

Views From The Valley Summer and Fall, 2016



CHOSEN VALLEY CARE CENTER, INC.
A Senior Living Community



*Greetings from Chosen Valley Care Center
Pictured: A Special Moment between
Granddaughter and Grandmother*

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.



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From The Administrator's Desk

Dear Family and Friends,

I hope you are enjoying the nice weather and all of the things that make summertime fun!

Chosen Valley Care Center, Chosen Valley Apartments and Chosen Valley Assisted Living have enjoyed a great reputation for many years. The cornerstone of our reputation is our employee's genuine devotion for caring for our residents and families, which makes our organization a premier senior services provider.

Our group of dedicated employees do their best to ensure the highest satisfaction each and every day. Our number one "priority" is to provide the **highest quality of health care and services to enrich the lives of the residents** who live here. Our "promise" is we will do our best to ensure a comfortable, enjoyable, friendly and home-like environment during your stay with us.

The above qualities are described in more detail through the Care Center's mission and vision statement:

MISSION: *The Chosen Valley Care Center & Apartments exists to **expand and enrich the lives of our residents** through choices in residential options and supportive services.*

VISION: *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.

We strive to provide residents with opportunities to build positive self-worth and well being by offering freedom of choice, continuous/spontaneous interactions, varied daily activities, independence, as well as opportunities to care for others.

We believe our employees are our greatest asset and deserve to be treated with respect. We believe in providing each employee with a just wage, wholesome working conditions, a voice that is heard, and the opportunity for development and recognition. We believe employees who are content, informed, and motivated are better able to contribute their best.

There are so many special qualities that make Chosen Valley Care Center and Apartments such a great place to live and work. I'm very thankful that Chatfield has the Care Center and Apartments as a resource for their loved ones. I'm also very proud to belong to such a caring and dedicated team of employees.

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



Gardening



Arlynn planted cantaloupes; Bill planted petunias; and Everett and his daughter, Cynthia planted zinnias. Evelyn enjoys watching her moss roses & marigolds grow. Charlie is pleased with his tomatoes and sunflowers



Lisa Vickerman: Photosensitivity



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

Photosensitivity is an increased sensitivity or abnormal response of the skin to sunlight or artificial UV light. Both UVB and UVA can trigger unusual reactions of the skin in people who are taking certain medications.

From common antibiotics to heart medication, certain drugs can increase sun sensitivity, causing the skin to burn in less time and with a lower level of sun exposure than normal.

It's absolutely fine to take these medications; it's just that people taking these drugs may need to be extra diligent about sun protection.

While there are many medications including over the counter pain relievers (such as ibuprofen), some diuretics, anti-depressants, chemotherapy drugs and antibiotics that can cause some type of phototoxic or photo allergic reactions.

There are things that you can do to better protect yourself if you are taking a photosensitive drug:

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

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

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

Lisa Vickerman, Director of Clinical and Residential Services

Ellen: Walk N Roll and Totally Healthy You



We had beautiful weather for our stroll to the park last month on the second of June. I think it could have been the best weather we have had since we began our annual walk-n-roll. Residents, Staff and Apartment Tenants really enjoyed the afternoon of walking (and rolling) to the park, then munching on cookies, chips and quenching our thirst with lemonade. Thank you Founders for meeting us at the park with the treats!

And speaking of walking, the past couple winters, staff and residents have logged our miles and walked to Hawaii one year and Mexico the next ending with a celebration as if we had traveled to that location. This year, instead our employee wellness committee participated in staff games. We included a resident captain and had three teams of employees challenge each other in various tests of skill. It was a fun afternoon as evidenced by the resident's faces as they watched our "skills" or lack thereof.

As mentioned some of our employees have formed a wellness/healthy committee called The "Totally Healthy You Team". Since October of 2010 our team of co-workers has sought to provide education and healthier options at our workplace. Thus, our walks in the winter, logging miles and this year's games are motivated by health and wellness. Our Totally Healthy You Team strives to find fun ways to be active, to laugh, and to eat nutritiously in pursuit of a healthier lifestyle. We are providing salads for purchase on some weekdays, and have salad potlucks throughout the year. We are also hoping to provide the best of care to our residents with healthier and happier staff.

Some trivia to ponder:

Question: Where are most of the bones in the human body located?

Answer: More than half the bones in the human body are in the hands and feet!

Question: How many muscles are required to take one step?

Answer: You use 200 muscles to take one step!

