



Views From The Valley
Winter and Spring, 2015



2015 Greetings from Chosen Valley Care Center

Board of Directors

Chosen Valley Care Center & Apartments

Back Row: Members-Denise Daniels, Gary Bren; Amy Vreeman;
and Treasurer-Daniel Hollermann.

Front Row: Secretary-James Strand; President-Mary Mark Patten;
and V. President-Dave Schellhammer.



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

Danielle York, Director of Nursing / cm2@chosenvalleyseniorliving.com

Nicole Lanz, Director of Social Services
ssd@chosenvalleyseniorliving.com

Gerry Gathje, Director of Environmental Services
plant@chosenvalleyseniorliving.com

Suzette Moechnig, Assisted Living & Independent Living Housing Director
almanager@chosenvalleyseniorliving.com

Lisa Wagner, Director of Medical Records
medrec@chosenvalleyseniorliving.com

Kate Glor, Director of the Dept. of Life Enrichment
act@chosenvalleyseniorliving.com

Jody Lawstuen, Environmental Services Supervisor
clean@chosenvalleyseniorliving.com

Barb Weiss, Director of Dietary / food@chosenvalleyseniorliving.com

Stacy Hrtanek, Business Office Manager
billing@chosenvalleyseniorliving.com

Robert (Bob) Schrupp, Physical Therapist / schrupp@hbc.com

From The Administrator's Desk

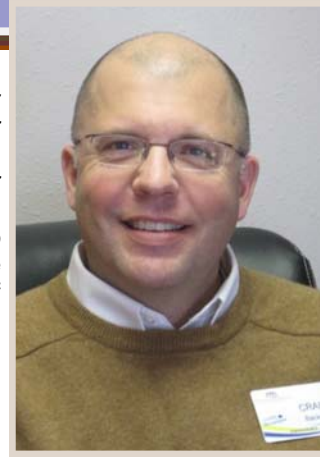
Dear Family and Friends,

Happy New Year everyone! I hope this past year was a great one for all of you, and wish the New Year brings you health and happiness.

It's always a pleasure to reflect back on our organization's accomplishments from the past year. There were many programs, services and people who contributed to our success. These successes were directly related to the dedication and hard work of everyone involved.

These are just a few of the highlights:

- We completed the second year of Housing With Services at Chosen Valley Apartments, providing tenants with supportive and health related services in their homes.
- On-site dental services continued for Care Center residents and Apartment tenants. Teeth cleaning, fillings, and many other dental cares were provided without having to leave the building.
- We had a successful MN Department of Health survey. The survey outcome was a good indicator of the quality care and services we provide.
- Our Nursing Assistant Training Program celebrated its third year, offering six, eighty-five hour classes with 39 students who completed the program.
- We offered convenient and cost effective telephone service in the Care Center and Apartments. This has been a great added service with approximately fifty residents subscribing.
- We were involved in community and promotional events such as the Western Days Parade, 11th Care Center Golf Outing, MAYO Clinic Vendor Fair, 12th Annual Walk N Roll, Chatfield Senior Dinner and our first annual Running For The Aging fun run/walking event.
- We continued to offer Meals on Wheels to the community. Approximately 2,333 nutritious Meals on Wheels were served to community seniors.
- We continued our focus on delivering person-centered care, creating individualized/personalized services and promoting autonomy for those who live here.
- The Care Center completed its second year of Tele-psychiatry/Telemedicine services through Olmsted Medical Center. This technology allowed residents to be assessed and provided treatment by medical professionals (via the internet) without having to travel to Rochester and wait for their appointments.



From the Administrator's Desk, continued

Overall, we had another great year and everyone should feel very proud of their accomplishments. What will 2015 bring? We will continue to build upon our sound reputation of care and services that began over 38 years-ago. We will also continue to monitor the needs of our residents and the Chatfield community, and integrate programs and services when needed.

There are so many special things that make Chosen Valley Care Center and Apartments a great place to live and work. Among all of these, high quality care and service are the key components that make us who we are.

Thank you to everyone for your support and dedication to our home this past year. You all make the Care Center and Apartments a great place to live and work, and your commitment plays a tremendous role in the daily lives of our residents and tenants. I am looking forward to another successful year and very grateful to be a part of such a dedicated and caring community!

Craig Backen, Administrator

Lisa Vickerman: Exercise



At Chosen Valley Care Center we realize the importance of exercise for the elderly. That is why our residents participate in a restorative care program, move to music, bowling, dancercise and a walking program, just to name a few. Regular exercise protects you from chronic disease, improves mood and lowers your chances of injury.

Moderate physical activity is good for all ages and of all abilities. Even elderly with chronic illnesses can exercise safely. Many medical conditions are improved with exercise, including Alzheimer's and dementia, heart disease, diabetes, colon cancer, high blood pressure and obesity. Regular exercise improves:

- **Immune Function**- A healthy, strong body fights off infection and sickness more easily and more quickly.
- **Cardio-Respiratory and Cardiovascular Function**-Regular physical activity lowers risk of heart disease and high blood pressure. If the elderly person has hypertension, exercise will lower blood pressure.
- **Bone Density/Osteoporosis**-Exercise protects against loss in bone mass. Better bone density will reduce the risk of osteoporosis and lowers risk of falling and broken bones.

