

Views From The Valley Fall and Winter, 2017



CHOSEN VALLEY CARE CENTER, INC.
A Senior Living Community



***Greetings from Chosen Valley Care Center!
Pictured: Beautiful Gardens all Summer***

Board of Directors Chosen Valley Care Center & Apartments

**Gary D. Bren
Denise Daniels
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Amy Vreeman
Mary Patten
David Schellhammer
Thomas Duxbury
Pam Holte
Angie Bicknese**

Views from the Valley 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
Erin Amdahl, Business Office Manager
billing1@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

Hi everyone,

As you know, Chosen Valley Care Center, Inc. has celebrated many years of caring and service to the community. After much planning and preparation, the Care Center opened its doors to the community in 1976. The opening of the Care Center began the foundation of who we are today.

Currently, Chosen Valley Care Center, Inc. has 78 licensed nursing home beds, 15 independent and 20 assisted living apartments. The Care Center and apartments provide many services that will help meet the future and changing needs of our community, and offer a continuum of services for everyone to enjoy for years to come.

Numerous additions and renovations have been made over the years. The E Wing hallway addition, gazebo area, therapy room, additional dining room space and a front entrance canopy just to name a few. Two larger/significant additions were the independent living and assisted living apartment buildings.

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

This past year, the Care Center Board of Director's has been discussing the growing needs of the Care Center. The Board and management have also been developing a list of ideas to address the needs throughout the building. The idea is to share the list of improvements with an architect, and develop a plan to address the needs.

Updates regarding Care Center renovations will be provided to everyone as work with the architect progresses. This is an exciting venture, and we will keep everyone updated along the way.

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

Wishing you all a great Fall season,

Craig Backen, Administrator



Lisa Vickerman: Antibiotics



Antibiotics are medicines that fight infections caused by bacteria. Antibiotics work by targeting and killing harmful bacteria. Normally, your immune systems help control the bacteria you have. But, sometimes bacteria grow so quickly that your immune system can't keep up and then you may develop an infection that needs to be treated.

A urinary tract infection (UTI) is an infection involving part of the urinary system. If you are experiencing symptoms of an infection and bacteria are found, you will typically be prescribed an antibiotic. Antibiotics do not help when there are no symptoms. In fact, taking antibiotics when they are not needed may cause health problems. If you do not have the symptoms, but your urine shows bacteria, it may be better to wait and drink extra water and other beverages.

There are many different kinds of respiratory tract infections, such as colds and coughs, the flu, pneumonia, and bronchitis. The most common symptoms of a respiratory infection that needs an antibiotic are a fever with a bad cough. A cough alone is typically not treated with an antibiotic. If you have a cough, but no fever or other symptoms, it is often better to wait. The doctors will request that nurses check often to see how he or she is feeling, take his/her temperature, and ask if they are experiencing any other symptoms. The doctor may request that they receive Tylenol and/or cough suppressant. The doctor may ask that your loved one drink more fluids and rest with head raised on pillows. Their temperature will be monitored and if it becomes elevated then the doctor may consider prescribing an antibiotic.

An Antibiotic Stewardship Program consists of coordinated interventions aimed at treating infections while promoting appropriate antibiotic use. The practice of antibiotic stewardship requires commitment, leadership, communication and actions informed by best practice guidelines and protocols.

Antibiotics are powerful tools for fighting and preventing infections. However, widespread use of antibiotics has resulted in an alarming increase in antibiotic –resistant infections and a subsequent need to rely on broad-spectrum antibiotics that might be more toxic and expensive. In addition to the development of antibiotic resistance, antibiotic use is associated with an increased risk of Clostridium Difficile Infection and adverse drug reactions. Since antibiotics are frequently over or inappropriately prescribed, a concerted effort to decrease or eliminate inappropriate use can make a big impact on resident safety and the reduction of adverse events. Antibiotic stewardship consists of coordinated interventions aimed at treating infections while promoting appropriate antibiotic use.

(continued on facing page)

Lisa Vickerman, continued

Chosen Valley Care Center is improving the way we use our antibiotics for residents by making sure that the residents in our care get antibiotics when absolutely necessary-when they have a bacterial infection. We also make sure that you get the right antibiotic, at the right time, for the right length of time.

