

***Views From The Valley
Winter & Spring, 2017***



CHOSEN VALLEY CARE CENTER, INC.
A Senior Living Community



***Greetings from Chosen Valley Care Center!
Pictured are the Life Enrichment Activity
Team: Chrissy, Matthew, Kate and Amy***

Board of Directors

Chosen Valley Care Center & Apartments

Back Row: Members-Denise Daniels, Gary Bren; Amy Vreeman;
and Treasurer-Daniel Hollermann.

Front Row: Secretary-James Strand; President-Mary Mark Patten;
and V. President-Dave Schellhammer.



Contributing Writers:

Craig Backen, Administrator / adm@chosenvalleyseniorliving.com

Lisa Vickerman, Director of Clinical & Resident Services
don@chosenvalleyseniorliving.com

Ellen Strande, Director of Human Resources
pay@chosenvalleyseniorliving.com

Carrie Colbenson, Director of Nursing
nm@chosenvalleyseniorliving.com

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

Gerry Gathje, Director of Environmental Services
plant@chosenvalleyseniorliving.com

Kate Glor, Director of the Dept. of Life Enrichment
act@chosenvalleyseniorliving.com

Jody Lawstuen, Environmental Services Supervisor
clean@chosenvalleyseniorliving.com

Barb Weiss, Director of Dietary / food@chosenvalleyseniorliving.com

Stacy Hrtanek, Business Office Manager
billing@chosenvalleyseniorliving.com

Hanna Cotton, Housing Director for Assisted and Independent Living
almanager@chosenvalleyseniorliving.com

Robert (Bob) Schrupp, Physical Therapist / schrupp@hbc.com

From The Administrator's Desk

Dear Family and Friends,

Happy New Year everyone! I hope this past year was a great one for all of you, and wish the New Year brings you health and happiness.

Chosen Valley Care Center, Inc. provides many programs and services to meet the needs of our residents, and those who reside in the Chatfield community and surrounding area. Among these services includes the Adult Day Respite Program.

The Chosen Valley Adult Day Respite program provides supervised activities as well as nursing and medical care in order to offer older adults and handicapped people support services to make it possible for them to remain living independently in the community. These services are offered to those 18 years of age or older, for less than 24 hours a day, who are functionally impaired, according to the MN DHS Rules for Adult Day Care Centers.

The Adult Day Respite program is designed to support independent living for people not requiring 24-hour care. Our program is intended to help members maintain the highest possible level of functioning physically, socially, mentally, and spiritually while giving the care giver respite from care giving duties.

Goals for this program include:

- Maintain and/or regain the best possible level of functioning, while helping to overcome the social isolation that is often a part of aging or living with a handicap.
- Provides caretakers needed time to carry on functions difficult to do while performing daily care giving duties.
- Serves as an alternative to nursing home placement, and to help ease the transition from hospitalization and acute illness to living at home.
- Serves as a transition between acute care, independent living, and nursing home care.
- Provides supervised activities for older adults living in the community.

Please contact the social worker or director of nursing if you would like more information about the Adult Day Respite Program.

There are so many special things that make Chosen Valley Care Center and Apartments a great place to live and work. Among all of these, high quality care and service are the key components that make us who we are.

Thank you to everyone for your support and dedication to our home this past year. You all make the Care Center and Apartments a great place to live and work, and your commitment plays a tremendous role in the daily lives of our residents and tenants

Craig Backen Craig Backen, Administrator



Cookies and Cheer



**Jim Olson and Mary Keefe decorate
Christmas sugar cookies.
Darrell and Lois Bacon send
Christmas cheer out to all.**



Lisa Vickerman: Grief



If you have lost a loved one, you might be wondering how to cope with your grief during an upcoming holiday. What should be a time of happiness and cheer may, instead be a time of stress, loneliness and fear for someone who is grieving. Holidays only magnify the feeling of grief. Sounds and sights of the holiday season are everywhere you turn: the sounds of Christmas carols, department store ads and greeting cards in the mail. These triggers are constant reminders of a void in their lives and emptiness in their hearts.

There are many types of loss that bring forward grief

- ◇ The loss of a loved one who has passed away
- ◇ The loss of a pet
- ◇ Loss of your health
- ◇ Loss of a job or career
- ◇ Loss of a relationship

Grief can affect us physically, emotionally and mentally. Normal reactions to grief include: sadness, depression, anger, crying, shortness of breath, confusion, anxiety, inability to concentrate, difficulty sleeping, and over eating or over drinking.