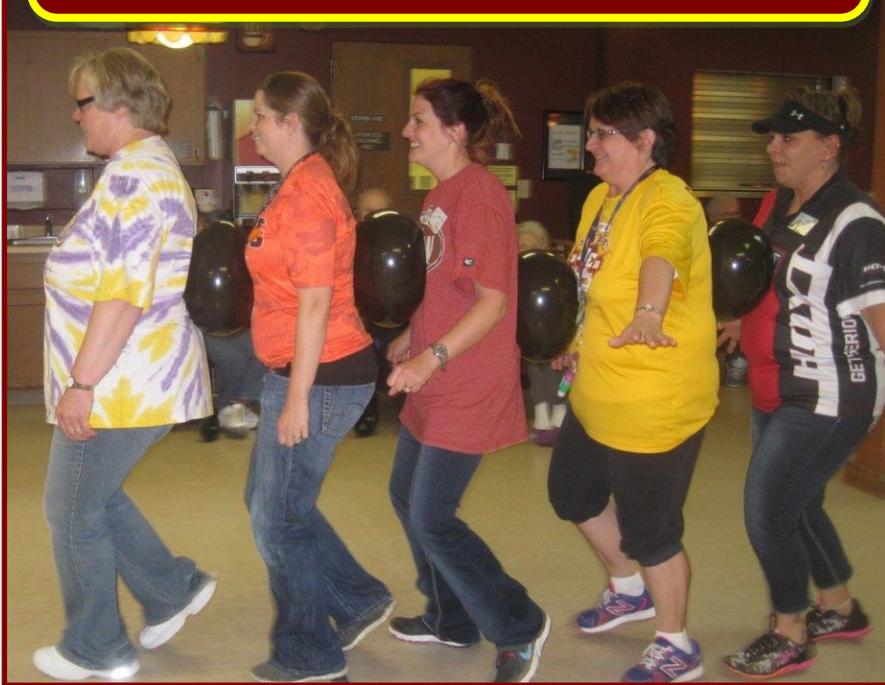
So in our stroll to the park and back we put 200 muscles to work about 2000 times! Wishing you more good times this year!

Ellen Strande, Director of

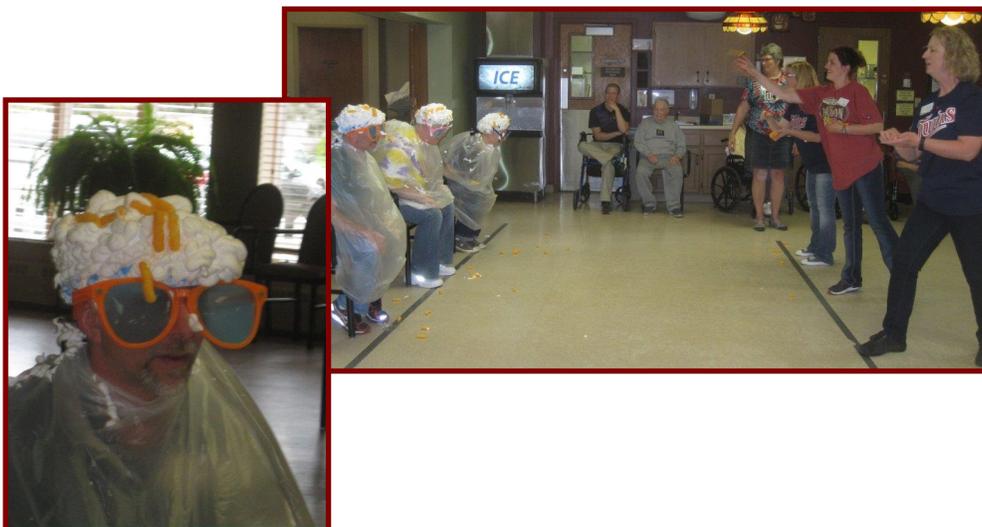
All ready for the
Walk N Roll!



Photos from Walk N Roll and Staff Games



Staff Games: Balloon walk above and Cheeto throw below. Walk N Roll photo on facing page.



Business Office: Medical Assistance



What is Medical Assistance?

Medical Assistance (MA) is a Minnesota health care program that can help pay toward your medical expenses including long term care services. Like all programs you must meet the required criteria before payment or reimbursement can take place. In the business office, we find that most questions or problems in the application process are with applicant's "assets".

MA has a \$3,000 asset limit to participants within this program. An asset can be anything from cash, banking accounts, non-homestead property, vehicles, and even contract for deeds. Having excess of any or all may result in a denial of the application. If the applicant has a spouse in the community, MA allows their spouse to keep either \$33,851 in assets, or one-half of all the assets you own, totaling up to \$119,220 collectively. This is determined within the asset assessment portion of the MA application. The asset assessment is a list of all the assets owned by applicant and the applicant's spouse on a designated date. This is required in order for the financial worker to determine how many assets the applicant's spouse can keep that will not count towards the applicants asset limit. You may be wondering, what happens to the applicants share of the assets? The assets must be reduced to within the limits before qualifying for MA. If the spouse does not let the applicant reduce the assets, MA may still pay for long term care costs. However, the county will take legal action against the spouse. If you would like more information or have questions, please do not hesitate to contact the business office or your county's financial worker.

