



Views From The Valley

April, May, June 2013



CHOSEN VALLEY CARE CENTER, INC.
A Senior Living Community



*Dorothy's Robin Laid LARGE Eggs ~
April Fool! These are actually Emu Eggs*

Board of Directors Chosen Valley Care Center & Apartments

President-Mary Mark Patten
V. President-Dave Schellhammer
Treasurer-Kathi Mesick
Secretary-James Strand
Member-Barbara Peterson

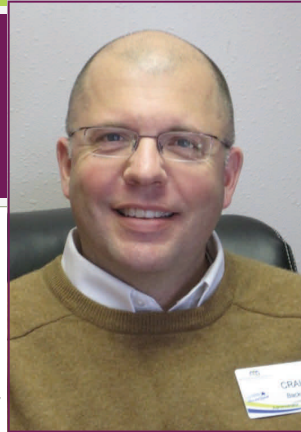


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From The Administrator's Desk



Dear Family and Friends,

Chosen Valley Care Center, Chosen Valley Apartments and Chosen Valley Assisted Living have enjoyed a great reputation for many years. The corner stone 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.

(Continued on the next page.)

Administrator's Desk Continued...

Continued from page 3:

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



*Young friends
came to play,
bringing bright
flowers with
them.*

Gathering Places

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

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



Lisa Vickerman: Regarding Dementia

Page 5

Dementia is a progressive decline in brain function that results in memory loss, confusion, and behavioral disturbances.

Unfortunately, persons with Alzheimer's disease and related dementias are at a very high risk for weight loss. Research shows that weight loss occurs frequently in the early stages of dementia and becomes more pronounced as the illness progresses.

There are some strategies that are known to maximize intake, to reduce weight loss and minimize supplement use.

- **Encourage exercise throughout the day to increase appetite.** Keeping a person involved in daily exercise can enhance appetite.
- **Over flavor the food.** Research has indicated that our taste buds decrease with normal aging and that our ability to taste may change further due to dementia. Therefore, consider adding a bit more spice to food to make the food more flavorful.
- **Provide the greatest caloric load at the breakfast meal or provide the highest caloric load at the meal in which the person is most alert.** Research shows that people with dementia often eat best at breakfast.
- **Incorporate food likes and dislikes.** Interview your client and family to identify individual food preferences and then do your best to incorporate these into the person's individual plan.
- **Maximize self feeding skills.** As the dementia disease progresses it becomes very important to actually observe the person while they eat in order to identify approaches and/or adaptive devices that may foster the greatest level of self feeding ability.
- **Reduce over stimulation & distractions in the dining environment.** Make sure staff keep their voices down during meals, and keep the table clear of clutter and unnecessary items.
- **Be sure food is tender and cut into small pieces.** We need to do all we can do to ensure the person can chew and swallow food safely.
- **Make certain the food is presented within their visual field and the person is cued to eat.** The caregiver must remember to place items within 14-18 inches from eye level, or the client might not even know the food is there. Also, the caregiver must cue the client to initiate eating or drinking.

In closing, one of the most important things we can do as caregivers for people with dementia is to ask "why" when a person demonstrates a new behavior or change in function. So, stop and ask yourself "why" this person might be eating less. While it is true that Alzheimer's disease pathology will impact nutrition and weight loss, there are many things that a skilled caregiver can do to stimulate appetite and self feeding ability.

Lisa Vickerman, Director of Clinical and Residential Services

Ellen: Busy Spring

NATIONAL NURSING HOME WEEK

This year National Nursing Home Week is May 12th through the 18th. This week is an opportunity to honor those who make our Care Center special, our residents, family members, employees and volunteers. It is a celebration for those who live and work in long term care facilities. Our activity department strives to make the week special for our residents. The Care Center Board of Directors holds special events for employees.



One event for all staff is a cook-out on May 16th. The Board of Directors will be hosting a barbecue for employees in the downstairs of the Assisted Living. This has been an annual event and is an opportunity for the Board to convey their appreciation to staff for all that they do each day for our residents.

May 16th will also be a fun day for our residents as the Care Center Prom will take place at 2pm. During the day, residents can have manicures; the ladies can pick out shawls and have make-up applied if desired. Flowers are also provided followed by special entertainment and dancing! In previous years we have tried to hold our annual walk and roll during this special week but due to frequent weather issues it is now held in June.

