



## *Views From The Valley*

*January 2013*



*Santa and Millie say Ho, Ho, Ho!*  
*Views from the Valley feature photos of a very Merry*  
*Christmas and Happy New Year!*

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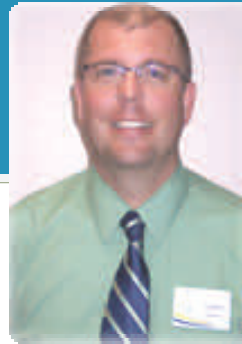
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### **Contributing Writers:**

*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  
*Gerry Gathje, Director of Environmental Services*  
plant@chosenvalleyseniorliving.com  
*Suzette Moechnig, Assisted Living & Independent Living Housing Director*  
almanager@chosenvalleyseniorliving.com  
*Christy Bakken, Director of Social Services*  
ssd@chosenvalleyseniorliving.com  
*Lisa Wagner, Director of Medical Records*  
medrec@chosenvalleyseniorliving.com  
*Kate Glor, Activity Director*  
act@chosenvalleyseniorliving.com  
*Jody Lawstuen, Housekeeping & Laundry Supervisor*  
clean@chosenvalleyseniorliving.com  
*Barb Weiss, Director of Dietary*  
food@chosenvalleyseniorliving.com  
*Danielle York, Director of Nursing*  
cm2@chosenvalleyseniorliving.com  
*Stacy Wilhelm, Business Office Manager*  
billing@chosenvalleyseniorliving.com  
Big Blue (Fish from the Aquarium)  
recep@chosenvalleyseniorliving.com

## From the Administrator's Desk



Dear Family and Friends,

Happy New Year! 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:

- 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 second year, offering seven, eighty-five hour classes with a 100% student passer rate.
- We offered convenient and cost effective telephone service in the Care Center and Apartments. This was a great added service with approximately forty-three residents subscribing.
- We were involved in the Western Days Parade, 9<sup>th</sup> Care Center Golf Outing, MAYO Vendor Fair, 9<sup>th</sup> Annual Walk N Roll, Chatfield Senior Dinner and many other events.
- We continued to offer Meals on Wheels and Congregate Dining to the community. Approximately 2,160 Meals on Wheels and 1,680 Congregate Dining meals were served.
- We continued our focus on delivering person-centered care, creating individualized/personalized services and promoting autonomy for those who live here.
- We were also invited to join a grant opportunity providing telemedicine through Olmsted Medical Center.

(Continued on Page 4)

## Administrator's Desk Continued....

Overall, we had another great year and everyone should feel very proud of their accomplishments. What will 2013 bring? We will continue to build upon our sound reputation of care and services that began over 35 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 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.

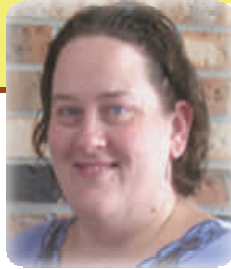
I'm very grateful to be a part of such a dedicated and caring community!

**Craig Backen , Administrator**

*Jane Pawlowski and a young Helper give Santa a hand delivering gifts for Christmas!*



*The Chosen Valley Senior Campus wishes you and yours a very Happy New Year, 2013!!*



## Flu Season

As everyone is aware the influenza season is hitting us hard this year. Here are some flu facts.

You should get the flu vaccine every year. Getting vaccinated is the first and most important step in protecting against this serious disease.

While not 100% effective, a flu vaccine is the first and best way to prevent influenza.

If you have influenza you may have all or some of these symptoms; fever, cough sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.

If you get sick with flu-like illness, you can stop the spread of influenza and other diseases by staying home for at least 24 hours after your fever is gone. practice proper cough etiquette, wash your hands regularly and avoid touching your eyes, nose and mouth.

The CDC recommends that people receive the flu shot as long as the influenza virus is circulating. It takes about two weeks after vaccination for antibodies to develop in the body that provides protection against the flu.

The timing of the flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in January or February. The 2012-2013 influenza season began relatively early compared to recent seasons and by January 11, 2013, flu activity was high across most of the U.S. It is not possible to predict when the flu season will peak or how severe it will be, but based on past experiences, it's likely that flu activity will continue for some time.

