



Views From The Valley
January 2012



**“Winter is the time for
comfort - it is the time for
home.”
Edith Stitwell**



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Dear Family and Friends,

Chosen Valley Care Center has updated its web-site! Although the look and content is new, the web-site address remains the same www.chosenvalleyseiorliving.com

The new web-site offers new ways for residents, families and others to see what's happening within our senior living community. It includes virtual picture tours of the Care Center and Apartments, information about our services, monthly dining and activity calendars, employment information, as well as many other features.

One important update to the web-site is the addition of our Views From the Valley quarterly newsletter. The newsletter can now be found under the Newsletter heading, through the direct link at the left side of the web-page.

This on-line version of Views From the Valley was created to help streamline the newsletter process and make it more accessible to viewers. It will also provide another way of "going green" by using less paper, ink, electricity, postage, etc. There will be much less printing time too. For these important reasons, this newsletter edition will be the last printed version distributed by mail. Copies of the newsletter will still be available on-site in each of our buildings.

Beginning with the spring edition, there will be two options for readers to choose from. You can request to receive an e-mail from us with a "direct link" which will bring you to the newsletter on your computer. Or, you can visit our web-site in January, May, July and October for the latest edition.

If you would like us to personally notify you by e-mail with the "direct link," please contact us through our web-site, under the Contact Us heading. Once we receive your request we will add your e-mail address to our group contact list.

The Views From The Valley newsletter provides a way to keep residents, families and friends informed of our programs and services. As always, we welcome any/all ideas and suggestions which would enhance and/or compliment our current programs and level of service. Please contact me if you have any thoughts or suggestions you would like to share.

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



How to Become Younger

I had a very interesting thing happen to me last year. Three separate friends recommended the same book to me. The book is entitled "Younger Next Year: A Guide to Living Like 50 Until You're 80 and Beyond."

The three friends who made the recommendation all had one thing in common. They all looked much younger than their stated age. In other words, they all seem to be successfully following the advice of the book.

So of course, I read the book and as a physical therapist I feel it is my duty to pass on the recommendation of reading it. It is well worth your time.

The book has two authors. One is a physician, and the other is a former lawyer. Together they impart the secret to living with vitality and grace into your eighties and beyond.

The secret? Humans have developed a system of messages which either signal your body and brain to decay or to grow.

Exercise tells the body to grow. Sitting too long tells the body to decay. Eating a normal balanced meal tells the body to grow. Overeating tells the body to decay. Connecting with family and friends tells the body to grow. Isolation and stress tell the body to decay.

Believe me I am not doing this book justice. You need to read it yourself to get the right message to reverse the typical path of aging. The authors of the book are Chris Crowley and Henry S. Lodge, M..D..

Happy Reading!

Robert Schrupp, Physical Therapist

The rehabilitation staff at 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. For neck, shoulder, hand, back, hip, or knee pain. For tendonitis, bursitis, arthritis, plantar fasciitis (foot pain), stroke, weakness, poor balance, or neurological diseases.



Our government never seems to let us down when it comes to changing things all the time. The Minnesota Department of Human Services has chosen to transition it's case mix classification system from 36 levels of care to 50 different levels effective January 1, 2012. Every person that was residing in a nursing home at the beginning of the new year should have received a letter stating what their transition case mix level is effective January 1. Each of these 50 levels has a different rate associated with it to determine what your daily room and board rate is in the Care Center. I can remember back when I started working at the Care Center almost 14 years ago, there were only eleven different levels and they ranged from A to K, now the new 50 levels range from PA1 to ES3.

Each department at the Care Center has a section of an electronic report called an MDS (Minimum Data Set) to be completed and transmitted to the Minnesota Department of Human Services to determine which of the 50 levels of care each resident is classified in. This is what drives your monthly room and board statement. The MDS must be completed every three months at a minimum.