On Tuesday, May 14th employees who have worked here for 5, 10, 15, 20, 25, 30 and 35 years will be honored at a special luncheon. This year 19 employees have this distinction. This will be our first year to honor an employee with 35 years of dedication. Chosen Valley Senior Living appreciates the opportunity to honor these employees for their years of devotion and skilled work. We value each of these employees for their commitment to quality care of our residents. Chosen Valley realizes the importance of mutual trust and respect between caregiver and residents and how that relationship is developed over time.

National Nursing Home Week is sponsored by the American Health Care Association based in Washington, D.C. This year's theme is "Team Care – Everyone Pitches In," which celebrates the teamwork that takes place in long-term care communities. The theme was developed to recognize the teamwork that is necessary in quality care and the value of care planning where everyone pitches in for optimal outcomes. Chosen Valley Care Center utilizes care plans for each resident and conducts weekly care conferences with each department participating in this team approach for quality health care.

ELEVENTH ANNUAL WALK-N-ROLL

Friday, June 7th is the date set for our annual walk to the park and we hope you can join us. Residents, tenants, families, staff and community members are invited to "Walk-n-Roll" beginning at 1:30 p.m. Residents are rolled in their wheelchairs by family members and staff down to the park and back. We plan to arrive at the park about 2 p.m. and will be entertained by a Magician, the Amazing Mark from Albert Lea. The Founders Committee will be distributing snacks for everyone to enjoy during the show. Please feel welcome to join us in honor or in memory of a loved one or if you would just like to experience a fun afternoon with a nice walk.

Chosen Valley Senior Living residents, tenants, families and staff have enjoyed this outing for the past ten years. Our stroll to the park and back is not just fun for the residents, but also for staff who may hear a bit of Chatfield history or see a part of town through the eyes of someone who doesn't get to see it too often. As in previous years, brightly colored t-shirts with a Walk-n-Roll logo will be available for purchase. If you are interested in purchasing a t-shirt please see Mimi at the front desk. If we need to cancel the walk due to inclement weather, we will still be able to enjoy the Magician at the Care Center.

Our walk-n-roll began as a fundraiser and we will continue to accept donations but it is not our focus since we raise funds through the golf outing. This year the dollars collected will go towards beautiful, quilted bedspreads for the resident's rooms.

Our golf outing will take place on August 23rd and is a four person best shot beginning at 8:45 at the Chosen Valley Golf Course. Letters have been mailed to businesses, if they would like to make a donation or become a sponsor. Save the Date cards have been sent to those that golfed last year.

We have appreciated the many family members, generous business and community members that have helped to make our events a success and the extras that it provides for our residents.

If you would like to participate in our walk-n-roll event and have any questions, please feel free to visit or call Kate or Ellen at 507-867-4220. Thank you to all who have helped make this a great success the past ten years.

Ellen Strande
Director of Human Resources



St. Patrick's Day



Dietary: Meals On Wheels (MOW)

I wanted to remind people about our Meals on Wheels (MOW) program. Here is a little history on the MOW program.

- It started with the British Isles in 1940 during WWII, then started here in 1954. One of the largest volunteer programs in the nation.
- In 1972 the Senior Nutrition Program included the Older Americans Act. It provided federal funding for the Meals on Wheels program. In 2011 Meals On Wheels & Older Americans Act partnered with the Administration on Aging.
- If you are homebound or getting out is hard for you, you may qualify for Meals on Wheels.
- People receiving our meals get meat, starch, vegetable, fruit, dessert, bread, and a beverage. All the food is delivered in two separate containers, one for hot food, the other for cold food. These containers may be reheated in a microwave.
- Volunteers deliver the meals to your home.



If you are interested or know someone who could benefit from the Meals On Wheels program, just give us a call.

For more information or to sign up for Meals On Wheels, please call the Care Center Dietary Department at (507) 867-4220.

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

***St. Patrick's Day Photos (facing page)
starting from the top :***

***Viola O'Johnson, Bob O'Sorenson,
Donna O'Haagenson, Amy with Grandma
Alice O'Winslow, Geri O'Beckel and
LuVerne & Kathleen O'Eddy.***

Environmental Services: Gerry



Ecclesiastes 3:1 To everything there is a season, a time for every purpose under heaven:

Over the past year we have spent a considerable amount of time exploring and creating a Disaster Management Plan. This plan is not finished and as near as I can tell it will constantly evolve as our resources and technology change. I must admit that when we first began researching and discussing disaster planning I was very ho-hum about the entire subject. After all what could ever happen in Chatfield that would upset our daily routine? Let me share with you one of the many scenarios that we worked through as we planned for emergency situations. Let's just say that a weather system takes out our power for one day and that day turns into yet another and so on. At first glance this would seem manageable; however we must now take into account our dependence on electronics in general. Yes, the computer is a great tool, however without power, it and the information that it holds is inaccessible.

