

## *Views From The Valley Spring and Summer, 2020*



CHOSEN VALLEY CARE CENTER, INC.  
A Senior Living Community



*John Hanson video chatting with family as Stephanie and Danyelle assist him. We are keeping in touch with loved ones during a lockdown.*

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**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 Food and Nutrition Services  
food@chosenvalleyseniorliving.com  
Erin Amdahl, Business Office Manager  
billing1@chosenvalleyseniorliving.com  
Spotlight Writer: Mimi Seamens, MRP

## ***From The Administrator's Desk***

Hi Everyone,

I hope you are all doing well and staying healthy.

A lot has happened since our last newsletter. The world has experienced the ever-growing concern regarding The Coronavirus, or COVID-19. This has affected our daily lives and changed our way of doing things. The impact of this virus will likely bring unprecedented challenges to our everyday living for some time to come.

Everyone's health and safety is our number one priority. Chosen Valley Care Center, Inc. quickly responded to the concerns upon hearing about this virus. We have been following the guidance from our regulatory agencies to help protect the health and well-being of the residents, apartment tenants and employees.

Communication during stressful times is always important, and we will keep you apprised with updates about our response to this virus. We will all get through this together.

We are now six months into the Care Center building addition and renovation project. The project began in October 2019 and is scheduled to be completed in October 2021. As noted in my previous article, the plan was to begin with an addition between the end of E Wing and D Wing. Next, a new therapy addition and private rooms (suites) on A Wing would be completed. Then, renovations would occur throughout D Wing and E Wing.

The "shell" of the new addition between D Wing and the E 200 area is close to being finished. Part of the roof has been shingled, one third of the interior slab has been poured, and they will soon begin framing the interior walls. When finished, this new addition will consist of 31 private resident rooms with private bathrooms, additional common area space, nursing station, bathing room and employee workspace. A large gathering space will also be located on one end of this wing.

(Continued on page 4)



## ***From The Administrator's Desk, continued***

(continued from page 3)

Work on the addition to physical, occupational and speech therapy has also begun. The new/enlarged therapy space will be located at the end of A Wing. It will offer a larger gymnasium and several private treatment rooms, and additional exercise machines. This will be a significant improvement, with enhanced treatment spaces and equipment.

Once the therapy addition is in-place, work will begin on the ten short-term private resident bedrooms (suites) in A Wing. These rooms will offer private bathrooms with showers for residents who come to the Care Center for a short time, with plans to return to their home. A dining/lounge area and nurse station will also be located here.

The new emergency power generator was placed in the back of the Care Center during the week of March 22<sup>nd</sup>. This replaces the original generator and will be a significant upgrade to emergency power capabilities.

We have also been meeting with the architects to discuss furnishings and fixtures to place in the new bedrooms, common areas and offices. Everyone is looking forward to seeing the updated spaces.

It's been exciting to see the transformation of the Care Center taking place! More updates on the building renovation project will be provided as progress is made.

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 safe and healthy Spring!

Craig Backen, Administrator



## ***Lisa Vickerman: Coronavirus Disease 2019 (COVID-19)***



**Coronavirus disease 2019 (COVID-19)** has led to an outbreak of respiratory illnesses around the world. According to the Center for Disease Control and Prevention, more cases are likely to be identified.

Common signs of COVID-19 include coughing, respiratory symptoms, fever, and shortness of breath. Body aches, runny nose, sore throat, nasal congestion, or diarrhea are also possible. Groups of people with decreased immunity, high blood pressure, heart disease, chronic lung disease, kidney disease, diabetes, or women who are pregnant may experience more severe illness and are at higher risk if infected with COVID-19.

COVID-19 is currently being spread by person-to-person transmission via respiratory droplets through sneezing, coughing and close personal contact such as touching or shaking hands. The virus can also be spread by contact with a surface or object that has the virus on it followed by touching one's own mouth, nose or eyes.

Ways to reduce COVID-19 anxiety:

- ◆ Remember that you are resilient, and so is humankind. We will get through this.
- ◆ Use technology to connect with others.
- ◆ Limit exposure to news and social media updates.
- ◆ Don't let fear influence your decisions, such as hoarding supplies.
- ◆ Maintain a healthy diet and exercise routines to help your immune system and mental health.
- ◆ Spend time in nature while adhering to social distancing guidelines.
- ◆ Practice yoga, meditation, or other mind-body techniques.
- ◆ Use reputable sources of news, avoid speculation and rumors.
- ◆ Reach out if you need to talk.