Lisa Vickerman, Director of Clinical and Residential Services



Employees received longevity awards in May. Bottom left: 5 years, Ann G. Nelly N., Lyndsee I. and Kayti Lyn T. Bottom right: 15 years, Lois B. Top left: 10 years, Brian Nolan. Top right: Board Members presenting awards Dan H., Amy V., and Dan S. with Administrator, Craig Backen on the right. (Not pictured: 10 years, Pam Danielson)

Ellen: Office New Faces

We have been experiencing some warmer than usual weather for September, I think we all appreciate the sunshine. We had beautiful weather for our stroll to the park for 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.

We have some new faces in our offices and some familiar ones that have received promotions.



Erin Amdahl is now our Business Office Manager. She is still doing our billing, Accounts Receivables while in charge of all the functions of the Business Office. She supervises Emily Nichols, who recently received a promotion as well and Mary Ferreter, our new accounts payable person. I like pictures so I am including them and hope they help everyone know who to go to for their needs.



**Mary Ferreter,
Accounts Payable**

You may sometimes see Mary at our center desk, assisting as needed.

Sarah Delaney, LPN, is our Medical Records Supervisor. Sarah accompanies the Doctors when they visit each resident and assists the physicians with documentation that has to be done in accordance with government regulations. She also works as a floor nurse, so you will also see her on evenings, nights or weekends as your nurse. She supervises three employees: Mimi Seamens, our Medical Record Practitioner; Susie McClimon, and Haley Casterton, our Administrative Assistants.

Sarah assists the Doctors when they meet with Residents. She is an LPN also.



**Sarah Delaney, Medical
Records Supervisor**

Ellen, continued.....



**Susie McClimon,
HR Assistant and
Administrative
Assistant**

Susie McClimon, has been an employee for three years working as a CNA and TMA. She became our Administrative Assistant in April of 2017, working at our center desk. Susie recently received a promotion and will work Mondays and Fridays as Human Resources Assistant. Tuesday through Thursday, she will remain at the center desk.

Haley Casterton, works Monday and Friday at the center core desk and other days as a CNA.

Along with all these office changes, we have been busy training, and learning for each new job position. Just like our weather will soon be changing, we will adjust to it and to our new positions, recalling names and faces. The Holidays will soon be here, I wish you each a peaceful and happy season.

Ellen Strande, Director of Human Resources



**Haley Casterton,
Administrative Assistant**



**Walk N
Roll
photo.
June,
2017**

Business Office: Changes in the Business Office

Fall is upon us and there are new changes to note in the Business Office! I wanted to introduce myself as the new Business Office Manager. I have been with Chosen Valley Care Center since July of 2010 and I'm excited to have been promoted to this new position. I am here to help you with your billing and insurance needs. Emily Nichols is also new to the Business Office as our Payroll/Accounting Assistant but has been with Chosen Valley Care Center since 2014. Our new Business Office Assistant is Mary Ferreter. Mary came to us in June 2017. Mary's primary duties are Accounts Payable.



Another change to the Business Office is a secure lock box for your payments. This lock box is located just outside of the Business Office Manager's door. Payments can now securely be dropped off 24 hours a day, 7 days a week. In addition, any personal funds deposits can also be placed in the drop box.

In addition, if you have any changes to your insurance policy, please notify myself or someone in the Business Office at 867-4220.

Erin Amdahl
Business Office Manager



**Emily Nichols,
Payroll/Accounting
Assistant**



**Mary Ferreter,
Business Office
Assistant**

A Word from the DON: Carrie Colbenson



How to Beat the Seasonal Flu? PREVENTION

Centers for Disease Control and Prevention (CDC) emphasizes that Influenza is a serious disease and prevention is vital. Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and Influenza can affect everyone differently. Millions of people get the flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die from flu-related causes every year. The CDC estimates that flu-related hospitalizations since 2010 range from 140,000 to 710,000, while flu-related deaths are estimated to have ranged from 12,000 to 56,000. An annual seasonal flu vaccine is the best way to reduce your risk of getting sick with the season flu and spreading it to others. The more people in your community who get vaccinated, the less flu will be spread throughout your community.