Over the last several years there has been a push to go paperless. I applaud this quest and believe that we all can understand the benefits to accessing and transmitting information with the stroke of a finger. However, there are some downfalls to the paperless age we are living in and one of those is our absolute dependency on electricity. Stop and consider what you would do and how your world would change if the flow of electricity stopped. Now picture yourself in a medical situation where the information stored is critical and must be accessed twenty-four seven without interruption.

Just as the paperless momentum had its season and purpose, so now does the need to ensure an adequate supply of emergency power. Much planning and effort has gone toward ensuring that this critical supply of power is available throughout the Care Center in the event of an emergency. Over the next month we will ensure that all necessary equipment is able to perform under a power fail situation.

As always our desire is to make the Residents and families at Chosen Valley Care Center our first priority. If we can help or assist in anyway, please do not hesitate to contact us.

Sincerely,
Gerry Gathje,
Director of Environmental
Services

***Pictured to the right are
residents shopping for new
clothes & shoes during Senior
Shop day, March 8th.***

March twentieth was the first day of spring! What a beautiful time of the year, as warm weather will be coming our way soon.

We listen and wait patiently to see the robins in our back yard; that seems to be our first sign of spring. As an old wise tale says, three snows fall on the robin's tail.

The amazing part of spring that I truly enjoy is driving around the countryside and seeing the baby animals being born. What a beautiful sight, watching baby animals trying to stand up beside their mothers, or following behind with their little feet. Sometimes there is one baby, and sometimes there can be a dozen babies or more in the field. Animals are amazing creatures.

Another sign of spring are the trees. It is an amazing process to watch - one day there is a bud on the tree and before we know it, there are beautiful leaves of all colors. The flowers are starting to pop out of the ground and before we realize it, we will go out one morning and see a beautiful flower. It just puts a smile on our faces. The beauty around us makes our day a pretty wonderful one.

On March 8th 2013 we had the **Senior Shop** come to our facility with their line of clothes. They had many racks of adaptive clothing to display. The staff and the Senior Shop staff did a great job showing the residents different colors and styles of clothing available. It was a wonderful time to share with the residents, as they truly enjoyed viewing all the clothes hanging on the racks and shopping for themselves. The smiles said it all. Thank you to all of the families that took the time to call, e-mail and send forms back so promptly. It was greatly appreciated, and it made the day run very smooth.

We realize that the spring clothes are out in the stores and families will be doing shopping for their loved ones. Please remember to stop in to the laundry department if you bring new clothes. We will be sure to get them labeled so your loved one can enjoy wearing the clothes you purchased for them. I hope everyone can enjoy spring and the warm days that will follow.



Jody Lawstuen, Housekeeping and Laundry Services Supervisor



Activities Department Kate Winter-Glor



Spring Has Sprung!

It's that time of the year where everyone is eager to go outdoors and get some fresh air. As the weather continues to warm we will be having more activities outside. Walking Club, Horseshoes, Ladder Ball and other games, gardening, van rides, Out to Lunch and picnics just to name a few. If you come for a visit, remember the gazebo area is a great place to

gather with cushions for the benches in the grey trunk south of the gazebo.

Resident Garden Plots: Plans are in process for residents who wish to have a garden plot this year. The goal for those who wish to have a garden plot is to be able to plan, plant, weed and harvest it with minimal assistance of staff, which truly makes it their garden. The large center plot will once again be a community garden, for those who wish to garden but may not be able to maintain plot independently. Last year this plot was a wonderful cutting flower garden. On gardening day a group of residents would cut and arrange flowers in vases for the dining room tables.

May is a Busy Month!

Friday the third, 1:30 – 3:00PM the **Founder's Committee Annual Spring Pie Social Fund Raising Event**. They are some of the finest bakers in the area. What could be better, enjoy a wonderful slice of pie and ice cream and help raise money for the Founder's Committee! (There is no cost for Care Center Residents)

Thursday the sixteenth, will be a full day of preparation for the **Bi-Annual Care Center Prom!** We are looking for volunteers with a background of hair and make up to get us ready for the big event, music by Chester Proctor at 2:00PM.