This year manufacturers projected that they would produce about 135 million doses of the flu vaccine. As of January 4, 2013, more than 128 million doses had been distributed. Some providers may have exhausted their vaccine supplies. People seeking the vaccine may need to call more than one provider to locate the vaccine.

If you get sick with the influenza there are drugs that can treat the illness. They are called antiviral drugs and can make your illness milder and help you feel better faster. Antiviral drugs can lessen your symptoms and shorten the time you are sick by 1-2 days.

If you have already been sick with a flu-like illness this season you should still receive the influenza vaccine because it's possible that your illness was not caused by an influenza virus or even if you were sick with one virus, the seasonal flu vaccine protects against three types of flu viruses that research suggests will be the most common.

**Lisa Vickerman,**  
**Director of Resident & Clinical Services**

**Harold Mangan**  
celebrated 90 Years  
young in December  
Happy Birthday,  
Harold!!



**Ramona Snider**  
enjoyed a Birthday  
surprise in  
November



**Music with Stacy  
and Troy. Merry  
Christmas and  
Happy New Year to  
All!**







*Dorothy Chase and her daughter celebrating the Holidays together.*

*Activities Volunteer, Sophie Young enjoys playing cards with Eileen Allen and Fern Miller.*





## Business Office: Medicare

January is here!

The Medicare A Co-Insurance rate went from \$141.50 to \$148.00 per day, effective January 1, 2013. 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 21<sup>st</sup> day of coverage the Co-Insurance charge of \$148.00 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:

- 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.
- You must be receiving "skilled care." Skilled care is seen as any services 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"

Medical Assistance personal needs allowance was also increased from \$92.00 to \$94.00 per month. Please call myself or Erin Amdahl, Financial Assistant, with any questions regarding billing or these changes at 867-4220.

**Stacy Wilhelm, Business Office Manager**



*Special Holiday Music  
performed by Mary Hughes-  
Ludwig, Donald & Pat Johnson*



## Dietary: Winter Energy

Here we are again, winter months in Minnesota. Everyone talks about losing weight starting with the New Year, but you do not hear about those who have unexpected weight loss.

We need calories as a unit of energy and power for our body's cells. Calories enable organs to function and play a vital role in metabolic and endocrine processes.

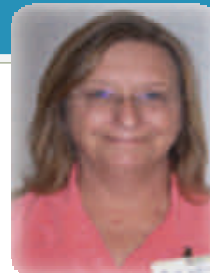
Here are a few things you can do to add calories to your meals and have them taste good,

Add powdered milk to potatoes, casseroles, meatloaf and sauces. Substitute cream, Half and Half or evaporated milk for regular milk in cooked cereals, desserts and meat dishes. Bake with whole milk and butter.

One delicious drink is 1 cup ice cream, 1 cup milk and 1 package of instant breakfast, blend and serve. Never underestimate the power of baby cereals also.

Remember we are still providing Meals on Wheels. For more information call Barb or the kitchen at the Care Center at 867-4220 or Blanche @ 507-325-2313 Have a safe and healthy winter.

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



*The Dietary Team ready to serve at our Holiday Tea.*

## Small Packages, Huge Rewards



### **Small Packages, Huge Rewards,**

When I was ten years old, Kellogg's Rice Chex were among my favorite breakfast foods. As I sat down and filled my bowl to the rim and then added two or three scoops of sugar, I was set for another tasty breakfast. Like most people I often found myself reading the box as I eat. On this particular box they were offering a Chex Party Bowl for only six box tops. I began saving and soon I had what I needed. I then very carefully followed the directions and sent my box tops in with my return address. In only four to six weeks I would have my new Party Bowl and best of all, it was free. As the weeks went by, I impatiently waited and often found myself anticipating the mail mans delivery. After a long six weeks it finally came, so there I was opening a box that had my name on it. As I opened and removed the bowl I was sure that it didn't get any better than this. The memories and emotions of that experience rival any that I have had since then, when it comes to packages being received through the mail.