Lisa Vickerman: continued

- **Gastrointestinal Function-** Regular exercise promotes the efficient elimination of waste and encourages digestive health.
- **Chronic conditions and Cancer-** Regular physical activity lowers risk of Alzheimer's disease and dementia, diabetes, obesity, heart disease, osteoporosis and colon cancer. It also helps in the management of high cholesterol and arthritis pain.

The ideal exercise prescription for the elderly consists of three components: aerobic exercise, strength training, and balance and flexibility.

You might ask what kind of exercises can seniors really do? Physicians recommend 30 minutes of cardio respiratory endurance exercises each day for the elderly. This means getting your heart rate up and breathing faster. Cardio respiratory endurance exercise increases the body's ability to deliver oxygen and nutrients to tissues and to remove waste over sustained periods of time.

Strength training uses and strengthens muscles with repetitive motion exercises. Seniors can do strength training with weights, resistance bands, nautilus machines or by using walls, the floor and furniture for resistance. Two to three strength/resistance training workouts a week will provide the greatest benefits.

Strength training helps prevent loss of bone mass and improves balance. Both of these things will help avoid falls and broken bones among seniors.

Stretching is vital to exercise. Stretching helps muscles warm up and cool down gradually. Stretching improves and maintains flexibility, prevents injury, and reduces muscle soreness and stiffness.

There are some people whose physical abilities are limited by medical conditions or frailty. These seniors have to go about exercise more carefully than others, but don't have to dismiss it entirely. With proper instruction and guidance, the elderly can learn activities and exercises that improve mobility and reduce frailty.

That is why we are very happy to announce that Chosen Valley Assisted Living will now have (2) recumbent bikes, senior exercise videos with weights and virtual DVD's for the tenants to use. So keep your eyes open for this new equipment.

Lisa Vickerman, Director of Clinical and Residential Services



Ellen: A New Year



January for many in Minnesota means cold weather, snow and the end of the Holiday Season. For many in my line of work it means preparing W-2's for employees and our State and Federal Government. Often times our laws change which means dutiful preparation to ensure year-end reporting requirements are met. The Affordable Care Act has meant numerous changes not just to health insurance but also to reporting on our W-2's.

While driving home after finally finishing preparation of the W-2's, I wondered how many years citizens have been filing income taxes. Last night I searched for answers and found the following information: In 1862, President Lincoln and Congress enacted an income tax to pay Civil War expenses. In 1872, it was not renewed by Congress. In 1894, Congress revived the income tax only the Supreme Court ruled it unconstitutional the next year.

It wasn't until 1913 when the 16th amendment was ratified that Congress had the authority to enact an income tax. During World War I taxes were increased and during World War II Congress introduced payroll withholding to allow for dollars to be subtracted from employee wages. <http://www.irs.gov/uac/Brief-History-of-IRS>.

In my last Views article, I mentioned that I enjoy reading a good book during our winter cold weather. Sometimes it is even fun to do a little research into history or just to conquer a bit of curiosity. And since I like to be informed – I will share some important dates for this New Year: Thursday, June 4th will be our 13th annual walk and roll, Friday August 28th will be our twelfth golf outing. More information will be forthcoming the closer we get to these fun events!

Ellen Strande, Director of Human Resources



Kids
Korner
Visited
from
Eyota

Happy
Birthday,
Dorothy!



Employee Spotlight: Amy Neis

Amy Neis has been employed with CVCC for four years. She is one of our energetic, creative Life Enrichment members who develop a warm and welcoming place for our residents. Amy and her department offer a full line of activities for our residents every day.

Amy was born to Gary and Jean (Winslow) Scheevel in Rochester. Amy and her siblings grew up in Preston. Most of her childhood was spent in Preston, but her family also lived in South Dakota and Greenleaf. "While we lived in Greenleaf," Amy said, "my siblings and I would visit our elderly neighbors with a wagon full of fourteen pet rabbits. We enjoyed making their days brighter, and they rewarded us with milk and cookies."

Always a country gal, Amy loved animals, and all sorts of outdoor activities. She graduated from Preston/Fountain High School and was a Blue Jay cheerleader! While in school, Amy loved participating in school plays, tapestry (a singing group), and art.

Amy has a fourteen year old son, Nolan, and is active with his sports: basketball and baseball. Amy is his biggest cheerleader, his biggest fan, attending as many games as she can.

Before coming to CVCC, Amy worked at the Ostrander Care and Rehab Center for eleven and a half years, working her way up to dietary supervisor. Amy came to CVCC Activities Department because she wanted more one-on-one contact with residents. Even before Ostrander, Amy worked at the Lund House (Oakenwald Terrace) when it was an assisted living. While working for Marian and Shelby Lund, Amy worked in every department (cooking, cleaning, giving baths) and gained a real desire to care for those in long-term care.

