

Views From The Valley Fall and Winter, 2019



CHOSEN VALLEY CARE CENTER, INC.
A Senior Living Community



*2019 Walk N Roll
Charlie and his granddaughter*

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From The Administrator's Desk

Hi Everyone,

We are just weeks away from the Care Center building addition and renovation project. Project planning has been very successful, and we will soon be breaking ground!

The project is scheduled to begin in October and be completed in October 2021. The project will begin with an addition between the end of E Wing and D Wing. Next, a new therapy addition and private rooms (suites) on A Wing will be completed. Then, renovations will occur throughout D Wing and E Wing.

As noted in my previous article, there are numerous project priorities for what we want to accomplish in the Care Center. Some of these include:

1. A building addition (new wing) consisting of 31 private resident rooms with private bathrooms, additional common area space, nursing station, bathing room and employee work space. This addition will be connected between D Wing and the E 200 area. A large gathering space will also be located on one end of this wing.
2. Ten short-term private resident bedrooms (suites) will be created in A Wing. These rooms will offer private bathrooms with showers for residents who come to the Care Center for a short time, with plans to return to their home. A dining/lounge area and nurse station will also be located here.
3. Additional single bedrooms will be created. This will significantly reduce the number of bedrooms where there are four residents sharing one bathroom.
4. A remodeling of resident bedrooms on D Wing and E Wing, including widening bathrooms, updating cabinetry, new lighting, and providing finish upgrades to hallway corridors. (Continued on page 4)



Lounge Area in New Wing Addition

From The Administrator's Desk, continued

5. Additional space for physical, occupational and speech therapy services will be created. The new/enlarged therapy space will be located at the end of A Wing. It will offer a larger gymnasium and several private treatment rooms.
6. The HVAC system for the entire Care Center will be modified. Individual room controls will allow residents to maintain the temperature in their room according to their own comfort setting.
7. A new nurse call system including door access control functions.
8. Provide new switchboards and panels and replace the emergency power generator.

New siding has also been planned into the project. This will provide better insulation, and the appearance of the Care Center will tie-in with that of the Assisted Living building.

Plans are underway to place a project display board within the Care Center. The display board will show examples of some new future spaces and the type/style of flooring, finishes and colors that may be used throughout the Care Center.

The groundbreaking ceremony for the building addition and renovation project has been officially scheduled for Thursday, October 3rd at 1:30 pm at the Care Center. Once a decision is made about the construction start date, I will update everyone again. This is an exciting venture, and we will keep everyone informed along the way.

Thank you to everyone for your support and dedication to our home each and every day. I'm very grateful to be a part of such a dedicated and caring community.

Wishing you all health and happiness!
Craig Backen, Administrator



Dining Area in New Wing Addition

Lisa Vickerman: Flu Shots

With the kids back in school, and winter just around the corner, it is a definite reminder that flu season is also on its way. Influenza viruses circulate all year, but flu activity usually begins to pick up in October and peaks between December and February, according to the Centers for Disease Control and Prevention. According to a 2018 CDC Study, on average, about 8 percent of the U.S. population gets sick from the flu each season.

People at the Centers for Disease Control suggests the following people are vaccinated:

- ◆ Everyone over 65 and older
- ◆ Residents of long-term care facilities with chronic medical conditions
- ◆ Anyone who has a serious long-term health problem with heart disease, lung disease, asthma, and kidney disease
- ◆ Woman who will be more than 3 months pregnant during the flu season
- ◆ Physicians or nurses or anyone else coming in close contact with people at risk for serious influenza
- ◆ Students at schools and colleges to prevent outbreaks



You should consult your doctor before having the influenza vaccine if you ever had a *serious allergic reaction to eggs* or a *previous dose of influenza vaccine* or you have a *history of Guillain-Barre Syndrome*.

The protection that you get from the shot depends on your age and health, as well as the similarity or “match” between the viruses or virus in the vaccine and those that are circulating during the season. Recent effective studies from the CDC show that flu vaccination reduces the risk of the flu by between 40-60 percent among the overall population during the flu season when most circulating flu viruses are well-matched with the shot.

After receiving the vaccine you may have soreness, redness or swelling where the shot was given, fever or aches. These symptoms will usually begin soon after receiving the shot and last 1-2 days. **The viruses in the vaccine are killed, so you cannot get influenza from the vaccine.**

If we are experiencing an influenza outbreak we will post signs on the doors asking that you visit at another time, but encourage all concerned family members to call and we would be glad to update you on your loved ones condition. When we ask you not to visit it is not only for your protection but also to protect your loves ones. We don't want them getting sick with any other type of virus you may bring in when they are already trying to fight off an active virus we already have in the building. If you are ill and feel you must visit, please request a mask to wear during your visit. Also please use the alcohol sanitizer as you enter and leave the facility.