The Medicare A co-insurance rate for nursing homes went from \$141.50 per day to \$144.50 per day effective January 1, 2012. Medicare A pays 100% of the first 20 days, then beginning day 21 the co-insurance goes into effect. You are personally responsible for this amount unless you have a supplemental insurance that will cover the charge. That is why we stress upon admission to bring all your insurance cards in so that we can bill that for you versus you paying privately. Medicare does not pay for bed holds or transport to appointments from companies such as R & S Transport. Medicare only pays for emergency transport by ambulance.

If you are on Medical Assistance, the personal needs allowance residents are allowed to keep went up from \$89.00 per month to \$92.00 per month. Please remember that it is critical that you return Medical Assistance reviews in a timely manner or they will stop your aide and you will have to pay privately until you re-apply and are accepted.

Please stop in or give me a call if you have any questions. I know this can be very confusing if you have never had to deal with it before. Have a safe winter.

Jean Haakenson, Chief Financial Officer



These past few months, we have made changes in the Dietary Department. We are currently serving a dessert cart at our supper meal that has a wonderful variety of sweets for our residents to choose. We are also serving home-made sugar free cookies. One great new feature is that you now have the availability to access our menu on our web site at www.chosenvalleyseniorliving.com.

In the winter months, our sun exposure greatly decreases which in turn deprives our bodies of Vitamin D. I would like to suggest a few foods that may enhance your nutritional intake. These foods include: fish, fortified cereals, oysters, tofu, soy milk, salami, ham, sausages, fortified dairy products, eggs, mushrooms and caviar. Vitamin D is necessary for the proper absorption of calcium which strengthens bones and helps to prevent osteoporosis.

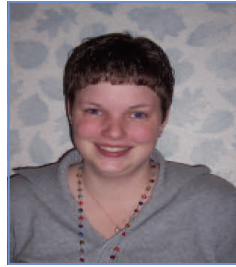
Remember that we are providing Meals on Wheels and senior dining downtown. If you would like to participate in either of these programs you may call Sharon at 507-867-3591 for senior dining or me at 507-867-4220 before 9:00 a.m. If you are interested in Meals on Wheels call Blanche at 507-325-2313 or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

Hope you stay safe over the winter months and we'll visit again this spring.

Barb Weiss, Dietary Director



The Dietary Department all prepared to serve the Holiday Tea!



Social Services

As a new year begins, I would like to take this opportunity to review valuable information that is available throughout the Care Center. Posted on the wall on Burr Oak Blvd. hallway, you will find the following information: Resident Rights for all people residing in a Care Center, the results of the last Minnesota Department of Health Survey of CVCC, the Grievance Policy for CVCC and the phone number to the Ombudsman for Older Minnesotans, as well as important material regarding how to request and access a Resident's Health Care Record. Located in the main dining room is a booklet of Resident's Rights as well as Grievance Forms, a copy of the CVCC Grievance Policy and envelopes for submitting a grievance form. Information is also available in my office including, Financial and Health Care Power of Attorney forms, application for Medical Assistance, a copy of the Resident's Rights booklets (both the State and Federal versions), a copy of the CVCC Abuse Prevention Policy as well as information on Dementia, care giving, and Hospice Services. Please don't hesitate to stop and see me with any questions or to request information. If I do not have the information that you are requesting, I will do my best to locate it. In closing, please look in your next monthly statement for information regarding the possibility of Starting a Family Council at CVCC.

Katie Shimek, Director of Social Services

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





Activity Department at the Holiday Tea: Sherry Hareldson, Amy Neis, Kate Winter Glor and Denise Hays.



Have you met the Activity Department staff at the Chosen Valley Senior Campus?

Sherry Hareldson worked in the activity department from September of 2000 until October of 2004, as an activity aide. She returned to Chosen Valley Care Center as activity assistant in January 2008.

Amy Neis joined the activity department team on January 3, 2011. Prior to the Care Center, Amy had been employed at the Ostrander Care and Rehab for eleven and a half years.

Kate has been employed at the Care Center since January 28, 1991. She began working in the nursing department before joining the activity department in April 1994 and on August 5, 2002 she became the Activity Director.

Denise Hays better known as our "music gal" has been the music therapist at the Care Center since July 1991.