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



I would like to share with you some changes that have occurred within the nursing department over the past couple of months. May 25th, I became the Director of Nursing after my return from our wedding and honeymoon. I started working at CVCC in March of 2010 as a Nursing Assistant. I have since worked as a LPN, RN, interim Case Manager, and started as the Nurse Manager in August of 2014. My experience working at CVCC for the past 6 years has made this a very exciting transition.

With accepting the Director of Nursing position, we had to fill my prior Nurse Manager position. I am pleased to announce Danielle York has returned to CVCC as our new Nurse Manager. Danielle was our previous Director of Nursing for the past 6 years. Along with assisting with scheduling and nursing assessments, Danielle will also be teaching the nursing assistant course here at CVCC in the near future. Danielle has been and will continue to be a great asset to the nursing department, and I am excited to welcome her back!

Carrie Colbenson, RN
Director of Nursing



Danielle York (above)
returns to CVCC as
Nurse Manager



Alta (left) is so pleased to
receive a homemade May
Basket from Hannah and
her brother, Owen

Tenant Spotlight: Lorraine Klomps



One of our newer Independent Living tenants, Lorraine (Thomas) Klomps moved to an apartment from her farm near Fountain. Lorraine was born near Spring Valley on October 14, 1933 to parents Adra and Mildred (Wrase) Thomas. Adra and Mildred were from Spring Valley and Cherry Grove, Minnesota.

Lorraine and her siblings, Lyle (Greenleafton, passed away in 2015), Dale (Plainview), Loren (Houston, MN), Glen (Fountain), and Ellen Nichols (Preston & Chatfield), went to country school in Simpson, Minnesota, Pleasant Grove, and two rural school districts near Preston. Lorraine spent a few weeks in Chatfield High School, but graduated from Preston High School in 1952.

Lorraine really liked country school and made a lot of good friends during those years. With living all over Fillmore County, she gained many lasting friendships. The graduating class of 1952 still meets monthly for "52 Club" to catch up and socialize over lunch.

One drawback to graduating from Preston in 1952 was there were very few guys in their graduating class. Many of the girls had to go out of town to find boys to date. Lorraine was set up by a friend on a blind date with Francis Klomps of Spring Valley. Something must of clicked that first date, because Lorraine and Francis were married on December 30, 1954 in Spring Valley. They were married by Francis' uncle, Reverend Dick Nagle, at his home.

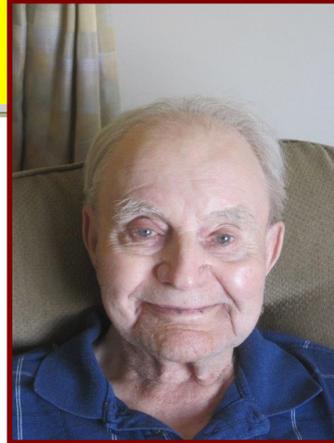
Francis and Lorraine were dairy farmers for 50+ years on their rural Fountain farm. Beyond the farm, Lorraine worked at the Dahl's IGA in Preston for 2.5 years before starting work at the First State Bank of Fountain. After 31 years of service to the bank, Lorraine retired on December 31, 1999.

Francis and Lorraine lived a true friendship/partnership all those years together. They volunteered as adult 4-H leaders working with kids at the fair. They enjoyed taking evening drives looking for deer, as well as snowmobiling and four-wheeling. They bought a home in Fountain, renovated it, and used it as a rental property for tourists for 20+ years. They enjoyed traveling the country touring dairy farms all over the USA and Canada, as well as Norway, Sweden and Denmark. Franny was a very likeable person who enjoyed visiting over a cup of coffee and a cookie. He passed away in October, 2015.

Francis and Lorraine had three children (Tom Klomps of Preston; Gloria Hollermann of Fountain; and Dan Klomps, who passed away from cancer in August, 2010), four grandchildren (Jolene Greenwaldt, Lori Winkels, Jason Hollermann and Matt Hollermann) and six great-grandchildren (Jackson-5 years, Owen-5 months, Ethan-4 months, Abby-15 years, Ava-5 years, and Aaron-3years).

Lorraine says the best part of living in the apartments is visiting with several people she knew many years ago, and reminiscing about old times and their families. "I enjoy meeting new people and taking part in activities at the Care Center," Lorraine told us.

Resident Spotlight: Charles 'Charlie' Ebling



Charles Ebling, known by his family as Charlie, was born west of Elgin in Wabasha County on April 27, 1922 to parents, Karl and Lillian (Tradeup) Ebling. Charles joined the family as second born; his older sister, Helen was born in 1917. Two more children would follow, Carl Fritz (Freddie) and Ida, the baby.

Charles father was a farmer, and so were his grandparents. German was spoken in their household, even though Charles was second generation to be born in this country. The oldest daughter, Helen, did not learn English until starting country school. "She had a rough first year in school, learning the language," said Barb Ebling, Charles' niece.