Throughout the years I have not only received packages through the mail but have also sent them. My sister Connie and her family have been the recipient of several. She lives near the Twin Cities and has four boys and one girl. After cleaning out my shop and getting rid of as much as I could, I stood looking at a trash can brimming with perfectly good stuff. I remembered all the things my sons had created and invented during the long summer days, so I decided I would choose the best of the best and send it as a mid summer surprise. Soon I had a fairly large box filled with an old rope, pulley wheels, nails, bolts, and a lot of other perfectly cool boy stuff. As I handed the box to the postmaster I could just imagine the joy it would bring. I soon received a letter back from some very excited boys who shared all about their latest back yard inventions. On another occasion I sent them a care package after discovering they had spent many days at home with winter illness. Much to my surprise, I received a letter from my sister describing her heart felt thanks for the package and especially the brown paper towels that I used for packing. That's right the brown paper towels that I used for packing ended up being the best part of the gift. After spending an entire week with the family being sick, they had totally depleted every napkin, paper towel and other everyday paper supplies. Sometimes we end up being a hero without even trying, that's when it feels the best.

There is a reason why I am sharing this and it has everything to do with the folks you love. Try to picture the look on their face as they receive a package they never expected? I was trying to think of some things you could send . . . just everyday stuff that we all take for granted. The following are suggestions, but remember, no one knows the ones you care for better than you. How about some alfalfa hay in a small sandwich bag for them to smell and touch, it could really make a farmer smile, or some family photos, or maybe their favorite cookie. This could be a project that would bring you and them great pleasure, so what do you say . . .? And remember, the only thing better than getting a package is sending one yourself. Sincerely,

***Gerry Gathje, Director of Environmental Services***

## Paul Little



We are very pleased to welcome Paul Little to our Activity Team. Paul recently moved back to his hometown of Fountain. He, wife Regan, Son Logan (15) and Daughter Demery (14) live with his Mother Myrna, two Labrador Retrievers and their cats. Logan and Demery attend Chatfield High School where Regan substitute teaches. In his spare time, Paul enjoys baking Scandinavian cookies, cakes and pastries, being outside, visiting friends and enjoying life. He looks forward to being part of the lives of the CVCC residents and tenants.

Paul most recently worked at EWALU Bible Camp in Strawberry Point, IA for 15 years, with the last 7 as Financial Development Director. When asked how Paul got involved in long term care work, he said, "I was at the right place at the right time. I've always enjoyed working with older adults and was blessed to be called."

When asked what the best part of working at CVCC was, Paul said, "I enjoy seeing the passion of the staff and being part of, and interacting in, the lives of the residents."

In his time off of work, Paul enjoys family time, baking, reading, traveling and visiting friends. During better weather, Paul does a lot of hunting, fishing and hiking.

Welcome Aboard, Paul!



*Paul shown making  
LEFSE for our  
residents during the  
Holiday Season*



## Activities Department

Have you met the Activity Department staff at the Chosen Valley Senior Campus?

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.

Amy Neis joined the activity department team on January 3, 2011. Sherry Hareldson worked in the activity department from September of 2000 until October of 2004 as an activity aide. She returned to Chosen Valley Care Center as activity assistant in January 2008.

Our newest employee, Paul Little joined our team December 14 this year. (See more about Paul as a featured article in this edition of Views from the Valley.)

January 20-26 is National Activity Professionals Week for 2013. This year's national theme is **Making a Difference Every Day**. This is such an appropriate theme for our team at the Chosen Valley Senior Campus. Just what is it the activity department does you might wonder. Oh where to begin!

The activity department is 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 – cognitive games, card games, sensory & 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.

The Care Center was over flowing with activity especially during the holiday months. One frequent question during this time is: "Where did that gift come from Santa come from?" Santa visited December 21 this year, and brought gifts that are donated from the individual resident's church, staff and community members or an organization called Santa for seniors. Each resident and/or tenant receives one gift from Santa.

Mark your calendar and plan to join us for the Sweetheart Treat on Thursday February the 14, at 1:30 for an angel food cake, strawberries and 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. 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.

***Kate Winter Glor, Activity Director***





*Meet the Activities Department*

*Paul Little, Sherry Hareldson,  
Kate Winter Glor and Amy Neis*





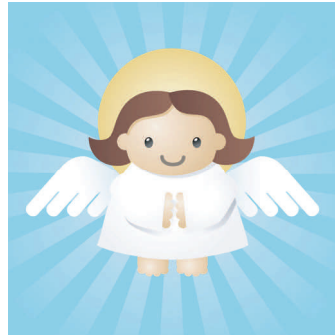


*Marvin Rabe, Fern Miller, Doris Durfey and Harold Mangan measure ingredients.*

## Baking for a Merry Christmas and Happy New Year!



*Evelyn Hardtke works the cookie dough before baking.*



Gazebo Lights  
thanks to the  
Chatfield  
Booster Club!

