

Views From The Valley

July 2012



~ Genevieve Dickie

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From the Administrator's Desk



Dear Family and Friends,

Hi everyone, I hope you are enjoying the nice weather and all of the things that make summertime fun! As some of you may know, Dr. Fred Banfield has recently stepped down from his position as Medical Director for Chosen Valley Care Center. Dr. Banfield began as Medical Director in 1980. His patient care and dedication to the residents and Care Center will always be remembered and appreciated.

Recently, the Care Center acquired a new Medical Director. His name is Dr. Steven Harder. Dr. Harder has been a Family Physician at the Olmsted Medical Clinic in Spring Valley for about 20 years. He also brings 15 years of nursing home Medical Director experience to our residents and Care Center.

Dr. Harder's primary responsibilities as Medical Director will include, but are not limited to ensuring the development and implementation of resident care policies and the coordination of medical care for all care center residents. Dr. Harder will be a member of the Care Center's Quality Improvement Committee as well.

In addition to Dr. Harder's physician responsibilities, he also oversees the Spring Valley, Preston, Chatfield and Stewartville Clinic locations. He comes highly recommended, and is excited to be joining our team as Medical Director. Please join us in welcoming him to our Care Center team!

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

Wishing you all health and happiness!

Craig Backen, Administrator

*Meet our Board
of Directors!*



Improving Lives



In light of recent evidence and to improve the lives of our residents, we will conduct a systematic and careful assessment and evaluation for successful removal and reduction of personal alarms in our care center.

At Chosen Valley Care Center we use personal alarms or birdie alarms to keep your loved ones safe. These alarms are usually implemented after a resident has a fall or if a resident is at risk for falls. Restraints can cause declines in a person's mental, physical, and psychosocial well-being. By keeping people from moving, restraints adversely affect people's respiratory, digestive, circulatory, and muscular systems, contribute to depression and isolation, and inhibit sleeping as well as independent eating, drinking, toileting, and natural positioning. There is no evidence to support that alarms' usefulness in preventing falls or injuries. In fact, in most cases, falls continue to occur.

In addition to immobilizing residents, and having no evidence that they prevent falls or injuries, they are difficult to utilize in a consistent way for a variety of reasons: Many residents dislike them and repeatedly hide or remove them, the device can malfunction, if too many are in use, the warning signal loses its effectiveness at alerting staff.

For the person using an alarm there can be numerous negative consequences to his/her quality of life and mobility:

- Alarms create noise, fear and confusion for the person and those around them.
- If the staff tells the person to sit down when the alarm goes off, the underlying need causing them to move is not being addressed.
- As the use of the alarm decreases the person's overall mobility, he/she may be more at risk for fracture when he/she falls since the person may have increased weakness and osteoporosis and decreased balance and endurance.
- The alarms can be experienced as embarrassing and an infringement of freedom, dignity, and privacy.
- Skin break down can occur from being immobilized, and afraid to shift position or body weight while sitting for prolonged periods.
- Sleep may be interrupted or even impossible when residents lie still for fear of setting off the alarm if they shift their position or being awakened by the alarm.
- Loss of independent bowel and bladder function can occur.

Clearly there are many people in long term care who are at risk for falls and injury and who need to have a safety plan in place. These plans need to be highly individualized and based on a thorough assessment of the risk factors that exist within the person and his/her clinical condition, in the physical environment and also the organizational environment.

If persons do not have cognitive impairment and are informed of the risks, they have a right to be mobile, even if that involves falling. Because there is potential for harm, we need instead to find the underlying causes of falls and instability, and develop individualized approaches that take into account the strengths, possibilities, wishes, and needs of each person. Our goal at Chosen Valley Care Center is to provide the best possible care for our residents. We strive to maintain the safest environment possible. So we will be reassessing each resident's use of personal alarms and will put an individualized plan of care in place to keep them safe. If you have any questions please let me know.