Some positive ways to cope with grief during the holidays are:

- * Give yourself permission to cry and to feel what you are feeling. There's no reason to hide from your emotions.
- * Don't feel guilty for not wanting to follow old habits and traditions. It's ok to put aside traditions for one year, or even start new ones.
- * Get the rest and nourishment you need, and don't take on any more than you can handle.
- * Don't isolate yourself. Surround yourself, instead, with those who understand and are supportive.
- * Find a support group of others in the same situation. Being with people "in the same boat" helps to take away the feeling of aloneness.
- * Make time for yourself. Don't be over-burdened with work. Find free time to energize yourself by enjoying a hobby or go on an outing with a friend.
- * Try to embrace what you have rather than compare it to what you think others have.
- * Find opportunities for volunteer work that might help focus your energy outward.

I want to take this opportunity to wish everyone a Merry Christmas and a Happy and Healthy New Year.

Lisa Vickerman, Director of Clinical and Residential Services

Ellen: CNA Certification Classes and Staff Stats



Did you know that we have a Nursing Assistant Training Class at Chosen Valley Care Center? Instead of our new employees taking classes at Red Wing or Winona, we have Danielle York, a certified instructor to teach right here in our Lehman Room. Danielle began working here 8 years ago as a Certified Nursing Assistant. She attended college, became a Registered Nurse and previously was our Director of Nursing. She is now a Nurse Manager and our Nursing Assistant Certified Trainer. She went back to school for the additional certification. All Nursing Assistants must pass two tests after finishing the classes. The tests are held at a certified testing site at a Community Technical College. The tests consist of a skills test and a written test and both must be passed before the nursing assistant becomes certified and can be placed on the Minnesota Nursing Assistant Registry. Other organizations contact us to see if we have room in our classes for their employees. There are only a small number of students in each class and can be difficult to find a place to enroll. We are grateful for the certification to teach classes at Chosen Valley Care Center.

A few other employee statistics and information: Every May, during National Nursing Home week we honor employees that have been here 5, 10, 15, 20, 25, 30, or 35 years. Last year we honored 16 employees for these milestones. We also have longevity among our managers totaling 203 years at the Chosen Valley Care Center. We currently employ 163 employees within our Chosen Valley Senior Living buildings. Each employee receives a handbook when they are hired and discuss it with their supervisor during their orientation. In our Introduction, is our vision statement, it reads: "We strive to provide the highest quality of life and highest quality of care in a home where people come to enrich and expand their life experiences physically, emotionally, spiritually and intellectually." Working as a team, our goal is to increase companionship, spontaneity, and freedom of resident choice. By integrating the talents and ideas of our valued residents and their families, friends, volunteers, community and staff, we resist the institutional and seek to create a home where residents continue to live, grow and enjoy life. This is just the first half of our vision statement but I hope that our residents and tenants agree that we succeed in our vision.

Best wishes in the New Year,

Ellen Strande, Director of Human Resources

Photos in front of the Christmas Tree



Every year we take photos of our residents in front of a Christmas Tree and feature all pictures in a Holiday quilted wall hanging.

Pictured: Arlynn, Bill, and Marvin



Business Office:



January is here!

The Medicare A Co-Insurance rate went from \$161.00 to \$164.50 per day, effective January 1, 2017. If you qualify for Medicare, Medicare pays 100% of all charges for the first 20 days, although, this does not cover any additional private charges such as the fee for a private room or phone. On the 21st day of coverage the Co-Insurance charge of \$164.50 will begin. Medicare will pay emergency transportation such as ambulance, but will not pay for non-emergency transfers to appointments such as R & S Transport. Some beneficiaries have the misconception that Medicare will automatically cover a nursing home stay. There are two technical requirements that must be met before Medicare will pay for your stay:

1. You must have three consecutive nights in the hospital as an inpatient and not as observation. Observation will not qualify as one of the two requirements Medicare requires for coverage. After your three day hospital stay you must be admitted to the nursing home within 30 days.
2. You must be receiving "skilled care." Skilled care is seen as anything services provided by a licensed professional. Each qualifying individual is eligible for 100 days maximum of Medicare, but this is only if the individual is still receiving "skilled cares"

Medical Assistance personal needs allowance will remain at \$97 per month. Please call myself or Erin Amdahl, Financial Assistant, with any questions regarding billing or these changes at 867-4220.

Stacy Hrtanek
Business Office Manager

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.

A Word from the DON: Carrie Colbenson



Avoid the Seasonal Flu

Centers for Disease Control and Prevention (CDC) emphasizes that Influenza is a serious disease and education and prevention is vital. The flu is caused by influenza viruses that are highly contagious and infect the nose, throat, and lungs. It can at times lead to death, along with other mild to severe illness. Some common symptoms of the flu include fever/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, and some people may have vomiting and

diarrhea (more common in children than adults). It is important to note that not everyone will have a fever with the flu. CDC emphasizes the best way to prevent the flu is by getting a yearly flu vaccine.

