



Views From The Valley
April, May & June, 2014



CHOSEN VALLEY CARE CENTER, INC.
A Senior Living Community



*CVCC Olympic Team Captains
and Lady Liberty*

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From The Administrator's Desk

Dear Family and Friends,

With spring time upon us, we have been busy discussing and planning two building projects which will enhance the environments of the Apartments and Care Center.

One of the projects will include modifications to the front entrance of Chosen Valley Apartments. This project involves enlarging the entrance vestibule, installing two electric doors, updating the intercom system, new mailboxes and replacing the cement walkway which leads up to the entrance.

Once completed, tenants and visitors will be able to enter and leave the front entrance with ease, assisted by electric doors if needed.

Another project underway includes improvements to the heating, ventilating and air conditioning (HVAC) system in the Care Center's dining rooms and kitchen. This work will primarily involve placing new HVAC units on the Care Center's rooftop.

Once completed, Care Center staff will have a greater ability to monitor and adjust the heating and air conditioning in these areas, as well as offer greater climate control to everyone.

We will do our best to minimize disruptions from the work involved in these projects, and keep everyone informed regarding the progress.

I hope you all are enjoying spring and everything it has to offer. 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



CVCC Resident Olympic Winners: Charlie (Silver), Fern (Gold) and Nina (Bronze)

CVCC Olympic Winners



CVCC Olympics Gold Medal Winning Team with coach, Ruth V.



CVCC Olympics Silver Medal Winning Team with Coach, Margaret B.



Lisa Vickerman: National Nurses Week

During May is National Nurses Week and in June is National Nursing Assistant Week and is a special time in the Nursing Department. I just want to take this time to acknowledge the hard work done by all the Nurses and many Nursing Assistants that work at Chosen Valley Care Center. From the Director of

Nursing to the Certified Nursing Assistants, I feel very privileged to work with such an outstanding team of caring individuals.

Here is some background information on National Nurses Week (May 6-12) and National Nursing Assistant Week (May 11-17).

National Nurses Week is celebrated this year May 6-12 in observation of Florence Nightingale's birthday which is May 12. It was started to raise awareness of the value of nursing and help educate the public about the role nurses play in meeting the health care needs of the American people.

In February of 1974 a week was designated by the White House as National Nurses Week and President Nixon issued the Proclamation. On March 25 1982, Ronald Reagan signed a Proclamation proclaiming "National Recognition Day for Nurses" to be May 6, 1982.

National Nursing Assistant Week is celebrated June 13-20. Nursing Assistants are key players in the lives of the people and in their care. Each day, more than 2,500,000 caregivers provide hands-on care to our nation's elderly, or chronically health challenged citizens in nursing homes and other long term care settings. Because they "stay" in care giving positions, Certified Nursing Assistants provide predictability and stability to care, which in turn enhances the feeling of security for our aging, frail, or chronically challenged citizens. They bring wisdom, patience, humor, and a general attitude of caring to the daily lives of these people.

The annual Observation of the Nursing Assistant was founded in 1977.

In honor of the dedication, commitment, and tireless effort of all of the Nurses and Nursing Assistants, we at Chosen Valley Care Center are proud to recognize the Nurses and Nursing Assistants everywhere for the quality work they provide seven days a week, 365 days a year.

So again, I would like to thank all of the Nurses and Nursing Assistants for the hard work they do each and every day, and I encourage everyone else to thank them also during this special time for everything they do for your loved one.

Lisa Vickerman, Director of Clinical and Residential Services



Ellen: Big Events at CVCC



HAWAIIAN WALK AND ARRIVAL

A thank you to everyone that participated in our walk to Hawaii celebration! We achieved our goal and even reached Hawaii a few days early. On the 25th of February we celebrated Hawaiian style with flower leis, grass skirts and hula dancing. Banana splits were enjoyed at the party, complete with several choices of fruit and chocolate! We didn't have the warm weather we hoped for, hence the hula dancing was done Minnesota style complete with hats and boots!

Thanks too, to our staff for participating in our "walk to Hawaii". We walked more than the 3864 miles from Minnesota to Hawaii with several staff walking and jogging far more than average each week! Hopefully the motivation we shared is continuing and we are all healthier for our winter walk.