At CVCC, Amy really enjoys all the hugs and smiles from our residents. The residents know her as the 'Smiley Girl.' Amy is also known at the 'Beauty Lady' because she coordinates all beauty shop appointments. "Every day," Amy said, "My goal is to make each day the best possible day – to make each person's day just a little bit brighter."

On days away from CVCC, Amy enjoys all sorts of outdoor activities: kayaking, fishing, camping, tubing down the river, four-wheeling, cheering on her family at rodeos, hiking and motorcycle riding with friends. During the winter, Amy enjoys watching indoor sporting events and dancing. Amy shares her love of life with us at CVCC.



A Word from the DON, Danielle York



Facts on Upcoming Health Awareness Months February- National Wear Red Day 2/1/2015

- National Wear Red Day is a day of awareness of the #1 killer of women: heart disease.
- Heart disease is the leading cause of death for both men and women.
- In the United States about **600,000 people** die of heart disease every year—that's **1 in every 4 deaths**.
- Every year about **935,000 Americans** have a heart attack. Of these, 610,000 are a first heart attack. 325,000 happen in people who have already had a heart attack.
- Knowing the warning signs and symptoms of a heart attack is key to preventing death,
- Chest pain or discomfort.
- Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach.
- Shortness of breath; Nausea, lightheadedness, or cold sweats.
- All facts are from <http://www.cdc.gov/heartdisease/facts.htm>

March-Multiple Sclerosis Awareness Month

- Mayo Clinic defines Multiple sclerosis (MS) as a potentially debilitating disease in which your body's immune system eats away at the protective sheath (myelin) that covers your nerves.
- Damage to myelin causes interference in the communication between your brain, spinal cord and other areas of your body. This condition may result in deterioration of the nerves themselves, a process that's not reversible.
- There are more than 400,000 people in the United States whom have MS and an estimated 2,500,000 around the world.
- Symptoms vary widely, depending on the amount of damage and the nerves that are affected. People with severe cases of multiple sclerosis may lose the ability to walk or speak clearly. The most common symptom is fatigue.
- Diagnosis of MS is usually between 20 and 40 years of age and affects more women than men
- The course of the disease is unpredictable and no two people will experience the same set of symptoms.
- MS is not contagious and is a progressive disease for which there is not yet a cure. There are treatments that can slow the progress of the disease and manage the symptoms,
- Increased understanding of MS has led to the development of many new treatments that target both the disease process and its many symptoms.
- All facts are from <http://www.msfocus.org/Facts-About-MS.aspx> and <http://www.mayoclinic.com>.

Danielle York RN, Director of Nursing

Tenant Spotlight: Lois Gilbertson

Lois Gilbertson was born in Rochester, Minnesota (Olmsted County) to parents, Lloyd and Lavina (Betcher) Hart. They farmed near the Pleasant Grove area where Lois attended country school through the 8th grade. Lois went on to high school in Stewartville, graduating in 1953.

The Hart family had three children, Lois and two brothers, Duane Hart and Dale Hart. Duane went into farming like his father and ran Hart Farms in Pleasant Grove until he passed away in 1998. Dale Hart grew up to be a teacher and is now retired, living in Waukon, Iowa.

Lois worked for a time at the Olmsted County Courthouse in Rochester in the Register of Deeds office. She met and married Maynard Gilbertson from Lanesboro. They were married at the St. John's Lutheran Church in Stewartville on April 29, 1967. Maynard was a Veteran, having served in the Korean War, and was a farmer who lived all his life on the family farm. Lois and Maynard farmed the land together and raised three children: Carmen, Duane and Brian. Carmen works in coding at OMC in Rochester. Duane is a carpenter in Fountain, Minnesota. Brian is a school principal (K through 12) in Edgerton, Minnesota.

Maynard and Lois were a true team while caring for the family farm. Lois fed cattle and drove tractor. She also did child day care in Lanesboro. She enjoyed sharing the family farm with Maynard who lived there for 80 years. During Maynard's illness, Lois moved to a CVCC independent living apartment to be close to him. Maynard passed away on November 25, 2013.

Today, Lois enjoys visits from her six grandchildren: Gabriel, Alexis, Reece, Mason, Kaylee and Chase. She also very much enjoys doing genealogy and working on the computer. She has met some distant cousins through her family research. Lois has lived in the Chatfield, Lanesboro and Stewartville area all her life.

Lois comes to some activities at the Care Center. She likes the special music presentations, and stays to have coffee with friends she has made here. It is nice to have Lois counted as one of our friends.



Lois pictured here with her husband, Maynard

Resident Spotlight: Marvin Rabe

Marvin Rabe was born on August 8th, 1914 in Wabasha County, Minnesota (near Oak Center and Lake City) to parents, Clarence and Lizzie Rabe. Last August, Marvin celebrated his 100th Birthday with family and friends. His family hosted a grand Open House on his Chatfield farm where one of his sons now lives.

