I concluded that several things had taken place as I enjoyed my time of leisure with Sandy.

Firstly, it was a story of struggle, pending disaster, obstacles and failure with hard hitting blows that often lead to total discouragement and defeat. Have you felt this? Have you experienced it? Have you almost given up?

Secondly, it was a story of success, determination, hard work, doing what everyone tells you that you can't do and then suddenly the doom lifts and all you see is a road paved for success. Can you feel it? Have you done it? Are you still trying? Is your hope undaunted? What mile stone have you attained?

Lastly, I connected because it was real and true; everyday stuff that causes pain, joy, and determination that only comes as we experience life. It's the kind of thing we feel when through the thick clouds we emerge to yet again push forward. Overcoming is never easy, but always worth a try!

In short, I determined that this movie connected with me because it was about real life, and not a Hollywood fantasy.

Today, the Chosen Valley Senior Living facility consists of about one hundred and fifty employees, seventy-eight residents, thirty-five tenants with numerous family members and friends. Each of their stories are individual, but also connected, as we share and experience the same basic emotions going through life together.

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Gerry Gathje, continued

As an employee of the Care Center I often have the opportunity to listen and become a student as someone shares a story filled with memories, emotions and experiences. They often remind me that I am not alone and yes, I can go on.

One last thought for today: have you taken time to listen? Could it be that someone has already experienced, already achieved, or perhaps fallen short and then quietly recovered to fight again? If so, do you really have to go it alone? Today, we salute our residents and tenants as they go before us and we glean from their experiences the courage to grow old!

Sincerely,
Gerry Gathje
Director Environmental Services



Enjoying tea and treats in the sunroom during our annual Holiday Tea in January. Pictured: Erika Kohlmeyer, Darlene Sutherland, Sherry Hamann, and Shirley Johnson



Visitors at the Annual Tea in January:
Above: Everett's family enjoys each other's company; and
Margaret enjoys the selection of treats.
Below: Charlie's family gather together.





Above: Craig stops to talk with Mary and others; Right: Marie shares fun with her son, Alan; Below: the Dietary Department serves our Annual Tea every year.



Employee Spotlight: Colleen Haffner

Colleen comes to us with a wealth of experience in human services. She graduated from college with a degree in Recreational Therapy. Her work experience took her to a care facility in Wisconsin, then on to Anoka Regional Treatment Center, where she worked with a dual diagnosis population, mental illness and chemical dependency.

She and her family relocated to Rochester after her husband received a job offer at People's Cooperative. Colleen began work at Bear Creek Services in Rochester, an agency that serves adults with developmental disabilities and those with traumatic brain injury. Twenty-three years later, after working her way to Program Director and starting many new programs for her Bear Creek residents, she decided to take a less stressful and more enjoyable job.

Although Colleen has only worked at the Care Center for eight months, she has become an integral part of Life Enrichment activities. "My goal while I am at the Care Center is to attempt to make the lives of those individuals here as enjoyable and fulfilling as possible during this phase of their lives," Colleen said.

"By far my most favorite part of working here is working with the residents. Their life experiences, knowledge and appreciation cannot be measured. They truly make this job what it is," said Colleen.

Colleen went on to say, "I recently left to visit my daughter and her family. One of the residents told me to bring my granddaughter back home and to work with me, and told me 'there are plenty of babysitters here to help watch her!'"

Colleen and her husband Todd live in Rochester; have three children and one granddaughter. Their daughter Kelsie and son-in-law, James are stationed at Fort Benning, GA (he is a Captain in the Army). Their middle son, Nick, is in the Peace Corp located in Uganda, Africa for 27 months. Their youngest, Alex, is a senior in college at UW-LaCrosse, WI. Alex is in the ROTC program, so will be commissioned in the Army when he graduates from college. Colleen and Todd love to travel in their free time to visit all their children. They are planning a trip to Africa early next year!

In her spare time, Colleen enjoys being outdoors as much as possible gardening, walking or running, doing yard work or simply enjoying the evenings around the fire pit. Summer is her absolute favorite time of the year.



Environmental Services: Jody Lawstuen



April, 2018: Spring is on its way as everyone is getting anxious to be doing projects outside from cleaning windows to sprucing up the yard. After the winter months we look forward to spring sounds and feels; simply taking in the warmth with the windows open, and the fresh air flowing through the house.

Spring is a time everyone likes to get out and do some shopping, get new things for ourselves and others as well. Just a reminder to please bring all new clothing items to the laundry room to get marked, or if you choose, you can mark them with a permanent marker and we will put labels on the clothing items when they come through the laundry.

Spring is my favorite time of the year (except for the mud). I enjoy the baby animals being born, watching as the babies try to take their first steps. Some try and spread their little wings too soon. It's even a joy to watch the little things in the water, from little tadpoles to little minnows.

It's a great feeling to get the house aired out and get that spring cleaning done. Everything looks and smells so good afterward. People start feeling better, and that burst of energy we get is wonderful.