We will have formals (shawls that will coordinate with any top) for the women. If you have a male resident, please arrange for them to have a button down front shirt. We have many donated ties we can set them up with for this event. No prom would be complete without flowers - corsages and boutonnieres for all the Care Center Residents. What could be better than spending the prom with a special date, spouses are encouraged to join us! We are looking for people to model their dresses for our prom...if you have a special dress: prom, bridesmaid, mother of the bride or groom or tux, give me a call!

Looking ahead to June

Friday the seventh of June, at 1:30 – **The Annual Walk-n-Roll** - Beginning at the Care Center and walking down to the City Park. Families are encouraged to participate in this event. Donations will be accepted. The Amazing Mark will be sharing his magical powers with us at the band shell. Come join us!

June thirteenth is the **Annual Lanesboro Fishing Trip**. Last year Care Center Residents, Assisted Living and Apartment Tenants were able to participate in this fun event. Sponsored by the DNR, rods and reels, bait, hooks and bobber were provided and no fishing license needed. Always a grand event!

A July event to mark your calendar with is the **Brass Band Concert at the Care Center** on the eleventh, 7:00 PM. With so many upcoming events/outings and limited space in the van, we do our best to accommodate residents and tenants that are able to participate in their first choice of events. However some of the limitations we encounter are medical needs, special dietary needs and toileting issues, as safety of our residents and staff is our number one concern. If you have any questions, feel free to contact me.

ACTIVITY WISH LIST

New garden soaker hose
Hand trowels and three tine hand cultivator

Volunteer of the Year



Congratulations to Jane Jeffers for being named Chosen Valley Care Center Volunteer of the Year!

CVCC recently hosted a luncheon to honor the dedication of our year round volunteers. Members of the community volunteer to visit and sew name tags for our residents. Some bring their therapy dogs to brighten our day. Some volunteers help with activities, meals and birthday parties. We thank each and every one of them.

Jane is our volunteer chaplain helping with the spiritual needs of our residents and tenants. She has been volunteering at CVCC since June of 2011, visiting two to four times weekly. Many of our residents brighten as Jane enters

the building. "She is the sunshine of my week," said one resident. "I can't wait for my Wednesday visits with Jane."

Jane is giving of hugs and prayers to residents and staff alike. She is indeed our sunshine on a cloudy day.

If you are interested in volunteering at the Care Center, please contact the Activities Department at (507) 867-4220.



Business Office: Taxes

When I think of the month of April, one word comes to mind - TAXES! As everyone knows, taxes are due by April 15th. If you or a loved one resides in either our Care Center or Assisted Living facility and have not received a Certificate of Rent Paid (CRP), this is due to the fact these buildings are considered tax exempt. However, the residents of the Independent Living apartments received CRP's in January because they are not considered tax exempt.

As of March 1, 2013, the Social Security Administration discontinued paper checks and now pays 100% electronically. This means the recipient should see these benefits transferred electronically to his or her account on a monthly basis. The Care Center has a specific account designated to receive these funds and once deposited, it is then applied to the monthly room and board charges of the resident.

For Medicaid residents the "personal needs" allowance of \$94 is deposited into his or her Personal Funds account; this has shown to be very helpful to both the families and Business Office. This Personal Funds account assures families they don't have to worry about making timely payments or replenishment of their resident's personal funds. The Business Office sends out monthly billing statements, and also sends out quarterly Personal Funds statements to show when payments are received and how these funds were disbursed.

If you have any questions regarding these payment options or the information above, please contact the Business Office for more details.

Stacy Hrtanek Business Office Manager





Therapy dogs, Maxwell and Keeni visited CVCC for all to enjoy this spring.





*Pictures of making
home-made ice
cream*





So Many
Fun
Activities:

Jackie's
Golden
Girls Dance

St. Patrick's
Day Party
with Orvis &
Shirley

Home Spun
Harmonies
Sing



Staff Spotlight: Jessica (Jessi) Schnebly (AL)



Jessi Schnebly has been working at the Care Center for 5 1/2 years. Jessi is married to husband, Matt, and they live in Lanesboro with their two daughters, Chloe (7) and Cora (5), two pet dogs named Angel & Sophie, and a cat named Carmel. "Our dream is to someday live in the country," Jessi says, "but for now we enjoy our home in Lanesboro."