Once Helen learned English, she taught her younger brothers and sister. The rest of her siblings had an easier time in school, but Charlie did not like school so much. He would rather be playing and working on the farm, anything to be outside. Charles and his siblings finished 8th grade in the Elgin Parochial School. Helen drove the horse and wagon to town with her siblings, so they all got to school on time.

Throughout his life, Charles was close to his brother, Carl 'Fritz.' They played together, worked their Dad's farm together, and eventually were partners in working their own farms. "They never, ever argued," said Charlie's niece Barb, "they never said a cross word to each other. Charlie is such a kind and gentle person; he is very easy to get along with."

In 1942, both brothers were drafted into the service. Charles saw action in Europe, and Carl saw action in the Pacific theatre, mainly in the Philippines. Charles was in the army with General Bradley's First Army. He was part of the second wave of the Normandy invasion, then transferred to Patton's Infantry. "Bradley was a nice guy," said Charles, "he was really good to his troops. Patton, not so much."

His main duties with the First Army and Patton's Infantry, was as mechanic, to keep the trucks and tanks working. Many Midwest farm sons found themselves working as mechanics in the Army, because of their vast knowledge of machinery on the farm. Charlie readily gave his talents to the war effort.

He and his brother both survived the war and returned to help their father on the farm in 1945. Carl purchased a farm near his father in Olmsted County. Charlie and Carl became partners in farming from then on.

Charlie never married, but has six nieces, three nephews, and two sisters still living. After his parents passed away, he moved to Carl's farm and lived with Carl's family. Later, Charlie moved to Plainview after retiring from farming. He was known by his neighbors as the man who walked all over town. He always loved the out-of-doors.

Charles moved to the Care Center after living with his niece, Barb Ebling in Rochester. He loves participating in all the outdoor activities: Fishing in Lanesboro, Walk N Roll, watching the highway traffic from his room, and any event outdoors.

Dept. of Life Enrichment



Greetings from the Life Enrichment Department! We have had a very busy summer so far with much to come.

Ten residents committed to planning, planting and tending to their own garden plot this year from the Care Center. The Independent Apartment garden plots have four gardeners this year. A group of tenants planted the planters on the Assisted Living patio and a special grant through Fillmore County Statewide Health Improvement Program (SHIP) brought the Assisted Living Tenants two raised beds for vegetables. They are looking forward to eating the fresh veggies and planning on leek stew this fall! All the gardens are flourishing! A few cherry type tomatoes have been enjoyed and there are many green fruits on the vine. Everybody longs for that first ripe juicy tomato! Please refrain from picking anything out of the garden plots as their gardener is so looking forward to the harvest – even the smallest veggie or fruit will be missed. There are also more community garden areas this year, herbs, radishes, tomatoes and flowers – something for everyone. The basil and other herbs were recently harvested and everyone got a taste of Pesto and pasta!

One of the favorite June activities was the fishing trip sponsored by the Department of Natural Resources. This annual event was held at Sylvan Park in Lanesboro. The DNR supplied everything for us – bait, fishing tackle and poles, a pond filled with trout and folks to clean them. Unfortunately the weather did not cooperate. But for the first time it was rescheduled for July nineteenth and it was a beautiful day! The first group from the Care Center was off to the park by 8:30 a.m. The second group from the Assisted Living and Independent Apartments arrived about 9:45 a.m. and stayed for a picnic lunch as the first group were on their way to the Care Center for brunch!

Soon we will be enjoying the wonders of nature with a monarch butterfly exhibit in the large activity room. Chrissy has a good eye for finding the caterpillars so we can watch the change to butterflies.

Western Days is soon upon us. With many events taking place at the Care Center to celebrate. A group will once again be riding in the Care Center van in the parade. I encourage you to take your family members to the parade. Following the parade there will be special music out front by the Blue Denim Farmers and at 6 pm the Stand Still Tractor Parade out front of the Care Center.

Looking ahead to fall – Halloween will be observed on Monday the 31 from 2:45-4pm. The Resident Council will be providing candy for all residents who wish to give to the trick or treaters. Residents may supply their own candy if they wish. Donations for candy can be made at the front desk in October, or made to the Resident Council. Donations to the Resident Council can be made at any time by placing donations in the collection box by the coffee machine in the Dining Room.

Life Enrichment continued ...

Frequently we capture great moments in photographs, if you would like them shared with you, I'd love to email them to you. Email me at: act@chosenvalleyseniorliving.com - I'd love to share them with you!

Be sure and read all about our activities in the weekly Care Center article in the Chatfield News. If you would like a calendar of the activity events, be sure and stop by the Life Enrichment Activity office or Emily/Mimi at the front desk.

Kate Winter Glor, Director of Life Enrichment/Activities

A few helpful reminders

If you wish to have a birthday party for your loved one inviting all at the Care Center utilizing the main dining room **PLEASE notify me at 507-867-2721 a month in advance** so we are able to schedule it on the calendar and make it a special event!