NATIONAL NURSING HOME WEEK

This year National Nursing Home Week is May 11th through the 17th. 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 13th. 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.

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 at the end of May or in June.

On Monday, May 12th employees who have worked here for 5, 10, 15, 20, 25, 30 and 35 years will be honored at a special luncheon. This year 9 employees have this distinction. This will be our second 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.

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National Nursing Home Week is sponsored by the American Health Care Association based in Washington, D.C. This year's theme is "Living the Aloha Spirit!" What a coincidence! We celebrated Hawaiian style back in February. By "Living the Aloha Spirit," we share with others love, respect and a willingness to joyfully share life to create a better world. These are all qualities that we strive for every day at Chosen Valley Care Center to create a harmonious, caring environment.

TWELVETH ANNUAL WALK-N-ROLL

Friday, May 30th 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 1:00 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 enjoying some games in the park including bean bag toss and lasso golf. The Founders Committee will be distributing snacks for everyone to enjoy during the games. 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 eleven 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.

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 specific resident requests. Our golf outing will take place on August 22nd 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.

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 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 eleven years.

Ellen Strande, Director of Human Resources



Employee Spotlight: Susan Dudley



Susan (Sue) Dudley has worked at CVCC in the Environmental Services department for 17 years this month. She is one of our team of housekeepers and laundry staff who keep CVCC clean and glowing. As Sue puts it, "Team work is very important. You must have it in order to do your job. All departments must work together to get things accomplished."

Sue saw an ad in the Chatfield Paper for the Housekeeping staff opening. She applied, had an interview with Nancy Richter, then was hired. While Sue was at the interview, her current boss (from Snider Publishing) saw her in the hallway while delivering printed orders. "We said hi to each other," said Sue, "but it was still a bit awkward!"

Sue was born on November 7, 1949 to Fred and Winnie Schroeder. She has an older sister and a younger sister. Chatfield is Sue's home town. She graduated from Chosen Valley High School, then went on to college at Winona State University, graduating with a Bachelor's Degree in Elementary Education. "My younger sister introduced me to my husband, Bill Dudley, at a party," said Susan. "We were married on June 16, 1973. We have two children: a daughter who is married and gave us two wonderful grandchildren (Kennedy and Drew); and a son who is single and writes & illustrates children's books."

"The worst day of my life was when my husband, Bill, passed away at home unexpectedly on June 3, 2012," said Sue. "The support and friendship of people at CVCC helped me work through the toughest days, making it a little easier. I still have tough days," Sue went on to say, "but I know it will get a little easier as the days go by."

Sue's favorite part of working at CVCC is knowing our residents, either as neighbors, or teachers from school, or friends from church. "I like to listen to their stories about the good old days," said Sue. "Many of the residents knew my parents when they were kids."

While at work, Sue likes to take time to understand the residents and become part of their lives. On her time off, Sue enjoys getting outside and working in her yard. She takes walks around town in good weather, she reads books, and she really enjoys time with her grandchildren. Sue goes to as many of their events as she can.

A Word from the DON, Danielle York



SUMMER HEALTH RISKS

Summer will be arriving soon! Take the time to use extra precautions to protect yourself and your loved ones. Summer heat and rays bring health risks such as sunburn, heat exhaustion, heat stroke, skin cancer, food poisoning and more. I have provided the following information on several summer health risks.

A person can be at risk for heat exhaustion or a heat stroke in extreme heat even if only out in the sun for a short amount of time. When it is hot outside our core body temperature rises and our body starts to sweat and we lose water. A heat stroke is a serious medical condition that can be life threatening. Some signs of heat stroke are confusion, short, rapid breathing, fever greater than 104, a fast pulse and when an individual no longer sweats. Some ways to prevent heat stroke is to avoid being outside during the hottest hours. Exercise early in the morning or later in the day, and wear breathable, light clothes. Drink water throughout the day and give your children water at least every half hour when they are playing outside. If someone is showing signs of a heat stroke, seek medical attention immediately.