The third week in January is National Activity Professionals Week. Just what is it the activity department does you might wonder...oh where to begin! The activity department is responsible for the development and implementation of all types of activities, in all kinds of settings to meet the needs of the residents and tenants living at the Chosen Valley Senior Campus. From large group settings: church, special music or entertainers, parties, resident council meetings, exercise (through games, dance etc.) daily news and current events; small group settings: cognitive games, card games, sensory and orientation type activities and one to one with individuals: hand massages, make-up and grooming, devotion and so much more! Our goal is to provide activities to meet the needs and interest through individual and group programs to promote optimal practicable level of physical, intellectual, spiritual, creative and psycho-social well being. If you have any suggestions for activities or would like to share your talents with us, have a collection, or a topic you have researched or have been on a trip, don't hesitate to stop in or give Kate a call.

Continued on the following page,

The Care Center was overflowing with activity, especially during the holiday months. One question that is frequently asked during this time is "Where did that gift from Santa come from?" Santa visits on Christmas Eve (or the closest day to it, when it falls on a weekend), bringing gifts that are donated from the individual resident's church, staff and community members or an organization called "Santa for Seniors". Each resident and/or tenant receives one gift from Santa.

Mark your calendar and plan to join us on Tuesday, February 14, at 1:30 p.m. for an angel food cake and strawberry ice cream fund raiser, hosted by the Founder's Committee.

If you would like a copy of our calendar of activities, stop in the activity office or even better view it at our website: <http://www.chosenvalleyseniorliving.com/>.



Evelyn Skjeie celebrating her birthday!



Doris Durfey and family are all smiles!

If you are looking ahead and want to have a birthday party for your loved one at the Care Center, please call the month prior as we will be able to meet your needs best with planning ahead and marking it on our activity calendar.

Please plan ahead any hair needs of your loved one. With the busy schedule of the beauticians, it is not always 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 bi-weekly customer, especially for permanents. We do our best to meet the needs of our residents and tenants.

Kate Winter Glor, Activity Director

Caroling Girl scouts singing at the Care Center!



Danielle York as Mary and her son, Lincoln as Jesus for the Christmas Program.



Audrie Stevens, Peggy Scott, Lyle Drinkall, Frank and Betty Kinney and guests enjoying the Annual Veteran's Pie Social!



Independent Living Tenant Spotlight



Betty Shuster



Betty was born on December 4, 1934 in Chisholm, MN to Theresa and John Detragiache, who were immigrants from the Northern part of Italy. She had one brother. She attended Chisholm schools. She learned to play the violin in first grade and continued to play throughout school and into college. After graduation, she attended St. Olaf College, where she received a scholarship because of her great ability to play the violin. She was also a member of the St. Olaf Orchestra. She studied to become a radiology technician. She transferred to the University of Minnesota and trained at the Miller Hospital in Radiology. In 1956, she married her childhood sweetheart, Terry Shuster. She grew up only two blocks from him and remembers chasing him to school in kindergarten. After college and her marriage, they moved to Rochester where she was a paraprofessional in the Rochester school district. They started a family and had two sons, Mark and Scott and a daughter, Lynne. Betty continued to be a paraprofessional for 15 years in Rochester, until they moved to the twin cities, and later Pequot Lakes. She was a paraprofessional there for 10 years. Upon their move back to Rochester in 2000, Betty “retired”, but is still currently an occasional substitute. Betty and Terry have four grandchildren, two of them reside in Connecticut and two in Rochester, MN.

Betty and Terry have experienced wonderful journeys together. They have traveled to Italy to meet some of Betty’s family, and also to Portugal and Spain and annual trips to New York. They especially loved the theatre in New York! They also traveled the United States and wintered in Destin, Florida for 10 years.

Betty is currently residing in the Independent Apartments. When she is not busy visiting her husband at the Chosen Valley Care Center or substituting, she enjoys playing bridge or attending theatre plays. Betty and Terry relocated to Chatfield, “because God had a plan.” While Terry was hospitalized, they heard nothing but good things about the Care Center. She has appreciated every single thing that the staff has done for her and Terry. She finds the staff to be caring and feels blessed and fortunate to live here.