Everyone 6 months of age and older should get a flu vaccine every season. Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from Influenza, including: children younger than 5, but especially children younger than 2 years old; adults 65 years of age and older; pregnant women (and women up to two weeks postpartum); and residents of nursing homes and other long-term care facilities. Also at high risk of serious complications are people who have medical conditions including asthma, neurological conditions, chronic lung disease, heart disease, endocrine, liver, and kidney disorders, weakened immune system due to disease or medication, and people with extreme obesity.

When should you get vaccinated? Everyone should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies to develop in the body that protect against flu. CDC recommends that people get a flu vaccine by the end of October, if possible. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later.

Carrie Colbenson RN, DON (Director of Nursing)



Tenant Spotlight: Avis O'Neil



Avis O'Neil is one of our newer independent living tenants. She moved from her home this summer and is finding our I.L. apartment very comfortable and homey. "I just love it here," Avis said, "I have everything I need and my neighbors are so nice!"

Avis was born in Hallock, MN to William A. and Laurienne (Lang) Pearson on December 19, 1940. Her mom was Irish/German and her dad was full blooded Swedish. They had a cozy home in the great northwest corner of Minnesota, in rural Kittson County. She had five siblings: Lowell, Verne, Corinne, Rick and Phyllis. All have passed away except her brother, Rick Pearson.

Her father came to Chatfield in 1958 when Avis was a senior in Hallock High School. Her dad worked for Bernard Implement dealer as a mechanic. The business was located where Chatfield Trucking is now. Her father made the move from Hallock for a better wage and job.

Avis stayed in Hallock to finish 12th grade and graduate High School before moving to Chatfield. She loved school, especially English and Biology. She attended an airline school in the Cities for a time, but decided that was not for her. She worked as a receptionist at a dance school, too. Then, a friend told her to move to St. Cloud and share an apartment with her. Avis moved to St. Cloud and worked at the college (St. Cloud State University) in the deli. She really loved that job! She had all the fun of attending concerts and events at a college, but didn't have to pay tuition or worry about grades. She often helped college students out with their English assignments, having loved English so much in High School.

When her St. Cloud friend went off and got married, Avis moved back to Chatfield and worked in Rochester. Through a neighbor (Rita Arnold), she met Patrick "Pat" O'Neil. He was so tall and quiet, something drew her to him. He asked her and Rita if they would like a ride in his big old black Mercury. He later called her for an official date, and the rest is history.

Avis Pearson and Pat O'Neil were married at St. John's Catholic Church (Rochester) on July 29, 1961. They settled in Chatfield and raised two daughters together, Brenda and Rebecca "Becky." Both daughters stayed in the Chatfield/Rochester area. Their family now includes five grandchildren and seven great grandchildren.

Avis and Pat had over forty wonderful years together. They shared fun hobbies like boating, fishing, dancing and card playing with many great friends. He worked for Greenway Coop as a fuel agent, and Avis worked for the U.S. Postal service for twenty-three years. On February 20, 2003, Pat O'Neil passed away from cancer.

Avis enjoys her time now with reading, watching movies, casino trips and traveling. Being at the I.L. apartment, she really likes attending events at the Care Center such as special music, Mass and Communion. It's just a short walk away from her apartment with no sidewalk to shovel.

Resident Spotlight: Ila Bornfleth

Ila (Skrukud) Bornfleth was born in Lanesboro, Minnesota to parents, Engebret and Sophia Skrukud on December 17th, 1919. She and her brother Orlando attended Lanesboro Public Schools. Ila graduated from Lanesboro High school in 1937.

Her parents were 100% Norwegian and farmed near Lanesboro all their lives. Her brother, Orlando, lived and worked in Lanesboro, too. He was a milk delivery person, and passed away in 1989.

After High School, Ila worked at the Preston Bank and later at the Lanesboro school office as a secretary. She met her future husband, Irvin Bornfleth at a dance. Irvin was from the Wykoff area, and was 100% German. When asked if he was a good dancer or a good Lutheran, Ila replied, "he was both."