The Lehman Room is also available by reservation for use through our Department. Please keep in mind a 25 person maximum due to fire code and a \$25 donation request for its use.

Hair appointments are made through our Department by notifying Amy – a weeks' notice or more is needed as our beauticians have heavy schedules especially as holidays near. Please plan accordingly as everyone likes to look their best and we do our best to accommodate. Your help and cooperation is greatly appreciated.



Fishing in Lanesboro was very successful this year. David (left) and Gary (right) both caught trout.

Medical Records: Lisa Wagner



Once again my father sent me yet another e-mail the other day that I thought would be appropriate to share with everyone as my article this month. He just turned 88 on July 12th and over the years has become quite the “computer geek”. He enjoys emailing back and forth with old friends from the days that we still lived in Iowa as well as shopping for bargains on EBay! Every now and then, in between letting me know about the great deals, he finds online, he sends me some fun and interesting stories such as the one I chose to share today. I hope you enjoy it.

Life is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one and remember as we get older:

- ⇒ It is health that is real wealth and not pieces of gold and silver.
- ⇒ Live happy in this year and every year.
- ⇒ Today is the oldest you've ever been, yet the youngest you'll ever be so enjoy the day while it lasts.
- ⇒ Going out is good, but coming home is better.
- ⇒ At this time in your life you realize you're never going to be really good at anything...especially golf.
- ⇒ The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.
- ⇒ You sleep better on a lounge chair with the TV blaring than in bed. It's called “pre-sleep”.
- ⇒ You miss the days when everything worked with just an “on” and “off” switch.
- ⇒ You tend to use more four letter words...“what?”...“when?”...“what?” ???
- ⇒ Now that you can afford expensive jewelry, it's not safe to wear it anymore!
- ⇒ You notice everything they sell in stores is “sleeveless!!!”
- ⇒ What used to be freckles are now liver spots.
- ⇒ Everybody whispers.
- ⇒ You have three sizes of clothes in your closet...two of which you will never wear.
- ⇒ But old is good in some things: old songs, old movies and best of all, old friends!
- ⇒ It's not what you gather, but what you scatter that tells what kind of life you have lived. Live it well.

Lisa Wagner, Director of Medical Records

Assisted Living Manager: Hanna Cotton



Hello all, I am so grateful to have been given this opportunity as the Assisted and Independent Living Housing Director for Chosen Valley Care Center. Everyone has been so hospitable and welcomed me with open arms: staff, tenants, and family members. I have so many wonderful ideas planned for this journey ahead. Just a few include; special outings, themed parties, new decorations for the AL and IL facilities, and so much more! I look forward to meeting each and every one of you soon enough!

Have a wonderful rest of your summer.
Hanna Cotton, Assisted and Independent Living Housing Director

(Read more about Hanna Cotton in the Employee Spotlight article.)

Photo below features several ladies from the Assisted and Independent living apartments enjoying a picnic in the Lanesboro park.





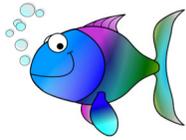
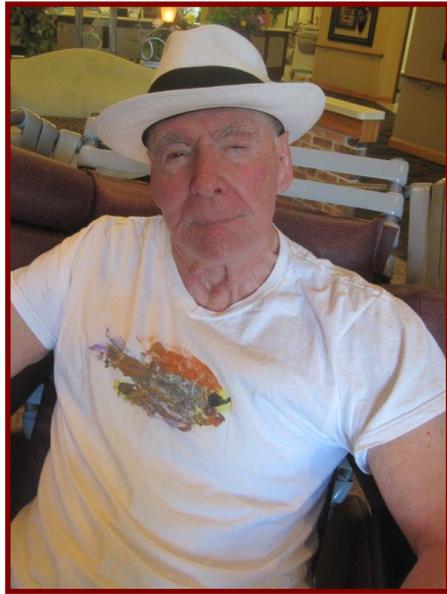
**CVCC
Fun!**



Above: Cheers to Rhubarb!
Right: Chef Jan approves!
Below: Flag Day Stroll with
Dorthelda, Margaret, Charles
and Mimi



Above: Dorothy Walking N
Rolling with her daughter,
Robyn and granddaughter.



The Guys painted fish
T-shirts! So Dapper!
Bob and Jerry
Charles and Lloyd



Employee Spotlight: Hanna Cotton, LPN



Send a shout out to our new Assisted Living and Independent Living Housing Director, Hanna Cotton! We are so happy to have her aboard.

Hanna was born and raised in Virginia Beach, Virginia. She graduated from High School there and attended Virginia Beach School of Practical Nursing to earn her L.P.N. license. She moved to Minnesota and started working at the Care Center about six months ago, in January 2016. Her first assignment was working as floor nurse on the overnight shift at CVCC, from 6 pm to 6 am. “The best part of working at the Care Center,” said Hanna, “is that something new is happening every day. No day is the same as the one before.”