STAFF SPOTLIGHT: Lisa Rollie



Lisa Rollie has been at Chosen Valley Care Center for 15 years. She is happily married to Clyde Rollie and they have four children, Samantha, 21; Jordan, 18; Tristan, 14; and Ethan, 11. They also have a granddaughter, Lyla, 3; who is Samantha's daughter. To complete their family, they also have two dogs, Hogarth and Taz.

Lisa became interested in long-term care even prior to her employment at the Care Center. Her mother worked as an LPN at a care center and Lisa would attend work with her and visit with the residents. She enjoyed the stories they would share about their past. The people at the Care Center feel like second family to her, both staff and residents alike. Lisa has always enjoyed working with the residents and finds characteristics in each of them that remind her of her parents, grandparents, aunts and uncles. Lisa started her career in 1996 as an evening CNA, and later transferred to the day shift. In 2000, she took classes for her TMA. In 2007, she entered her current position in Medical Records. Lisa would eventually like to return to school for nursing.

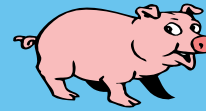
Some of the changes Lisa has seen are resident's rooms changed to offices, culture change, animals residing at the Care Center, electronic medical records, additions to and within the facility including the Assisted Living. The décor has also greatly changed.

When Lisa is not busy brightening the day of both the staff and residents, she spends her free time with her family. In the winter, they enjoy residing at home and viewing the latest films. Spring and summer you will be sure to find her and her family having fun at their camper.

Care Center Resident Spotlight



Rubeye
Nagle



Rubye Nagle was born on April 7, 1916 in Harmony, Minnesota. Her parents were Rose and Elmer Jacobson. She was an only child for 14 years, until her brother arrived. She was raised in Preston, Minnesota and attended Preston School. After graduation, she attended Paul's Beauty School in Minneapolis. She fondly remembers being paid .15 to .25 cents to style hair. This was a good salary during that time. She opened Rubye's Beauty shop in Preston, Minnesota and operated it for two years. In 1939, she met Harley Nagle and they were married by Harley's father in Hammond, MN. They bought a farm in Preston. They had two sons, Fred and Jerry. Rubye chose to stay at home to raise her sons and loved that she was fortunate to do that. They enjoyed farming chickens, cattle and pigs in addition to raising crops. Rubye recalls a time when her family was absent for the day and the pigs escaped from their pen and destroyed their yard. Rubye was not happy about this as she was the caretaker of it. She laughs about it now.

When her sons began school, Rubye returned to work. She worked at the variety and drug store in Preston where she and another current resident at the Care Center were called the "Drugstore Girls".

When Harley was admitted to the Preston Nursing Home, Rubye would visit him daily. She only missed five days of visiting him due to the weather. While at the nursing home, they enjoyed eating cookies and playing dominoes. Harley passed away in 1993.

Rubye enjoys spending time with her grandchildren and great grandchildren, playing cards and church activities. At the Care Center, she enjoys playing bean bags, bowling, Move to Music and any special music.

Care Center Resident Spotlight



Donna
Pease



On September 18, 1925, Donna Kohlmeyer was born in Rochester, Minnesota to Dorothy and Lewis Kohlmeyer. Her family consisted of one brother, "Bud" and two sisters, Luella and Marie. Donna attended Rochester schools. While in school, she met a wonderful man, Hank Pease. She says, "they fell in love while in school and knew they wanted to be together forever". After graduation, Donna and Hank were married at the St. Paul Lutheran Church on September 26, 1944 in Chatfield, Minnesota. After their marriage, they purchased a farm near Chatfield and operated that farm and Hank's parent's farm. They continued farming while raising their children, Donald and Penny. Donna has many great memories of farming and tending to her large garden. She also recalls dancing and playing 500 cards with their large group of friends. The Pease family also enjoyed an annual fishing trip to Brainerd. When Donna wasn't engaged in her many activities, she worked at the local butcher shop. She was also employed at the Chosen Valley Care Center in the Dietary Department for many years. Donna enjoyed sewing and working with the ladies aide at her church. Donna spoke of many great times she and Hank had through the years and realizes how truly blessed she really is. While at the Care Center, Donna enjoys listening to the music and dining on the delicious food!