Lisa Vickerman, Director of Resident and Clinical Services



*Harold Mangan
& LuVerne Eddy
fishing at
Sylvan Park in
Lanesboro, MN*

*Charlie McCabe
also enjoying a
beautiful
afternoon trout
fishing!*



Doris Durfey tend-
ing to her blooming
annuals



Violet
Bicknese
relaxes next to
her colorful
snapdragons



Rubye Nagle,
Evelyn Skjeie,
& Mildred
Johnson
enjoying good
company and
sunshine!



Gertrude Anderegg
making the most of
the shade in the
cool mornings.



*Fruits of their
Labor.*

Gordon Tienter
works on planting
annuals in the
strawberry pot



Team work
doesn't come in
short supply for
these residents



Amy Neis,
activity aide,
admiring
their finished
pot





What is Medicare & Medicaid?

I recently attended a wedding where an old friend asked me how work was going. I responded that I work at the care center and am currently learning the ins and outs of insurance billing involving Medicare and Medicaid. The blank stare that followed my answer said it all.

For those of you who, like my friend, are not familiar with the benefits that these programs have to offer, I figured I'd elaborate. Medicare is eligible only to individuals 65 years and older or under 65 but disabled. Medicare is a two part program for hospital and medical insurance: Part A and Part B.

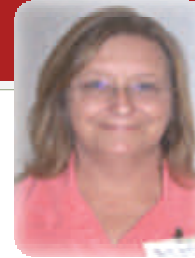
Part A helps pay for hospital and nursing home stays. It can even help pay for wheelchairs, walkers, and other medical supplies that come about when we age. Part A is available without having to pay a monthly premium. This explains what the FICA tax (FICA = Medicare and Social Security) is on a taxpayer's wage stub. Part B can cover everything from therapy (Physical, Occupational, and Speech) to vaccinations and laboratory tests. Part B does require a monthly premium, but this program is voluntary.

Stacy Wilhelm, Business Office Manager



*Amy Neis &
Sherry Hareldson
bring in the
laughs in the Care
Centers talent show*

What to do to cool down



Remember when Kool- Aid came out? It was invented by Edwin Perkins in Hasting Nebraska in 1920 as a liquid concentrate. The product was first called Fruit Smack and the push was to drink your Vitamin C. Later on when it was made in powdered form it became cheaper and was then called Kool-Aid. Well at my house, we have fun with food. I ran across this recipe for Kool-Aid pickles and I thought everyone else might enjoy them also.

and refrigerate for 1 week before serving.

Kool-Aid Pickles

1-Jar (32oz) whole dill pickles, undrained.

2/3 Cup Sugar

1 Envelope unsweetened Kool-Aid mix, flavor of your choice.

Drain pickles, reserving juice. In a small bowl, combine the reserved juice, sugar and Kool-Aid, stirring until sugar is dissolved. Set aside. Slice pickles; return to jar. Pour juice mixture over pickles. Discard any remaining juice. Cover

Think about the colors on your plate right next to the hamburger. I hope you try this recipe and enjoy the warm weather. I think I am going to work on herbs for the next time we meet.

Remember we are still providing Meals on Wheels and Senior Dining downtown. They too are enjoying the delicious meals. If you want to dine downtown at the senior dining you can call Sharron @867-3591 or the kitchen 867-2918 before 9:00 a.m. If you are interested in Meals on Wheels, call Blanche @ 507-325-2313 or Barb @ 867-4220

Barb Weiss, Dietary Director

Staying Cool?