Lisa Vickerman

Director of Clinical and Residential Services

Ellen: Looking forward to Christmas

This change in our weather to colder mornings and nights entices me to stay inside with a good book or movie. Some of my favorite movies are from the Hallmark Channel, the Holiday and Christmas ones. Instead of dreading the cold and snow that I know will be here way too soon, these shows help influence me to enjoy the fall and winter season. Since I grew up in Phoenix, the Minnesota winters are sometimes a bit long for me. However, I really enjoy Christmas, the entire season of preparations, and gatherings. The special warmth of generosity and caring. The many festivities help shorten the winter for me. I would like share with you a short article; you have probably read it before or heard of it. I enjoy reading it every year. It was first published in The New York Sun as an editorial by Francis P. Church in response to a letter from eight-year-old Virginia O'Hanlon in 1897.



Is There a Santa Claus?

. . . Yes, Virginia, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! How dreary would be the world if there were no Santa Claus! It would be as dreary as if there were no Virginias. There would be no childlike faith then, no poetry, no romance to make tolerable this existence. We should have no enjoyment, except in sense and sight. The eternal light with which childhood fills the world would be extinguished.

Not believe in Santa Claus! You might as well not believe in fairies! You might get your papa to hire men to watch in all the chimneys on Christmas Eve to catch Santa Claus, but even if they did not see Santa Claus coming down, what would that prove? Nobody sees Santa Claus, but that is no sign that there is no Santa Claus. The most real things in the world are those that no children or men can see. Did you ever see fairies dancing on the lawn? Of course not, but that's no proof that they are not there. Nobody can conceive or imagine all the wonders there are unseen or unseeable in the world. . .

No Santa Claus! Thank God he lives, and he lives forever. A thousand years from now, Virginia, nay, ten times ten thousand years from now, he will continue to make glad the heart of childhood.

I wish you many good moments during our cold and wet season whether it is the enjoyment of a good book, or movie, or the conversation of a friend or family member.

Ellen Strande, Director of Human Resources

Dressing Up For Tea



Enjoying each others company for a spot of tea. Classy in any season.



Business Office: Long Term Care Insurance

What is Long-Term Care Insurance?

Long-term care insurance (LTC or LTCI) is an insurance product that helps pay for the costs associated with long-term care. LTC insurance covers care generally not covered by health insurance, Medicare or Medicaid.

Many individuals may feel uncomfortable relying on their children or other family members for care or support and find that having long-term care insurance can help cover out-of-pocket expenses. Without long-term care insurance, the cost of paying for these services can quickly deplete funds.

Long-term care insurance can cover costs associated with home care, assisted living, adult daycare, respite care, hospice care and nursing home care. Typically, there is a waiting period that can range from 30 to 120 service days depending upon the policy type.

The cost of premiums of long-term care policies can have risen dramatically in recent years even for existing policy holders. Coverage costs can be expensive when consumers wait until retirement age to purchase LTC coverage. It is never too early to begin planning for the future and looking into long-term care coverage.

If you're interested in learning more about long-term care insurance as well as other housing or financial options, contact Senior Linkage Line at 1-800-333-2433.

Erin Amdahl, Business Office Manager



Games of all sorts are enjoyed at the Care Center, but cards are always a big hit!

A Word from the DON: Carrie Colbenson



Patient Driven Payment Model (PDPM)

Important changes are coming to residents receiving skilled nursing services under a Medicare Part A stay. You may be familiar with the term “RUGs”. The Resource Utilization Group (RUG) is how residents are currently placed into case-mix classification groups to determine payment. Effective October 1, 2019, the Patient Driven Payment Model (PDPM) will be replacing the current case-mix classification system. PDPM is a new case-mix classification

system for classifying skilled nursing facility residents in a Medicare Part A covered stay into payment groups under the SNF (Skilled Nursing Facility) Prospective Payment System.

Under RUG, residents are assigned to a payment classification group based on various resident characteristics and the type and intensity of therapy services provided to the resident. PDPM improves the overall accuracy and appropriateness of Skilled Nursing Facility payments by classifying residents into payment groups based on specific, data-driven resident characteristics.

Under PDPM, six payment components are utilized to derive payment using clinically relevant factors, rather than volume-based service, such as therapies, for determining Medicare payment. Resident characteristics are used to assign residents to case-mix groups across the payment components to derive payment.

The five case-mix adjusted groups (1 group is not adjusted) include physical therapy, occupational therapy, speech-language pathology, non-therapy ancillary services, and a nursing component. Clinically relevant factors that will be utilized in PDPM are titled non-therapy ancillary services. Those services factor in comorbidities, function/mobility scores and cognitive scores.