Ila and Irvin Bornfleth were married at the Bethlehem Lutheran Church in Lanesboro on July 22, 1943. They moved to a farm near Pilot Mound, where they raised their son, David. When David started Sunday school, Ila and Irvin became members of the Pilot Mound Lutheran Church. Both were active members of their church. Ila participated in ladies circle activities and taught Sunday school.

She lived on the family farm all her married life by Pilot Mound. Even after her husband died in 1993, Ila remained on the farm until 2002. She really enjoyed the rural farm life, baking, gardening, sewing and caring for her cats and dogs.

In January of 2002, Ila moved in to an Independent Living apartment on the Chosen Valley Senior Campus. When her needs changed two years ago, she became a resident at the Chosen Valley Care Center.

One of the best parts of being at the Care Center, Ila says, is attending special music events and the daily news. She also enjoys regular visits from her son, David, and the occasional Lutefisk dinner. We are happy to have Ila with us at the Care Center.



Jean T. from I.L. and Ann M. from A.L. enjoy watermelon in the Lanesboro Park while on an outing in June.



Dept. of Life Enrichment



Have you met the Life Enrichment Activity Team at the Chosen Valley Senior Campus? (See photo on facing page) Amy Neis, Kate Winter Glor (Director), Colleen Haffner and Chrissy Weisz.

On Halloween the 31st of October from 2:45 to 4:00 PM, we will once again be inviting ghosts, goblins, witches, princesses and more to come calling for Trick or Treats. Please be mindful of this set time. It can be very overwhelming for some of our residents - having costumed strangers in our halls. A donation container will be at the

front desk in October for those who would like to donate for the purchase of candy to be given by the residents. Some residents/family have special kinds of candy they like to hand out and purchase for their resident. Please note all candy must be store bought and individually wrapped.

Before we know it the Holiday season will be upon us. It is always a busy season with extra music and parties to make it festive. Santa will be visiting at 9:15 AM on Friday, December 22nd, bringing gifts that are donated from the individual resident's church, staff and community members. Also on the 22nd at 1:30 PM – the Johnson Family and Friends will be sharing their Christmas program with us.

Often times family members leave gifts for their loved ones in their room and residents have a difficult time making the connection from the name on the card to who it's from. This is one of the reasons we always encourage families to open gifts with their loved ones rather than to save them for their birthday or Christmas. Each resident and/or tenant receives one gift from Santa. Share this special time of joy with them, opening presents and sharing a favorite Christmas cookie or treat!

Join us after the busy rush of the Holiday season for our Holiday Tea on January seventh from 1:30 to 3:00 PM. Enjoy good food and fellowship with other family members, residents and their families.

Mark your calendar and plan to join us on Friday, February 16th, at 1:30 PM for an angel food cake and strawberry ice cream fund raiser hosted by the Founder's Committee.

Life Enrichment Wish List

Wii game with Cow racing
Costume jewelry
Old type scrap books

Life Enrichment continued ...

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If you plan to have a birthday party for your loved one at the Care Center, please call the month prior and speak with me or one of our activity professionals. We will be able to meet your needs best with planning ahead and putting it on our activity calendar. If you would like a copy of our calendar of activities, please stop in the Life Enrichment Activity office. (Pictured right: Alta's birthday party.)

The third week in January is **National Activity Professionals Week**. Just what is it the activity department does, you might wonder? Oh, where to begin?!? The activity department is responsible for the development and implementation of all types of activities, in all kinds of settings to meet the needs of the residents and tenants living at the Chosen Valley Senior Campus. From large group settings – church, special music or entertainers, parties, resident council meetings, exercise (through games, dance etc.) daily news, current events and we can't forget

Bingo; to small group settings, cognitive games, card games, sensory and orientation type activities; and one to one visits with individuals, hand massages, manicures, grooming, devotion and so much more! Our goal is to provide activities to meet the needs and interests through individual and group programs to promote optimal practicable levels of physical, intellectual, spiritual, creative and psycho-social wellbeing.

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

Amy Neis joined the activity department team on January 3, 2011.

Chrissy Weisz came to CVCC on November 26, 2012 as a Nursing Assistant.

She joined the Life Enrichment Team on June 4, 2013.

Colleen Haffner joined our team on July 24 of this year.