To protect yourself and your family from the Coronavirus, here are some suggestions:

- ◆ Avoid non-essential travel to countries or areas where cases of the Coronavirus have been identified.
- ◆ Wash your hands! Washing your hands frequently can help prevent exposure to the virus.
- ◆ Disinfect surfaces that are used by others. The Coronavirus is thought to be live on surfaces from several hours up to a few days. This can lead to exposure to the virus by touching the infected surface and then touching your nose, eyes, or mouth.
- ◆ Purchase water and food supplies that can last more than two weeks. In the event of local impact, stores may be closed temporarily.
- ◆ Make sure you have enough of any prescription medications you are taking at home.
- ◆ Equip your home with basic medical supplies. Suggested supplies include thermometer, over-the-counter remedies to treat symptoms such as ibuprofen, Tylenol, cough medicine, and plenty of fluids as well as electrolyte replacements.

(Continued on page 6)



***Lisa Vickerman: Coronavirus  
(COVID 19) continued***

(Continued from page 5)

- ◆ Check on one another, especially the elderly.
- ◆ Stay inside if possible!

CVCC is working on numerous ways to prevent the spread of respiratory germs within our facility:

- ◆ We are keeping our residents, families, and staff informed.
- ◆ We are monitoring staff temperatures daily at the start of their shift and they are also completing a COVID-19 self-screening form.
- ◆ We are monitoring all resident's temperatures, respiration and oxygen saturations daily.
- ◆ All residents continue to be quarantined to their hallways with the fire door closed, residents eat in their rooms and will continue to have activities in their corridors.
- ◆ We support hand and respiratory hygiene, as well as cough etiquette by resident's, and employees.
- ◆ We have identified several employees to care for COVID-19 residents and provide infection control training.
- ◆ We are ensuring staff have the right supplies to ensure easy and correct use of personal protective equipment.
- ◆ All direct care staff will utilize a mask while having direct contact with the residents.
- ◆ We are practicing social distancing.
- ◆ We have created an infection control and quarantine area in our previous breakroom and large activity room.
- ◆ Staff are being monitored for appropriate infection control guidelines.
- ◆ Environmental cleaning teams have stepped up their processes and are cleaning more frequently.
- ◆ CVCC has restricted all visitors, ancillary staff, consultants, and volunteers until further notice. Exceptions for visitors are being made for those residents who are at end of life.
- ◆ New admissions/Hospitals returns are placed down a specific wing and are monitored for signs and symptoms including temperatures for 14 days.
- ◆ We will re-evaluate our visitor policy on April 10, 2020.

Our greatest responsibility is to keep our residents and staff safe.  
We will get through this together.

Lisa Vickerman  
Director of Clinical and Residential Services

## *Maintaining Social Distancing*



Family visits Dean Alden through the window above.  
Mary Keefe's family visits on St. Patrick's Day.



## ***Ellen: Eighteenth Annual Walk-N-Roll***

### **Eighteenth Annual Walk-N-Roll**

As I write this today, a few staff and residents are enjoying a sunny, March day while walking and rolling around the outside of our building. We are looking forward to Thursday June 4 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. (our rain date is Friday, June 7<sup>th</sup>, if needed). Residents are rolled in their wheelchairs by family members and staff down to the park and back. We will enjoy some refreshments and socializing when we arrive at the park. It has been fun to hear reminiscing of past family picnics or gatherings at the park by residents and family members.



Chosen Valley Senior Living residents, tenants, families and staff have enjoyed this outing for the past seventeen 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, but it has not been our focus in recent years. As the saying goes, "it takes a village to raise a child" maybe it takes a community to "honor our elderly". We at Chosen Valley Care Center are often privileged by many community members taking their time and talents to visit and socialize with our residents and tenants. They host monthly birthday parties, gather for Mass, church services and bring communion, to name just a few. We, also, have a volunteer Founder's Committee, (women from our community) that meet monthly to fundraise for our residents. They provide special items for our residents such as nail polish, holiday tablecloths and aromatherapy. They, also, accept donations to supplement their fundraising.

We hope to continue to have families participate in honor or in memory of a loved one, or just to join their family member on the walk. The Walk-N-Rolling provides an opportunity for great conversation, an up-close look at the neighborhood and a feeling of involvement. What could be better. . . exercise, fresh air, snacks and a feeling of doing something special for and with the residents of our Care Center and Apartments?

If you would like to participate in our event or 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 seventeen years.

*Ellen Strande, Director of Human Resources*



## *Past Walk-N-Roll Events*



## *A Word from the DON: Carrie Colbenson*



### **THERAPY**

Chosen Valley Care Center residents have enjoyed high quality care and services for many years. Among these services include physical, occupational and speech-language therapy. Our rehabilitation services have always been and continue to be an important part in caring for our residents and outpatients.

Recently, Chosen Valley Care Center, Inc. decided to make a change in the company that provides physical, occupational and speech language therapy services to our residents and outpatients. The company we have selected as our new provider is Aegis Therapies.

Aegis Therapies draws on decades of experience providing inpatient and outpatient physical, occupational and speech-language therapy to deliver clinical excellence and exceptional value to their customers and patients. Aegis Clinical Programs assist patients with common conditions and those with more unique needs such as: enhancing cognitive abilities, complex disease management, continence management, balance management, seating and positioning, wound care management, visual dysfunction and rehab, pain management, sensory integration, vestibular rehab, and understanding diabetes.