So what brought Hanna to Minnesota? She followed her fiancé, Aaron Moore, to Chatfield from Virginia Beach. She and Aaron recently became engaged. They vacationed at Niagara Falls, New York early this summer and Aaron asked Hanna to marry him. How romantic!

We asked Hanna what brought her to the nursing field. She said when her grandmother passed away from cancer eleven years ago, she witnessed nursing in a long term care environment. Watching the process inspired Hanna to attend nursing school and look for a career in long term care or hospice care. No other person in her family is a nurse, and Hanna’s biggest cheerleader is her Mother. Her mom gave Hanna the best encouragement to get into nursing school and get her L.P.N. license.

Her biggest accomplishment so far in her career is to become Assisted Living and Independent Living Housing Director. She is responsible for scheduling the home health aides at the Assisted Living, giving tours to families interested in the apartments, visiting with all of our tenants and making sure their needs are being met. There are a lot of duties as Housing Director, but Hanna is looking forward to all the tasks ahead.

Another great part of Hanna’s new position is watching nursing home residents make great strides in therapy and become eligible to transfer to an Assisted Living or Independent Living apartment. “The progress residents have made transitioning from the nursing home to an assisted living apartment is incredible,” says Hanna.

When Hanna is away from her duties at A.L., she loves being outside: going on hikes, river tubing and traveling. “The summers in Minnesota are beautiful,” she told us. “It is so much cooler than living in Virginia. Now the winters, they are more of a challenge....”

Hanna also enjoys going to the movie theatre, trying new restaurants and spending time with family and friends.

Environmental Services: Jody Lawstuen



I am pleased to be able to share with everyone that we have met some of our goals this spring in the Environmental Services Department. The staff did a great job getting out on nice days to get the windows cleaned here at the Care Center. We will continue to wash the outside of the windows throughout the summer as needed. We wash windows all thru the year but during spring time we are able to do a much more thorough job on the outside. We were also able to get the windows washed over at Assisted Living many times in the spring. It is a challenge to clean in between the rain showers.

I am sorry to inform everyone that our Senior Shopping Day can no longer be scheduled. The clothing company no longer comes to Care Centers for residents to have a personal shopping day. The gentleman in charge of the company has retired. The service will be missed.

We have been using all plastic hangers in our laundry department and it has been working great. We don't have the tangled mess that we had before with wire hangers. The clothes hang a lot nicer and look nicer. We have stayed with all blue hangers, so we are able to keep them apart from other resident's hangers. Each hanger is initialed with CVCC.

I would like to share some interesting numbers with everyone about our laundry department. The laundry department staff wash between thirteen and fifteen loads of clothes a day. That quantity equals about forty-three to forty-five loads a day in a personal sized washing machine. We wash the resident's clothes seven days a week. All the linen in the building also needs to be washed seven days a week. We have an employee that starts work at six o'clock AM. That employee does all the sorting and pre-spraying clothes that need it. After that is done, she will put a load in both of our washers. Throughout the day, employees come in and start taking the clothes out of machines, fold them and hang them. Fresh laundry is hand delivered to each resident every day.

Just a reminder about clothes that you bring in for your family members, please make sure to bring to laundry and get them marked. This includes under garments as well. If the laundry department is gone for the day you can give it to another employee and they will get it to our laundry department. You are more than welcome to mark them with a marker if you choose to and we will put a label on the clothing item when they come down to be washed.

If you are missing clothing items please come and check with our laundry department we want to be sure that all the residents are getting their items back. We do get items with no name on them, and we try our hardest to find who the items belong to. Most times we are successful.

I personally have enjoyed the nice weather that we have had. The Fourth of July weekend was great! I spent time with my family and friends in Wisconsin and I am looking forward to the rest of the summer. The seasons go pretty quick so get out and enjoy the nice weather while you can.

Jody Lawstuen, Environmental Services Supervisor

***Melissa Fenske, LSW
Director of Social Services***



Greetings to you from the Social Services department. I hope all of you are having a good summer and getting opportunities to be outside to enjoy the warm weather.

Karen Schmidt who has been the part time social worker resigned earlier this month. She has many responsibilities with their family farm and home based businesses, that working outside their home became too challenging for Karen. She was sad to leave and has expressed that she will miss all the residents!

Sharon Woellert, who has worked in the medical records department, has been promoted to a new position that encompasses the responsibilities of the Social Services department as well as the Human Resources department. I am excited to have Sharon assisting me and know that she will be a great addition to the Social Services department. Please be sure to congratulate and welcome her when you see her at the Care Center.