Is cooling cost climbing at your home? If so you may find the five points listed as very beneficial. We have been working inside and trying to stay cool with some painting. We recently finished one of our Resident rooms with some new colors and drapes. We tackled this project to show of and demonstrate our desire for new window coverings and colors. Our golf outing will be a large contributor for this project and I for one am very excited. It was great to design and then see things come together, I look forward to more of the same. Many thanks to Linda Musty for sewing the new valance and to Nora Quereshi for letting us do her room first. I would also like to say thank you to each of you that plan to participate in the golf outing, it is a very worthwhile event. Consider these five ways to cut cost:

Install a programmable thermostat – You can use one so that you aren't cooling your home when it isn't occupied. Families who can adjust their home's thermostat for eight hours at a time can save up to 10 percent a year on their energy costs, according to the U.S Department of Energy. And for every degree you can raise the temperature, you can save as much as 4 percent on your energy bill.

Turn on your air conditioner only when the temperature climbs to 78 degrees – Give yourself time to adjust if you're used to a lower temperature, but adjust you will – in time. In the meantime, stay cool by closing windows, drapes and shades during the day to keep out the sunlight. When the sun goes down, open your windows and turn on fans to draw in cooler air.

Install energy-efficient windows – In addition to doors, old or inefficient windows can be huge energy wasters. Energy Star-rated windows can reduce this waste by about 20 percent.

Seal air leaks around windows and doors with caulk or weather stripping – the next best thing to installing replacements. And insulate your ductwork, especially in unconditioned areas such as the attic, basement and garage.

Exercise good energy conservation habits throughout your home — Do not place heat-producing appliances such as a television or lamps near the thermostat. The heat that emanates from them can set off your air conditioner and cause it to run longer than necessary. Check that no furniture obstructs your air-conditioning vents. Close the doors to rooms you don't use or close the vents there

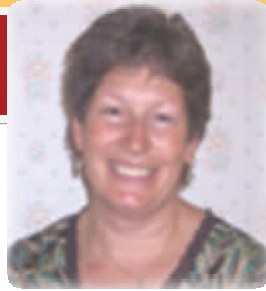
*Lavon Fiesler holding
baby Symon, right, &
Romana Snider,
bottom, petting Liberty
one of our care centers
fury friends*



Employee Spotlight

My name is Christy Bakken and I am the Director of Social Services at Chosen Valley Care Center. I've been here since the beginning of May and can already tell that this is a great place to live and work! The staff and residents are very friendly and welcoming. Here's a little about myself. I grew up in this area near Preston, MN. I am married and we have two little boys. They keep me very busy when I'm not at work, we love to play and go for walks. When I have some rare quiet time to myself I enjoy sewing, stitching, reading, and watching TV. I went to college at the University of Wisconsin – River Falls and graduated with a Bachelors Degree in Social Work in 2002. I've worked in long term care facilities before and most recently worked with persons with intellectual disabilities and/or mental illness in their homes. I am very excited to have the opportunity to join the team here at Chosen Valley Care Center and looking forward to meeting all of you. Stop in and see me!





Staying Cool?

I found it rather amusing yesterday as I walked through a craft store in Rochester to see all the fall items out. I turned to go down the next aisle and there was Christmas! No Christmas trees were up yet but ornaments of all shapes, colors and sizes. As I left the store with Christmas carols floating about in my head, the 90 plus degree heat hit me and evaporated those merry tunes right out of my head. My how the season's are rushed! I hope this finds you taking time to enjoy each day regardless of the time of year or temperature!

We have had an eventful spring and summer. In early May the volunteers that faithfully donate their time and talents with us at the Chosen Valley Senior Campus were recognized. Each year a special volunteer is honored for all they do for us. Pat Norton was bestowed this honor at Mass (as she was not able to attend the Volunteer Appreciation.) She has been a very dedicated volunteer coming every Thursday setting up and coordinating all that relates to Mass and Communion for St. Mary's Catholic Church. Pat always comes with a smile on her face and a pleasant word to all. She and all our volunteers are greatly appreciated. If you would like to volunteer we could surely put you to good use, using your talents and interests to find the best fit and use of your time. At the present time we are looking for volunteers who would join us with helping hands on Monday afternoons for Bingo, Wednesday mornings for games and also looking for someone who would water our resident gardens. Give us a call if this type of volunteering suits you!