Aegis Therapies is one of the largest and most successful contract rehabilitation and wellness companies in the country. They specialize in creating customized wellness and therapy programs to help everyone get back to their personal best. Their staff is extensively trained to ensure their patients get the highest quality care that's right for their individualized needs.

Aegis Therapies staff will continue to meet various patient scheduling needs. Their team will be on-site during normal business hours up to seven days per week. Weekend and holiday coverage are also available as needed.

Rest assured, current therapy patients will not experience any lapse or disruption in their service. Aegis Therapies staff will continue providing treatments according to established treatment plans for all patients.

The official start date for Aegis Therapies was March 21, 2020. We are very excited for this transition and look forward to partnering with this great team of therapy professionals. Please join us in welcoming them to our community!

Carrie Colbenson, RN/DON  
Director of Nursing

***Business Office: Erin Amdahl*****2020 Medicare A & B Updates**

Per the [www.cms.gov](http://www.cms.gov) website, in November 2019 the Centers for Medicare & Medicaid Services released the 2020 premiums, deductibles, and coinsurance amounts for the Medicare Part A and B programs.

Medicare B covers physician services, outpatient hospital services, certain home health services, durable medical equipment and certain other medical and health services not covered by Medicare Part A. Each year the Medicare premiums, deductibles and copayment rates are adjusted. For 2020, the Medicare Part B monthly premium for enrollees will be \$144.60. The annual deductible for Part B beneficiaries is \$198.00.

Medicare Part A covers inpatient hospital, skilled nursing facility, and some home health care services. The Medicare Part A inpatient hospital deductible that beneficiaries will pay when admitted to the hospital will be \$1,408.00. There is also a coinsurance amount of \$352.00 per day for the 61<sup>st</sup> through 90<sup>th</sup> day of hospitalization. For beneficiaries in skilled nursing facilities, the daily coinsurance for days 21 through 100 will be \$176.00 per day.

Some Medicare supplemental policies cover the Medicare Part A and Part B coinsurance and deductibles. It is recommended that you know and understand what your insurance policy does and does not cover. The best way to do this is to call the customer service number that is listed on the back of your card if you have specific questions regarding your coverage.

Erin Amdahl, Business Office Manager



Marga Moen  
enjoys a  
Birthday  
celebration  
with her  
family.





## Department of Life Enrichment



Spring is in the air! The first robins have been seen... how many snows on their tail until spring has sprung? Time will tell!

During these unpredictable times with the COVID-19; here is a guide to communicating with loved ones.

Some communication options with your loved ones during this time of lock down are as follows:

- Emails – Send emails to my email address at [act@chosenvalleyseniorliving.com](mailto:act@chosenvalleyseniorliving.com). I will print, deliver and read (as needed) your message to your loved one.

- Phone calls– Call our main facility number 507-867-4220 and we will transfer the call to a portable phone. This is another option. We encourage phone calls Monday-Friday between 9AM – 5PM. Also 5-7PM is available but reserved for those who are unable to do daytime calling.

- Skype – Another option if you have web-based audio and video capabilities. Download the Skype app on your phone, tablet or computer and request Kate Glor. Upon receiving your notice, we will touch base and set up the best time to connect you with your loved one. Possible hours are again Monday-Friday between 9AM – 5PM. Also 5-7PM is available but reserved for those who are unable to do daytime calling.
- ON HOLD AT THIS TIME DUE TO THE SHELTER IN PLACE ORDER FROM THE GOVERNOR are window visits using a portable CVCC telephone for your loved one as possible with construction – please call (507-867-4220) and we will assist your loved one if their window is affected by construction. We will locate to the front windows in Fish Lounge area. We are hopeful to reinstate visits at room windows when able.

Currently we are able to continue to utilize Pam Danielson as a beautician as she is also a staff member. We are only doing hair for the Care Center residents at this time of lock down. Appointments for perms may be delayed at this time to meet the needs of shampoo sets.

These are challenging and uncharted waters for us all. Thank you for your patience and understanding at this difficult time.

We are carrying on with activities as we are able. Staying with our regular days activities but doing them on each separate wing and with social distancing as well as 1:1 with individual visits.

This is a time to reflect and appreciate all that we so easily take for granted. The entertainer, minister, church service, group activities and socials, playing cards and games together is not permitted at this time. We all look forward to returning to those group activities when it is safe to gather again.

All large gathering events are currently on hold as we continually reevaluate and take direction from the Minnesota Department of Health and CMS. This is what is planned in the months ahead, but we are going day to day and cancelling or changing dates as needed.

In the spring and summer months we have some very special events planned so please mark your calendar and join us:

\*\*May 1, 1:30-2:30 PM Founder's Committee Spring Pie Social Fund Raiser.