Written by Kate Glor, Director of Life Enrichment Activities



Employee Spotlight: Sarah Delaney



Sarah Delaney is our new Medical Records Supervisor. She was advanced to that position earlier this year after working as a floor nurse at CVCC for over six years. This new position brings new challenges and rewards. Her new duties include attending rounds with OMC doctors each week. Sarah notes all new, changed and discontinued orders, as well as bringing nursing concerns to the doctor's attention. She knows our residents and our nurses, and coordinates communication between the two.

Communication is key for all the hats Sarah has worn in her medical career. She started out as a CNA (Certified Nursing Assistant), and then trained as a TMA (Trained Medication Aide). She went on to school at NICC (Northeast Iowa Community College) at the Calmar, Iowa campus and became a nurse. Before coming to the Care Center, Sarah worked at the Winneshiek Medical Center in Decorah, Iowa, in orthopedics. Along the way, Sarah was drawn to working in emergency medicine as an EMT for the Mabel Ambulance Service. She has been an EMT for twelve years and just became Mabel's Ambulance Director eighteen months ago. "It is very rewarding to serve my home town community of Mabel," Sarah said. "I like everything about emergency medicine."

Sarah lives in Mabel, and was raised there. Her parents still live in Mabel. Sarah has three children, two daughters and a son, ages 23, 17 and 15. One of her daughters works at CVCC as a TMA. When Sarah is off duty, she enjoys spending time with her friends, family and fur babies (two cats and a dog).

Each week, Sarah works with OMC physicians, Dr. Dietz, Dr. Knight, and Roxie Tienter (Nurse Practitioner), to coordinate rounds visiting every Care Center resident. Each resident must be seen by a physician every 30 to 60 days, and after each hospitalization. Sarah is in charge of communicating new & discontinued orders, labs and diagnoses to nursing staff after each round of care. As a supervisor, she guides and evaluates the medical records staff positions: Administrative Assistant and Medical Records Practitioner. She also works as a floor nurse when needed.

What is the best part of working at the Care Center? Sarah says, "I enjoy the residents, their families and the staff at CVCC."



Assisted Living Housing Director: Hanna Cotton

What a wonderful action packed year it has been for us here at Assisted and Independent Living! This year we were able to take a day trip to Austin, MN where we enjoyed the SPAM museum, Piggy Blues for a delicious lunch, and then a beautiful boat ride over the lake on the SPAM-town Belle! It was so nice to enjoy the sunshine and warmth before the cold weather sweeps in.

We are so blessed to be able to continue visiting the Commonweal Theater in Lanesboro, MN and watch the most talented individuals perform all of our favorite classics on stage. Assisted and Independent Living tenants will attend two more Commonweal Theater plays this year. Having such a strong connection within our community and surrounding towns makes such a difference in the lives of all of us here at Chosen Valley Senior Campus. I would like to thank all of you for your generous hearts and always including us here at Chosen Valley.

A reoccurring question lately has been, "Is it worth it to be placed on your Assisted or Independent Living apartment waiting list when the list is so long?"

I typically recommend to everyone placing you or your loved ones name on multiple Assisted or Independent Living housing lists so you always have options and a choice on where you want to live. It is always a tough decision to leave the comfort of your own home, but you can make it that much easier by gathering as much knowledge on different campuses to see which one best fits you. Ironically enough, it can sometimes help to think of it as applying to college. The only way to know which is best for you is by visiting each campus. You are the decider! You have the choice of where you want to go.

Blessings to you all!

Hanna Cotton, Assisted and Independent Living Housing Director



Assisted Living
Tenants Lorraine
and Alice show off
their crafts



Gardening and Cooking



Lavonne and her daughter (above left) planted tomatoes and cucumbers.
Evelyn, Trudy and Bill (above right) arrange Gladiolas.
Garden Club (below) making fresh Pesto.

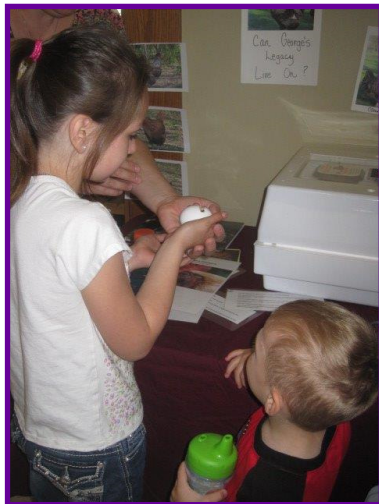




During berry season, Garden Club (above) made smoothies. Beverly (left) plants Zinnias. Marjorie (below) gives a 'thumbs up' to her garden. Many proud gardeners.