My how are gardens are growing! A nice assortment of flowers and veggies were selected by the residents this year. Tomatoes of all sizes and varieties, radishes, lettuce, onions and even a cantaloupe along with the old favorite flowers moss roses, petunias, geraniums, marigolds and more! Be sure to check out the gardens on your next visit. The gazebo area is a lovely place to visit with friends and family, grab a cushion from the trunk for a softer seat!

The annual Walk-n-Roll was on June 8th, the weather cooperated with a breeze on the warm day. We had our largest group ever gathering in the park this year. A trio from Leaches and Leads came with their four legged friends and put on a dog agility program for us. The day was a success due to all the family, friends and staff that participated. Many thanks!

We have a change in the staff of the Activity Department. It is with much fondness and thanks to Denise Hays for her 20 years of dedication and service to the residents and tenants at the Chosen Valley Senior Campus. We wish her all the best in her new adventures with her music.

Another favorite annual event also taking place in the month of June is the Department of Natural Resources sponsor Fishing Trip in Lanesboro Sylvan Park. On June 14, a group from the Care Center were the first ones at the fishing pond. The Care Center van then returned to pick up

the group from the Apartments and Assisted Living. The fish were biting! Gordon Tienter caught the first rainbow trout but declined to kiss it for good luck fishing the rest of the day! As it turned out we didn't need the luck as the fish were hungry and waiting for us! The Care Center residents returned in time for brunch. The tenants from the Assisted Living and Apartments enjoyed a cookout picnic in the park before returning back to Chatfield.

It is picnic season and the first group of residents has traveled to Stewartville to enjoy a cookout. My how everything tastes so much better cooked on the grill and enjoyed outside! More picnics are to come. Due to special dietary needs not all residents are candidates for the picnic outings. The dietary department puts the flame on the grill as the Resident Council selects a meal of the month and has picked cookouts throughout the summer.

Deb Finley has accepted the position as the new Activity Assistant beginning in early July. She is a familiar face as she has worked at the Care Center for a total of 15 combined years. She is coming to activities from the Dietary Department, Assistant Dietary Manager since 2008. Deb has also had the position of Nursing Assistant and Beautician at the Care Center. Deb is a great addition to the Activity Department team!

Western Days is quickly approaching. Every year we are asked if we will be bringing a group of residents down to watch the parade. We will not be bringing a group to watch the parade, but we will be in the parade! A group will ride in the Care Center van waving at all the smiling faces. Following the parade the New Blue Denim Farmers will be performing for us out front of the Care Center. Come and join us!

Kate Winter Glor, Activity Director

***Kate & Pat Norton
“Our
Volunteer of the
Year” big thank
you for all you do!***



**Trout Fishing
Sylvan Park,
Lanesboro, MN**

Bob Siegal, left, &
Marie Narveson,
right, both sporting
their days catch.



Nice catch
Eileen
Allen!



Here fishie, fishie,
fishie....





Gordon Tienter
"not letting this
one get away!"



Enjoying warm
summer days
with a picnic in
Stewartville.



Phyllis Amy
taking a stroll in
the park while
fishing.

*Care Center's
Resident Spotlight*

*Arlo
and his catch of the day!*



Arlo Rowland was born on December 15, 1925 to Merle & Maggie Rowland. Arlo is the oldest of 14 children in his family, with the second to the youngest sibling having been born on Arlo and Jan's wedding day! He attended school in Gaylord, MN until joining the service and serving in both World War II and the Korean War. Arlo met Jan and they were married on September 24, 1947 in Winthrop, Minnesota. Together they had three boys, Douglas, Steven and Neil. Arlo opened his own business, Rowland Well Company in Byron, and soon thereafter moved his business to Chatfield. Arlo and Jan's three sons as well as three grandsons work at Rowland Well Company, and the family has been running it for over 50 years. When Arlo wasn't busy in the well business, he enjoyed bowling, snowmobiling, traveling and spending time on his river boat on the Mississippi River with his wife. Some of their many favorite trips by motor home included traveling to Texas, Michigan, Florida and Arizona. When Arlo isn't busy spending time with his seven grandchildren or seven great-grandchildren, he enjoys having coffee with family, going outside for some fresh air and attending the Wednesday afternoon music at the Care Center.