(POSTPONED DUE TO SHELTER IN PLACE ORDER.) The Founder's Committee raise money and donations for the benefit of the residents and tenants at Chosen Valley Senior Campus.

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Donations to the Founder's Committee may be left at the Care Center front desk made out to the Founder's Committee.

**\*\*May 10-16 National Nursing Home Week**

**\*\*May 14 – Prom at Chosen Valley Senior Campus!** Tenants and Residents are invited to participate in this festive event. We have ties, shawls (instead of formal dresses), corsages, boutonnieres and jewelry for them to choose from for this event. We will be doing hair and makeup as well, making this a very special event! Music will begin at 2:00.

**\*\*May 22, 1:30 Tea Time Party–** it's a great day, pick out a special hat to wear or bring your own!

**\*\*June 4 (rain date the 5<sup>th</sup>) beginning at 1PM the annual Walk-n-Roll** beginning with pictures out front of the Care Center and the walk-n-roll begins down to the Chatfield City Park for refreshments. Then off again for home at the Care Center. It is always wonderful to have family and friends join us on this journey!

**\*\*The Lanesboro Annual Fishing Trip with the DNR has yet to be announced.**

**\*\*July 16, 7:00PM – Annual Brass Band Concert** in our parking lot! Join us for great music, ice cream, cookies and bars. The treats are a free will donation to the Founder's Committee which in turn benefits our residents and tenants.

It won't be long, before we will be thinking of planting gardens. With the building project – two of our garden beds were removed. We will strive to invite individuals that are able to plan, plant, weed and maintain their own garden to have individual plots or container gardens. There will be again this year community plots for all to tend to as well. It's an exciting time of the year – be sure and check out the gardens throughout the growing season.

If you would like photos of your loved one emailed to your address, be sure and contact me at [act@chosenvalleyseniorliving.com](mailto:act@chosenvalleyseniorliving.com) or call me at 507-867-2721 (my direct line). We also have many independent leisure items available, from the computer, tablets, cards, games, word puzzles, colored pens, crayons and markers, to items to fold and sort...something for everyone looking for something to do. Contact me or anyone in our department if you have wishes or needs for items to enjoy your leisure time. Families are encouraged to bring in larger items such as televisions, tablets, laptops, radios/cd players for long time use.

If you would like a calendar of the activity events, stop by the Life Enrichment Activity office or Danyelle at the front desk and pick one up.

**A few helpful reminders:** If you wish to have a birthday party for your loved one inviting all at the Care Center and utilizing the main dining room **PLEASE notify me at 507-867-2721 a month in advance** so we are able to schedule it on the calendar and make it a special event! (once lock down is over.)

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

**Hair appointments** are made through our department by notifying Amy. A weeks' notice or more is needed because our beauticians have heavy schedules. Please plan for a **minimum** of two weeks' notice for perms. Please plan accordingly as everyone likes to look their best and we do our best to accommodate.

As beautician and barber services are special services offered, payment is required at the time of the service. A personal account can be set up at the front desk. Your help and cooperation is greatly appreciated.

Kate Winter Glor, ADC  
Director of Life Enrichment



## ***Environmental Services: Gerry Gathje***

### **I Still Believe**

Sandy and I recently viewed a movie entitled "*I Still Believe*". I found it to be inspiring, challenging, and real. I say real because as I watched I was able to share in their personal struggle and make the journey of life with them.

As the story unfolded it took me back thirty plus years to my own engagement and marriage. I remembered the joy we shared, and the days spent sharing and caring for each other and eventually our five children. As the movie progressed, trials came into their life just as they did for Sandy and me. The trials made the movie very life-like and I was especially moved as their perfect story turned and came full circle ending with the devastation of incurable cancer. This once perfect and invigorating story of love, marriage, and fullness of life became marred as their journey took an unexpected turn. This turn of events, or marring, was a pivotal point in the movie. It was a place where love became more than words as it changed to action and motivation. I will admit that I swallowed hard to hold back what could have been tears. The story line connected with me and it was easy to have empathy and live what they lived.

I am sharing this today because our lives have now taken an unexpected turn. It's a turn none of us wanted, a place we would never go unless we had no choice! Over the next weeks or months, we will be tested and tried, and we will face obstacles that seem larger than life. I fully expect to look back and say it was a hard time, and yet a time of growth and change. A time of reaching just a little further and doing just a little more. The trials make our lives real. We don't enjoy them, but we do grow and change as we experience the difficulties in everyday life.

We have all experienced the uncomfortable pains of this life, (some more than others) and we all know the hurt and sorrow they can bring. Today I am thankful for the realness of life, for the ability to experience, and the capacity to understand and unfold another day.

In the end, the title "I Still Believe" played out in this man's life because after a time of deep emotional pain and searching he decided, "I Still Believe, and I am not giving up!" He determined that life was worth living and that God had a plan for his life; a plan that included others!