Hatching Chicks!



Chrissy from Life Enrichment brought in eggs and an incubator. Everyone enjoyed watching the chicks hatch. Above: Alice Jean and Gerry. Left: Young Visitors. Below: Marvin and Chrissy.



Environmental Services: Jody Lawstuen



September, 2017: It's amazing that summer has gone. The Environmental Services (and Maintenance) department was very busy throughout the summer starting with washing windows at I.L. and the Care Center. All staff played a big role in window washing; it takes a great team to get things accomplished and our department has a great team. We had staff members working on cleaning resident's closets and night stands as well. Maintenance was very busy getting things ready for the summer from air conditioners to planting beautiful flowers. Everyone enjoys the planters displayed all summer. We work very hard all year long to keep things in good repair and keep areas clean.

Our laundry department is top notch, keeping clothes clean and neat. The laundry department does an amazing job finding owners to clothes without name tags. Unfortunately, we don't find all of the owners of clothing all of the time. If you think that your family member is missing a blanket or a shirt, please stop down to the laundry department and see if their items are there. We keep lost items for quite a while, but eventually we donate items to Goodwill. Please mark all new clothing before the resident wears it so we can get washed items back to their rightful owner. I greatly appreciate all the help families give us with labeling clothes. It is a big job for staff to try and find the owner of unmarked clothing.

I recall talking about different challenges in our life in my last Views from the Valley article. I talked about all the wonderful people we get to enjoy in our lives. I talked about my amazing parents and the strength that they had with each other through tough times. You may recall my Mom was very ill, but through great determination she was heading for an amazing recovery. On February 18, 2017, we did not expect that our Mom would be taken from us and placed into the hands of Jesus. What a life change for our entire family! She was such an amazing person and so special to all of us. Losing someone that you hold so dearly in your heart is very devastating. The one thing I do is pray to God and ask Him to please guide me through this tough time in my life. I feel that He has answered my prayers, because days seem impossible to get through without Him beside me.

September! What a beautiful time of the year! The leaves change color and then the holidays approach pretty quick. We start out with Halloween fun and go right into Thanksgiving. Christmas and New Year's Day follow right away. Wow, 2018 is not far away! Hope everyone has a great rest of the year and brings in the New Year with a bang.

Jody Lawstuen, Environmental Services Supervisor

Melissa Fenske, LSW
Director of Social Services



Greetings to you from the Social Services Department! I am writing this on September 5th, which happens to be the first day of school for most area schools. To me, this day seems more like the official start to Fall instead of September 22nd, which calendars mark as the first day of Fall. I hope all of you have enjoyed your summer and take the time to appreciate the beauty of this new season.

There have been a few changes in the Social Services department that I would like you all to be aware of. Bryan Allen became the new Social Services Designee in April. He is



probably a familiar face for most of you, as he has worked as a Trained Medication Aide (TMA) here at CVCC since October of 2016. He moved here from Iowa, where he worked within the Social Services department of a nursing home in Cedar Falls. He has a lot of experience to draw upon and has already generated many new ideas for our department. He and I share the responsibilities of social services, so many of you may see him during admissions, care conferences and completing assessments. He continues to work part time as a TMA here as well. Please be sure to greet him and welcome him to his new position here at Chosen Valley Care Center.

Family Council will be starting back up again this Fall. Family Council is open to anyone who has a loved one residing at Chosen Valley Care Center. The mission of this council is to improve the quality of care and the quality of life of the facilities residents. It also provides families and friends a voice in decision making that affects them and their loved ones. We will meet on Thursday, November 2nd at 12:30 PM in the Lehman Room. Hope to see you there!

Melissa Fenske, LSW
Director of Social Services ssd@chosenvalleyseniorliving.com
(Also pictured: Bryan Allen, Social Services Designee)

CVCC Visitor



Fern D. and Gloria H. never hesitate to hold a visiting baby. Pictured here with Hailey Jo (a granddaughter of Gerry and Sandy Gathje).