When growing up in Wabasha County, Marvin and his siblings (Carroll, Clifford and Ruby) attended Sprick School near Oak Center. Marvin attended school through the eighth grade, but he was too young to graduate, so he wound up taking 8th grade three times!

Marvin farmed near Oak Center with his father after school ended. He married Vera Rothgarn in Red Wing on March 6, 1937. They were later divorced.



On January 6th, 1943, Marvin married Ethel Herbst at the Lincoln Parsonage, Lincoln Church between Oak Center and Zumbro Falls. It was a very cold January day to get married. The pastor asked if they could have the wedding in the parsonage so they would not have to heat the whole church. Marvin and Ethel met each other at neighborhood barn dances. Ethel was a neighbor, and she and Marvin danced very well together. They started their married life farming near Oak Center, then in 1952 they purchased a farm north of Chatfield, in Orion Township.

Marvin was a dairy farmer all his life. He and Ethel had seven children: Joann, Larry, Liz, Robert, Chuck, Dean and Lisa. They were also foster parents to Ronnie and adopted a child, Loretta. Marvin and Ethel were a great team, working on the farm together and raising their family.

Marvin was very active in the farming community, serving on many boards: Orion Township Town Board, Lion's Club, Chatfield Coop Creamery Board, Elder at St. Paul's Lutheran Church, and Boss School Board Member (near Lake City). Ethel and Marvin enjoyed many activities together including 500 cards, barn dances and later square dancing.

Marvin moved to town in 1977 after Ethel passed away. He left the farming to his two oldest sons, Larry and Robert. But, he continued to square dance well into his 90s, belonging to two square dance groups in Dover and Rochester.

Today, Marvin enjoys visits from his children and family of 29 grandchildren, 53 great-grandchildren and 11 great-great-grandchildren. Since living at the Care Center, Marvin attends many events including Happy Hour and special music presentations like Home Spun Harmonies (chorus of home-schooled students). He still gardens with the Care Center staff and watches square dancing any chance he can.



Dept. of Life Enrichment (Formerly Known As Activities)

You have probably noticed our department title change. With all the changes in our field, an update to our title better fits our responsibilities. Have you met the Life Enrichment staff at the Chosen Valley Senior Campus?

We have a new face, A.J. joined our team in November this past year. He was born and raised in Atlanta, Georgia. He is a veteran having served in the National Guard with the 178th MP Battalion.

Chrissy's employment at the Care Center began on November 26, 2012 in the Nursing Department and came to the Life Enrichment Department on June fourth 2013. Prior to coming to the Care Center she worked with individuals with Alzheimer's and taught preschool, and early childhood development over thirteen years.

Amy Neis has been with us for four years, joining our team on January 3, 2011. Prior to the Care Center, Amy had been employed at the Ostrander Care and Rehab for eleven and a half years.

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

The third week in January is National Activity Professionals Week. Just what is it the Life Enrichment Activity department does you might wonder...oh where to begin! We are responsible for the development and implementation of all types of activities, in all kinds of settings to meet the needs of the residents and tenants living at the Chosen Valley Senior Campus. From large group settings: church, special music or entertainers, parties, resident council meetings, exercise (through games, dance etc.) daily news and current events; small group settings: stimulating cognitive games, card games, sensory and orientation type activities and one to one's with individuals: hand massages, make-up and grooming, devotion and so much more! Our goal is to provide activities to meet the needs and interest through individual and group programs to promote optimal practicable level of physical, intellectual, spiritual, creative and psycho-social well being. If you have any suggestions for activities or would like to share your talents with us, have a collection, or a topic you have researched or have been on a trip, don't hesitate to stop in or give Kate a call, 507-867-2721 is her direct line.

The Care Center was over flowing with activity, especially during the holiday months. One frequently asked question during this time is "Where did that gift from Santa come from?" Santa visits on Christmas Eve (or the closest day to it, when it falls on a weekend), bringing gifts that are donated from staff, the individual resident's church, and community members or an organization called "Santa for Seniors" or purchased with donations made in the collection container at the front desk. Each resident and/or tenant received a gift from Santa.

Mark your calendar and plan to join us on Friday, February 13, at 1:30 p.m. to 3:00 p.m. for a Sweet Treat, an angel food cake and strawberry ice cream fund raiser, hosted by the Founder's Committee.

If you would like a copy of our calendar of activities, stop in the activity office or even better view it at our website: <http://www.chosenvalleyseniorliving.com/>

Life Enrichment continued ...

Before we know it spring will be upon us, OK I know, not as soon as we wish! But each day brings us a day closer to that time of the year were everyone is eager to go outdoors and get some fresh air. As the weather continues to warm we will be having more activities outside. Walking Club, Horseshoes, Ladder Ball and other games, gardening, van rides, Out to Lunch and picnics just to name a few.

Resident Garden Plots

Plans will be in the process for residents who wish to have a garden plot. The goal for those who wish to have a garden plot is to be able to plan, plant, water, weed and harvest it with minimal assistance of 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.