As you struggle with the weight of COVID-19 in this life and the trials it produces, consider 2 Corinthians 1:4, "He comforts us in all our troubles so that we can comfort others." When others are troubled, we will be able to give them the same comfort God has given us.

In this time of trouble will you consider with me the comfort you have received, and even more importantly how will you reach out to the one behind you and share their burden of life?



Sincerely,  
Gerry Gathje  
Director of Environmental Services

## *Assisted Living and Independent Living New Years Photos*

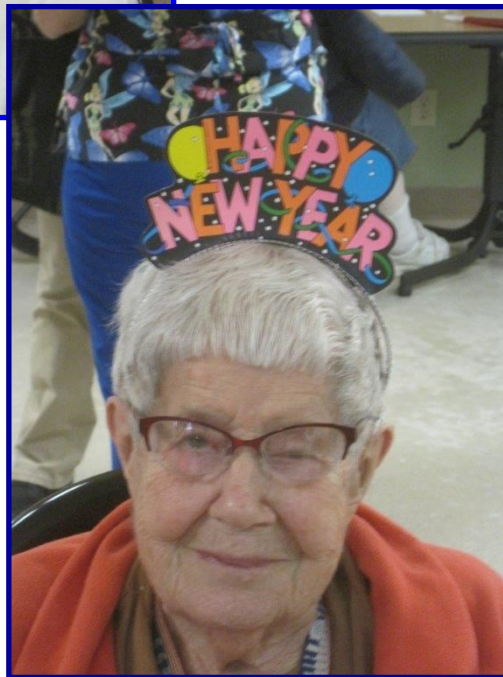


At the beginning of the year, when we could all gather as friends, we celebrated the New Year together.

To the left, Betty Brekke from the Independent Living apartments.

On the bottom, Marge Scott from the Assisted Living apartments.

We will again gather together as friends when COVID-19 (Coronavirus) has passed us by.





We celebrated Valentine's Day together for Sweet Heart Treats provided by the Founders Committee in February

Doris Narveson (pictured left) always brightens our day with festive headgear.

Donna and Dick Hart (pictured below) are one of our favorite sweetheart couples







John Hanson (pictured left) enjoys angel food cake with strawberries and ice cream



Lavone Christie and her daughter (pictured above) joined us for this Valentine event.

Roderick Welch and his family (pictured left) found the gathering quite fun and delicious!

## ***Employee Spotlight: Danyelle Forbes***



On any given day, the first person you meet when coming to the Care Center is Danyelle Forbes. She is our Administrative Assistant sitting in the center core desk. She greets everyone with a smile and uplifting attitude. During our lockdown, Danyelle greets family members at the front door as they deliver items for their loved ones. It's part of a new set of duties assigned to Danyelle since the shelter-in-place order came through. "I love getting to know all the visitors, residents and staff personally, and being the giggly red head everyone knows," said Danyelle. "I've also made long term friendships here."

Danyelle has worked at the Care Center since July 2013. She joined her brother, Deryck Forbes, working in the Dietary department first. "I started after my brother convinced me to get a job in Dietary so we could work together," said Danyelle.

While working in the Dietary department, Danyelle served meals at the Assisted Living as well as the Care Center. When she turned 16, she was trained as a kitchen aide and a waitress.

In 2015, Danyelle decided she wanted to become more involved with the residents. She applied to the Nursing department and trained as a Certified Nursing Assistant (CNA), receiving her CNA certificate. Soon, she went on to gain her Trained Medication Aide certificate (TMA). She stayed in the Nursing department for about four years.

In 2018, an opportunity to move into the Administrative Assistant position came up, so Danyelle applied for it. "It was a very hard choice for me to leave the Nursing department full time, and go on call with them," said Danyelle. "But, being offered a full time job Monday through Friday in the office was something I could not pass up."

"I am very proud of my accomplishments in the Nursing department, and I still work some evenings and weekends as they need help," she said.

When relaxing at home, Danyelle likes to spend time with her boyfriend, her family and her two dogs, Zoey and Zeus. Zoey is a three-year-old Siberian Husky; Zeus is a thirteen-week-old Siberian Husky/American Eskimo mix. Both dogs keep Danyelle on her toes!

Danyelle's favorite activities with friends and family are playing classic board games and watching movies.

The biggest changes Danyelle has seen as an employee of Chosen Valley Care Center is the new construction project. "I am very excited to see all the changes coming with the building project," she said.



## *Environmental Services: Jody Lawstuen*



Our Environmental Services department will be getting ready to start outside projects very soon. We know warm weather will be approaching us, but never know the timing. Hopefully, the weather will not be like the last two years, long winters and short summers! Our winters have extended longer than we cared for recently.

With our new building project, we are going to be experiencing changes to our department. Different areas will need cleaning and monitoring. We are all looking forward with anticipation to the construction's finish. What will the new addition look like? How will the design colors fit with our current facility? There are very exciting times in the months ahead.