The Centers for Disease Control and Prevention estimates that 76 million people suffer from food poisoning. During the summer, there is an increased risk for food poisoning if proper precautions are not taken. Many picnic and barbeque foods contain carbohydrates and sugar which become a breeding ground for bacteria when left in the heat and humidity. Some precautions are: do not eat food that has cooled off when it is to be served hot or eat chilled food that becomes warm, keep a separate cooler for beverages and another for food, wash your hands often and separate raw foods from cooked foods. If food has been sitting out for more than two hours and it is questionable whether it is safe, discard it. If it is hotter than 90 degrees, food should be thrown after an hour of exposure.

Over one million people are diagnosed with skin cancer each year. Skin cancer is more common among people who have spent time in the sun or have been sunburned, fair skin, hair and eyes, or have a family member who has had skin cancer and/or who is over age 50. Ways to prevent sunburn during the summer is to wear a SPF 15 or greater, apply sunscreen 30 minutes prior to being in the sun, reapply sunscreen every two hours, apply more frequently when in water, avoid the sun during peak hours, cover your skin and wear a hat and sunglasses.

Danielle York RN
Director of Nursing



Tenant Spotlight: Marie Narveson



Marie Narveson is a life-long area resident who now enjoys living at the Chosen Valley Assisted Living. She was born at her parent's home near Troy, Minnesota on April 1, 1918. Her parents, Claude and Mollie (Thoreson) Bradt, were a farm family near Troy. Marie's mother was originally from the Fountain area, her father was from St. Charles. Marie grew up with two brothers and two sisters. They went to rural country schools near Troy and Pilot Mound until the 8th grade. Her two brothers moved to Minneapolis as adults; and her two sisters stayed in the area, settling in Winona and St. Charles.

On October 4th, 1938, Marie Bradt married Stanley Narveson at the North Prairie Church parsonage. Marie met Stanley at a local dance and they hit it off. They were married 54 years before Stanley passed away, and enjoyed dancing together all their married life. "Stanley was good to me," Marie told us, "he loved music and dancing, we had a good time together."

When they were first married, Stanley and Marie lived in Troy with Marie's family and helped her father farm. Later they moved to Chatfield where Stanley worked at the Manahan Feed Mill. The couple had three children: Jim (lives at CVCC), Gary (passed away 6 years ago), and Sandi (retired from Dover-Eyota Schools and lives near Dover). Marie now has four grandchildren and eight great grandchildren, all living near Eyota, MN and Las Vegas, Nevada. Her son, Gary, moved from Minnesota to California, then Nevada with his family. Jim and Sandi stayed in the Chatfield and Dover-Eyota area all their lives.

Marie kept the home and also worked outside the home for most of her married life. After moving to Chatfield, Marie worked at the Pantry Grocery Store, which was across from the Thurber building (City Hall) where a tax accounting firm is now, and at Lynch's Grocery Store on Chatfield's Main Street. She was a store clerk, taking care of all the customers, and visiting with her neighbors. In her time off from work, Marie enjoyed bowling on a women's team and dancing with Stanley, two of her greatest hobbies.

After moving to Assisted Living, Marie really likes socializing with all her friends, playing bingo and cards, and bowling. She can still bowl! Only, now the bowling balls are little lighter than before. We are happy to have Marie here at Chosen Valley Assisted Living.

Resident Spotlight: Jim Narveson



Jim Narveson is a resident at Chosen Valley Care Center who loves baseball. He was born in Winona, Minnesota on January 18, 1944. His parents, Marie and Stanley Narveson, were farming at the time with Jim's grandfather, Claude Bradt in Troy, Minnesota. At the age of three, Jim moved with his family to Chatfield. His father, Stanley, got a job with John Manahan at the Manahan Feed Store. From that time on, Jim was a part of life in Chatfield, MN.

The Narveson family lived in many Chatfield houses as Jim was growing up. As a young lad, their family lived in the north east part of Chatfield, near County 10. That area of town was (and still is) called "Sandtown." Jim and his brother, Gary would get baseball games together after school. Jim was a pitcher, and his brother was a catcher. They would play in many of the empty lots all around Chatfield. At times they would challenge their cross town rivals, the "River Rats," boys who lived on the other side of Chatfield near River Street. All summer long, these two teams of young lads would play against each other, Sandtown vs. the River Rats. Jim told us, the teams were pretty well matched. They had a lot of fun challenging each other.