*Dancercise Phyllis Amy,
Mavis Severson, Doris
Durfey, Alice Elliott and
Fern Miller*





Assisted Living's Tenant Spotlight

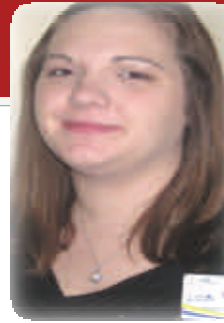
Ves Tuohy was born on July 9, 1925 to Ci & Lucille Tuohy. He was one of three boys who grew up just outside of Chatfield. Ves attended country school for 8 years until it closed. He recalls a time in his childhood that his Grandmother gave him some turkeys and ended up with 2,000 turkeys in 1949. He raised the turkeys free ranged and also had brooder houses. In April 1949, Ves started working for Interstate Power Company and worked there until September in 1950, then eventually he was drafted into the ARMY and joined the paratroopers. He was the oldest paratrooper in the group whom they nicknamed Pop Tuohy. In 1952, Ves came home to work for the Interstate Power Company. On October 3, 1953 he married his wife Margaret and together they had seven children. Ves has spent 27 years volunteering for the Chatfield Fire and Ambulance department as well as doing grounds keeping and grave digging at the cemetery in town. After 50 plus years, Ves continues to work for the cemetery, but limits his talents now to just watering the flowers. Ves and his wife Margaret currently live at Assisted Living and enjoy attending the musical performances held at the Care Center. They also like to spend time with family, and their 10 grandchildren.

Gathering Places

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

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

Osteoporosis



As we all are getting older our risk for osteoporosis increases and if you are a woman you are at a higher risk than men. Osteoporosis causes bone to become weak and brittle. According to MayoClinic.com bone is a living tissue, which is constantly being absorbed and replaced and osteoporosis occurs when the creation of new bone does not keep up with the removal of old bone.

Osteoporosis can cause bones to become so weak that bending over or coughing can cause a fracture. In the early stage of osteoporosis there are usually no symptoms or pain. After the bones start becoming weaker back pain, gradual loss of height or stooped posture are noted. Some dietary factors can greatly influence risk of osteoporosis. Lifelong low calcium intake can contribute to low bone density, eating disorders and also weight-loss surgery.

If diagnosed with osteoporosis an individual would likely be started on a bisphosphonates medications which would include commonly fosamax, boniva and reclast. Some ways to decrease risk of osteoporosis or fractures resulting for osteoporosis would include quitting smoking, avoid excessive alcohol, prevent falls and take calcium and vitamin D supplements if not receiving enough in your diet.

Danielle York RN, DON

Medical Records



I can hardly believe it is already the middle of July. Where has the summer gone? I have to admit though, if the rest of the summer is going to be as hot and dry as July, I will welcome the fall weather!

I would like to take this opportunity to welcome a new physician to Chosen Valley Care Center. Dr. David Brennan will be making his first rounds here on Tuesday, July 17th. Dr. Brennan is currently replacing Dr. Troy Dowers who has recently moved out of state. Dr. Brennan is from Des Moines, Iowa and we are happy to welcome him to our medical team. Dr. Brennan is scheduled to make his rounds on the first and third Tuesdays of each month. We continue to also have Dr. Victoria Dietz here on the second and fourth Tuesdays of each month and Roxie Tienter CNP here on every Wednesday.

If you have any questions or issues that you would like addressed with the physician regarding your loved one, please feel free to contact me at the Care Center.