Our number one priority is our residents and their families, so the changes that occur will enhance our working together with all departments. The new areas that we will be getting for our Environmental Services department will be an addition to our laundry department. There will be added areas for our linens and different areas for our janitor closets. We have been needing more room. Added space for our linens and our janitor supplies will be a great change.

Spring has an uplifting affect; plants are starting to grow; all the baby animals are starting to be born. The birds start to come back from their winter weather homes. Warm weather brings more kind of birds back to Minnesota. But we are fortunate to have beautiful birds all winter long. I live by the Root River and just the other day I looked out my window and there were geese flying up and down the river playing in the water. It was really refreshing to see nature's creatures enjoying the earth. We all are gifted to do the same, but very often take the beauty for granted.

Spring, summer and fall will go quickly, as the seasons do every year. We are really busy getting projects done and trying to take advantage of every warm day. During this time, let's also enjoy the months to come.



Jody Lawstuen, Environmental Services Supervisor

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



Hello everyone,

Over the last few weeks, the verse from the book of Esther stating “for such a time as this” keeps running through my mind. We are all experiencing changes, difficulties and frustrations as we are living through this pandemic. We realize that one of the biggest challenges you may be facing is not being able to come inside the Care Center to visit your loved one. As things are quickly changing all around us, the staff here at Chosen Valley Care Center are striving to slow things down inside

and give all the residents extra time and attention to help compensate for the void they may be experiencing by not seeing their families and friends. Thank you for trusting us to care for your loved ones!

On a brighter note, we had a Family Council meeting in February and plan to meet again on May 20<sup>th</sup> at 3pm. What is a Family Council? Family Council is for family members of residents at the Care Center who want to work to improve the quality of care and quality of life of the facility's residents. Family Council provides families with a voice in decision making that affects them and their loved ones. It also provides a way to educate and inform families about issues relating to residents and the nursing home. Please join us on May 20<sup>th</sup>!

Similar to Family Council, each month we have a Resident Council that meets here at the Care Center. Resident Council gives the residents a voice in decision making that affects all the residents of the Care Center. It is also a time for residents to be educated about and informed about issues relating to the nursing home. The Directors of Life Enrichment, Social Services, Dietary, Nursing and the Administrator are all present at these meeting. They give updates about their departments and answer any questions. These residents also get to vote on and choose the menu for special and/or holiday meals that occur monthly. Recently the residents have enjoyed getting updates about the building project. Please encourage your loved to one to participate in the Resident Council.

Melissa Fenske, LSW  
Director of Social Services  
[ssd@chosenvalleyseniorliving.com](mailto:ssd@chosenvalleyseniorliving.com)



## ***Resident Spotlight: Ella “Elaine” Gom-***



Ella “Elaine” Gommels was born at home on a farm in Viola Township on May 18, 1929. Her parents, Fred Graskamp and Murva (Burdick) Graskamp, named Ella after her maternal grandmother. Her mother preferred Elaine over Ella, and Elaine does too. The family farmed in Viola Township, between Eyota and Viola. Her father also sold Equitable Life Insurance.

Elaine was the middle of three sisters; Esther was older; Marilyn was younger. The three girls also had an older half-sister named Marian. All three girls attended rural country school from 1<sup>st</sup> through 8<sup>th</sup> grade.

In her school years, Elaine enjoyed reading, geography, and spelling. She went to Eyota High School and graduated early in 1945 from Eyota as a 16-year-old. Elaine then attended teacher’s training in St. Charles for one year. There she met an inspiring teacher, Miss Boyd. “She (Miss Boyd) expected a lot out of us students and we gave her our best,” said Elaine. “She was very thorough and was by far my best teacher.”

With this teaching certificate, Elaine taught in a rural school near Whitewater State Park. She has very fond memories of her first year teaching in a country school, and teaching 1<sup>st</sup> grade in Spring Grove. “It was fun to teach 1<sup>st</sup> graders to read,” Elaine said, “and 1<sup>st</sup> graders still think their teachers ‘know everything.’ Things change after that.”

In one year, Elaine saved up her money and went back to school at Winona Teacher’s College. After graduating from there, she was qualified to teach in small towns. Elaine taught five years in country schools, taught in Spring Grove, and taught in several Rochester schools. In all, Elaine taught for forty-four years. She continued her education by going to summer school and night school at Winona, and extension classes from the University of Minnesota to earn a master’s degree equivalency.

Elaine met her future husband at a dance at the Playmor Ballroom. Elaine said Fred Gommels was cute and fun to dance with. They were married on August 20, 1951 and made their home near Simpson, and later near Pine Island, then in Predmore. They had three children: Fred (Myrna), Ruthie, and Tom (Candace). Fred and Myrna live near the airport; Ruthie lives in Predmore; Tom and Candace live northeast of Rochester, near Schaefer Academy.