C.V.C.C. Live  
Nativity



## Care Center's Resident Spotlight

### *Alice Winslow*



Alice was born in Spring Valley to Alex and Lily Riddle on May 2nd, 1925, their oldest daughter and third child.

She and her four brothers and 4 sisters grew up in Wykoff, Minnesota, where they all attended school. Alice finished eleven years in the Wykoff public school system.

On January 23rd, 1942, Alice Riddle married Fernando Winslow at the Wykoff Methodist Church. Her life's work was caring for their farm near Fountain, and their six children: JoAnn Kappler, Paula Bessingpas, Connie Walker, Ken Winslow, Jean Scheevel, and Scott Winslow.

Throughout her adult years, Alice enjoyed gardening, taking care of flowers, and baking. She was a 4-H Club Leader, Farm Bureau Secretary and belonged to the United Methodist Church Women's Group in Fountain. In her retirement years, Alice also helped daughter, Paula, in her Chatfield store, The Bailiwick.

Today, Alice has 17 grandchildren and 24 great-grand children, with great-grandchild number 25 due in May. She lived in her own house right next to the farm up until now. She is at Chosen Valley Care Center for rehabilitation after shoulder surgery, and hopes to return home to the farm.

Her favorite part of being at Chosen Valley Care Center is visiting with those that come and see here, as well as seeing her granddaughter and great-granddaughter at work. (Alice is pictured above in front, with her daughters and granddaughters around her.)



## Assisted Living's Tenant Spotlight

### *Marge Todd*



Many of us know Marge from her days at the Coast to Coast hardware store in Chatfield. She and her husband, Lee, owned and operated the hardware store for 30 years. She was the go-to person for any home decorating or fix-it questions. Marge helped pave the way for today's career women, showing us by example how to balance full time work while raising a family.

Marge was born in Wabasha County to Andrew and Margaret Binner on December 30, 1926. She grew up on a farm with two brothers and two sisters. Marge went to country school in Wabasha County for 6 years, then to St. Felix School in Wabasha for 6 years. She graduated from High School in 1944.

On May 7th, 1947, Marge Binner was married to Lee Todd at the St. Felix Catholic Church in Wabasha. They lived several places during their married life: in Elba Township for 5 years; Minneapolis for 5 years; and then moved to Chatfield in 1957. They purchased the Coast to Coast Hardware Store on Main Street and operated the business together for thirty years.

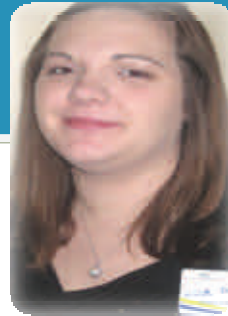
Marge and Lee Todd had 5 children: Robert, David, Mary, Jane and James. Today, Marge has 13 grand children and 11 great-grandchildren.

Before owning the hardware store, Marge was employed by the Diocese of Winona as a secretary. After moving to Chatfield, she continued to be active in the community as a 4-H leader, and a leader for the Girl Scouts and Boy Scouts.

Marge really enjoyed being a part of the sports activities and other activities of her children and grandchildren. She also liked sewing, quilting, decorating, fishing and lots of traveling. Many winters were spent in Arizona with Lee. Those travel memories remain very special to Marge.

Marge now lives in an Assisted Living apartment and enjoys activities there—Move to Music, Cards, Bingo, Brain Teasers and visiting with the AL “family” here.

## From the ~~Ahead~~ Health Awareness Months Ahead



### Facts on Upcoming Health Awareness Months: February- National Wear Red Day 2/1/2013

- 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, and/or 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 [www.mayoclinic.com](http://www.mayoclinic.com).

*Danielle York RN, Director of Nursing*



## Assisted & Independent Living



I am sure many of you have now heard about the impending flu outbreak. One of the easiest preventative measures you can do is wash you hands. Hand washing is a preventative measure that is not done frequently enough. Thus a question that everyone asks is, "when should I be washing my hands"?