Jessi grew up on a farm outside of Lanesboro with her siblings, Kayla, Terry & Samantha, and her parents, Jerry and Kim McCabe. Jessi believes growing up on a farm is the best kind of upbringing.

Jessi began her long term care career in high school, working at the local nursing home, with the long term goal of becoming a nurse. According to Jessi, one of the best parts of working at CVCC Assisted Living as a certified Home Health Aide is seeing the tenants smiles and appreciation of her work. This makes her proud to work here. She likes, "how the faculty and tenants begin to feel like family. You look forward to seeing them every day."

In her off-hours, Jessi enjoys spending time with her daughters (they grow up too fast!) and husband. She also enjoys visiting the farm, riding her horse, going for walks, shopping, reading, camping, playing cards & games, and spending time with family and friends!

When asked what changes Jessi has seen over her time here she said, "I always enjoy the changes they make to modernize. I feel it makes their (the tenants) 'home' feel more welcoming, comforting and updated with time." Our tenants enjoy a warm environment and flexible five-times a day meal plan.

"I have been working in long term care for almost twelve years now and really enjoy the Assisted Living!" Jessi went on to say.

Jessi keeps current on her nursing certifications by working at the skilled nursing side of CVCC as a certified nursing assistant every once in a while. What are her goals? "To continue giving quality care, have a positive attitude, friendly smile, and improve or excel in any areas I can."



Ukrainian Eggs (above) displayed and demonstrated by Sara Chase for the Assisted Living Tenants.

Sara shows the egg dying process to Alice, Margaret and Dorothy. (below)





Did you know ... Hearing

What impact can hearing loss have on an older person's life? Hearing loss is one of the most common conditions affecting older adults. Approximately 36 million adults in America report some degree of hearing loss. There is a strong relationship between age and reported hearing loss: 18% of adults 45-64 years old, 30% of adults 65-74 years old and 47% of adults 75 years old or older have a hearing impairment. Men are more likely to experience hearing loss than women. People with hearing loss have trouble fully participating in everyday life. They may mistake words in a conversation, miss directions or warnings, or leave a ringing doorbell unanswered. Older people who can't hear well may become depressed or withdraw from others to avoid feeling frustrated or embarrassed about not understanding what is being said. They may become suspicious of relatives or friends who they believe "mumble" or "don't speak up" on purpose.

Hearing loss isolates older people and may even put them in harms way if they are unable to respond to warnings or hear sounds of impending danger. Sometimes older people are mistakenly thought to be confused or uncooperative just because they don't hear well. A hearing aid can help people hear more in both quiet and noisy situations. However, only about one out of five people who would benefit from a hearing aid actually uses one. An audiologist or hearing aid specialist can help determine if a hearing aid, or even two hearing aids, is the right treatment for you or a loved one.

Lisa Wagner,
Director of Medical Records

Family Council

A Family Council is an organized group of friends and relatives of a Care Center resident who meet regularly to discuss issues and ideas regarding the Chosen Valley Care Center. The main purpose is to improve the quality of life for residents living at the Care Center.

Are you interested in learning more? Please call Christy Bakken, Director of Social Services at 507-867-2716.

Assisted & Independent Living

The (Assisted Living) activity schedule will be getting busier beginning after the end of April.

The Commonwealth Theatre has again offered our tenants the opportunity to see their 2013 productions. Our first outing to the theatre will be June 3, 2013. We will be seeing the Ibsen play "Doll House". The tenants from the Independent and Assisted Living are looking forward to attending the productions this year.



If you have visited the Assisted Living recently you may have noticed the festive table decorations. Some of the table scapes have been crafted by a group of tenants that reside at our facility. These crafty folks have also begun to decorate a seasonal tree, all of our tenants are enjoying the new decorations and wait to see the next months ornamental surprise.

Suzette Moechnig
Assisted and Independent Living Housing Director

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. Deb Finley is styling on Mondays, Pam Danielson is cutting on Tuesdays and Judy Young is curling on Thursdays.

The option for weekly or bi-weekly appointments are also available. Appointments must be made with Amy in Activities for perms and cuts. We need at least a two week notice for those services, so please plan ahead. If hair care is to be charged to the resident's personal funds, there must be sufficient funds to cover the cost of service given or this service cannot be provided.

His & Her Hair Care Prices

Permanents	\$40 (including cut & shampoo)
Colors	\$15
Haircuts	\$10
Barber Cuts	\$7.50
Shampoo & Set	\$11
Rinse	\$3
Comb out by beautician	\$3

If special hair salon services are not requested, regular hair care, as well as shampoo and sets, are provided weekly by the bath assistant.