Lisa Wagner, Director of Medical Records

Assisted & Independent living



My what a difference a year makes. I want to thank all the tenants and their families for their understanding during our recent renovations. I am pleased to announce that on April 27, 2012 the construction and clean up had been completed and we celebrated with a grand re-opening. Hors d'oeuvre and beverages were served in honor of the event. Our tenants have enjoyed being able to have movie nights in the lounge again with the big screen TV. We also added another accessory to the lower level lounge that greatly enhances TV and movie viewing and listening. The feature that has been added is a sound bar. This device is a bar that mounts on the wall just below the TV. This bar houses speakers that project the sound forward and outward to enable everyone to hear the TV. This is especially good for those who are hard of hearing the sound is much more clear. We would like to thank the Founders Committee as they donated money to cover half the cost of this device. Everyone who utilizes the lounge is grateful for the contribution.

Suzette Moechnig, Assisted and Independent Living Housing Director



*Barb Shaefer singing
while her husband Dale
plays washer tub bass,
Donna Cramer on ac-
cordion and Barb
Mosher on guitar*

New Psychiatrist

Dr. Timothy Beyer



I'd like to introduce the psychiatrist that now comes to our facility. Dr. Timothy Beyer is based out of the Rochester Clinic and comes to Chosen Valley Care Center to see the people that live here for various psychiatric needs. His bio is as follows:

"Dr. Timothy McMaster Beyer is a pediatric and adolescent psychiatry specialist with over 20 years of clinical experience. He is board-certified in both psychiatry (adult/general) and child and adolescent psychiatry by the American College of Osteopathic Neurologists and Psychiatrists.

Born and raised in northeast Iowa, Dr. Beyer holds degrees in English and psychology from the University of Iowa and University of Northern Iowa respectively. His medical training took place at what is now known as the Des Moines University of Osteopathic Medicine, and his post-graduate training at the University of Nebraska Medical Center and the University of Minnesota.

Dr. Beyer went on to complete a fellowship in child and adolescent psychiatry at the University of Iowa, where he was also chief resident. Among other roles, he has been Medical Director of Behavioral Health at Avera Marshall Regional Medical Center, where he provided consultation and liaison services to the hospital's long term care units. Dr. Beyer also acted as co-director of the memory care unit at Avera.

Dr. Beyer is an active speaker and educator on adolescent psychopharmacology throughout the U.S., focusing on psychological topics such as moral development and teenage violence and suicide prevention. He co-founded the "Born to Be Alive" program in Minnesota and South Dakota, which aims to prevent suicide among the young and the old alike. When he is off-duty, Dr. Beyer manages the budding violin careers of his two children."

Dr. Beyer sees residents with a variety of medical diagnoses and symptoms. A person does not have to have a psychiatric disorder in order to benefit from Dr. Beyer's psychiatric care. Typically he sees people that have Alzheimer's disease or dementia and struggle with behaviors that are uncomfortable and/or disruptive to their quality of life. Examples of such behaviors are paranoia, delusions, hallucinations, agitation and aggressive behaviors. Dr. Beyer is able to see each person here in their environment and talk to their caregivers and staff. He then looks at medications that will potentially allow relief from such behaviors and continues to check on each person to see how their medication is affecting them. Dr. Beyer plans to come to the facility on a regular basis; monthly or more frequently if needed.

If you have any questions or concerns about Dr. Beyer or the psychiatric services he provides here at Chosen Valley Care Center please contact me, 507-867-4220.

Christy Bakken, Director of Social Worker



*5 yrs
Amanda Wright, Angel
Walker, Brian Nolan,
Rita Charlton, &
Juliann Mueller*

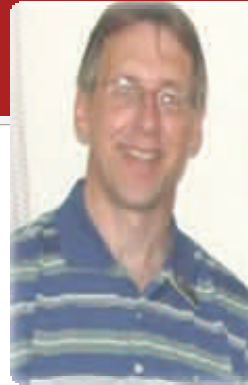
Yearly Employee Recognition

Thanks for making the Care Center a home!