In high school, Jim played many sports, but baseball was his best. He pitched for the High School baseball team for three years. His coach was Bob Savre and the assistant coach was Donald Smick. The baseball diamond was located just where it is today, near the high school on Union Street and Burr Oak Ave. There was only a slight adjustment to the field when County 10 (Union Street) was improved.

While in high school, Jim worked for Lynch's Grocery Store, earning 50 cents per hour as a stock boy; then he worked for Erdman's Grocery Store stocking shelves and carrying out groceries. After graduating from High School, Jim worked at several companies in Chatfield: Chatfield Lumber, the Creamery and Tuohy Furniture. Jim always expected to work hard for a living, like his father did. He wants the younger generation to know that things don't come easy, expect to work hard and take every opportunity to learn on the job. "Keep your eyes open...." says Jim.

Before Jim retired, he worked for Bernard Bus Service for twenty years as a bus driver. He drove morning and evening student routes, as well as transporting sports teams and speech teams around Minnesota on weekends and nights. In his spare time, Jim sold gambling pull-tabs for the Athletic Club; he golfed at the Country Club; and he bowled on a local men's bowling team.

Jim has one sister, Sandi Millard, who lives near Dover and St. Charles. His brother, Gary, passed away 6 years ago. Jim has one niece and three nephews living in Eyota, Minnesota and Las Vegas, Nevada.

While being here at CVCC, Jim enjoys Bingo once in a while, and playing Yahtzee once in a while, but his best past time is still watching sports, especially baseball. It is good to have you here at CVCC, Jim.

Dept. of Life Enrichment (Formerly Known As Activities)



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 and picnics, just to name a few.

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 from staff, which truly makes it their garden. The large center plot will once again be the community garden, for those who wish to garden but may not be able to maintain a plot independently. Last year this plot was a cutting flower garden which was wonderful. On gardening day a group of residents would cut and arrange flowers in vases for the dining room tables. Please discourage family members from picking produce from others gardens.

May is a Busy Month!

Some of the special events are: Friday, May 2nd, 1:30 – 3:00 pm is our **Annual Spring Pie Social Fund Raiser** sponsored by the Founder's Committee. 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)

Tuesday, May 6th, in celebration of **Cinco de Mayo, Mexican Independence Day**, a group will be gathering for all the Mexican dish favorites. Happy Hour that afternoon will also have a Mexican twist. Do you have any Mexican Memorabilia to share with us?

Thursday, May 15th at 1:30 pm **Lady's Day Tea, get out your special hat and be ready for some fun Ladies!**

National Nursing Home Week is May 11th – 17th! Be watching for special events and dress suggestions during that week.

Friday, May 16th at 1:30, we will **Celebrate Syttende Mai** with a lefsa making demonstration; this is the Bi-Centennial year for Norway's independence from Sweden. Holy romagrot – let's have a party!

Friday, May 30th at 1:00 pm – **The Annual Walk-n-Roll** beginning at the Care Center and walking or rolling (in wheelchair or van) down to the City Park. Families are encouraged to participate in this event. Pledges will be accepted. An assortment of games will be waiting for us in the park!

Looking ahead to June

June 12th 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! Care Center Residents will take in this event in the morning and be back for the brunch. Assisted Living and Apartment Tenants will participate mid morning and stay for a picnic lunch before returning back to the CVCC campus.

July events to mark your calendar: **Songs of Hope**, Youth from all around the world will be singing for us at 2:00 pm on July 16th. **The Brass Band Concert at the Care Center** on July 17th at 7:00 pm, this is also an ice cream social fund raiser sponsored by the Founder's Committee.

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.

Be sure and check out the weekly Care Center Senior Campus article in the Chatfield News!

Please plan ahead if you wish to have a birthday party for your resident, the middle of the month prior to the birthday month, notify Life Enrichment to get this special event on the calendar. Or if you wish to have a family gathering of less than 25 people, the Lehman Room can be reserved and a \$25 donation is requested for this room. The \$25 donation may be brought to the front desk or left with the business office.

Wish List:

Ladies fancy hats (for tea time!)