The flu is believed to be spread by droplets extracted when people cough, sneeze, or talk. Those droplets can land in the mouths or noses of those that are nearby. Not as common, but people may also get the flu by touching a surface or object that has been contaminated and then touching their own mouth, eyes, or nose. Most healthy adults may be contagious 1 day before symptoms develop and up to 7 days after becoming sick. For young children or adults with a weaker immune system, they may be contagious for a longer period of time. Symptoms usually begin an average of about 2 days once exposed to the virus.

The most important step in preventing the flu is to get a yearly flu vaccination. CDC also recommends everyday preventive actions such as staying away from people who are sick, covering coughs and sneezes, and frequent handwashing which all help slow the spread of germs. Anyone can get the flu, but those at highest risk includes people 65 years and older, pregnant women, young children, and people of any age with chronic medical conditions such as asthma, diabetes, or heart disease. Complications from the flu include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions such as diabetes, asthma, and congestive heart failure.

Different flu shots are available and approved for people of different ages, pregnant women, and people with chronic health conditions. CDC approved flu vaccine for people as young as 6 months and up. Those who should talk to their doctor before receiving the flu vaccine include those who have allergies to eggs or any of the ingredients in the vaccine. New recommendations for people with egg allergies have changed for the 2016-2017 season. CDC now recommends people with egg allergies no longer have to be monitored for 30 minutes after receiving the vaccine. People with severe egg allergies should be vaccinated in a medical setting and supervised by a health care provider in case of allergic conditions. If you are not feeling well, you should also talk to your doctor about your symptoms prior to receiving the vaccine.

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

Carrie Colbenson RN, DON (Director of Nursing)

Tenant Spotlight: Clair and Marian Gartner

Clair Gartner was born on a family farm 5 miles out of Chatfield on County Rd 2 in April 20, 1930. Marian was born in the Preston Hospital on October 31, 1930. Their paths crossed in High School when Marian became a friend of Clair's sister.

Both Clair and Marian attended rural country schools in their younger years. Their parents were farmers and moved around Fillmore County as they grew up. After graduating from Preston High School, both Marian and Clair wanted to get out of Preston and see the greater world. Clair enlisted in the Air Force in January of 1949. Marian moved to Rochester and worked at the Colonial Hospital, now named Methodist Hospital, as a nursing assistant. Marian roomed with many of her classmates from Preston High School.



The young couple did not seriously date until a couple years later, when Clair was home on leave. They married on February 17th, 1952 in Florida. Clair was stationed there at the time. Marian drove down to Florida with a girlfriend, her maid of honor, and married Clair. In February, they will be celebrating their 65th Wedding Anniversary!

Through the Air Force, these two young people from Preston really saw the world. Their sons were born where they were stationed: Norman in Florida and Neal in Illinois. Clair was stationed in Okinawa, Japan during the Korean War, Scott AFB (Air Force Base), Illinois (where he attended air traffic school), then on to Thule, Greenland as an air traffic controller. After Greenland, they were stationed at Whiteman AFB in Missouri, Kindley AFB in Bermuda and K.I. Sawyer AFB in Michigan.

After serving twenty years in the Air Force, Clair retired in 1969 and moved his family back to Chatfield. As a civilian, Clair worked at the Chatfield Golf Course for eleven years, the City of Chatfield for two years, Tuohy's for two years and owned Big A Auto Parts store in Chatfield for twelve years. Clair and Marian were both actively involved in area veteran's organizations: Preston Serviceman's Club, Chatfield VFW Post 6913 & VFW Auxiliary, and served as color guards.

They lived in their Chatfield home for 46 years and moved to Assisted Living in May of 2016. They have liked attending special music events, movies and special Veteran's events while living here, but they really enjoy visits from their five grandchildren and six great-grandchildren.

Resident Spotlight: Alta Kruse



Alta (Sickle) Kruse hails from beautiful Lanesboro, Minnesota. She was born on a farm near there to Edward and Susie (Petra) Sickle. Her father and mother came originally from Minnesota, so her family has been in Fillmore County for a long time.

There were six children in Alta's family: herself, three brothers (Arthur, Henry and Earl), and two sisters (Agnes and Melva). They all went to country school for their beginning education. Alta loved all the subjects offered in a rural country school, especially writing and composition. She attended Lanesboro area country schools through the eighth grade then went on to finish High School in Chatfield.