If you are looking ahead and want to have a birthday party for your loved one at the Care Center, please call the month prior as we will be able to meet your needs best with planning ahead and putting it on our activity calendar or if you would rather have a family gathering in the Lehman Room, we can assist you with making that reservation. We do ask for a \$25 donation for the use of the Lehman Room and due to the Fire Marshall a limit of 25 people is required. Thank you.

Please plan ahead for any hair needs of your loved one, with the busy schedule of the beauticians it is not always 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 biweekly customer, especially for permanents. We do our best to meet the needs of our residents and tenants.

Friday May First 1:30 – 3:00PM is the **Founder's Committee Annual Spring Pie Social Fund Raising Event**. The Founders 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.)



Life Enrichment
(Activity) Dept. at
the Holiday Tea,
A.J. Smith, Kate
Winter Glor, Amy
Neis and Chrissy
Weisz.

Life Enrichment continued ...

Looking ahead/ dates to be announced:

The **Bi-Annual Care Center Prom** will be held in May date to be announced in the coming months! We are looking for volunteers with a background of hair and makeup to get us ready for the big event. We will have formals (shawls that will coordinate with any top) for the women. If you have a male resident, please arrange for them to have a button down front shirt. We have many donated ties we can set them up with for this event. No prom would be complete without flowers - corsages and boutonnieres for all the Care Center Residents. What could be better than spending the prom with a special date, spouses are encouraged to join us!

June Annual Walk-n-Roll: Beginning at the Care Center and walking down to the City Park. Families are encouraged to participate in this event. Pledges will be accepted.

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!

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.

Notices of upcoming events are posted at the Care Center, on the monthly calendar and also in the Chatfield News Chosen Valley Senior Campus Article. Be sure and check out the paper article for all the latest picture and happenings!

Kate Winter Glor, Director of Life Enrichment



Assisted Living and Independent Living



Change is never easy for anyone, especially when it entails the decision to move Mom or Dad for their own safety. Making the decision to move a parent from living independently in their home or apartment to an assisted living facility can be difficult. Talking to a physician or a social worker can be beneficial in guiding families with this decision. It is also helpful to have a family meeting to discuss what the best environment is for the elderly parents.

When considering what type of facility is the best option for your parent first determine how much assistance is needed with activities of daily living (ADL's). For example do they need help getting dressed, taking a shower or do they need more extensive assistance such as medication administration?

Make a list of all the ADL's that your parent is struggling with so that you can discuss this when touring a facility. This will help the facility and you determine the best plan of care for your loved one. Making an informed decision and having a plan of care in place will make relocating to an assisted living facility much smoother and more enjoyable for your parent.

Suzette Moechnig,
Assisted and Independent Living Housing Director

Assisted Living





Christmas and New Years at CVCC





Christmas and New Year's Day are special times at CVCC.
 Pictured: Arloene A., Betty D., Arlynn P., Doris D., Marge S., Jim N., John H., Lois R., Mildred J., Margie T., Eileen A. and Annette M.

Environmental Services: Gerry Gathje



We are excited to announce the completion of our new heating and cooling system for the kitchen and dining areas. After much hard work and planning this system is a great investment in the future of the Care Center and for the comfort of all that call this home.

This investment was not easy but we realize that the quality of air and the overall comfort is of great value. During a recent event the dining hall was filled to capacity and I noticed that there was still plenty of fresh good quality air. I am confident that as we look to the future this will be an investment that few will see but all will benefit from.

I am including a short and informative article for your reading enjoyment, it should help you discover and uncover some good indoor air quality ideas for the long winter months. Improving Air Quality in Your Home; Common Sources of Air Quality Problems: Poor indoor air can arise from many sources. At least some of the following contaminants can be found in almost any home:

Remedies to Indoor Air Quality Problems

- 1. Carpet:** Promptly clean and dry water-damaged carpet, or remove it altogether. If adhesives are needed, ask for low-emitting ones. Consider area rugs instead of wall-to-wall carpet. Rugs are easier to remove and clean, and the floor underneath can also be cleaned.
- 2. Moisture.** Moisture encourages biological pollutants, including allergens such as mold, mildew, dust mites and cockroaches. *Remedy:* If possible, eliminate moisture sources. Install and use exhaust fans. Use a dehumidifier if necessary. Remove molds and mildew by cleaning with a solution of chlorine bleach (1 cup bleach to 1 gallon water). Maintain good fresh air with natural and mechanical air circulation.
- 3. Animals.** Many animals leave allergens, such as dander, hair, feathers or skin, in the air. *Remedy:* Keep pets outdoors as often as possible. Clean the entire house regularly. Deep clean areas where pets are permitted. Clean pets regularly.
- 4. House dust mites.** Biological allergens can trigger asthma. *Remedy:* Clean and vacuum regularly. Wash bedding in hot water above 130 degrees F. Use more hard-surface finishes; they are less likely to attract and hold dust mites.
- 5. Unvented clothes dryer.** Gas dryers produce carbon monoxide and combustion byproducts and can be a fire hazard. *Remedy:* Regularly dispose of lint around and under the dryer. Provide air for gas units. Vent the dryer directly to the outside. Clean vent and ductwork regularly.