*Lois Barnes, top left, 10
yrs, Maureen LaPlante,
above 25 yrs, Sue Dudley,
and Lisa Rollie,
15 yrs*

Tips for a Safe Running Program



Although running injuries are quite common, you can reduce your risk for injury. Be sure to follow the proper conditioning and training programs, wear the appropriate apparel and footwear, and be aware of your running environment.

Plan for Your Environment

- Run in the shade, if possible, to avoid direct sun. If exposed to direct sun, apply at least SPF 15 sunscreen. Wear sunglasses to filter out UVA and UVB rays, and wear a hat with a visor to shade your eyes and face.
- During hot weather, run in the early morning or evening to avoid heat exhaustion.
- Do not run at night. If you run at dusk or dawn, wear reflective material. Do not wear a headset or jewelry while running.
- Avoid running on hills, which increases stress on the ankle and foot. When running on a curve, such as a running track, reverse directions halfway through your run so you have even pressure on both feet during the run.

Preparation

- A five minute warm-up (which should raise your temperature by one degree) followed by stretching exercises is essential before starting the run.
- Start your run with your body feeling “a little cool”. Your body temperature will increase when you start running.
- Run with a partner. If alone, carry identification, or write your name, phone number, blood type, and medical information on the inside sole of your running shoe.
- Let others know where you will be running and stay in familiar areas, away from traffic. If possible, carry a small bag for a cell phone, whistle, or other noisemaker to use in an emergency.

Dress Appropriately

- When selecting a running shoe, look for good shock absorption and construction that will provide stability and cushioning to the foot. Make sure that there is a thumbnail's width between the end of the longest toe and the end of the shoe. Buy shoes at the end of the day when your foot is the largest.
- Sixty percent of a shoe's shock absorption is lost after 250 to 500 miles of use, so people who run up to 10 miles per week should consider replacing their shoes every 9 to 12 months.

- Excessive clothing can produce sweating, which causes the body to lose heat rapidly and can increase the risk of hypothermia. Instead, dress in layers. The inner layer should be material that takes perspiration away from the skin (polypropylene, thermal); the middle layer (not necessary for legs) should be for insulation and absorbing moisture (cotton); the outer layer should protect against wind and moisture (nylon).
- To avoid frostbite in cold weather, do not have gaps of bare skin between gloves and jackets, wear a hat, and cover your neck. Petroleum jelly can be used on exposed areas such as the nose.

Hydration

- You can lose between six and 12 ounces of fluid for every 20 minutes of running. Drink 10 to 15 ounces 10 to 15 minutes prior to running and every 20 to 30 minutes along your route. Weigh yourself before and after a run. For every pound lost, drink one pint of fluid

Robert Schrupp, Physical Therapist

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. Barb Ristau is styling on Mondays, Pam Danielson is cutting on Tuesdays and Judy Young is curling on Thursdays.

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

His & Her Hair Care Prices

Permanents (including cut & shampoo)	\$40
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.

Founders Committee Members



Donna Cramer
Doris Durfey
Marge Huper
Marge Judd
Theresa Manahan
Barbara Peterson

Vicky Cramer
Carol Finseth
Inga Jackson
Mary Keefe
Denise Pagel
Vivian Thompson

*Walk-n-Roll,
Western Days Parade,
and Golf Outing, Oh My...*



We had 84 participate in our walk-n-roll this year on Friday June eighth. The weather cooperated and the stroll to the park and back was a lot of fun. At the park we enjoyed treats from the Founders Committee while we watched a dog agility demonstration from Leashes and Leads of Byron. It was a great performance and it is amazing how the dogs loved to run through the tunnel and jump over and around poles. Of course, the dogs enjoyed their treats afterwards as well.