Alta belongs to the Lanesboro Bethlehem Lutheran Church and was the church financial secretary for fifteen years. On October 3, 1941, Alta was married in the North Prairie Lutheran Church to Wayne Kruse. She and Wayne met while Alta was working as a waitress. He was a handsome Army man in uniform when they met. Wayne served in Germany during World War II, building and re-building bridges.

Wayne and Alta settled in Lanesboro after the war and lived in that lovely town for all of their married life. She and Wayne adopted two sons, Gary at three months and Mark at two weeks. They loved playing golf together in their spare time. Wayne owned and operated the National Bushing & Parts Store in Preston until he became ill. After fifty-two years of marriage, Wayne passed away leaving Alta a widow.

Alta lived in Lanesboro for a total of 76 years. After Wayne passed away, Alta moved to the Fontaine Towers in Rochester for 13 years. Three years ago, Alta came to live at the Chosen Valley Independent Living apartments, then moved to the Care Center. She was happy to move to Chatfield to visit her sister, Agnes Vogen, who was in the Care Center at the time. All of her brothers and sisters have since passed away.

During her working years, Alta worked at the Lanesboro Public Schools in the library, in the office and as a Special Education teacher. She also worked for two and a half years at the Senior Citizen's Center in Rochester while living in Fontaine Towers.

Since moving to Chosen Valley Care Center, Alta enjoys all the special music activities such as Home Spun Harmonies, and weekly Bingo. She also likes quiet time in her room watching television and working word puzzles. Golfing is still a passion, but now Alta watches it on television every day.

Dept. of Life Enrichment



All the best to you this New Year 2017 from the Life Enrichment Department! But with all the weather and craziness in the world, how can we complain with a warm home and a roof over our heads. I hope you are able to take a few moments and see the beauty in this season.

With the holidays behind us the mail has surely slowed, and stopped for many residents. It can be a very lonely time of the year. Please encourage your family and friends to come for a visit or to write the occasional thinking of you note, it does wonders to brighten someone's day! Who doesn't like company

when you have a housekeeper, a full plate of cookies and hot coffee always brewing! We do our best to beat the winter blues, but everybody loves to see the familiar faces of family and friends. Come and share a smile!

Monthly calendars are available on request at the front desk or with the Life Enrichment Department, if you are interested in following along with all the happenings and special events!

Many photos are taken of residents in an assortment of activities and special events. If you would like to receive a copy of them via email, please email me at act@chosenvalleyseniorliving.com and I would be happy to pass them onto you!

GATHERING PLACES

The Lehman room is available to reserve for gathering of less than 25 people (due to Fire Marshal Code). Please call and make arrangements or stop by the Life Enrichment office to reserve the Lehman Room. A \$25 donation is asked for this gathering space. The Lehman room is for reservation on a first sign up first served basis. Other areas for gathering around the Care Center: the E200 Lounge area and the sun room leading to the gazebo area and the gazebo area itself in the appropriate seasons. These areas are not able to be reserved. *Get togethers of 25+ people are ask to seek another place for your gathering, area churches or halls, due to the Fire Marshal's recommendation and also the added people and excitement is very stressful for some of our Care Center Residents.

FOR YOUR INFORMATION

To keep our Resident's looking and feeling their best, the following services are offered through the Care Center Beauty Shop:

- ◆ Tuesdays - Pam Danielson, licensed cosmetologist
- ◆ Thursday s- Judy Young, licensed cosmetologist

Pam and Judy provide shampoo, set, cut and permanents. Pam also does hair coloring upon request and with notice.

Every 6 weeks - Roy Lange, registered barber visits CVCC. Barber Roy provides regular haircuts, beard and mustache trims on request.

Life Enrichment continued ...

BARBER ROY DATES FOR 2017:

January 16, February 27, May 22, July 3, August 14,
September 25, November 6, and December 18

2017 BEAUTY/BARBER SHOP PRICES:**

Permanents (include cut & shampoo) \$44

Haircuts \$12 / Barber cuts \$8.50

Shampoo Sets \$13

*If you choose to have a regular weekly or bi-weekly shampoo/set please contact Amy in the Life Enrichment Department to make these arrangements. As well as setting appointments for permanents-they cannot always be given immediately when requested due to the number of prior appointments and permanents. Please assist by planning ahead for permanents, 2 to 3 week notice is greatly appreciated.

**Please note this is a slight increase as last price adjustment was in September of 2014.

PLEASE NOTE: NONE OF THE ABOVE SERVICES CAN BE CHARGED TO A RESIDENT'S PERSONAL ACCOUNT IF THEY DO NOT HAVE SUFFICIENT FUNDS. RESIDENTS WITHOUT SUFFICIENT FUNDS WILL NOT BE PROVIDED THESE EXTRA, FOR FEE SERVICES.