Grandchildren: I would also like to mention that (We are Grandparents again) I am so excited to welcome Kerstin into our family. She is seven lbs of pure joy and the greatest gift we could ever receive this side of heaven! We are proud and humbled to be grandparents of seven perfectly, perfect children.

It was very exciting to involve some of them in the recent Christmas Tea at the Care Center, not only did we enjoy the time but we were able to share our joy with others. It is amazing to witness the overwhelming joy as we watched the residents hold and look into the eyes of these children with amazement.

Psalm 127:3 Behold, children are a gift of the LORD,.....

Sincerely,

Gerry Gathje, Director of Environmental Services

Did you know ... Doctor's Rounds

I have once again recently received a lot of questions from family members in regard to doctor rounds and how they work, so I thought I would again use this time to explain a little bit about them.

When a resident is first admitted to the Care Center and has come from the hospital, they must be seen by one of our physicians within 30 days for their initial visit. If they are admitted from home or from another nursing home, they must have a history and physical completed by a physician, physicians assistant or a nurse practitioner at least five days before or seven days after their admission. They are then seen every 30-40 days for the next two months alternating between our physicians and our nurse practitioner. After that they are seen routinely every 60-70 days again alternating between their physician and the nurse practitioner. Our nurse practitioner can also see residents for special visits (such as to look at a wound or skin concern, or to review a medication etc.) in between their routine visits.

If a resident goes to the hospital and ends up being admitted they must be seen again within 30 days by their physician or the nurse practitioner upon their re-admission back to the Care Center.

Our two physicians are here at the Care Center two times a month and usually see a list of six to eight residents at each visit. Our nurse practitioner is here at the Care Center every Wednesday and usually sees a list of five to seven residents at each visit in addition to added reviews.

I hope that this information has been helpful and gives you a little better understanding of how our doctor rounds work. If you have any further questions regarding doctor rounds please feel free to contact me at the Care Center.



Lisa Wagner, Director of Medical Records

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.

Nicole Lanz, Director of Social Services

For this article I would like to share some information and stress the importance of having an Advanced Directive completed. Advanced Directives are great in that they are a way to express your desired medical care when you may be unable to speak for yourself. Advanced Directives are also known as living wills or Health Care Power of Attorney; these documents are legal instructions on your personal preferences for medical care in the event that you are incapable of expressing these preferences yourself.



In your Advanced Directive you can choose to include the types of life sustaining medical treatments you would or would not want utilized, decisions correlated to pain management, and organ donations. When you are preparing to complete this document, or if you have already done so, remember to discuss your decisions with your primary care doctor, your assigned power of attorney, family, and friends.

When you have completed your documents, you should think about keeping an original copy in a safe place, giving a copy to your doctor, giving a copy to your power of attorney, and if you or your loved one is currently in a nursing home please be sure to provide a copy to them. At any time you may change your Advanced Directive, it is what is considered a 'living, breathing document' that should change as a person's wishes change. In the event that you do make changes it is important to create a new form, and to distribute new copies and destroy the old copies so that there is no confusion.

Chosen Valley Care Center has a policy that we take a copy of each resident's advanced directives and then follow them. Advanced directives can include living wills and Health Care Power of Attorneys. If you know your loved one has an advanced directive, please check with me to ensure that we have a copy on file.

If you'd like information on creating an Advanced Directive or need help finding blank forms please let me know. I provide a brochure on Health Care Directives to everyone at the time of admission and those are available upon request as well. I can also provide support in finding blank forms as they are available online.

Nicole Lanz, Director of Social Services



Business Office: CVCC Rates

Medicare Changes for 2015!

The Medicare A Co-Insurance rate went from \$148.00 to \$152.00 per day, effective January 1, 2015. If you qualify for Medicare, Medicare pays 100% of all charges for the first 20 days, although, this does not cover any additional private charges such as the fee for a private room or phone. On the 21st day of coverage the Co-Insurance charge of \$152.00 will begin. Medicare will pay emergency transportation such as ambulance, but will not pay for non-emergency transfers to appointments such as R & S Transport. Some beneficiaries have the misconception that Medicare will automatically cover a nursing home stay. There are two technical requirements that must be met before Medicare will pay for your stay:

1. You must have three consecutive nights in the hospital as an inpatient and not as observation. Observation will not qualify as one of the two requirements Medicare requires for coverage. After your three day hospital stay you must be admitted to the nursing home within 30 days.
2. You must be receiving "skilled care." Skilled care is seen as service provided by a licensed professional. Each qualifying individual is eligible for 100 days maximum of Medicare, but this is only if the individual is still receiving "skilled cares."

This time of year many people are changing insurances and/or their policies. If this has happened please provide the business office with the current information. Please call myself or Erin Amdahl, Financial Assistant, with any questions regarding billing or these changes at 867-4220.