Kate Winter Glor, Director of Life Enrichment



Chrissy W. (from Life Enrichment) and Fern M. with a visiting Easter Bunny

Assisted Living and Independent Living

Take Me to the Net

We live in an era of computers and social media. It appears that every young person we see has a cell phone practically glued to his or her hand. However, did you know that people over the age of 50 are the fastest growing demographic users of Facebook and social media? Internet use among the over 50 age group almost doubled from 2009 to 2010. Young adults continue to be the heaviest users of social media, but their numbers fall short to the growth of new users compared to older adults. Keeping in touch with family and friends, looking for people from their past and searching for support for chronic illnesses seem to be why older adults are addressing the social media. Another aspect of social media that older adults are tapping into is on-line games. You are able to play alone or against people from all over the world. So, if you are logging on to connect with a long lost high school friend or are looking for a challenging game of solitaire, there are endless resources available to the young and old alike. Log on line and explore all that the Internet has to offer.



Suzette Moechnig
Assisted Living and Apartments Housing Director

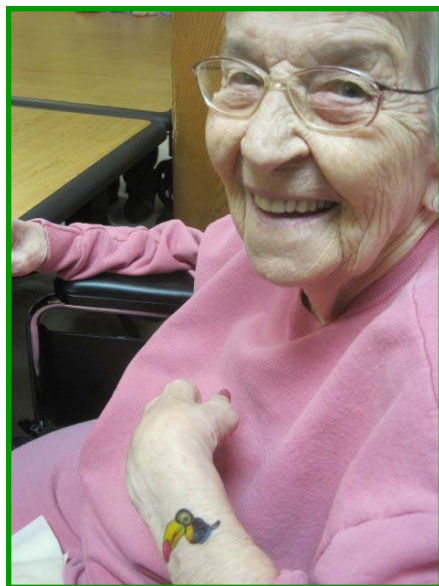


CVCC Olympic Bronze Team winners with
Coach Geri B.



Assisted Living crafters Emily, Alice, David, Rosella and Elaine

Assisted Living



Dorthelda shows off her new tattoo—a toucan tattoo—during Happy Hour

Hawaiian
Celebration at
CVCC





Environmental Services: Gerry Gathje



It's fun to talk about the weather. If we are honest we would all probably agree that the weather is a great conversation starter and something we can easily relate to. As employees of the Care Center we are often asked what is it like outside? Our answers are as varied as the Minnesota climates.

We do take the weather seriously and realize that the Residents count on us when it comes to their safety. Our goal is to train and carefully inform each employee with our written emergency procedures. During the week of April 24th we will participate in a state severe weather awareness drill and have a chance to practice what we have learned. Below I have tried to capture some of the best weather theory's and why they are true, enjoy.

Red Sky at night, sailor's delight. Red sky in the morning, sailors take warning." This one has been around a long time. In fact, compare it with this Biblical passage from Matthew 16:1-3 : "When evening comes, you say, 'It will be fair weather, for the sky is red,' and in the morning, 'Today it will be stormy for the sky is red and overcast.' You know how to interpret the appearance of the sky, but you cannot interpret the signs of the times."

When the western sky is especially clear, there is often a red sunset. That's because as the sun sets, its light shines through much more of the lower atmosphere, which contains dust, salt, smoke and pollution. These particles scatter away some of the shorter wave lengths of light, the violets and blues, leaving only the longer wavelengths, the oranges and reds. If an area of high air pressure is present, the air sinks. This sinking air holds air contaminants near the earth, making the sunset even redder than usual. This would be the "red sky at night." In the middle latitudes of the northern hemisphere, weather systems most often approach from the west. Since high pressure generally brings fair weather, this type of red sky at sunset would indicate that clear weather is approaching, which would "delight" a sailor. If the sky is red in the eastern morning sky for the same reasons as above, then the high pressure region has most likely already passed from west to the east, and an area of low pressure may follow. Low pressure usually brings clouds, rain or storms, a warning for sailors.

"A year of snow, a year of plenty." A continuous covering of snow on farmland and orchards delays the blossoming of fruit trees until the season of killing frosts is over. It also prevents the alternate thawing and freezing which destroys wheat and other winter grains.

A few more clues from nature: Some flowers close up as the humidity rises so rain doesn't wash away their pollen. The leaves of some trees curl just before a storm. A drop in barometric pressure often affects people with joint diseases, bad teeth, recently healed broken bones, or corns and bunions, bringing pain or pressure to those areas of the body. The chirping of a cricket has been shown to provide a close indication of air temperature. By counting the number of cricket chirps in a 14-second period and adding 40, the total will equal the air temperature to within one degree 75% of the time.