What do you need to do with this information? Be mindful that instead of hearing “RUGs” you may start hearing different terms such as PDPM and CMGs (case-mix groups). Some Medicare A rates may increase, some may decrease, and some may not be affected. Each individual resident will be different as they are now. For more information on PDPM go to www.cms.gov and search PDPM. You can also reach out to the Business Office or your assigned Case Manager with questions.

Carrie Colbenson, RN/DON
Director of Nursing



Tenant Spotlight: Elaine Gilbertson



One of our quiet yet active tenants at the Assisted Living Apartments is Elaine Gilbertson. She enjoys going to music programs at the Care Center and traveling to plays in Lanesboro with the Life Enrichment Activity Department. Elaine moved to the Assisted Living after a hip injury in November of 2011.

Elaine was born in Lanesboro on September 28, 1935. Her parents were Clarence and Lillian Gilbertson, and they farmed north of Lanesboro. When she was growing up, her grandfather lived with them for a time. He had emigrated from Norway and farmed in the Pilot Mound area. He could speak fluent Norwegian as a first language, but Elaine said she did not pick up any of that language. Her parents were both born in this country.

Elaine grew up with two brothers and three sisters. They all went to rural country schools, walking two miles to the Benson School, and then a half-mile to the Ask School after her family moved. In the fifth grade when the Ask School closed, Elaine, her siblings and neighbors were bused to the Lanesboro school system. They still had to walk the half-mile to the Ask School where the bus picked them up. Elaine finished her school years at the Lanesboro High School, graduating with the Class of 1954.

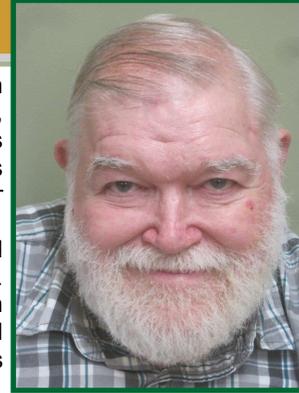
One of the school courses Elaine liked most was bookkeeping. She thought about becoming a nurse, but she liked bookkeeping more, so she attended Winona Business School after graduating from Lanesboro High School.

Elaine lived in Winona for many years working as a bookkeeper for the Winona Clinic, and as a health aid at Hiawatha Health Home. Her professional experiences in health care brought her many rewarding years.

As hobbies, Elaine loves to sew, cook, bake, read and make latch hook rugs and wall hangings. Her siblings all live in Minnesota except one sister who lives in Colorado. Elaine has not traveled much, only one trip to Colorado to attend a niece's wedding.

Today Elaine enjoys the activities at the Assisted Living and Care Center, but also enjoys staying in her apartment working on her latch hook projects. We see her attending gardening sessions outside, and baking treats with other Assisted Living tenants. We are very pleased that Elaine chose CVAL as her place of residence.

Resident Spotlight: Kenneth Lacey



Kenneth “Ken or Kenny” Lacey was born at St. Joseph Hospital, Sioux City, Iowa on July 7th, 1942. His parents, Galen and Odelia (Dege) Lacey, lived about forty miles southeast of Sioux City, near Danbury, Iowa. Ken’s father and grandfather were farmers there; his mother was a registered nurse.

When Ken was about five years old, the family moved to a farm near Chatfield because of his father’s health. His father had an allergy to the weed, cocklebur, which grew more commonly in Iowa. When his father visited the St. Charles/Chatfield area, his allergy symptoms disappeared, so the family moved here to farm.

Ken is the oldest of a family of five children. His siblings, Susan, Keith, Kyle and Shirley, all grew up on the Lacey farm near Hwy 30 and County 11 in Fillmore County. Susan lives in Plainview; Keith lives in Fort Dodge, IA; Kyle passed away from cancer; and Shirley lives in Dexter.

Ken attended country school for eight years at the Rose Prairie School. Later the school became known as the Thorson School, District 56. Ken finished ninth through twelfth grade in Chatfield. His graduating class was the first to graduate from the new Chatfield High School building, Class of 1960.

It was at Grover’s Roller Rink (Stewartville) that Ken met Judy Ann Miller from Racine during a 4-H roller skating party. They had so many common interests: roller skating (Ken was better than Judy), 4-H involvement, and fathers who were dairy farmers. Judy even encouraged Ken to ice skate, not one of his favorite winter activities. (Judy was better at ice skating.)