FAMILY COUNCIL

Do you have a loved one residing at the Care Center? Our Family Council is open to you and welcomes all family members who have loved ones living at the Care Center. We meet the First Thursday of every month in the Lehman Room at 12:30 PM. Guest speakers are sometimes provided. Our meetings give family members a chance to express their opinions and concerns.

Please consider being part of the Family Council.

Barb Weiss, Dietary



Hope your summer is going fine. I know mine is just flying by. There are two different things I want to talk about: Strawberries and Nutritional Labels.

If you are having problems with your strawberries getting bad just after bringing them into your house, here are some tips that will help.

- 1) Pour one part white vinegar and five parts water in a bowl. Soak your strawberries in the mixture for a few minutes. The vinegar will get rid of the mold spores and bacteria, the stuff that makes strawberries spoil quicker. Dry thoroughly on a dry towel.
- 2) Keep the stems on until you are going to eat them. That will prolong their shelf life as well.

Nutritional labels on food items as we know them will be changing soon. The current version is 20 years old. On the new labels, things that you will notice are: the calorie count will be larger; serving sizes will be more realistic. Labels must state how much sugar is "added sugar", (which includes sugar, honey, syrups, and fruit & vegetable concentrates added for sweetness). Vitamins and minerals required to be listed will be updated to reflect nutrients. Many Americans fall short on their nutritional goals.

Listing vitamins C and A will no longer be required. Instead, you will see vitamin D and Potassium. Manufacturers must still list Calcium and Iron. Say goodbye to calories from fat, because the type of fat is more important than amounts. Also changing are daily value percentages on a few nutrients, sodium, fiber, and vitamin D.

Expect to see new labels on most foods next year. Big companies must change their labels by July, 2018. Smaller companies have an additional year to make the changes.

I want to remind everyone that we provide Meals on Wheels in the Chatfield community. If you are interested in receiving Meals on Wheels call me, Barb at 867-4220.

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



Baby Jace with
Mary and Ashley

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.

Pie Social with the Founders



We line up early to enjoy the pie social. Everyone is welcome to join us for the fun.

Gathering Places

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

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

The Founder's Committee



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

Donations to Founder's Committee through September, 2017:

April 4, 2017 Shirley Clemens in memory of Arlene Rain \$20
May 30, 2017 Shirley Clemens in memory of Doris Durfy \$20
June 22, 2017 Margaret Perkins in memory of Dorotheida Musty \$25
June 22, 2017 Roberta Manahan in memory of Dorotheida Musty \$5
July 14, 2017 Marge Huper in memory of Marie Narveson \$10
August 15, 2017 Marjorie Scott in memory of Leona Hawkins \$10
August 15, 2017 Crowson Family in memory of Lloyd Crowson \$130

Everyone is welcome to attend our next event, Veteran's Pie Social in November.

From The Desk of Physical Therapy



Is it Safe to Exercise on Arthritic Knees?

We get this question quite often in physical therapy - "Is it safe to exercise on Arthritic Knees?"

Not only has weight-bearing exercise such as jogging and running been found not to contribute to knee arthritis, there is research to show that running actually promotes the development of thick, healthy knee cartilage. Still, these findings do not answer the question of whether people who have already developed knee arthritis may find weight bearing exercise to be beneficial.

The answer may rest with an analysis of 13 randomized clinical trials conducted by British researchers, who found that patients with osteoarthritis of their knees benefitted from walking and muscle-strengthening exercises. Not only were these forms of exercise safe and effective, they helped to reduce pain and disability.

Physical therapists can recommend an exercise program that is commensurate with their arthritis-sufferers' abilities. Strengthening the muscles around the knee joint may help decrease the burden on the knee. Preventing atrophy (muscle loss) is an important part of maintaining functional use of the knee. Stretching exercises, proper footwear and good technique are all part of an exercise program that is safe for joints.