We have all complained about how forgetful we seem to be at times. Especially once we hit the big 40. Well, there may be some validity to our complaints. A new research reported in the British medical journal indicates that mental decline could begin as early as 45 years old. Research was done for several years on 5,198 men and 2,192 women between the ages of 45 and 70. The cognitive function was tested three times over a 10 year period. Individuals were tested on memory, vocabulary, reasoning and verbal fluency. The research found that cognitive scores dropped in all except vocabulary. Reasoning scores declined by 3.6% for men between the ages of 45 and 49 and by as much as 9.6% between the ages of 65 and 70. The corresponding number results for women were 3.6% and 7.4%. These findings emphasize the importance of promoting healthy lifestyles for younger adults, especially cardiovascular health. This is important as the life expectancy for people continues to rise. A good adage to follow is “what is good for the heart is good for the head”.

Suzette Moechnig, Assisted and Independent Living Housing Director



**Orville and Helen Tangen
celebrating at the New Year's
Party!**



I would like to take an opportunity to reintroduce myself. I currently live in Lanesboro with my beau, Troy, and our two children, Hailey and Gavin. Hailey is four years old and is attending her first year of pre-school. She loves attending dance class and riding horses at my father's home in Caledonia. Her little brother, Gavin, was born November 16, 2011. Every day presents a new adventure with our kids.

I have been employed at our Care Center since 2008. I began as a part-time receptionist and have continually acquired different roles and new responsibilities. I assist Ellen Strande in Human Resources with processing payroll and other employee related tasks. I currently provide technology support, anywhere from Internet access to residents' charting information. If staff would ever experience a computer problem, I'm available for assistance.

I'm excited to be joining the Business Office team with Jean Haakenson, Rita Charlton, and Lori Bakke. It's an honor to work alongside such strong, knowledgeable women. In my four years with the Care Center, I've seen many changes and met many wonderful people. I can't think of any other place that I'd rather work or have my loved ones call home!

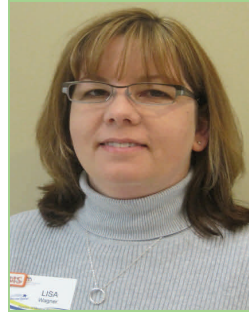
Stacy Wilhelm, Business Office Manager



Santa distributing presents to the residents.

Fern Miller and family visiting with Santa!





The mild weather was nice while it lasted but it definitely is back to feeling like January in Minnesota again! I actually don't mind the cold weather because it means that my husband will be ice fishing and bringing me plenty of delicious Crappies to eat!

We have quite a few new residents and families since our last newsletter, so I would like to inform everyone of our Care Center physicians and the days of the week they are available to do rounds.

Dr. Troy Dowers is the newest member of the OMC Chatfield office and he is at the Care Center on the first and third Tuesdays of the month.

Dr. Victoria Dietz is also from the Chatfield OMC office and is at the Care Center on the second and fourth Tuesdays of the month.

Roxie Tienter is our Nurse Practitioner for OMC and is here every Wednesday. Roxie is able to see both Dr. Dowers' and Dr. Dietz's residents when needed as well as for special visits.

Dr. Fred Banfield is from the Rochester Family Medicine Clinic and is here every third Tuesday of the month. He is also the Medical Director of the Care Center.

Dr. Jeng Yu Lai is our Podiatrist from the Rochester Clinic and is here once a month, but is available to come on an as needed basis as well.

If you have any questions regarding physicians visits or would like to be present when your loved one is scheduled to be seen, please feel free to contact me at the Care Center for information.