Regular shampoo and sets are provided with the baths by nursing assistants if no weekly or bi-weekly beautician appointments is desired or if there are insufficient funds in their personal account.

BIRTHDAYS AND SPECIAL EVENTS

To better help us plan better and honor your Resident's special day, please notify Activity Department a month prior to the event-for scheduling a party. A month advance notice allows for arrangements to be made, areas reserved, special food items ordered and being able to post the event on the monthly calendar of events. We always do our best to accommodate special events, however advanced notice is extremely helpful!

A monthly Birthday Party honoring all that have birthdays in the appropriate month is hosted by area women's church groups and other service groups. Family and friends are welcome to attend the monthly birthday party.

The Chatfield News prints a weekly article from the Life Enrichment Department to keep everyone informed and up to date on the happenings at CVCC.

Feel free to contact us if you have thoughts and ideas for activities, special music, interest or concerns that could be helpful. Call anytime - 507-867-4220.

Enjoy the snowflakes, different and beautiful each in their own way...just like people! God Bless from the Life Enrichment Activity Department.

Kate Winter Glor, ADC- Director of Life Enrichment, Activity Director Certified

Amy Neis, Life Enrichment Assistant

Chrissy Weisz, Life Enrichment Assistant

Matthew Wolski, Life Enrichment Assistant

Medical Records: Lisa Wagner



What Exactly Is Dementia?

What's confusing about dementia is that it's not actually a disease. Rather, it's a collection of symptoms that can be caused by various diseases. Dementia symptoms include impairments in thinking, communicating and memory.

The leading cause for dementia is Alzheimer's disease. Dementia can also be caused by brain damage incurred from an injury or stroke and from other diseases like Huntington's or Lewy body dementia.

Memory loss isn't necessarily dementia. If a loved one is experiencing some troubling memory problems, you might immediately conclude that it's dementia. However, a person needs to have at least two types of impairments that are significant enough to interfere with everyday life to be considered a dementia diagnosis. In addition to difficulty remembering, the person may also experience impairments in language, communication, focus and/or reasoning.

Changes in mood are also common with dementia. It isn't always easy to recognize this aspect of dementia in yourself, but it's easy to notice in a loved one. Depression, for instance, is typical early dementia. Along with mood changes, you might also see a shift in personality. One typical type of personality change seen with dementia is a shift from being shy to outgoing. This is because judgement is often affected.

For someone in the early stages of dementia, the experience is frightening. Suddenly they can't remember people they know or follow what others are saying. They can't remember why they went to the store and get lost on the way home.

Doctors can use a variety of screenings to determine the cause of dementia including blood tests and mental status evaluations. Once a cause of dementia is found, appropriate treatment and counseling can begin. Until a proper diagnosis is made, the best approach to any dementia is engagement, communication and loving care.

Lisa Wagner, Director of Medical Records



Homespun Harmonies featured a new guitarist during a recent monthly performance. We are so fortunate to have these young musicians visit the Care Center every month. Our residents and tenants look forward to their concerts.

*Assisted Living Housing
Director: Hanna Cotton*



Hello Chosen Valley!

All is well here at Assisted and Independent Living. We have purchased new dining room chairs for our Independent Living facility which are a hoot!

Over at Assisted Living we have Christmas decorating in full force! We enjoyed decorating three of our trees here. Some warm cookies, milk, coffee, and a little Christmas music to spark the holiday!

Fun Fact: before Christmas tree lights were invented in 1895 by Ralph Morris, an American telephonist, candles were used on the tree instead. As you can imagine, this caused many fires including one at a hospital in Chicago which ended up burning down the entire facility. We all owe a big thanks to Mr. Morris for inventing Christmas Tree lights! Happy Holidays!
Hanna Cotton, Assisted and Independent Living Housing Director

Assisted Living Tenants Baking Up a Storm:
Thelma, Elaine and Anne



**CVCC
Holidays**



Creating and Writing Christmas
Cards:
Amy and Judith
Alta
Chrissy and Beverly





Bill and Charlie busy writing Christmas Cards,
Mary and Norbert send Holiday Greetings



Employee Spotlight: Emily Nichols



Emily is the smiling face of our center core desk every week day. She became our Administrative Assistant this year, at the end of June, 2016. You may have seen her at the Care Center before June, working as a CNA and TMA, Certified Nursing Assistant and Trained Medications Aide. Her new responsibilities include clerical work for all the administration staff.