The Family Council continues to meet each month. We have enjoyed hearing from various guest speakers over the last several months. These speakers were from SeniorLinkage, Seasons Hospice, the Funeral Lady and some CVCC staff members. There is also always time for family members to ask questions or share concerns regarding issues relevant to the Care Center. Also included each month is a lot of laughter and support amongst the members. Anyone is welcome to join us. We would love to have you come join us. We meet the last Thursday of the month at noon in the Lehman room. If you have any questions please do not hesitate to either stop by my office or call me.

Melissa Fenske, LSW
Director of Social Services
ssd@chosenvalleyseniorliving.com
507-867-2716

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.



**Sharon Woellert,
Resident Services**

CVCC Visitor



A three day old 'kid' visited the Care Center. Everyone wanted to hold him:
Dorthelda,
Shirley,
Lorraine, Hazel
and Margaret.



Barb Weiss, Dietary



Hope your summer is going fine. I know mine is just flying by. I planted a small garden this year with the usual favorites of my family. I do try to go to the farmers markets also.

I just want to talk about some of the fruits we are used to this time of the year. Did you know cucumbers are 90% water! Cucumbers heal stomach ulcers, dissolve kidney and bladder stones, relieve headaches, promote healthy skin, rehydrates the body, works against cancer and regulates blood pressure.

I bet your thinking a cucumber is a vegetable, right? Well if it has a seed in it, then it is considered a fruit. Watermelon is another fruit. It is 92% water and is loaded with a lot of good things like vitamin A for skin, L-Citrutine for muscle soreness, choline for inflammation, fiber for digestion, it's a strong antioxidant, vitamin C for cancer and asthma prevention, and it helps blood pressure.

Watermelons and cucumbers are two of the many fruits we serve at the Chosen Valley Care Center, Assisted Living and Independent Living facilities.

The summer will start to get hotter and I just want to remind you to stay hydrated. Drink enough fluids and enjoy the summer and fall harvest.

One last reminder, we provide Meals on Wheels for senior citizens in the community. If you are interested in receiving Meals on Wheels for yourself or a family member, call Barb @ (507) 867-4220

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



Walking N
Rolling:
Shirley,
Bernie,
Kelsey &
Kenna

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	\$42 (including cut & shampoo)
Colors	\$16
Haircuts	\$11
Barber Cuts	\$8
Shampoo & Set	\$12
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.

Everett & Beatrice celebrate their 68th Anniversary



PIE SOCIAL PHOTOS



Starting above: Founders, Carol and Marge offer many pies to choose from. Shirley likes sour cream raisin, and Orville and Hazel like strawberry. (Yum!)



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 July, 2016:

- Donation made by Karen Amundson in memory of Betty Thomas
- Donation made by Lana Bernard in memory of Eileen Allen
- Donation made by Inga Jackson in memory of Eileen Allen
- Donation made by Roberta Manahan in memory of Alice Winslow
- Donation made by CVCC Staff in memory of Carol Asleson
- Donation made by Shirley Clemens in memory of Alice Winslow
- Donation made by Curtis & Barb Peterson in memory of Henry Anderson
- Donation made by P. Bessingpas in memory of David Manahan

From The Desk of Physical Therapy

Is Your Shoulder Pain Caused By An Impingement?

One of the most common causes of shoulder pain is impingement and tendonitis. Shoulder impingement occurs when the tendons of the shoulder muscles are impinged or squashed as they pass through the bones of the shoulder. When this repeatedly occurs the tendons become inflamed and painful and this is called tendonitis.



If tendons are injured for a long period of time, the tendon can actually tear in two, resulting in a rotator cuff tear. This causes significant weakness and may make it difficult for the person to elevate his or her arm.

What Are the Symptoms of Shoulder Impingement Syndrome?

Symptoms include:

- ◇ Pain at the front of the shoulder and increased pain with shoulder movements. Motions such as reaching up behind the back or reaching up overhead to put on a coat or blouse, for example, may cause pain.
- ◇ Generalized aching in and around the shoulder at both rest and with activity.
- ◇ Pain radiating from the front of the shoulder to the side of the arm.
- ◇ Increased pain at night (especially when lying on the affected shoulder).
- ◇ A 'catching' sensation may be felt when the arm is lowered from above the head.
- ◇ Loss of strength and/or range of motion.

The most common causes of shoulder impingement syndrome include:

1. Overuse of your shoulder joint, especially through motions that involve rotation of your shoulder joint. Examples include throwing a baseball, any overhead stroke while swimming, serving while playing tennis, striking a volleyball, chopping wood with an axe, and holding an active baby in one arm.
2. Poor blood circulation. Ligaments and tendons throughout your body are at greater risk of becoming injured when they are not properly supplied with healthy blood circulation to bring nutrients and remove waste products.
3. Slouching. Sitting or standing with your shoulders rounded forward will eventually lead to a decrease in space between the bones of your shoulder. Less space in this region equals more pressure on the structures that run through it, an equation that inevitably translates to inflammation of one or more of those structures.