Stacy Hrtanek, Business Office Manager



Lorraine &
Francis
Klomps at
our Holiday
Tea

Barb Weiss, Dietary



Hello, winter is here and not that bad so far. I have a few kitchen ideas I would like to share.

Did you know that putting marshmallows in you brown sugar will keep it from getting hard? Tic Tac candy containers are a great way to store spices. To make your own hard shell tortillas for tacos, all you need to do is drape soft tortillas over your oven racks and bake.

Use cookie cutters to make fun pancakes and eggs. Using a waffle iron is a wonderful way to make hash browns.

I love lemons when I grill fish so what I do is spray my grill and place sliced lemon under the fish I am grilling, the clean-up is really easy also. I also put sliced lemons with water in muffin tins and freeze them, then just pop out and put in my water jug. To remove garlic smell from your hands, rub your hands on stainless steel.

I know I have talked about eggs before and just wanted to mention something I have tried and it was really different, I took an egg and intensely shook it for 2 minutes then boiled it and I ended up with a golden egg.

I would like to remind you that we provide Meals on Wheels. If you are interested in Meals on Wheels call Barb @ 867-4220

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



**Johnson
Family
Singers
performed
at CVCC
December
26th**

Hair Salon

The Care Center offers hair care services to keep everyone looking their best. (Please note pricing increase started 9-1-2014.)

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 here on Mondays, Pam Danielson on Tuesdays and Judy Young on Thursdays; cutting, styling, curling and perms.

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

His & Her Hair Care Prices

Permanents	\$42 (including cut & shampoo)
Colors	\$16
Haircuts	\$11
Barber Cuts	\$8
Shampoo & Set	\$12
Rinse	\$3.50
Comb out by beautician	\$3.50

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

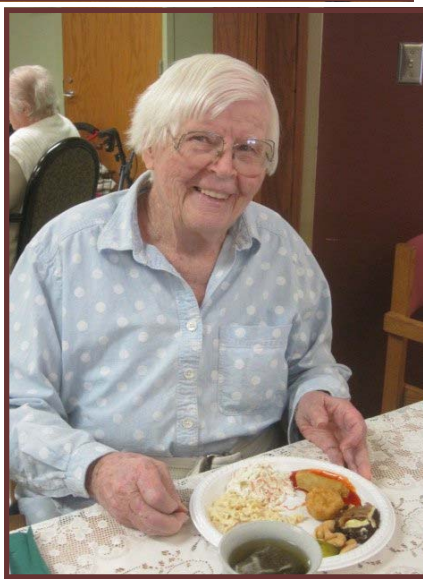
Please plan ahead any hair needs of your loved one, with the busy schedule of the beauticians it is not possible to set up an appointment one day in advance. One or two weeks may be needed for an appointment if you are not a regular weekly or every other week customer, especially for permanents. We do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

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.

HOLIDAY TEA



The Founder's Committee



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

Remember to attend the Founder's Committee Annual Sweet Treat Social and Fund Raiser on Friday, February 13th from 1:30 to 3:00 pm. Come enjoy angel food cake, strawberries and ice cream with the resident and tenants.

Donations to Founder's Committee from October through December, 2014:

From Irrold "Bud" Hanson in Memory of Mildred Hanson—\$200.00
Knights of Columbus to Activity Department—\$50.00
Lana Bernard in Memory of Betty Kinney—\$10.00
Edison High School Staff in Memory of Diane Meyer—\$50.00
Gerald and Maureen Barry in Memory of Betty Kinney—\$30.00
Paul and Patricia Morse—\$75.00
Orville and Helen Tangen in Memory of Diane Meyer—\$10.00
Dr. and Mrs. D.B. French in Memory of Evelyn Underleak—\$50.00

From The Desk of Physical Therapy



Do You Have A "Neck" Headache?

Have you ever stepped out of bed in the morning only to be greeted with a nagging headache? Have you ever gotten through a tough and stressful day at work with pain radiating from your neck to parts of your head? Do you ever feel like these headaches and neck pains have become such a routine part of your life and you've tried everything you can to get rid of them but have been unsuccessful?

Headaches can be quite debilitating for some people, especially when they are frequent, chronic, and intense. They can affect our productivity at work, our concentration, and our daily functions at home. There are a variety of headaches one can experience. Two of the most common types are tension headaches and migraines. While the exact causes of these headaches are unknown, research has identified that 15% to 20% of chronic and recurrent headaches are diagnosed as 'cervical headaches' and are related to muscle and joint impairments in the neck, which can refer pain to parts of the head and face.

Common causes of cervical (neck) headaches include faulty or sustained postures from sitting at an office desk or computer for hours during the day, leading to nerve irritation in the neck that sets off a vicious cycle simply because slouching either feels more comfortable or your postural muscles don't have the endurance to keep the head, neck, or back in neutral alignment. Ultimately, shortened muscles can get very tight, lengthened muscles can get very weak, and joints in the neck can get very stiff and painful, making it difficult to correct one's posture and fix these impairments.