You should be washing your hands.....

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage
- After touching items that are frequently handled by many people in a public area. Such as shopping carts and handrails.

This is just a short list of the times your hands should be washed. Make sure to use warm running water and soap. Wash your hands for at least 20 seconds. When you are not able to wash your hands using soap and water a hand sanitizer that contains at least 60% alcohol is a good alternative. Just remember this is only a second option and should never take the place of washing your hands.

***Suzette Moechnig,  
Assisted and Independent Living Housing Director***

### Family Council

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

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

## *Social Services*

Hello Everyone!

I hope this newsletter finds you in good health this winter.

I'd like to take this opportunity to talk with you about Handicapped Parking places. I recently had a family member of a resident go through the process of obtaining a "Disability Parking Certificate." This is a certificate that can be hung from the rear view mirror in your vehicle and then allows you the privilege to park in a Handicapped Parking place. The process was very easy.

There is a form to fill out with a section that needs to be completed by a doctor. Then you submit the form to any Deputy Registrar office in Minnesota or mail it to Minnesota Department of Public Safety. In this case it did take a few months to receive the certificate. The person applying for the certificate is the resident so the certificate stays with them and in vehicles where they are a passenger. We at the care center would be happy to help facilitate the communication to get your loved one's doctor to fill out that portion.

If you'd like more information or help getting a form, please come and see me.

Have a Happy Winter, try to stay warm! Please feel free to come and see me with any questions or concerns, or even just to say, "Hi."

***Christy Bakken, Director of Social Worker***



*The Eddy's enjoying  
the Christmas Tree*

## Did you know... Podiatry

Did you know that Podiatry (foot care) for people with diabetes is one of the most overlooked aspects of diabetes management?

Many people with diabetes are entirely unaware that they need to take special care of their feet and see a Podiatrist right away if any problems arise.

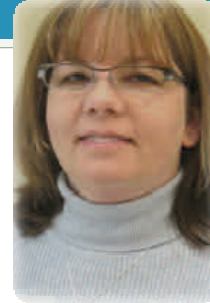
Higher levels of blood glucose can damage the nerve endings in many areas of the body and organs which is why it is extremely important to manage blood sugars very closely.

One of the first places where the effects of diabetes are seen is in the feet. This is due to the fact that the feet have the poorest circulation in the body.

Podiatrists specialize in disorders of the feet and ankle and therefore are highly trained to examine for abnormalities of the lower extremities. Often a small problem can be diagnosed and treated at an early stage and helps prevent the condition from progressing to a more serious problem.

Dr. Jeng Yu Lai is our Podiatrist from the Rochester Clinic and is here at the Care Center once a month but is also available to come on an as needed basis as well.

***Lisa Wagner, Director of Medical Records***



*The Swenson's  
share a*

*Holiday Meal*

### ***The Founders Committee***

*February 14th: Sweet Heart Treat Fund  
Raiser from 1:30 to 3 PM at CVCC*

*Proceeds go to the Founders Committee*



**Carol Finseth, Mary Keefe, Doris Durfey,  
Marge Huper, Barbara Peterson, Vivian  
Thompson, Donna Cramer, Marge Judd,  
Vicky Cramer, Inga Jackson, Theresa Mana-  
han, and not pictured, Denise Pagel**



## New year—New Walk



Another year has begun with many of us making New Year resolutions and the rest of us knowing how hard it is to keep them. I think resolutions resemble setting goals and we often need that goal to be motivated. We all can think of the goals of our youth: that parcel of land to own, a home to live in or a car that will start in the winter. Then there are the more altruistic goals of a healthy family or even world peace. Over time, some of our goals are reached, some forgotten and hopefully many new ones made. And just like goals some of our resolutions need continuous updating such as my favorite: less time with the fork and spoon, more time walking. I enjoy walking and the time is enhanced when sharing it with others such as our annual walk and roll.

This year is the Chosen Valley Care Center's Eleventh Annual Walk 'n Roll. For those unfamiliar to our walk and roll: staff, residents and families are invited to join us for a stroll down to the park, usually in June. Our walk and roll (residents rolling in their wheelchairs with staff walking) provides an opportunity to get outside, enjoy a stroll through Chatfield and great conversation on the way to the park and back to the Care Center. The past three years we have included some entertainment at the park. Founders meet us at the park with a snack. Some years we have encouraged staff and those that wish to collect pledges for something special for our residents. These items have included glider rockers, outside furniture, and a computer with desk.