Up and coming projects at the Care Center include a new entry for our Independent living and a new air conditioning system for our dining area. We are excited about these projects and will have more information as it becomes available. I am personally looking forward to a warm summer with lots of color, it so exciting to watch some of the first signs of spring popping up!

Did you know ...

If you have ever had to make the difficult decision to move a loved one into a care facility then it is very possible that you have struggled with some guilt about the change. You may also be grieving several losses that resulted from this decision or struggling just to adjust to the change in your lifestyle.

No doubt your decision to place your loved one in a care facility was not made lightly. You likely took into account many factors. Sometimes, these decisions are taken out of our hands by emergent situations or health concerns. Other times, the decision is an inch by inch one, with multiple family members weighing in, physicians giving advice and neighbors encouraging you to take the next step.

While there is turmoil as the decision is made, it doesn't stop just because someone is admitted into the facility. In fact, it can continue or even increase as the caregiver has to learn how to loosen their hold on the minute details that they have been so used to taking care of for their loved one.

Some factors that can increase difficult feelings after a care facility placement might include the disappointment of not being able to care for a spouse at home as originally planned. The perception (accurate or not) that others expect you to have been able to care for the person at home, and the acknowledgement that the person's disease is advancing.

In order to help yourself adjust to all of these changes you must first acknowledge that you are coping with a significant adjustment. While this doesn't change the situation, it can help to give yourself permission to pause and understand the challenge you are facing.

One study found that caregivers, particularly spouses of care facility residents, experienced just as much depression and anxiety after care facility placement as before care facility placement. This demonstrates that although the placement may have been necessary for the care of the loved one, it won't automatically "fix" the primary caregiver and make everything okay. It may help you to find little, and perhaps new, ways to express your care and love. Maybe you can bring the newspaper or a flower every day to your loved one.

Identify someone to whom you can express your concerns, both outside of the facility and within it. Communication is important, and most facilities want to know what your concerns are. Learning how to advocate for your loved one is important and necessary, especially when they have dementia.

Acknowledge that even though your loved one may not have wanted to live in a care facility, there could be some benefits to nursing facility care. Although you may feel nothing can compare with the level of care you gave your loved one at home, keep in mind that the care at a nursing facility may still be good, quality care, and it is available 24 hours a day. Some people find that their loved one actually improves in a nursing facility because they are getting the care consistently that a family member may have wanted to provide but just couldn't maintain effectively at home.

Help your loved one adjust to the facility. Try to work together to identify meaningful activities and routines for them to help facilitate the adjustment. Consider developing a life story to share important people, events and information with the staff about your loved one. Remind yourself of the ability to now focus not only on your loved one's physical care needs, but also on visiting and building your relationship with them. (continued on next page)



Did you Know, continued

(continued from the previous page)

Most caregivers feel it is a privilege to care for their loved one, and don't want to be relieved of the job of providing the care, even if it is physically and emotionally taxing. Acknowledge the possible mixed bag of emotions including grief, loss, guilt and relief may allow for a healthier adjustment for everyone involved.

Lisa Wagner, Director of Medical Records

Sources: Family Caregiving Alliance; National Center on Caregiving.



Donna H. creates new, springy Easter decorations.

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.

Business Office: Running for the Aging!

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I am very excited to announce Chosen Valley Senior Living's first **Running for the Aging**!! The event, a 5K/1Mile on June 21st, will be a fundraiser for our facility and residents. Our residents have been asked to make a wish list dedicated to improving quality life on our campus. If you aren't a runner, don't worry! You can run, jog, trot, skip or walk. Running for the Aging is a great opportunity for our residents to be involved in the community while having some good, healthy fun. Children are especially encouraged to participate as this is seen as a family event!

The run/walk will start at 9 am in front of the Assisted Living building as well as end in the same location, with day of registration beginning at 8:30 am. The 5K course will take us down Winona Street and past the Chatfield High School, whereas the one mile will turn around before crossing Highway 30, making it ideal for the kiddos. There will be signage for additional parking. Early registration is encouraged and will guarantee a fabulous T-shirt in your desired size. You can register by logging on to www.active.com or you can print off the form from our website www.chosenvalleyseniorliving.com. You can either drop them off or mail them back. The registration fee is \$20 for ages 13 and up, \$15 for 12 and under until June 1st. The fee increases by \$5 after June 1st and has no guarantee for a shirt.