Being the person at the center core desk, you become the hub of communication, really the nerve center of the Care Center. You meet the needs of the residents, of their families, of the staff and of the administration. You welcome newcomers and bid discharged residents farewell. You answer the phones and all sorts of questions all day long. If you don't know the answer to a question, you know who to refer residents and family to for an answer. Everything and everyone revolves around that center core desk.

Emily (Klinkhammer) Nichols first started at the Care Center in the Dietary Department as a dietary aide while she was in high school. When the opportunity arose, Emily transferred to the nursing department and became a CNA. The Care Center offers CNA classes for employees who do not have the nursing assistant certification. A few years later, the Care Center sent Emily to school for her TMA certificate. A TMA is responsible for passing medications to our residents and assisting the nurses with medication administration.

"Since starting at the Care Center, I have been able to work my way up the line of different positions. I have been able to further my education and will continue to grow as an employee," said Emily. "Over the years, I have noticed a lot of internal growth among the employees. Many have been able to move up and use their education and skills to better serve the Care Center residents."

On her time off from work, Emily enjoys family and friends. She lives in Chatfield with her husband, Josh. They have four children ages 12,10,6 and 3; two of her own children and two step-children. She likes catching up on her favorite television shows and crafting with the kids. During the summer, she enjoys camping with her family, canoeing and tubing down the river. And, there is nothing better than a summer bonfire with friends.

"My favorite thing about working at the Care Center, " says Emily, "is getting to be part of the resident's lives, and knowing each day I will interact with them and hopefully, help make their day a little better."

Environmental Services: Jody Lawstuen



January, 2017: The seasons are all such a busy time for everyone as there are so many different projects and events going on throughout the year. This Thanksgiving for me was a very special one. My mom had some serious medical problems that left us turning more than ever to the good Lord. I am thankful that he was listening to our prayers and stood by mom and watched over her through all her tough times.

I watched my Dad look over my mom day and night, praying for her to heal and be able to come home again. My Dad will always be a hero in my eyes for the love he has shown to my mom as she so needed him.

So, I am very thankful this year for the wonderful Thanksgiving we enjoyed. We were all able to spend it with each other. There will come a day that we may not be all together, but we will always keep this memory in our mind and in our heart.

Unfortunately some people have already experienced that empty spot in their heart, as they have lost someone very close and special to them. Life is a great experience and challenge. We have had great memories behind us and will have many more ahead of us.

I hope everyone enjoyed their Thanksgiving and Christmas season, as I did. It's amazing all the preparation that goes into cooking a big meal. We shop for the turkey and all the different trimmings that go with it. Unfortunately, not only do we stuff the turkey, but for some reason we seem to do a good job with stuffing ourselves with all the wonderful foods that we spend all day preparing for our family and friends.

I am pleased to say that my mom is able to go home and enjoy Christmas in her home. I would like to share with everyone that the Chosen Valley Care Center is the place that we would take our loved one to live or to stay for a short term or therapy. I want to let the staff at the Chosen Valley Care Center know that they were great with my mom as they made her feel at home and showed her that people care. I especially want to thank the therapy department for the kindness and patience that my mom received. Patience is a big part of therapy and they were amazing. They had a plan in place to get her home again and if it wasn't for them she would not be where she is now so, I want to thank all of you from the bottom of our hearts. I have always said it and will continue to say it, "we have the best therapy team at the Chosen Valley Care Center."

Christmas was wonderful, too. Time for great food, beautiful music and just laughing and enjoying the season. The children singing at their Sunday school programs, and concerts at the school, and the joy you see in their little faces. It's a time when we buy a gift for our loved ones here at the Care Center. So, please remember to bring all new clothing items to the laundry department to be marked. This also includes blankets, throws, pillows ,etc.

We did have the flu go thru our facility in November, so our department has been doing a lot of extra Clorox bleach disinfecting which has helped greatly to keep the flu from returning. Keep in mind good hand washing is the best precaution any one can take in ending the spread of influenza.

I hope everyone enjoys the winter months and people stay busy and continue to have a very safe winter. Spring will be here in a blink.

Jody Lawstuen, Environmental Services Supervisor

*Melissa Fenske, LSW
Director of Social Services*



Greetings to all of you from the Social Services department! I hope you had a merry Christmas and will enjoy this New Year. In this edition of the Views from the Valley, I would like to address some questions I have been asked pertaining to hospice care. Hopefully this information will clear up some misconceptions that some have regarding this area.

So first of all, what is hospice? Hospice is the care that can comfort and support a person and their families when an illness no longer responds to treatments or medicines. Hospice treats the symptoms, not the causes of the terminal illness. The goal of hospice is not to cure, but to add quality to the days and months that remain.