Lisa Wagner, Director of Medical Records



**Sherry
Hareldson
and Lavon
Fieseler
smiling for
the
camera!**



Minnesotans have been discussing the nice winter we have benefitted from thus far this season. As I write this, it is snowing and the weekend forecast is calling for more. At home, I enjoy looking outside at a gentle snowfall, especially when I know I don't have to drive anywhere. There is something special about a warm cookie on a cold winter day. I try to think of ways to enjoy the winter, telling myself to embrace the cold. I believe that is part of Chatfield's Chill Fest idea to welcome and adopt the cold. I don't plan on doing any polar plunging (jumping into Mill Creek) as some will. However, some of us at the Care Center are planning on something fun for residents and staff to do together to beat the winter blahs on Friday, February 10 at 2 p.m. in the dining room. Everyone is invited and we are sure to have fun.

This year is the Chatfield Chill Fest Tenth Anniversary as well as Chosen Valley Care Center's Tenth Annual Walk-N-Roll. For those unfamiliar to our walk and roll: staff, residents and families are invited to join us for a stroll down to the park, usually in June. Our walk and roll (residents rolling in their wheelchairs with staff walking) provides an opportunity to get outside, enjoy a stroll through Chatfield and great conversation on the way to the park and back to the Care Center. The past two years we have included some entertainment at the park. With this year as our Tenth Anniversary, we may have to feature something very special. Some years we have encouraged staff and those that wish to collect pledges for something special for our residents. These items have included glider rockers, outside furniture, and a computer with desk.

Another fun event and fundraiser is our golf outing, planned for Friday, August 24. Our format has been four person best shot for 18 holes ending with a meal, prizes and a raffle. We have been very fortunate to receive donations, sponsors and enthusiastic golfers. This fundraiser has assisted us in purchasing a new call light system for our residents, new dining room tables and chairs, and new colorful privacy curtains.

For both of these fundraisers we have made available shirts to be purchased by staff, residents or golfers, with a specific logo for each event. Every time I wear these shirts, I remember the day and the special time shared by residents, families and those in the community. More information will be provided about these events as the year progresses.

My wish is that we can all look forward to and take pleasure from good days in our coming year.

Ellen Strande, Director of Human Resources

Environmental Services



Happy New Year to one and all and may we all have a blessed year. Although it is cold and snowing as I write this article, we have been blessed with a very good winter. As always the Christmas gifts that our residents received were wonderful. Each year seems to get better and better. We are so fortunate to live in such a caring community. While all the gifts that we have received have been labeled, we still have some articles of clothing that do not have an owner. We would appreciate any clothing that you bring in would be brought to the Laundry Department so we may get the correct name on it. Thank you for your cooperation.

It is going to be another exciting year at Chosen Valley Care Center. I know the activity department will amuse us in aiding to beat the winter doldrums. We have our Walk-N-Roll, the Brass Band concert and of course our annual golf tournament, in addition to the pie social and holiday tea. I am sure there will be many more things to keep our residents entertained.

I want to take this time to thank the many volunteers that we have at the Care Center. Without you our jobs would be more difficult. We thank you for your caring and devotion.

Judy Johnson, Environmental Services Supervisor



Rowland family
celebrating Arlo's
birthday!



A couple of days ago, I found myself trapped in my own vehicle and very disgusted with my old pickup. Due to a very bad design by one of the three big car companies, the interior door handles are not made to withstand the force required to open the door. I had fixed the door handles once and it cost about twenty-five dollars, plus another forty or so for miscellaneous parts and labor. I naturally expected the replacement handles to be new and improved, you can imagine my disappointment as the handle broke leaving the door closed and the new handle in my hand. I began taking the door apart and had planned to visit our local salvage yard for a replacement; why buy new if it's no better than the old. As I looked at the pieces, I realized that I could probably make something just as good and even better with a little innovation. On top of that, I would not have to pay twenty-five plus dollars for something that would only break again. So I set out to gather my supplies and in about one hour I had created a new door handle and it was virtually unbreakable, best of all my cost was about one dollar. After installing, I was pleasantly surprised to find that my door now opened much easier than before and with almost no effort. Now came the real test, what would my sixteen-year-old son, Andrew think? Guess what? He approved and gave the kind of smile every dad loves; it's the kind that says, wow . . . you are really smart!