We have had a great winter in our department. The housekeepers and laundry department work very hard to keep everything running smoothly. We also have a great maintenance team. They do an amazing job with all the repairs and many different jobs that they do on a daily basis in our facility. Everyone works great as a team to keep the department running smooth.

I'm looking forward to the summer months and seeing the residents and their families go outside and enjoy the warm sunshine. We all so enjoy the warmth of summer days.

Jody Lawstuen, Environmental Services Supervisor



Melissa Fenske, LSW
Director of Social Services

Greetings to you from the Social Services department. As I am writing this, we are recovering from yet another snow storm so I hope as you are reading this, that Spring is here for good!

I would like to introduce you to Stephanie

Mensink who is temporarily part of our Social Services department this Spring. Stephanie is finishing up her Bachelor of Science degree at Winona State University with a degree in

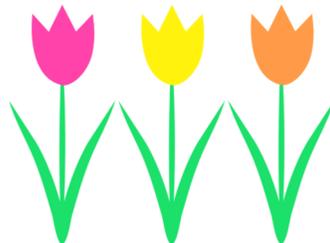
Social Work. Stephanie is completing her internship here at Chosen Valley Care Center. Stephanie has a history of working with children and youth, so working with the senior population has been a big change for her. Stephanie has been a great addition to our department and we will miss her when she leaves in May. On a personal note, Stephanie lives in Harmony with her husband and 2 daughters and is expecting her 3rd child in September. Be sure to say hello to Stephanie when you see her!



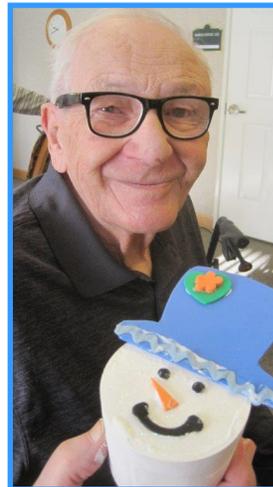
Family Council has started meeting again here at the Care Center. The mission of the Chosen Valley Care Center Family Council is to improve both the quality of care and quality of life for the residents. It also provides the families and friends of residents with a voice in decision making that affects them and their loved ones. If you are interested in learning more about this, feel free to either call me or email me at:

ssd@chosenvalleyseniorliving.com.

Happy Spring!
Melissa Fenske, LSW
Director of Social Services



Assisted Living Snowmen



As part of Life Enrichment activities, Assisted Living tenants Alice, Ann and John made snowmen.

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 will be upon us soon, and everyone is planning their garden. I wanted to talk about three different food items you might want to plant once you read more about them.

Cucumbers are 90% water, and they help dissolve kidney stones, they fight cancer, and help to heal stomach ulcers. They regulate blood pressure, rehydrate the body and promote healthy skin.

Tomatoes on the other hand have potassium, vitamins B and E and other nutrients. They contain Lycopene which is an antioxidant that fights molecules called free radicals that can damage your cells and affect your immune system. They are good for your heart, eyes, immune system, lungs, blood vessels, skin and oral health.

Bell peppers contain vitamin A & C, E and B6, which helps the nervous system and renew cells. They protect your eyes from cataracts and macular degeneration.

Best of all they are all low in calories.

Hope you have a wonderful spring and summer.

I just want to remind you that we provide Meals on Wheels. If you are interested in Meals on Wheels call Barb @ (507) 867-4220
Barb Weiss CDM, CFP, CRM, CCP, Director of Food & Nutrition Services



Happy 70th
Anniversary
to Patty and
Kenny!

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. Pam Danielson is here on Tuesdays and Judy Young on Thursdays; 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	\$16
Haircuts	\$12
Barber Cuts	\$8.50
Shampoo & Set	\$13
Rinse	\$3.50
Comb out by beautician	\$3.50

We are fortunate our stylists 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 beauticians 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.

Monthly Birthday Parties Celebrated



Gerri is moved to tears during her first birthday party celebration. She wants to thank all the volunteers and family who brought presents and treats.

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 Judd, Marge Huper, Carol Finseth, and Inga Jackson; (back row) Donna Cramer, Charlene Krenzke, Vicki Cramer, and Judi Daniels. (Not pictured: Shirley Clemens, Denise Pagel, Betts Funk, and Mary Keefe)

Donations to Founder's Committee through March, 2018:

Marjorie Huper—\$10; Joanne Keefe—\$5; Kari Kremer—\$15;
Paula Bessingpas in Memory of Norb Keefe—\$15;
Ron Zylstra, Phyllis Comstock & Sylvia Klomps in Memory of Meindert Zylstra—\$25; Jean Easler in Memory of Keith Krogstad—\$25;
Shirley Clemens in Memory of Geraldine Beckel—\$20, in Memory of Leona Hinckley—\$20, in Memory of Darlene Hahn—\$20, in Memory of Betty Diemer—\$25, and in Memory of Mitzi Holets—\$20;
Roberta Manahan in Memory of Ves Tuohy—\$5; David Bornfleth—\$17;
Mrs. Ves Tuohy in Memory of Ves Tuohy—\$250;
United Methodist Women—\$75; Darrel Bacon—\$9;
Barren County Sunshine Group (employer of Betty's daughter Margo Ketterhagen) in Memory of Betty Diemer—\$40;
Marion Erickson in Memory of Betty Diemer—\$10;
Mrs. James Ryan in Memory of Betty Diemer—\$25;
Judi Daniels in Memory of Betty Diemer—\$240.