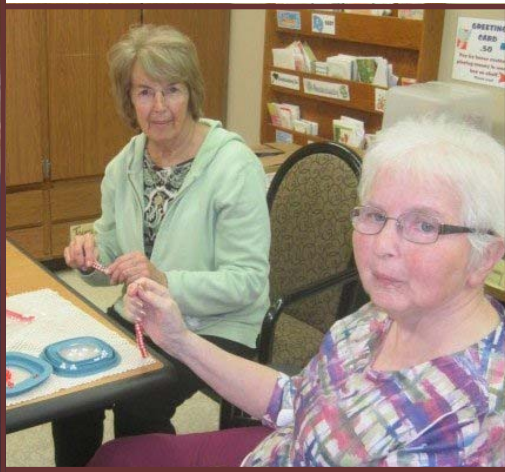
Three Things You Might Try for a "Neck" Headache:

1. Put a wet washcloth in a re-sealable plastic sandwich bag, and place the bag in the freezer for 30 minutes. Remove it and place it on the base of your neck or forehead for a long-lasting compress — the washcloth will be extra cold, and the bag will keep the icy wetness off of your skin.
2. Try self-massage to your neck and the base of your skull. Or have someone massage it for you.
3. Correct your posture. When one sits or stands your ears should be over the shoulders and the shoulders should be in line with the hips. When you are in this position the muscles in the neck do not have to work so hard.

So, the next time you have a headache, sit up a little straighter. It might do the trick.

Robert (Bob) Schrupp, Physical Therapist

Crafting and Special Events



Holiday Tea Photos



Environmental Services: Jody

Page 29

2014 was a great year with the residents and their families. We always enjoy the time we share with each and every one of our residents. The residents touch each and every one of us who work at the Care Center, no matter what department we work in. It could be the life enrichment department, nursing department, environmental services department, dietary department, or the business office. We are thankful that we can share special moments with your loved ones.

2015 will be another amazing year as it unfolds, with different events and activities. We will be meeting new residents as they move into their new home at the Chosen Valley Care Center. Other residents will go home after getting stronger with physical therapy. We want to make their stay as comfortable as possible. Each resident is very important to all of us here at the Care Center.

The environmental services department plays a big roll in keeping rooms and common areas clean and sanitized. Flu season is a busy time for everyone, and it seems to hit the community every year. Influenza A has been the bad one this year, so remember to practice good hand washing and sanitizing as well.

Everyone has done a wonderful job with getting the clothes down to the laundry room to get marked. Several of the residents received new clothes for Christmas. So, thank you very much to all for helping. Remember during the year, when you purchase items for Care Center residents, please bring them to the laundry room or give them to a staff member for labeling.

Spring will be here before we know it, and that is such a busy time. We will be working on many different projects outside including getting the outside of the windows cleaned. Our number one challenge of course is the weather. Will it be a rainy spring or a normal spring? Whatever the weather, we are always anxious to get outside after a long winter and work on outside projects.

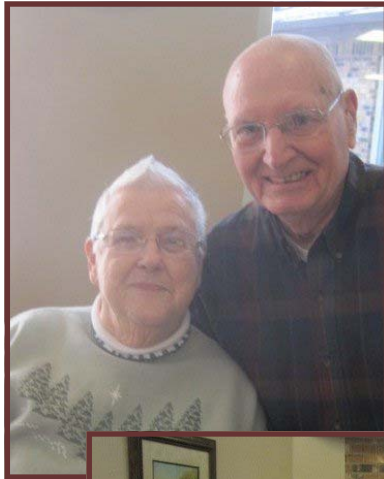


Jody Lawstuen, Environmental Services Supervisor

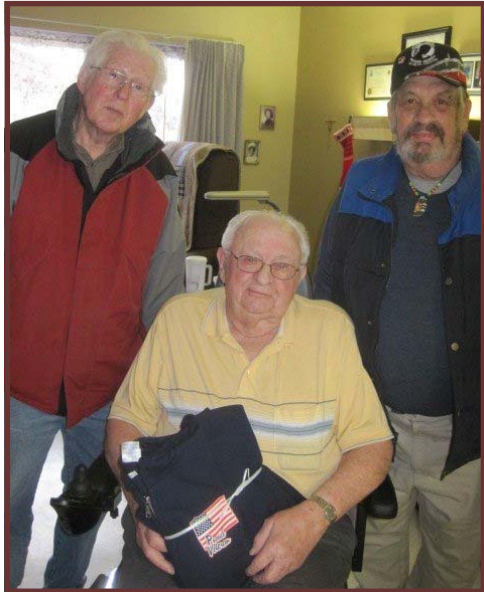
Dietary
Dept.
serving
Holiday
Tea



More Holiday Tea Photos



VFW Post 6913 Present Gifts
to Our Veterans



We thank
and
honor our
Veterans:
Louis
Ward,
Gerald
Fritsch
and
Eugene
Stewart





1102 Liberty St. SE
Chatfield, MN 55923