This was our tenth annual walk and our most participants thus far. It doesn't seem possible that we have been walking and rolling for ten years. Our bright blue t-shirts were definitely noticeable on our stroll as they are on other days when employees wear them. We did receive some pledges for our walk this year and appreciate those donations.

We are hosting a golf outing on Friday, August twenty-fourth. We have sent letters to businesses if they would like to make a donation, previous golfers to join us and we put up posters advertising our event. Funds raised from the walk-n-roll and golf outing will help purchase window treatment enhancements in the resident's room. As in past years we have raffle tickets for \$5.00 each for a chance to win three prizes. The raffle has been an opportunity for more people to participate in our fund raising efforts. The drawing is held at the conclusion of the golf outing at Chosen Valley Golf Course.

We hope our Minnesota weather will provide clear skies for our golf outing and the Western Days Parade like it did for our walk-n-roll. Some staff will be walking behind the Care Center van in the Parade along with a golf cart or two announcing our golf outing.

All of these events would not be possible without the support of our community and a great network of volunteers. Thank you! Thank you!

Ellen Strande, Director of Human Resources

Welcome to the team!



I would like to introduce myself to the families that do not know who I am. I have been employed at the Care Center for several years. I have taken the position of environmental services supervisor and I am eager to start my new job. I look forward to helping families with questions that they may have with the Laundry and Housekeeping department. I started working at the Chosen Valley Care Center in 1981 as a Certified Nursing Assistant. Then I worked in the laundry department for seven years. As time went on I decided to go on to become a TMA. Later I became the Certified Nursing Assistant Supervisor. I also was the environmental assistant helping out with different things when needed. I now am the Environmental Supervisor. I have seen many changes throughout the years. I have enjoyed seeing the different ideas that different departments have presented I am looking forward to new changes that will continue to occur. When I am not at work I enjoy riding horse, camping and jumping on the motorcycle on a hot day with my husband. I also enjoy spending time with my family. My husband and I have five children and ten grandchildren and we have the pleasure of seeing them all the time. We have been fortunate that they live close by us.

Jody Lawstuen, Environmental Services Supervisors



*Regular Mass
Volunteers, Nancy Giebtbrock, Carol
Wentz, Barb Nolan, Pat
Norton and Jim Wentz
Thank you for all you do!*

Walk n Roll

The wonderful ladies from Leashes & Leads with their amazing dogs.



The Fritches enjoying the dog agility show .



Harold Mangan admiring one of the Austrain Shepards



Leashes & Leads showing off their obedience skills.



Thank you for your generous
memorial donations that were given to
The Founders Committee

*In memory of Elizabeth (Betty) Culver by
Mr. & Mrs. Roderick Nelson*

*In memory of Elizabeth Murphy by
Mr. & Mrs. Roderick Nelson*

*In memory of Luella Penne by
Mr. & Mrs. Jerry Clemens
Judy Johnson*

In memory of Bob Hurley by family

In memory of Hilda Brekke by Judy Johnson

*In memory of Neil Haugerud by
Dewayne & Norma Vogt
Ray & Shirley Finn
Warren & Alice Cummings*

*In memory of Judy Johnson by Alice Cummings
and Lloyd Crowson*

In memory of Norman House by E.K. Amundson

In memory of Hilda Brekke by E.K. Amundson

*In memory of Kay Ward by
Caroline, Alicia and Maureen Ruskell*

In memory of Hilda Brekke by Evelyn Underleak

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Eugene & Sharon Bernard
Orville & Helen Tangen*

*In memory of Neil Haugerud by
Allen & Diane Marzolf
Warren & Marjorie Spannous*



Our 2012 Walk n Roll
Group!

FOUNDERS COMMITTEE, CHOSEN VALLEY CARE CENTER, INC.
2012 ANNUAL FUND DRIVE

Enclosed is my gift of \$ _____ Date: _____

Given By: _____

Address: _____

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Optional: In Honor of _____ In Memory of _____ Name: _____



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