All of Elaine’s eight grandchildren, eight great-grandchildren and one great-great grandchild live within 20 miles of Rochester, save one. One grandson lives near Denver, Colorado.

Elaine had many hobbies including reading, gardening, crocheting and word puzzles. Some of her favorite things to do at the Care Center are attending activities and special events; and making new friends. Elaine said she appreciates the ways the activities people do things to keep the residents busy.

Elaine also enjoys visits from her family. During the lockdown, she has many conversations with family and friends. She is thankful for the telephone. Elaine is weathering the lockdown well and keeps a very cheerful, upbeat attitude. It is good to be around her. Elaine inspires us to see the good in all things.

## ***Barb Weiss, Director of Food and Nutrition Services***



### **Eat A Rainbow!**

Have you ever heard that phrase before? Besides the Skittle commercials, that is? Eating a rainbow every day helps guarantee we eat a variety of fruits and vegetables each day, which in turn means we ingest a variety of vitamins and minerals. So, let's talk vegetables and fruits.

Eating a rainbow for me means putting these following colors on your menu:

**RED: For the heart.** (Tomatoes, Red Beets, Strawberries, Plums, Watermelon, Cranberries, Red Cabbage, Raspberries, Rhubarb, Red Peppers, Pomegranate, Red Apples, Red Cherries, Red Grapes, Radishes, Red Onions and more)

**YELLOW: For the joints.** (Banana, Pineapple, Mango, Yellow Peppers, Corn/Maize, Lemon, Grapefruit, Pumpkins, Yellow Winter Squash, Muskmelon, Nectarines, Oranges, Peaches, and more)

**GREEN: For the purity and detoxification.** (Green Grapes, Green Apples, Spinach, Broccoli, Green Cabbage, Asparagus, Peas, Lime, Kiwi Fruit, Avocado, Green Pears, and more.)

**PURPLE/BLUE: for long life and enhancing memory.** (Blueberries, Blackberries, Red Cabbage, Eggplant, Purple Asparagus, Purple Grapes, Plums, Beetroot, and more.)

Remember when you plant your gardens this year, you could see a rainbow on the ground and in the fruit trees. Consider planting some new, colorful vegetables and fruits this year.

I guess the best thing next to the saying "An apple a day keeps the doctor away" would be "Listen to your Mother and eat your fruits and vegetables!"

For those who have an Internet connection check out the many web sites available. The one I like best is [www.nutrition.gov](http://www.nutrition.gov).

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

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

## *Celebrating New Year's 2020*



Residents and  
Tenants celebrated  
New Year's together.

(Pictured above) Bill  
and Brenda Anderson  
have party hats on.

(Pictured left) Marvin  
Rabe enjoys the  
festive time.



## *St. Patrick's Day*



Doris Narveson has a fun head dress for every special occasion. She is pictured here (above) with shamrocks.  
Thanks for brightening our days, Doris!

### **Gathering Places**

The Lehman Room may 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. Another area for families to gathering is the E200 lounge. This area is not allowed to be reserved, and is available on a first come basis with the exception of holiday meal guests and families, which would be served in the sunroom.

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

## ***The Founder's Committee***



**Pictured above are Founder's Committee members serving Valentine Sweetheart treats to our residents and tenants. Many community friends stopped out to have Sweetheart treats with us in February.**

Donations to Founders Memorial Fund:  
September 30, 2019 through March 15, 2020:

Diane Meeker in memory of Milo Hanson  
Jolyn "Mimi" Seamens in memory of Margaret Burke  
Edna Johnson in memory of Gordon Johnson  
Judy and Gary Daniels in memory of Gloria Daniels  
Bob and Diana Rabe in memory of Gloria Daniels  
Jim and Charlotte Ryan in memory of Gloria Daniels  
Gordon and Mary Allen in memory of Gloria Daniels  
Don and Margo Katterhagen in memory of Gloria Daniels  
Marilyn Baker in memory of Gloria Daniels  
June Hanson in memory of Alfred Hanson, Jr.

## ***Tenant Spotlight: Betty Brekke***



It was a pleasure speaking with Betty Brekke, one of our Independent Living Tenants. She invited us over for sandbakkels (traditional Norwegian cookie) and coffee, but because of the Care Center lockdown we conducted the interview over the phone. (Sandbakkels and coffee will need to wait.)

Betty was born on July 3, 1925 at the Preston Hospital. Almost a Fourth of July baby, Betty said her parents attended a circus the night before she was born. Her parents, Emil Rain and Tena (Redalen) Rain farmed near Root Prairie Church in rural Fillmore County, just east of Fountain. Betty and her younger sister and brother (Irene and Tilford) were raised in the country and attended rural Barnas School, three miles from their farm. Betty, Irene and Tilford usually walked to school, but sometimes Betty rode her horse.

For her High School years, Betty attended and graduated from Preston High School. One of her favorite studies during school was typing class. These skills became very valuable when she became a card punch operator during World War II.