If you can't wait until the day of the run to gather your goodies, we will have early packet pickups located at our Assisted Living facility Thursday, June 19th and Friday, June 20th from 5-7pm.

Water and snacks will be available after the race provided by our great sponsors:

Water Systems Company
Great Harvest Bread Store
HyVee

If you would like further information please don't hesitate to call (507) 867-4220 or you can email me at billing@chosenvalleyseniorliving.com.

Hope to see you there!

Stacy Wilhelm-Hrtanek, Business Office Manager



Barb Weiss, Dietary



Hello again. We hope you enjoyed all the snow this winter. For me, I am one that is happy it's done. (Hopefully, done.)

I would like to spend some time letting you know about the Meal between Meals program. A few years back we started to provide a small meal between meals for the Residents in the Care Center. There are times when a Resident may have an appointment that requires being gone during our normal mealtime or if a Resident just gets hungry during the day. Offering items such as a Panini sandwich, ham & cheese melted between garlic Focaccia bread, or a fruit plate, maybe a strawberry shake with a cheeseburger. There are 11 different food items on the menu. The menu is by the front desk. This service is provided between 11:30-2:30pm Monday through Friday. This is in addition to what is offered in the three kitchenettes and the snack carts.

Many Residents have enjoyed this program. We also enjoy doing this added service for the Residents.

Hope you have a safe and healthy spring and summer.

Remember that we are providing Meals on Wheels to the home bound. If you are interested in Meals on Wheels deliver call me, Barb at (507) 867-4220.

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



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 available. Appointments must be made with Amy in the Department 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	\$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.

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.

Family Council

A Family Council is an organized group of friends and relatives of Care Center residents 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 the Director of Social Services at (507) 867-2716.

The Founder's Committee



Founders: Inga Jackson, Theresa Manahan, Marge Judd, Denise Pagel, Judi Daniels. Shirley Clemens, Charlene Krenzke, Mary Keefe, Donna Cramer, Vicky Cramer, Marge Huper, Carol Finseth, and Barbara Peterson (Not Pictured, Doris Durfey)

Note from the Founders: Remember to attend our Spring Pie Social on Friday, May 2nd at 1:30 PM.



Crafting: Valentines



From The Desk of Physical Therapy



The Top 5 Reasons to Exercise

You know that exercise is important and has several health benefits. However, there are hidden benefits of exercise that you may not be aware of. Here are the top 5 reasons to exercise:

Reason #1: To Reduce Pain.

Individualized, regular exercise (the kind prescribed by your physical therapist) is a great way to reduce pain. For example, strengthening your core can decrease persistent low back pain and protect against future injury. It's amazing how many people who seem resigned to a life of chronic pain start to find relief after starting an exercise program.

Reason #2: To Increase Muscle Tissue.

Increased strength allows you to complete your day to day tasks with ease. Imagine if simple things like walking, going up the stairs, picking up groceries, or playing with your children became easier and more enjoyable. A well-designed, progressive exercise plan helps tone your muscles.

Reason #3: To Drop Pounds of Fat.

The best benefit of exercise is fat loss. It is no secret that a combination of exercise and a balanced meal plan is the best known way to lose fat. Here's what fat loss can do for you:

- Your clothes fit better
- People around you begin to compliment you on your new appearance
- When you look in the mirror, you look several years younger
- Your energy levels soar
- You feel great!

Reason #4: To Control Blood Sugar.

Regular exercise helps stabilize blood sugar levels. If you or someone you know has type 2 diabetes (or is at risk for type 2 diabetes) exercise will help your body to better utilize sugar since exercise positively impacts insulin sensitivity. A combination of weight loss and improved blood glucose control has several health benefits. You should consult your doctor before you begin any exercise with the intention to control your blood sugar.

Reason #5: To Lower Blood Pressure and Cholesterol Levels.