Ken and Judy dated for two or three years, and were married at St. Bernard’s Catholic Church (Stewartville) on November 23, 1963; one day after President Kennedy was assassinated. The whole country was shut down. Ken and Judy almost postponed the wedding day, but since everyone was coming, and the cake was done, they decided to go ahead with it.

Ken and Judy went on to have seven children: John, Will, Jim, Cherie, Terrie, Paul and Mark. They all live in the area except John, who lives in Indiana. Their son Will died from cancer in 2002; by far the toughest time for them. But watching Will’s son, Noah grow up has been a healing balm. Ken and Judy have eleven grandchildren and five great-grandchildren.

Ken is a farmer, first and foremost. His dairy farm was near Chatfield; raising Brown Swiss cattle (his favorite), but knowing a good cow is a good cow, no matter what the breed. He also worked in Altura at the turkey plant and in Plainview at the milk plant making dried milk.

Today, Ken looks forward to playing 500 cards with friends at the Care Center, along with reading farm magazines and old tractor books. He planted a garden this year in a straw bale. It included a tomato/potato combination plant. “That was something different,” Ken said.

Ken’s best advice to young people (and school systems) is to make basic math a priority again; counting change and balancing a checkbook are so very important.

Department of Life Enrichment



Fall greetings to you from the Chosen Valley Senior Campus Life Enrichment Department!

Soon the resident gardens will be put to rest for another year as we look ahead to pumpkins, Halloween, Thanksgiving and snow! (I prefer it in that order! Don't you?!)

Trick or Treater ghosts, goblins, witches and characters of all kinds are welcome to come seeking candy on Halloween Thursday, the 31st of October from 3:00-4:00 PM. **As this can be a high energy stressful time for some residents we do limit this time to the one hour period.** We greatly appreciate your cooperation at this time as not to

affect the residents evening meal time as well. We will be providing candy for all residents at the Care Center that wish to pass it and will assist those who need a helping hand. You are welcome to come and share this time with your loved one and assist them as needed. If your loved one has a favorite candy they like to pass out, I encourage you to purchase that for them to pass. When you think of 78 people passing candy out to approximately 150 children – it is very costly. A donation container is located at the front desk if you would like to contribute to this “Sweet” event!

The Annual Veteran's Pie Social will be on Friday, November 8th from 1:30 pm – 3:00 pm, with a dedication to our Veterans at the Care Center, Assisted Living and Independent Apartments at 2:00 pm. The Veteran's Pie Social is a Founder's Committee Fund Raising event. The Founders are some of the finest bakers in the county so be sure and join us and treat yourself to pie and ice cream. (There is no charge to Care Center residents or Veterans). Mark your calendar and don't miss the pie and ice cream. Show your support and gratitude to our Veterans and the chance to support the Founder's Committee all in one afternoon!

Throughout our lives, we have special dates and anniversaries we remember. Especially with the upcoming holiday season thoughts and memories of our loved ones who have been called to their heavenly home are close in our hearts and thoughts. Your family members have greatly touched our lives at the Care Center as well. We are inviting all families who have lost a loved one who resided at the Chosen Valley Senior Campus this past year to bring a special ornament for our memorial tree. A special service and dedication of each ornament will be on Friday, December 6th at 2:00 pm. We will be sending out an invitation and encouraging families to join us. The ornaments will be marked with the resident's name and displayed on the tree throughout the holiday season. After the holiday season, the ornaments will then be packed away or families may come and collect them after the Holiday Tea on Jan. 5th. This tree will be located in the Fish Lounge. Many of the ornaments families shared last year represented the resident's special interest or hobby or an ornament that they had made themselves. This is a special time of remembrance and celebration of lives that have touched our hearts.

As the months quickly pass, soon snow will be drifting down and Christmas will be in the air. Santa Claus will make his annual visit to the Care Center and Assisted Living Tuesday, December 24 at 9:30 am. Santa will have a special gift for each Care Center resident, donated by their church, staff members and others from the community. **We are encouraging you to open your gifts with your family member.** This leaves a more lasting impression and is more memorable for them. It's also a great time to share a family favorite Christmas treat, however if you wish to bring in Lutfisk please alert us as extra air fresheners will be available! Just kidding! Residents and tenants will have the opportunity to participate in a local church Lutfisk dinner take out if they so choose to participate, pay for and is appropriate for their diet. Please remember if clothing items are given, be sure and mark the tags or contact Jody Lawstuen so name tags can be sewn onto them. It is possible to request name labels from her and sew on before the gift is given – this is especially nice if you are positive of the size, as once the gift is opened it can go with the resident rather than down to be labeled first. This helps greatly, as you think about how many sweaters, shirts and stockings come in for 78 residents!