Social Services

Hello Everyone! I hope this newsletter finds you in good spirits this Spring. It's been hard to keep those spirits up in this cold, blustery weather, but we're trying our best. ☺

Spring is a good time for some Spring cleaning in the social services department. I sent out a letter with the April billings asking everyone to come in and sign a new admission agreement and I've been having a lot of family members stopping in and calling to arrange a time to get those signed. Thank you to all who have already taken care of that! Other items that we keep on record for each resident is a copy of their insurance cards (Medicare, Supplemental Insurance, Health Insurance, etc.) and Advanced Directives. Advanced Directives include Power of Attorneys for either health or finances; living wills; POLSTs; and any other health care directives. Please stop in and see if the Care Center has your loved one's most recent copy on file. If you bring in the original we can make our own copy for our records.

Have a Happy Spring and keep the faith that we will see that warmer weather, and maybe by the time this article reaches you it will already be here. Please feel free to come and see me with any questions or concerns, or even just to say, "Hi."

Christy Bakken, LSW
Director of Social Services



***A g n e s
V o g e n
o p e n s
a
B i r t h d a y
G i f t.***

***W a l t e r
M a r t i n
e n j o y s
h i s b i r t h -
d a y c a k e.***

***H a p p y
B i r t h d a y!***





Eileen Allen with neighborhood friends, Mary Keefe, Grace Rodgers and Inga Jackson



Bernice Miller gives bowling a try with Evalyn and Nora looking on.

Evelyn Hardtke bowls a STRIKE!

Gudrun Storhoff celebrates her Birthday with family & friends.

Top Hog Callers: Lyle, Lloyd, Charlie and Harold



The Founder's Committee

May 3rd—Spring Pie Social

Proceeds go to the Founder's Committee



(Back Row) Inga Jackson, Marge Huper, Vicky Cramer, Donna Cramer, Marge Judd, Carol Finseth (Front Row) Vivian Thompson, Doris Durfey, Mary Keefe, Theresa Manahan (Not Pictured) Denise Pagel & Barbara Peterson

Memorials and Gifts received by the Founder's Committee: Pilot Mound Women ELCA; United Methodist Women; In Memory of Arlo Rowland by Mr. & Mrs. Jerry Clemens; In Memory of Dolores McBroom by Nick & Kelly Manahan and by William & Myrthis Griffith; In Memory of Art Swenson by Curt & Barbara Peterson

Thank you to all from the Founder's Committee

Spotlight on the Founder's Committee

Meet the Founder's Committee! (See photo on facing page.) So many of us have heard about the Founder's Committee and have given donations to them, but how much do we really know about this active group?

The Founders consist of twelve members who work hard at raising funds for Chosen Valley Care Center and Assisted Living projects. This group hosts fundraisers throughout the year, and accept donations and memorial gifts for the betterment of our facility. The most recent project sponsored by the Founders is the renovation of our van with paint and decals, and installation of a new van lift.

Some of the past projects for residents and tenants funded by Founder's Committee gifts:

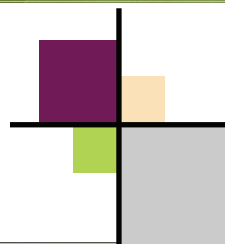
- Reader's Digest magazine renewals
- The Chatfield Newspaper annual renewal
- Welcome balloons & helium for new residents and Birthdays
- Keyboard and stand for music
- Sound bar for TV in Assisted Living lounge
- Computer software for Activity programs
- Beauty supplies needed for hair and nails
- Flowers to beautify outdoor quarters for the Care Center and Assisted Living
- And, larger projects like new chairs in the dining room, equipment for the bathing spa, and original purchase of the CVCC van.

The main goal of the Founder's Committee is to support ongoing and upcoming projects. They hope to help fund Care Center and Assisted Living projects such as new electric beds for the residents, new window treatments and new quilted bedspreads. When you are next visiting CVCC, take a look at the updated dining room; funds from the Founder's Committee helped pay for its renovation.

Join the Founders on May 3rd for their Spring Pie Social fundraiser, on June 7th for Walk & Roll, and again on July 11 for a Brass Band Concert at 7 PM. Each of these fundraisers help the group reach new project goals.