The rehabilitation staff at Chosen Valley Care Center would like to remind everyone they do provide outpatient therapy services. Services include outpatient physical therapy, occupational therapy, and speech therapy. They provide therapy for these common diagnoses and more: After knee, hip, or shoulder surgery/replacements. For neck, shoulder, hand, back, hip, or knee pain. For tendonitis, bursitis, arthritis, plantar fasciitis (foot pain), stroke, weakness, poor balance, or neurological diseases.

Have a great day!

Robert (Bob) Schrupp, Physical Therapist



Gardening at Assisted Living Apartments



We all enjoyed getting outside when the weather was nice. Picture above: Jim and Alice on the patio at Assisted Living. Picture to the left: Thelma on the patio checking out the flowers.



Environmental Services: Gerry Gathje

Assume that 20 minutes from now, a fire breaks out in a building down the street from your facility. Flames burst from the windows, while black smoke shrouds the neighborhood. A firefighter appears at your reception desk and says that he might ask you to evacuate your staff and residents shortly.

A good emergency plan starts with a summary of the risks. Every region has its natural risks, which might include high winds and winter storms as well as flooding, wildfires and earthquakes. Heat waves and freak storms are increasingly common worldwide. Any of these risks can lead to property damage, power outages, and supply problems for care facilities, but occasionally risks turn into emergencies. You need an emergency response plan to deal with the real thing.

It is true emergencies do happen and we are seldom ready for it. Recently my grandson Karter was climbing a tree, down he came, and off to the emergency room they went. A few hours later Karter and his Mom appeared with something new, a splint and a diagnosis of a fractured arm. In our busy Saturday of remodeling and building plus taking care of ten children, none of us had time for a trip to the emergency room, but time was made because necessity demanded it!

Over the last year we at the Care Center have taken time out of our regular duties to plan for emergencies and all kinds of natural and manmade disasters. We are excited to see our plan coming together and want you to know that we take seriously the responsibility of providing the best care possible. In the weeks, months and years ahead we will continue in our pursuit of the best and most up to date responses to emergencies and the people they affect.

On a lighter note Sandy and I are thankful for fifteen grandchildren and consider it the best thing to happen, ever! We are so overwhelmed with joy each time we see them, hug them and look at them. Children bring life to all and smiles of joy, I can't think of an easier way to bless and comfort any one residing at Chosen Valley Senior Living. We invite all of you, and especially the young, to visit and spend time at our home away from home.

Sincerely, Gerry Gathje
Director of Environmental Services



Music for All Ages!

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Gary Froiland and long time friend, Eugene, chat and admire his carved banjo. Gary played a multiple of instruments entertaining us July 7.

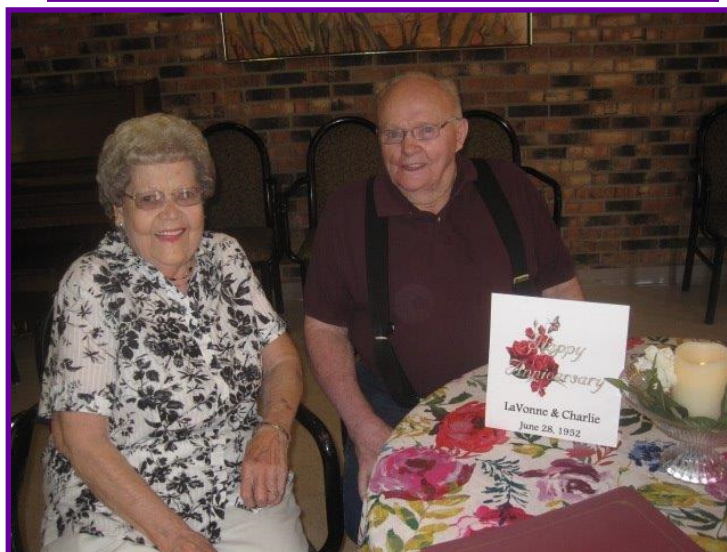
Brass Band concert July 13 brought smiles to all our faces.



Celebrate Weddings and Anniversaries



Beatrice and Everett (above) celebrated their 69th Wedding Anniversary. Lavonne and Charlie (below) celebrated their 65th Wedding Anniversary





Duane and Bernita as happy
now as when they wed.

Veils shown by Florence and
Hazel.



Walk N Roll photos
June, 2017