Innovation could be defined as follows: the creation of a better or more effective product, process, service or idea. As we think about that word and everything that goes along with it, I wonder if sometimes we give up too easy and just do things the same old way. Most of us would love to be responsible for something that changed the industry or world as we know it. I recently watched a World War II documentary on the Normandy Invasion. I was amazed to learn how normal everyday war equipment had to be retrofitted and made to do what it was not originally designed for. Good old American innovation accomplished the seemingly impossible and made the difference between success and failure, hats off to our veterans.

However, there is a side to innovation that we do not like to face or talk about. That side is called failure and it often comes as we endeavor to do something different. I wonder today how many good ideas have never been tried because we were afraid to look, sound or be different? What would it be like if innovation had ceased and we all had become cautious observers, refusing to step out? It is my opinion that each one of us are responsible for maintaining and preserving an atmosphere that encourages innovative thinking and gives the people around us the freedom to fail and then learn from the evidence that experience is still a great teacher.

Continued on the following page,

In November of last year, I was the recipient of a total knee replacement. I found myself very challenged physically. I do not consider myself to be a complainer, but I did have a complaint or two and I verbalized my discomfort. Much to my disappointment, I was told that what I was experiencing was normal and something that I would have to endure. As I spent time in the hospital, I soon found myself wanting nothing more than home. Yes, I was sick and hurting, but somehow I knew that the comforts of home would bring healing both emotionally and physically.

In closing, I would like to acknowledge several lessons learned and point us toward the future with hope and optimism. First of all, I acknowledge that there is no place like home and as hard as we try there never will be. But let's not stop trying and let's continue to press forward and look for new and innovative ideas in the health care experience. Let's face some failures together and then use them to build our future and excel in doing better. Maybe it will take a "Normandy Invasion" to inspire and motivate imagination that changes the same old thing into something really amazing. Or maybe this year, by working together and promoting an atmosphere of innovation we could very slowly and very deliberately make some "door handles" that actually work instead of just replacing them and submitting to the normal way of doing business.

Some of the projects that we are looking forward to at the Care Center consist of new paint colors and updates. While our plans are still vague and need some refining there is a theme that I have adopted as we go forward "The Comforts You Would Find in Your Own Home." I always welcome and look forward to hearing your ideas and thoughts concerning the Care Center environment. A great way to share your ideas with me is online. I can be easily contacted with our new website. Thank you for making my job the best that it can be.

Sincerely,
Gerry Gathje, Director of Environmental Services



**Home, the spot on earth supremely blessed, a
dearer sweeter spot than all the rest.**



**Agnes Vogen
enjoying Santa's
visit!**

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

**Karen McMaster
Lana Bernard
Marion Erickson
Shirley Clemens
Evelyn Underleak
Charlene Lutzi
Dwaine Kamnetz
Mr. & Mrs. Robert Amundson
Sumner Methodist Church**

**Ilene Lammers
Robert Pederson
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Multiple Sclerosis



March is Multiple Sclerosis Awareness and Education Month

Multiple Sclerosis (MS) is a neurological disorder that was first described by a French neurologist in 1868. There are still no known causes and no known cures. The course of the disease varies from person to person and therefore is impossible to predict the severity or progression for any one person.

With MS, the central nervous system is affected by the destroyed layer of insulation known as myelin around nerve fibers. The myelin is what allows nerve signals to travel throughout the body. In a person who has MS the destroyed myelin causes scarring and disrupts the transmissions of the nerve signals not allowing the message of the desired action to reach the brain. The inflammation can lead to permanent destruction of the nerve fibers and cause permanent loss of function. Some of the symptoms of MS include fatigue, muscle weakness, spasticity paralysis, altered sensations, balance problems, numbness, vision loss, depression, speech problems, tremors and bowel and bladder issues.