When attending a dance in Harmony, Betty met Conrad Brekke, a young man from Lanesboro. He was such a good dancer; Betty was attracted to him. They were married at the Root Prairie Church on December 26, 1943, while Conrad was on leave from the Navy. Betty and Conrad made their home(s) on several Navy bases during the war: New Orleans, Brooklyn, NY, Norfolk, VA, and Boston, MA. Betty worked for the Navy as a card punch operator, an early version of computer coding. She was required to finish and correct 1500 cards before she could go home each day.

Each time Conrad was transferred to a new base, two weeks later Betty was transferred to the same base. "It worked out really well that way," Betty said.

After the war, Conrad attended watch makers school in Colorado. He and Betty came back to the area and opened a jewelry and gift store in Chatfield. They had three sons, John, Chris and Peter. When John required a better climate for his health, the family moved to Prescott, AZ and opened a jewelry and gift store there. Betty studied at the GIA (Gemological Institute of America) and became a registered jeweler. After 42 years in business, Betty and Conrad retired.

In 2005, Betty and Conrad moved back to Rochester to be closer to family and their beloved Root Prairie Lutheran Church. Their faith was so strong, their son Chris became a Lutheran pastor. Conrad became ill six months after moving back to Minnesota; Betty became his care giver. He passed away in 2016.

Betty visited her brother, Tilford Rain, at the (CVIL) Chosen Valley Independent Living apartments. She fell in love with the apartment's big kitchen and decided to move here as well. Betty loves to cook, as well as look for four-leaf clovers and wildflowers to press into cards.

Today, Betty still loves to cook and visit her family: three sons, four grandchildren and two great-grandchildren. She also enjoys attending many programs at the Care Center. She will be pleased when all of us may attend these special events and entertainment together again.

## *Photos*



Vi Gartner attends many crafting, coloring and painting sessions. (Pictured left)



Jan Slavin holds little Zayah as Danielle Paul, Zayah's mother looks on. What a joy to have young visitors. (Pictured right)



COVID-19 Lockdown pals, Chrissy and Donny, keeping their spirits up. (Pictured left)



## *Playing games in hallways*



Playing Bingo and selecting prizes: Marie Roeder and Marjorie Patwell  
(Pictured above)

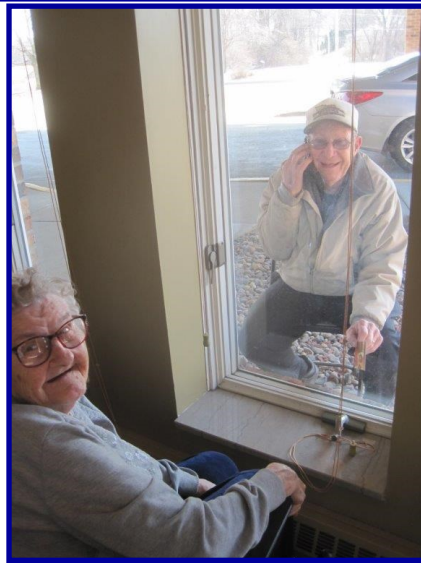
Playing physical games in the hallway to get exercise in with some fun:  
Mary Knutson and Jack Griffin. (Pictured below.)



## ***Keeping Spirits Lifted***



Marian Halloran played Bingo in the doorway. (above left) The Easter Bunny (Betts Funk) delivered Spring colors. (above right) John Hanson (below left) meeting his newest great-grandchild through the window with his granddaughter. Dick Hart brought a chair to have a long conversation with his wife Donna through the window. (below right)



## ***Hand Crafted Masks for the COVID-19 Emergency***



There are so many community members who care for CVCC and their staff, residents and tenants. A Chatfield quilt guild, the Sassy Quilters, made face masks for staff, residents and tenants during the COVID-19 emergency.

Many community members sent treats and well wishes our way as well.

JW's Silver Grille Restaurant in Chatfield delivered many cookies, bars and other treats for our residents, tenants and staff members.

THANK YOU ALL!!



## *Hair Salon*

The Care Center offers hair care services to keep everyone looking their best.

Barber Roy Lange is here with clipper in hand every six weeks. Roy's schedule is posted on the door of the salon. Beautician Pam Danielson is here on Tuesdays for cutting, styling, curling and perms. Beautician Sue Thompson is here on Monday afternoons.

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

### His and Hers Hair Care Prices

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

We are fortunate our stylists and barber will serve the Care Center campus at reduced rates. If special hair salon services are not requested, regular hair care, as well as shampoo and sets, are provided weekly by the bath assistant.

Please plan ahead any hair needs of your loved one, with the busy schedule of the beauticians, it is not possible to set up an appointment one day in advance. One or two weeks may be needed for an appointment if you are not a regular weekly or every other week customer, especially for permanents. We do our best to meet the needs of our residents and tenants. Please contact Amy in the Life Enrichment Department to make hair appointments.