Exercise helps your heart in 2 ways:

1.Weak heart muscles pump a relatively small amount of blood with each beat. Essentially, your heart is putting in a lot of effort with every beat. By exercising, you strengthen your heart muscles so they pump more blood with less effort; this decreases the pressure on your arteries.

2.Exercise increases HDL (the "good" cholesterol) levels in some people. This decreases your risk for heart disease. Other heart disease risk factors such as weight, diabetes, and high blood pressure also improve with regular exercise. You may want to speak with your doctor about your salt intake as well.

More from Physical Therapy: Spinning

If Your World Is Spinning...

Almost everyone experiences a few seconds of dizziness at some point in their lives. Do you remember your childhood days when you would spin round and round until you got dizzy and had to wait a few seconds till the “world stopped spinning”? It was fun back then, but when it occurs “out of the blue”, it’s something to be concerned about.

According to the National Institutes of Health (NIH), about 90 million Americans (more than a third of the population) report bouts of dizziness at some point in their lives. Of those, 76 million suffer from inner-ear disorders, which can be caused by:

- Inner ear disorder or ear infection
 - Flu or the common cold
 - Benign Paroxysmal Positional Vertigo (BPPV).
 - High doses of certain antibiotics.
 - Degeneration of the inner ear's balance function, also known as the vestibular system (often deteriorates with age).
 - Ear infection, head injury and whiplash are common in younger individuals.
- According to the NIH, 85% of equilibrium problems have to do with the inner ear. Other causes include a stroke, multiple sclerosis, seizures and brain tumors.

Inner-ear problems can manifest themselves in different ways. Some symptoms include dizziness, nausea and blurred vision. It’s not uncommon for individuals with dizziness to go from one doctor to another in an attempt to find a solution.

The feeling of spinning / rocking and constant nausea can literally turn your life upside down.

Frequent episodes of dizziness (especially with certain head movements) are a sign of dysfunction in your inner ear. This dizziness can last a few seconds, minutes or even days. Symptoms of inner ear disorders may be mild (lasting only seconds or minutes) or severe (resulting in total disability).

Physical Therapy: Your Treatment For Dizziness

Physical Therapy might not be the first thing you think about when it comes to treating dizziness or vertigo, but it can play a crucial role. In some cases such as Benign Paroxysmal Positional Vertigo (BPPV) exercises in Physical Therapy can bring on immediate relief.

Dizziness is NOT something you should be taking lightly. As qualified professionals, we are here to help and will stand by your side to help you recover from this limiting condition.

Robert (Bob) Schrupp, Physical Therapist



Fun at CVCC




Today ONLY
FREE
TATTOOS
At Happy Hour
Beginning at
1:30!



On March 7th we were pleased to have the Senior Shop come to our facility as it gives our residents the chance to enjoy the day shopping and finding items that they would like to purchase. We have found that this event is a great opportunity to get clothing items for our residents that their families are unable to shop for or families with loved ones that need certain adaptable clothing items.

The Senior Shop carries a great line of different items that can be purchased at the time or the shop has the ability to order the correct size if it is unavailable at the time. We will continue with this event yearly as long as it is available to the facility and interest continues to show with families and the residents. I greatly appreciated the responses from the letters that were sent out or handed out by Mimi. Mimi has done a great job with helping us with many different events and projects that we have going on.

As it is starting to warm up some of us get that fever to go shopping. If you are purchasing clothes for your loved ones please remember to have the items sent down to the laundry room to be marked. Some of our families mark them with a permanent marker so the resident can wear them right away. This works fine as well.

We will be moving forward to doing some spring cleaning in our facility as it is that time of the year. We will be working on getting the windows cleaned on the outside as weather permits us to do. As we remember last year we had snow in May. There will be several things that will be taking place as we all know there are numerous projects that occur during the warm months. One thing that will be nice is to get rid of all that sand and salt that gets drug in through the winter months on our floors.

Just a quick refresher to everyone that the laundry gets washed every day seven days a week and the rooms are cleaned and mopped seven days a week, this includes holidays as well. We have a day shift and an evening shift, so we are here to assist you and your families.

Jody Lawstuen
Environmental Services Supervisor



Wearing of the GREEN for
St. Patrick's Day!



Fun Music



Minnesota Hula Stars





1102 Liberty St. SE
Chatfield , MN 55923