Who pays for hospice? The majority of the time Medicare, Medicaid or a private insurance will cover the cost of hospice care. It is very rare if someone has to pay privately for hospice care.

When is the "right" time to consider hospice? This can be very challenging for those involved with the care of a loved one. Here are questions to consider: 1-Despite medical care has the condition and symptoms progressed to the point that they cannot be adequately handled? 2- Has your loved one had repeated hospitalizations, emergency department visits with little change in their condition? 3-Has their physician stated that there is nothing more that can be done to slow or cure the condition? If you are still unsure, you can ask to have a free evaluation for hospice eligibility.

Chosen Valley Care Center has contracts with both Mayo Hospice and Seasons Hospice. The hospice staff partner with the staff here at Chosen Valley Care Center in providing care for your loved one. The hospice staff provides an extra layer of support for not only the resident but the family as well. The following services are available with hospice: physician, nursing, social work, spiritual care, 24 hour on call support, instructional guidance, volunteers, medication, supplies and equipment, dietary counseling and bereavement services.

Please feel free to call me or stop by my office if you have any other questions regarding hospice care.

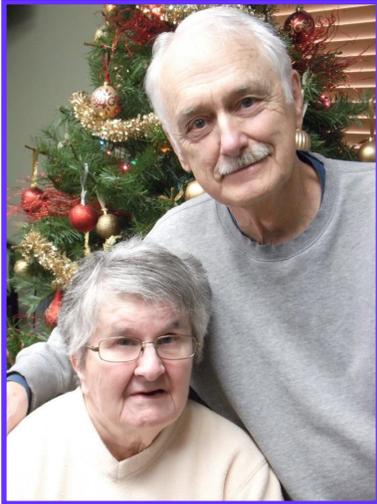
Melissa Fenske, LSW
Director of Social Services ssd@chosenvalleyseniorliving.com

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 Fourth Thursday of every month in the Lehman Room at Noon. 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.

CVCC Visitors



Mike visits sister Mary; Kenny has a grandson visit; Tilford and Betty (brother and sister) visit from Independent Living; Alan visits his Mom, Marlene; and Marian receives a visit from her three lovely daughters.

Barb Weiss, Dietary



I would like to spend some time talking to you about a few food items that some enjoy around Christmas.

Did you know the first Fruitcake was made in ancient Rome? They used pomegranate seeds, pine nuts and raisins mixed with honey wine then added the mixture to barley mash. Only royalty was privilege to eat this fruitcake.

The first gingerbread house was created in the 1800's. The place of its origin is unknown but Germany believes it was there because of the story of Hansel & Gretel. Gingerbread houses are made of cookie dough, icing, chocolates and candies, and many other sweets.

The Norwegian flatbread, lefse is a real favorite here. It is made of real potatoes and includes butter and sugar.

Back to the pomegranate. How many of you love to eat these but do not like digging out the seeds and then your fingers are colored red? I have a very easy way to de-seed them and cleaning up is a breeze.

Cut around the pomegranate in the middle, careful not to cut into the seeds. Now work at the pomegranate breaking the membrane, turn the fruit upside down into your hand and tap the fruit with a wooden spoon and the seeds pop right out. Done!

Now use a sliced lemon to wipe your hands and fingers.

Hope you have a Merry Christmas and a Happy New Year.

Remember that we are providing Meals on Wheels. If you are interested in Meals on Wheels call Barb @ 867-4220.

Director of Dietary Department
Barb Weiss CDM,CFP,CRM, CCP.

Shirley and Lorraine
paint pinecones.





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.



Veteran's Day Pie Social



The Founder's Committee host the Veteran's Day Pie Social every year on or around Veteran's Day. Pictured above are Veterans Dale, Frank, John and Clair. Pictured left: Frank enjoys his pie with an American Flag in it.

The Founder's Committee



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

Donations to Founder's Committee through December, 2016:

**Ice Cream Social: \$120.00
Veteran's Day Pie Social: \$211.00
Donation from Lisa Vickerman: \$50.00
Donation from the United Methodist Women: \$50.00**

Everyone is welcome to attend our next event, Sweet Heart Treats in February. Bring your sweetheart and enjoy treats provided by the Founder's Committee.

From The Desk of Physical Therapy

Four Ways to Prevent Falls

Falls are a big problem. 1 out of every 3 adults over 65 years old falls each year. Falls are also the leading cause of injury, both fatal and non-fatal, in the elderly population. Luckily there are ways to reduce your fall risk.