The Chosen Valley Senior Campus invites you to our Holiday Tea on Sunday, January 5, 1:30 – 3:00. Join us after the busy hustle and bustle of the season for a cup of Holiday cheer!

The Sweetheart Treat Founder's Committee Fund Raiser will be held on Friday the 14th of February from 2:00-3:00 pm, serving angel food cake, strawberries and ice cream or whipped topping. Come and celebrate this special day with your loved one and enjoy a favorite dessert and coffee while supporting the Founder's Committee in their fund raising adventure.

Frequently we take photos of the residents participating in events and soon for their Christmas photo. If you would like to have these pictures shared with you by email please notify me with your email address and I would be happy to forward them on to you; my address is act@chosenvalleyseniorliving.com or call me at 507-867-2721.

We are always looking for items of interest for the residents from an old tool of some sort to trips people have taken. If you would like to share something with us – give me a call.

Please note a weekly article of our "goings on" is in the Chatfield Newspaper, check it out!

Enjoy the changing of the seasons! If you have any ideas for us in Life Enrichment I'd love to hear them! Stop on by, send me an email or give me a call!

Kate Winter Glor, ADC
Director of Life Enrichment

Life Enrichment Wish List:

There will be donation jars visible soon for Halloween candy for the residents to hand out, and later for resident Christmas gifts.

Environmental Services: Gerry Gathje



Back to school: One of the hats I wear at the Care Center is as Safety Director. And, one of my biggest concerns this year is winter safety. One of the best ways to stay safe is to review the basics and then strive to apply them. So today I would like us to review five basics to winter safety topics.

Wind Chill: The Wind Chill index is the temperature your body feels when the air temperature is combined with the wind speed. It is based on the rate of heat loss from exposed skin caused by the effects of wind and cold. As the speed of the wind increases, it can carry heat away from your body much more quickly, causing skin temperature to drop. When there are high winds, serious weather-related health problems are more likely, even when temperatures are only cool.

Frostbite: Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

Hypothermia: When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it. Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

Avoid Ice: Walking on ice is extremely dangerous. Many cold-weather injuries result from falls on ice-covered sidewalks, steps, driveways, and porches. Keep your steps and walkways as free of ice as possible by using rock salt or another chemical de-icing compound. Sand may also be used on walkways to reduce the risk of slipping.

Dress Warmly and Stay Dry: Be sure the outer layer of your clothing is tightly woven, preferably wind resistant, to reduce body-heat loss caused by wind. Wool, silk, or polypropylene inner layers of clothing will hold more body heat than cotton. Stay dry— wet clothing chills the body rapidly. Excess perspiration will increase heat loss, so remove extra layers of clothing whenever you feel too warm. Also, avoid getting gasoline or alcohol on your skin while de-icing and fueling your car or using a snow blower. These materials in contact with the skin greatly increase heat loss from the body. Do not ignore shivering, it's an important first sign that the body is losing heat. Persistent shivering is a signal to return indoors. Carefully watch for signs of cold-weather health problems. Avoid walking on ice or getting wet.

Think about safety this fall and winter, and the spring birds will be back before we know it!

Gerry Gathje, Director of Environmental Services

Fun Times at the Assisted Living



Whether sitting outside, making potato print art, baking blueberry muffins or dressing up with hats for tea, these Assisted Living Ladies know how to have a good time.

Pictured clockwise from top: Phyllis, Marge, Thelma, Susan, Marge and Elaine



Western Days brought us Hats, Clowns, Happy Hour and Tractors! Left: Phyllis and her family celebrated together. Below: Brian and Richard check out an Allis-Chalmers. Bottom: Marie's son Mike brought his tractor to the Care Center





Top: Harold, Wes and Anna Mae enjoy Western Days Happy Hour.
Middle: Joyce, sitting by clowns, is not sure what comes next!
Bottom: Volunteers brought their tractors to the Care Center:

Employee Spotlight: Rhiannon Lane

Rhiannon “Rhi” Lane is an up-beat, effervescent person with a bubbly personality. She is quick to smile and give a good word to all she greets.

Rhiannon is both a CNA (Certified Nursing Assistant) at the Care Center and a HHA (Home Health Aide) at the Assisted Living Apartments. She has been an employee of the Care Center for three years come February, 2020.



Every day is a new adventure helping the residents and tenants. As Rhiannon says, “I love coming in to work in the morning and seeing my residents smile, because they get to work with me and know they are guaranteed a hug.”

When asked why Rhi chose a career in long term care she responded, “I have always liked helping people and making them feel like they matter and they are loved.”

Residents enjoy seeing photos of Rhi’s cats. It is fun to interact on a personal level with each resident. So many residents and tenants owned pets in their lives before and can relate to Rhiannon’s joy in showing off her pets.