The cause of MS is unknown but it is believed that several factors may be involved; immunologic reaction, viral or other infectious agents, environmental factors and genetic factors. There are currently 350,000 to 500,000 people in the United States who have been diagnosed with MS. Statistics show that MS is more common among women and commonly diagnosed in individuals between the ages of 20-50.

The need for early treatment is becoming increasingly clear according to the MS Foundation. Early treatment indicates a delay in disability. As mentioned there is no cure for MS, the treatment for the disease is aimed at treating the symptoms and to modify the course of the disease with modifying the number and severity of attacks and progression of disability.

Danielle York, Director of Nursing

Information from: www.msfocus.org/ and www.mayoclinic.org





Falls are a big concern for young and old alike. In 2005, Minnesota had the fourth highest fatal fall rate. Adults 65 and older account for 88% of hospital treated fall fatalities in 2007.

Falling occurs most often inside or near the home, and do not occur in the winter months as might be expected. More than one third of adults, age 65 and older, fall each year. Falls are the leading cause of injury death for adults 65 and older. In 2005, 15,800 older adults died from fall injuries.

Falls are the leading cause of injury and hospital trauma injury. About 1.8 million older adults were treated in emergency departments and more than 433,000 were hospitalized. Falls are a leading cause of hip fractures and traumatic brain injuries.

Up to 25% of adults who lived independently before a hip fracture require a nursing home stay of at least one year after the injury. As many as 20% of these patients die within one year of the injury. What can you do to prevent falls? Exercise regularly and be sure you are wearing the correct eyewear and footwear when walking. Tell your doctor if you are experiencing dizziness or unsteadiness after taking medications, whether it's when you're sitting down, standing up or both. If your medication causes dizziness or sleepiness, adjust your activities so you aren't at risk of falling. Eat healthy meals, because nutritious meals keep up your strength, resistance and balance. Don't skip meals because it can cause weakness and dizziness. Improve the lighting in your home by installing brighter bulbs. Florescent bulbs are bright and cost less to use. It is safest to have uniform lighting in a room. Have your vision checked yearly by an eye doctor. Get up slowly after you sit or lie down. Engage in physical activity every day, it's your best defense against falls. Build your muscle and bone strength by doing "resistance" activities or exercises. Watch out for cracks in sidewalks, holes, and changes in sidewalk levels and be extra careful during and after stormy weather. Hold hand rails and move slowly when going up and down stairs. If you are using a cane, make sure it is the correct height and that it's rubber-tipped for safety.

If you fall, try to land on your buttocks to prevent more serious injuries, don't rush to get up. Make sure you are not injured before trying to get up or letting others help you get up. Don't let the fear of falling again prevent you from being active. Inactivity creates an even greater risk of falling.

I hope that some of these tips will help you remain safe, happy and healthy!

Lisa Vickerman, Director of Clinical & Resident Services

Gofidon
Tienter and
Kate Glor
styling for
Halloween!



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, there must be sufficient funds to cover the cost of service given or this service cannot be provided.

His & Her Hair Care Prices

Permanents (including cut & shampoo)	\$40
Colors	\$15
Haircuts	\$10
Barber Cuts	\$7.50
Shampoo & Set	\$11
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.



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

In Memory of Harold Baker by Mr. & Mrs. Mike Cramer
In Memory of William Manahan by Dennis & Carol Gunderson
and Mrs. William Manahan
In Memory of Carol Bernard by Marjorie Scott and Robert &
Arleen Amundson
In Memory of Jean Goldsmith by Dr. & Mrs. D.B. French, Mr. &
Mrs. Ronald Greenslade, Becky Asleson and Mr. & Mrs. Robert
Amundson
In Memory of Dale Haugen by Mr. & Mrs. Robert Amundson

United Methodist Women
Pilot Mound Women of the ELCA

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.
2012 ANNUAL FUND DRIVE

Enclosed is my gift of \$ _____ Date: _____

Given By: _____

Address: _____

City/State/Zip: _____

Optional: In Honor of _____ In Memory of _____ Name: _____



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