Ways to prevent falls:

1. Exercise: This should include strengthening, especially for your legs, balance exercises, flexibility and endurance exercises. There are many levels of exercises and they can be performed everywhere from your bed, chair, or kitchen counter, to a group setting like a Tai Chi class. If you are unsure of where to begin, your physical therapist can help assess your risk and get you started with an exercise program that will target your weaknesses.

Two Examples:

A. Stand up from a chair using the arms. Repeat 5x if able. Eventually work up to 10X. If that becomes too easy start standing up from the chair without using your arms to help.

B. Stand behind the chair and hold on to the back. Alternatively stand in front of a sink and hold on to the counter. Lift one leg out to the side 10X. Repeat with the other leg.

2. Home safety: Remove rugs, cords, and clutter on the floor; install grab bars in bathroom and/or shower; and make sure you have adequate lighting, especially at night.

3. Medications: Have your doctor or pharmacist look over your medications to see if any may be increasing your risk for falls due to side effects.

4. Vision: Have your eyes checked regularly, be aware of depth perception changes depending on type of glasses, i.e. bifocals or trifocals, consider owning two pairs of glasses and choose accordingly depending on the activity you will be performing.

If you are in need of outpatient physical therapy, occupational therapy, or speech therapy give us a call on our direct line at (507) 867-3199.

Robert (Bob) Schrupp, Physical Therapist

Fun during the Holidays



Dorthelda enjoys spreading cheer during Christmas; Geri celebrates a special birthday; and Trudy admires her crafted ornament. Happy Holidays to All!



*Environmental Services:
Gerry Gathje*



Psalm 127:4

Like arrows in the hand of a warrior,
so are the children of one's youth.

If you have a minute I would like to share some insight and encourage parents as well as Grandparents to consider an investment of time.

Our first snowfall, winter begins; Sandy and I spent most of the day creating terrarium gardens and enjoying the magic of green plants arranged to mimic a world of their own. With the day drawing to a close I found myself drifting to a day gone by and recalling winter as a child. Seldom did a new snowfall go untouched and even more rare was a sled not used. Winter brought a season of rest from the farm and of equal merit; it ushered in a season of new adventure. Most notable, were the hours spent building snow forts or should I say a home of our own? Some were just that, we crawled through tunnels and carved secret rooms into the soft giant snow piles of our winter landscape. Sledding was fun, but it soon gave way to (sled jumping) and then we discovered that an old kitchen chair could be fixed to a pair of skies for the ride of a lifetime! Perhaps our most daring endeavor would come after a blizzard, with drifts as high and wide as you could imagine and best of all you could walk on them. We soon learned that the shed roof was within our grasp, so up we went with sled in hand and down we came laughing all the way. Ok, back to reality. I am fifty years old and somehow sitting in a sled and being air born brings no comfort at all! But there is something that brings continual comfort, even in the darkest times of our life. Children, it's their energy, the way they forgive, the way they laugh; it's who they are, it's so captivating!

Sandy and I are parents to five (not perfect) but wonderful children and we are also blessed with nine (totally perfect) grandchildren. As I have worked at the Care Center, I have noticed that children are intoxicating to all that inhabitants. It is sometimes difficult to strike a golden conversation and bring a smile to a tired soul, but with children, it becomes effortlessly!

Sometimes we wonder how to encourage and bring lasting joy, but with children we say nothing at all and the room is filled with hope. In sickness we struggle for even a moment of relief and look for a word of comfort, but a child can bring light and warmth in our deepest trials. I wonder today if you have ever considered your children to be the greatest gift for all generations. Do you see them as arrows to be set in motion?

With trees all taken down and the wrapping tossed aside there is still one gift you can give to that special person who is waiting for a reason to smile. We invite you to enjoy our home and (don't forget your arrows), someone needs them today.

(continued on facing page)

On another note I wanted to mention our commitment to making your stay the very best it can be. We take very seriously each request and want you to know that you are listened to. It is sometimes difficult to achieve perfection but we are willing to work extra hard in providing the best possible service. Over the next several months my focus will be to develop and review our emergency and disaster plans for each building. This lengthy process includes an in-depth look at our response to emergency situations and the development of our written plan for years to come. If we can help in any way, I am available by phone or email, and would enjoy your input.

Sincerely, Gerry Gathje
Director of Environmental Services



Everett sings along with daughter and great grandson.

Marie and Chrissy sing Karaoke; and so do Matt and Meindert.



Holiday Tea Photos



Elaine finds the Holiday Tea food delightful. So many fun food choices, Margaret is looking at her options. Darlene and Shirley joined us from the Independent Living apartments and shared Holiday Cheer!



Special Musical Guests



Arnold Bradley
Band; Beth and
Dale Hoverman;
Barb Mosher with
Barb and Dale
Schafer