There have not been many changes to the Care Center since Rhiannon started working three years ago, but she is very excited to see the changes coming with our new construction. The new wing construction (and expanded physical therapy area) will start in the fall of 2019, and be completed by fall of 2021. The added space for each resident will assist us all in caring for them.

Rhi lives in Chatfield, so it is not very far to work. In her spare time, she likes to spend time with her pet cats. She and her boyfriend enjoy each other’s company while watching television or playing video games. Rhi loves to draw and paint, as well as crochet toys and blankets. Intricate “grown-up” coloring books are also a favorite past time. Someday, she would like to travel to Ireland and Germany.

We are happy Rhiannon works with us at CVCC and brings her smile with her each day.

Environmental Services: Jody Lawstuen

August, 2019: What a busy spring and summer we have had! We all feel a little cheated when the weather is very uncooperative. Too much rain stalled projects we planned to get done when the weather warmed; projects we waited on through the winter months. I'm sure everyone is wondering what kind of a winter we will have since we hardly had a summer.

The environmental department worked on cleaning the windows throughout the summer months. The maintenance department was able to get the Independent Living apartment windows cleaned. A couple of cancellation delays did take place, because of the rainy weather, but it finally got completed successfully.

I am pleased to tell everyone that our new dryers were installed in the laundry room this summer. The new equipment is working great! These dryers are quieter and more efficient than the old ones. They have a nicer drying cycle to keep clothes from wrinkling, which takes much less time. My staff has far fewer clothes to iron. The dryers that were in the laundry room were original to the facility when we opened our doors 43 years ago. Back then they made things to last. Laundry appliances in our homes have maybe a five to seven year life span, especially if there is a lot of laundry every day.

Our department is looking forward to the remodeling and the addition project taking place in the coming months. We will all work together to make the changes go smoothly for residents, their families and our staff. Some of our staff were here when we last remodeled. In past remodeling projects, new spaces and opportunities were created for our residents. We look forward to what is to come with the new addition and remodeling of each wing. These changes are needed to keep up with updated standards. They will improve the quality of our facility for all the departments, and for the residents who live here.

Just a reminder from the laundry department: please mark each new item of clothing or bring all items to the laundry room to be marked. We so want to get items back to their owners. We greatly appreciate your help in this system.

Autumn will be approaching and new clothing items will be purchased by families. We all like the different seasons and enjoy the changes with different colors and styles for each time of the year.

Jody Lawstuen, Environmental Services Supervisor



Melissa Fenske, LSW
Director of Social Services



Hello!

I hope that you have all had a good summer and are enjoying the change of weather as we head towards autumn. As I am writing this, it is hot and humid which feels more like July weather instead of September.

We have made some changes to our admissions process here at Chosen Valley Care Center. Previously, at the time of admission there would be approximately 15 papers that a resident or a responsible party would need to sign. The day of admission is already a stressful day for the resident and having to sign so many papers frequently became overwhelming for them which added to the stress of the day. Beginning in May, we switched to doing the admission process electronically. Now the resident, or the responsible party, has to only sign once and their signature is auto-populated on all admission forms. This has been successful in reducing the stress and the time involved when an individual is admitting to the Care Center. The resident and responsible parties are given a Resident Handbook when they admit to the Care Center. It has the necessary information regarding the rights and responsibilities of being a resident at the Care Center as well as copies of documents being signed. Included in the Resident Handbook is also a map of the Care Center, which many new residents have stated they have found useful. As always, each resident is still given copies of the Resident Bill of Rights, a guide on creating a Healthcare Directive as well as information regarding Senior Linkage.

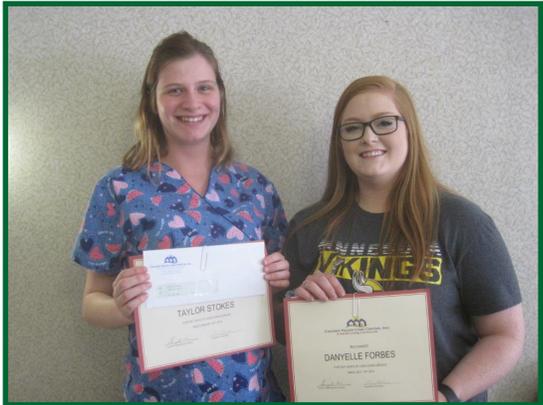
Feel free to stop by and say hello to either Stephanie or myself!