From The Desk of Physical Therapy



Techniques for Healthy Gardening

With warmer temps settling in, many of us see this as an opportunity to head into the yard for much-needed hands-on therapy. Unfortunately, as we work against the hands of time, we have tendencies to unknowingly overload our bodies. As a result, such demands will inevitably cause our health to possibly tailspin, leaving a lasting strain on how we function and feel. So before putting in some serious sweat equity, it's important to stretch and be mindful of proper body mechanics.

Listed below we've included a few simple steps to make stress-free work of demanding labor in the garden and yard.

Tip 1 Maintaining Proper Body Mechanics: Proper body mechanics are the key ingredient to maintaining a healthy back. And a healthy back is a key component to sustaining a well-balanced lifestyle.

- When raking or sweeping, try to move with your feet and legs instead of reaching or twisting.
- Contracting or tightening your stomach muscles (stabilizing and engaging your core) while moving or lifting will help protect your back.
- Be sure to lift objects with your legs by bending your knees and squatting down to the object when lifting it up.
- Keep your back straight and hold the object close to your body to avoid extra stress through your back.
- Avoid twisting whenever possible; instead try to pivot with your feet to keep your spine in a neutral position.

Tip 2 Protect Your Joints: Our joints play a crucial role in helping the body move and bear weight. Gardening can be a great way to retain joint flexibility and range of motion. With the proper tools by your side, maintaining healthy joints will be well within reach.

- Choose tools with padded handles to protect the small joints in your hands & fingers from excess pressure. Wider handles help distribute the force throughout the surface area of your hand & fingers.
- Tools like shears or clippers with a spring like action self-opening feature are helpful if you have a weak grasp.

Tip 3 Conserve Energy: Conserving energy is critical to fighting fatigue. In doing so, we allow our bodies to function at a comfortable, unstressed level.

- Sit while working to conserve energy and decrease stress on your back, knees and hips.
- Use a kneeler seat, a combination kneeling platform and seat that helps you rise from a kneeling to a seated position – if you do not have a kneeler seat, consider a short gardening stool or bench.

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***From the Desk of Physical Therapy,
continued***

- Take a break every hour or switch to another activity. Overuse of repetitive motions such as digging can cause tendonitis of the elbow or may lead to nerve-related irritations such as carpal tunnel syndrome.
- Break up large garden projects into shorter tasks incorporating a rest and stretch break between gardening sessions.
- Stop work for the day before you become overtired.
- Plan ahead – use a wheelbarrow, rolling basket or large handled container to carry supplies to and from the garden or work area.
- Use both hands for heavy activities, like lifting a bag of potting soil or moving a plant or better yet, ask for assistance.

Remember gardening is meant to be enjoyable not painful.

If you are in need of any outpatient physical therapy services give us a call at (507) 867-3199.

Robert (Bob) Schrupp, Physical Therapist



Sharing a laugh together during Life Stories Movement Workshop: Anne, Thelma, Fern and Marie.

Life Stories Movement
Workshop, Jan. 25



Music Makes the World Happier



Kiddos from Eyota visited with songs and movement.

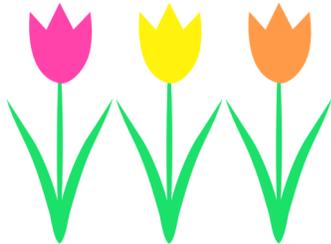


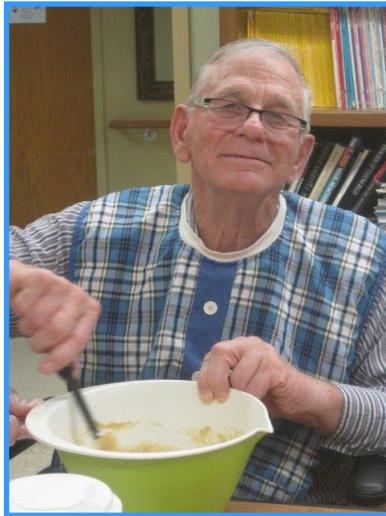
Fun Photos



Chrissy and Delores tell stories with bonnets and cowboy hats on; Marie tells stories of the prairie wearing a bonnet.

Gloria holds a picture of her football player and hopes for a win!





Homemade treats are welcomed in every season. Dennis helps stir; Marge cracks eggs; and Bernie and Marie combine all the ingredients.