If you would like to make a donation to the Founder's Committee for any of these projects, please bring the gift to the Care Center. The funds will be forwarded to the Founder's Committee.

Bunnies and Babies Visit CVCC



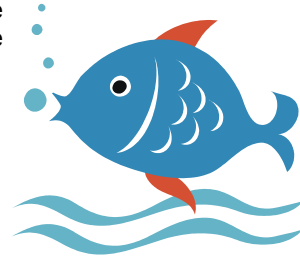
Hello, this is Big Blue signing in again from the CVCC aquarium. (As you recall, I'm the big blue fish you see first in the fish tank.) Spring is here! We can tell because we see more green grass outside and not so much white stuff all over.

The color green looks good outside our window, but not so much inside our fish tank. Green may mean algae growth, which is OK in small doses for us fish, but larger growths are not so healthy. Not long ago, someone came along and cleaned all the rocks and plants in our fish tank. They scrubbed until we were free of algae. But then, this person started draining our tank of water! "Hey," I said, "what do you think you are doing?"

The water got lower and lower, and I was concerned for the new recruits. So, do you know what I did? I jumped up out of the water and splashed this person draining our tank. Just like that, the person stopped draining the water and started filling our tank with fresh water again!! Boy, what a relief for all of us! I'm glad I gave her a warning splash.

Now our tank is full of clear, bright spring water. With the algae gone, we are all breathing easier again. The new recruits in the tank are getting bigger. Stop by and check us out when you are next at CVCC. We may even give you a salute as you pass by.

Signing off for now, Big Blue



Tenant Spotlight: Signa Sorenson

Signa Sorenson is one of our lively Independent Living tenants who rent an IL apartment from CVCC and visits the skilled nursing side of the building every day. Signa is pictured here with her husband, Bob. Signa has seen many changes in Chatfield over the years and has many fascinating stories.



Signa was born to Gjert and Berthine (Berge) Waadevig near Peterson, MN on June 13th, 1927. Her father came here from Norway, leaving his parents and a sister in the old country. Her father joined an older brother, John Waadevig, and farmed in Fillmore County. "Father was a smart cookie," says Signa, "he learned English very quickly and read the newspapers every day."

After graduating from Peterson High School and working as a telephone operator during high school, Signa came to live in Chatfield, renting a room from the Carl Severson family. Why Chatfield? Signa had attended school concerts in Chatfield, and she thought the Potter Auditorium was great, and so beautiful. There were many events happening in Chatfield.

Signa went to work for George Potter, who then owned the Silver Grille Restaurant (Geo. Potter had retired as school superintendent.) Signa waitressed during the post-war years, when all the servicemen were coming home from WWII. She first noticed Bob Sorenson one day while working at the Silver Grille. Two insurance salesmen came into the restaurant looking for Bob. Signa didn't know Bob, but asked until she found him for the salesmen. Bob was very immaculately dressed, even his shoes were shined. He had become a regular patron in the restaurant. Bob and Signa took note of each other from that day on. After waitressing, Signa went on to work for Art Bernard at Chatfield Implement & Truck Co.

Bob & Signa dated in Chatfield, going to the Chatfield Theatre for movies and the roller rink (above where the Laundromat is now). The romance blossomed into marriage on November 5th, 1947. Together they both worked at the Rochester State Hospital, then owned the Rest Home (now Oakenwald Terrace B&B) together from 1962 to 1973. Signa and Bob have two sons, Wayne & Curtis, grandchildren Scott, Rebecca, Matthew, Daniel, Jennifer, Sean and 6 step-grandchildren; and great-grandchildren, Maya, Evan, Ian, Connor, Trevor, Kyle and Alexa.

Resident Spotlight: Bob Sorenson

Page 29

Bob Sorenson was born in a country home near Pilot Mound on July 14th, 1921. His parents were Clarence and Lucy (Rain) Sorenson. He was their third son, having older brothers Richard (Dick) and Stanley (Stan). The little family gained a sister 5 years later named Margie.

Bob went to Thorson country school in Fillmore County and helped farm with his father. After his school years were over, he joined with his older brothers in traveling with their Old-Time dance band. Dick, Stan and Bob played music with some neighbor gentlemen. They called themselves the **Midnight Melodeers**. The three talented brothers, along with their musician neighbors traveled the area dance band circuit during the 1930s, enjoying some fame and renown. But then, World War II happened.