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

A puppy visits
Chrissy and
LaVonne



Caring and Sharing



Employee awards for years of service (clockwise from top):
Danielle York, 10 years (with Ellen Strande)
Gary Bren, Pres. Of the Board
Patricia Doering, 10 years (with Ellen Strande)
Taylor Stokes and Danyelle Forbes, 5 years
Kris Daugherty, 40 years
Maria Salas, 25 years

Barb Weiss, Director of Food and Nutrition Services



Hope your summer is going fine. I know mine is just flying by.

I wanted to share information about **WATERMELON** and the benefits to eating it.

Watermelon contains 45 calories per 1 cup. It also contains Vitamin C, A, B1, B5, B6, Potassium and Magnesium.

Watermelon is an antioxidant with beta-carotene and lycopene, amino acid.

Watermelon helps with keeping you hydrated. It reduces stiffness and thickness of artery walls, and it also lowers inflammation and oxidative stress.

Watermelon improves digestion and is good for your hair and skin. It also prevents macular degeneration and relieves muscle soreness.

Watermelon has anti-cancer effects, as well.

I know I loved watermelon for a reason. Hope you do too.

Well, I just want to remind you that we provide Meals on Wheels. If you are interested in Meals on Wheels call Barb @ 867-4220

Barb Weiss CDM, CFP, CRM, CCP, Director of Food and Nutrition Services



Walk N Roll participants in the city park

Gardening



The garden is one of our favorite places to hang out all summer long. We watch the flowers and vegetables grow, then use the produce.



May Pie Social



Frank Kinney enjoys the Pie Social with his daughter, Joanne, and son, Dale.

Gathering Places

The Lehman Room can be reserved by contacting the Department of Life Enrichment. Reservations are on a first come, first serve basis. A \$25.00 donation is suggested to defray the cost of coffee and carpet cleaning and can be placed in the donation box by the coffee machine in the dining room. Other areas around the Care Center for use include: the E200 lounge area and the gazebo area as weather permits. These areas are not allowed to be reserved, and are available on a first come basis with the exception of holiday meal guests and families, which would be served in the sunroom.

*Groups of 25+ people are asked to seek another place for your gathering, such as area churches or halls. This is because the additional people and excitement can be very stressful for some of our Care Center residents.

The Founder's Committee



Pictured from left to right: Cindy Thesenvitz, Diane Meeker, Vicki Cramer, Donna Cramer, Margaret Walsh, Marge Huper, Carol Finseth, Charlene Krenzke, and Judi Daniels

(Not pictured: Shirley Clements, Denise Pagel and Betts Funk)

Donations to Founder's Committee through September, 2019:

\$10.00 in memory of Shirley Baker from E. and Karen Amundson
\$50.00 gift given anonymously
The Founder's **May Pie Social** brought in \$156.50

Remember to attend the next Founder's Committee fund raiser: Annual **Veteran's Day Pie Social** on November 8th from 1:30 pm to 3:00 pm

From The Desk of Physical Therapy



What is Causing Your Neck Pain?

There are many conditions that can cause neck pain. Identifying your neck pain symptoms is vital to getting effective treatment. Here are a few common neck pain symptoms and what might be causing them.

Stiff neck: Neck stiffness and neck pain symptoms often go hand in hand. There can be several causes of a stiff neck including:

- A herniated disc in the cervical spine
- Muscle strain or neck sprain
- Osteoarthritis
- Whiplash or other acute injury

Headache: When neck pain causes headaches, it is known as a cervicogenic headache. Usually caused by holding the head out in front of the neck in a forward position, this places tremendous strain on the muscles in the neck. This is a secondary headache which means that an underlying injury or disease of the neck causes the headaches.

These types of headaches can be limited to one side of the head and get worse in certain neck positions or movements. The root cause in the neck must be treated in conjunction with the headache for effective relief from your neck pain symptoms.

Tingling or weakness: As we get older, the spaces between vertebrae that allow the spinal nerves can become narrower. When this happens, pressure can be placed on the nerve causing a radiating feeling of numbness, tingling or weakness from the neck and down the back or arm. This is known as cervical stenosis.

Cervical stenosis can be serious if left untreated and nerve damage can become permanent.