The rehabilitation staff of Chosen Valley Care Center would like to remind everyone they do provide outpatient physical therapy services-especially for conditions like shoulder impingement. They also 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.

Robert (Bob) Schrupp, Physical Therapist

Employee Appreciation Photos



(Above) 5 Years: Amy N., Erin A. (not pictured: Sarah D., Melinda L. and Mercedes W.)
10 Years: Becky A., Michelle H. and Lisa V. (not pictured: Teresa P.)
(Left) 15 Years: Ellen G. (not pictured: Trischa D.)
(Below) 20 Years: Lisa W.
25 Years: Kate WG., John S. and Lana B.



*Environmental Services:
Gerry Gathje*



Who can say but that God has brought you into the palace for just such a time as this? Esther 4: 14

In the Bible the story of Queen Esther is one of victory and encouragement, it allows us to see how our decisions affect others.

Queen Esther was living the dream, she was at the top! But as always good and evil collided to wreak havoc and threaten the very existence of all that was truly important. Queen Esther made a decision to look past her own circumstances and to truly consider others before herself. In fact her spirit of self-denial could have cost her life, her attitude was that of a true hero as she proclaimed (then I will go to the King and if I perish I perish.) Esther believed that God had placed her in a certain place at a certain time and that He would take care of the rest. We later read that the King has favor on Esther and agrees to do whatever she asked even to give half of the kingdom, if she desired. Wow, Esther, talk about a happy ending!

As July steams ahead I am reminded that five months have passed since we laid my Dad to rest after a long and serious battle with Parkinson's and Dementia. I mention this not for sympathy but because today I can look back and give thanks for the opportunities as I shared in the final chapter of his life story. After visiting with many of our residents over the last ten plus years I have become very aware of differing likes and dislikes that include noise, temperature, windows open, windows closed and so on. As I have listened to a variety of complaints it has dawned on me that perhaps the most difficult thing we face is not the list mentioned but rather (finding common ground that is acceptable for a community of people.) I realize that like Esther each one of us is in a certain place for a purpose at a certain time. Maybe today you and your family are under a cloud of indecision and are wondering if things will ever be easy again. It could be that your life has radically changed and each day brings even more unrest. The struggles of living in a different home with people that are not family can be challenging and they can overwhelm us, what was common and everyday turns to impossible and uphill. Our goal in the Environmental Services Department is to enhance your experience and provide you with the best possible support as needs arise. I am reminded of our mission statement and the importance of each individual person. (We exist to expand and enrich the lives of our Residents through choices in options and supportive service.) As always we welcome your comments and invite you to help us do a better job.

Over the last month many of the outdoor planters and landscape plants began showing their stuff with colors of summer. I sincerely appreciate summer and the splendor of living plants, trees and flowers, we are truly blessed! Please take time to enjoy each other and the beautiful grounds at your home away from home. Have you taken time to sit in the Gazebo and I am wondering how many have noticed the six to eight inch blooms on the Hibiscus plants?

Sincerely,
Gerry Gathje, Director of Environmental Services

Gerry offers a story.....

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From Gerry Gathje:

The following is a true story written by a widow. It was sent to me from a friend several years ago and has had a lasting impact on me. This story lends hope in difficult times:

My husband passed away several years ago. He was the kind of man who could do anything. I soon found myself alone and in despair with a home and property to maintain. As I struggled through life I often wondered what the future brings. One afternoon my lawnmower quit working so I made a call to the repair man. After the diagnosis was made, he asked if I wanted to spend the money for repair. My answer was no, I did not plan to live in my house too many more years so I would just hire a lawn service.

Sometime later he remembered this and called me to ask if my house was for sale. I said it was not listed and I really did not plan to sell at this time. He asked if his son and fiancé could come and look anyway. I agreed, (somewhat reluctantly) and the following evening they arrived for the tour. Several days passed and they called to say they had gone to the bank to see about a loan. They had agreed to buy my home at the price I asked. I really did not have anywhere specific to go so hesitated to take this further.

As it happened, several years earlier I had signed on a list at a retirement facility (for a very specific unit). My thinking was, I may choose to move there in the future and if I did, only one specific unit would do! As the phone rang in the background I answered with a casual hello. Much to my surprise the director of the facility phoned to tell me that the very place I had chosen had just become available! I looked at it again and made my decision. The timing was perfect and I am so pleased, God is so good!

Jeri and Toni
plant violas in
our Gazebo
Garden



Great Games and Fun!



(Above) Coach Shirley with the Misfits: Becky A., Kathy, Becky B., Kayti Lyn and Cherie.
Coach Teresa with the Manahan Maneaters: Melissa, Karen, Teresa, Lisa J. and Brian.
(Below) Ladies Day Tea with Hats!



Ladies Day Tea



All Ladies wore their finery: Marie, Mary, Lorraine, and Bernie