Bob's brothers, Dick and Stan, joined the armed forces and saw battle action in Europe. Bob was drafted into the Army on September 14th, 1944. After basic training, his unit (the 112th Regimental Combat Battalion) was shipped overseas to the Pacific Theatre of Operation (PTO). Bob saw a great deal of action; he was squad leader in charge of a 12-man rifle squad operating under combat conditions in the south Pacific. He saw action and was decorated for participation in the Luzon campaign, the southern Philippine campaign, the Liberation of the Philippines, and the occupation of Japan. His decorated citations include the Asiatic-Pacific Theatre Ribbon w/1 Bronze Battle Star, a Philippine Liberation Ribbon, three overseas Bars, an Infantry Combat Badge, and a Bronze Battle Star Victory Medal. On November 24th, 1946, Bob was honorably discharged from the military, attaining the rank of Staff Sergeant with the 112th.

After the war was over, Bob came back to Chatfield and met a young, good looking waitress at the Silver Grille, Signa Waadevig. They married in 1947 and made their home in Chatfield with their two sons. Bob found work as relay route driver for the Post-Bulletin before becoming a trained Psychiatric Aide II at the Rochester State Hospital. Bob & Signa owned and operated the Chatfield Rest Home together, but Bob always had more than one job. He eventually went to work for Jack Griffin Construction, because he loved working outdoors.

Bob & Signa spend their days together now at CVCC and enjoy activities like BINGO and church services. Bob wears his western shirts with flair and is still an immaculately dressed gentleman. He and Signa have lunch together everyday and walk together. Their lives have been so full of fun stories, next time you see them, ask about some of the great times they have had.

From The Desk of Physical Therapy



As we all continue down the path of life, I thought I would share this sweet poem from an old cowboy named Don Kennington.

Don was born and raised on an Idaho and Wyoming Cow Ranch where he herded cattle 20 years for the Bear Lake Cattle Association. He then moved to Ogden, Utah where he was a horseshoer for 40 years, shoeing over 33,000 horses. He has been a Cowboy Poet 25 years, writing and performing his own poetry from coast to coast.

The Last Nail

There's pain a throbbing in my back.
Sometimes my knees are stiff and sore.
Guess I'd better see the doctor
Don't get around good any more.

But, I know just what he's going to say,
"You've got to quit that shoeing Don.
I know it's something you enjoy
But you've been doing it too long."

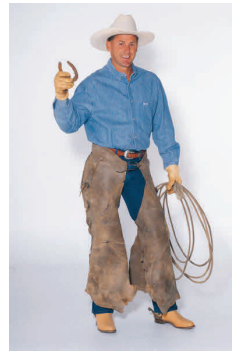
But he just doesn't understand
That it's the center of my life.
I love it more than anything
Except the kids and my dear wife.

'Cause when I'm under that ol' hoss,
I'm just as good as any one.
Those folks think that I'm important
We laugh and joke a-having fun.

I've been out there shoeing horses
And making friends o'er thirty years.
And when Doc says, I ought to quit
I start a fighting back the tears.

'Cause I love a shoeing horses.
Yeah, I suppose that sounds kind of dumb
But then I feel good inside
That's when I really am someone.

My shoeing friends don't laugh at me
And they don't call me stupid names.
They treat me like I'm one of them.
They act like we're all just the same.



And when I see them somewhere else
They usually honk and wave at me.
And so I grin and wave them back
Then I feel good inside you see?

We're supposed to tend God's creatures.
But some folks get a little rough.
That's when some of God's creatures
Live a life that's pretty tough.

Like when you walk up to a pony
And he's a-shaking like a leaf.
You whisper and you scratch him,
Ain't hard to tell he's had some grief.

And you keep scratching and a-whispering
'Cause you're trying to be a friend
And that pony starts to relax
And he starts to comprehend.

Finally that pony licks his lips
And you can feel him settle down.
Then you won't have any trouble
Working his feet up off the ground.

And when that pony walks away
His legs are swinging straight and true.
And it really is amazing
At what a little love can do.

Oh, it hasn't been all roses,
But for the most part it's been fun.
I've met a lot of real, nice folks
And come to love near everyone.

Yeah, I've been kicked and knocked around
By horses been abused a lot.
That's when you've gotta keep yer cool,
Use all the patience that you've got.

So let me drive just one more nail
And snug that shoe down good and tight.
My back is hurtin some
But I've just got to do it right.

"There now. That's a little better.
That pony's ready for the trail.
But I won't be coming back
'Cause I've just driven my last nail."



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