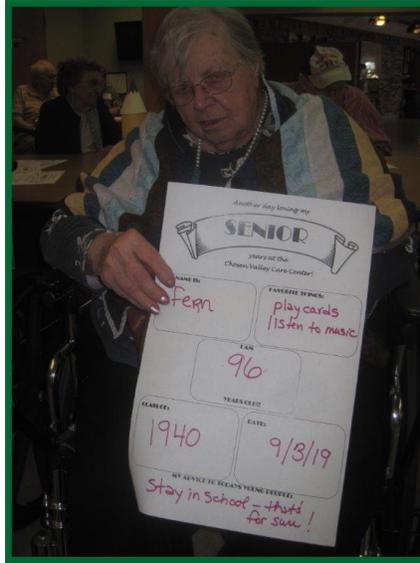
When to seek immediate treatment: The neck is a complex and sensitive area of nerves, muscles and vertebrae. You should seek immediate medical treatment if you experience any of the following neck pain symptoms:

- Muscle weakness or instability in the neck
- Sudden traumatic injury such as an auto collision
- Pain that worsens over a few weeks' time

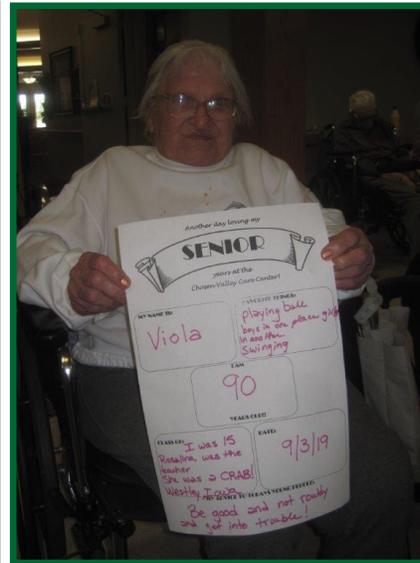
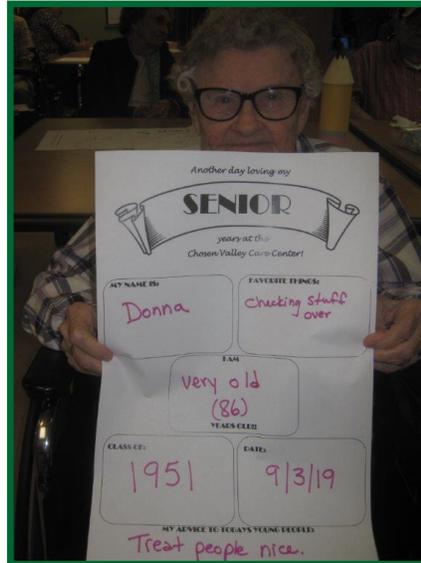
If you need outpatient physical therapy, occupational therapy, or speech therapy give us a call on our direct line at (507) 867-3199.

Robert (Bob) Schrupp, Physical Therapist

Back to School



Back to school thoughts and advice from our residents Charlie McCabe, Fern Drury, Donna Hart and Vi Gartner



GATHERINGS



Gordon and Edna attend the pie social; Jan and Mary toast St. Patty's Day; Harold and Betty celebrate their 65th Wedding Anniversary in April; Staff dances after dipping strawberries.



Volunteers Make Our World Go Around!



Volunteer of the Year: Juanita Haare with Kate Winter Glor.
Boy Scouts Wyatt and Sam.
Hanna Elshoff and her Elf visit.
Sassy Quilters sewed quilted hugs for our residents.
If you are interested in becoming a volunteer, speak with Kate Winter Glor



Family



Vi Gartner and son, Tom celebrating St. Patty's Day. Donny and his father, Pat caught the most fish in Lanesboro. Veteran Mike Erickson with daughter, Lana Bernard.



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. Beautician Pam Danielson is here on Tuesdays for cutting, styling, curling and perms. Beautician Sue Thompson is here on Monday afternoons.

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.

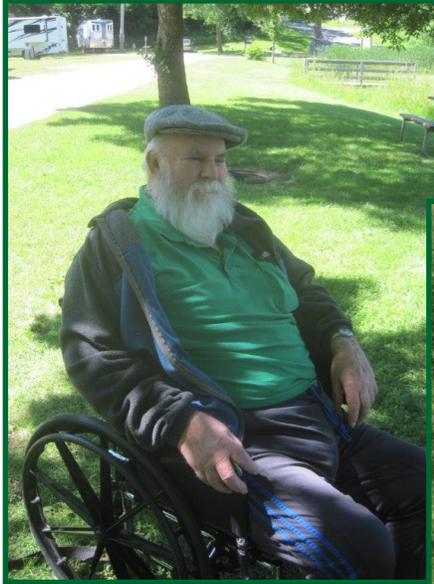
His and Hers Hair Care Prices

Permanents	\$48 (including cut & shampoo)
Colors	\$20
Beautician Haircuts	\$13
Shampoo & Set	\$15
Rinse	\$5
Comb out by beautician	\$5
Barber Roy Haircuts	\$9

We are fortunate our stylists and barber will serve the 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.

Fishing in Lanesboro, June 2019



Even if we didn't catch a fish, it was a great day to be outside.
Pictured clockwise from top:
Abram H., Bill A.
Charlie M. and Willy F.