Another fun event and fundraiser is our golf outing. This year it is planned for Friday, August 23rd. Our format has been four person best shot for 18 holes ending with a meal, prizes and a raffle. We have been very fortunate to receive donations, sponsors and enthusiastic golfers. This fundraiser has assisted us in purchasing a new call light system for our residents, new dining room tables and chairs, new colorful privacy curtains and updated window treatments.

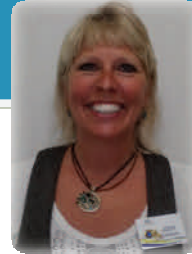
For both of these fundraisers we have made available shirts to be purchased by staff, residents or golfers, with a specific logo for each event. More information will be provided about these events as the year progresses.

One of my resolutions/goals this year is to walk more and encourage others to share the walk with me. So . . . I hope to see all of you for our annual walk 'n roll this June.

***Ellen Strande, Director of Human Resources***



## Environmental Services: Holidays



Christmas is a special time of the year where families and friends get together and share time with each other. There was lots of food and special music that was enjoyed by the residents and the staff. Christmas seems to be a time for sharing and giving and it is wonderful to see everyone work together to make this a happy time for the people around them.

I am pleased that families and staff worked together to get the names put on the residents clothes so we did not have lost items. The few items that did come down with no names were successfully returned to the owner with the great help of our Laundry department with their promptness and their care that they put into the department. We all enjoyed the goodies that families shared with the staff. It is always appreciated by all the departments.

This is a reminder to please remember, if you have any items that need to be marked bring them to the laundry department. If there is no one available, you can give it to a staff member in any department, and they will get it to the laundry to get marked.

We are into January already! It is hard to believe that the months go so fast. January can be long and cold. We have been fortunate the last few years, as we have had pretty nice weather for the month of January. It will be interesting to see what 2013 brings. I wish everyone to have a wonderful year.

**Jody Lawstuen, Environmental Services Supervisor**



THE SENIOR SHOP: MARCH 8TH, 1:30 TO 3:00

What **The Senior Shop** brings:

- **The fun of shopping together without leaving “home”**
- **An opportunity to try items on and be measured**
- **Hard to find items like dusters & two-pocket sweaters**
- **See adaptive clothing for special needs**
- **Residents can make their own choices**
- **Provide an end to taking purchases back to the store**

**The Senior Shop** brings a store full of various types of clothing for women and men. You'll find lots of colors and prints in both traditional and adaptive styles of pantsuits, Fleece wear, Slacks, Blouses, Shirts, and Dusters. Adaptive clothing includes back opening, side-snap and side-zip pants and many other innovative ideas that make dressing easier on both residents and staff. Most clothing is cotton/poly blends, the best material for high heat laundries. You will find shoes of most sizes that can be tried on to insure proper fit. There are also helpful and fun items such as, wireless headphones, talking clocks, large button TV remotes, elastic shoelaces, comforting stuffed animals, and more.

**The Senior Shop** will be at our facility on:

**Friday, March 8th from 1:30 pm to 3:00 pm**

We hope that you can attend this shopping event to help your loved one purchase any needed items. If you are unable to join us, staff members will be available to assist residents. If you would like, our nursing staff can check wardrobes to better advise you of any needs.

The choices below offer several ways to participate in this shopping event. Please check the boxes that apply and return this page to us. Call us at **(507) 867-4220** or fax us at **(507) 867-4812** or email us at **act@chosenvalleyseniorliving.com**

If we do not hear from you and there are some clothing needs, we will assist your resident in selecting the necessary items if their personal account has enough funds to cover the purchase. A 5% credit from all purchases will go to Chosen Valley's Activity Fund for residents.

- ☐ I plan to attend. Resident is responsible for their purchases.
- ☐ I wish no more than \$\_\_\_\_\_ be spent from the personal account. If necessary, I will make a deposit to the account to cover the purchases.
- ☐ I cannot attend and prefer nothing be purchased at this time.
- ☐ I wish no more than \$\_\_\_\_\_ be spent. I will call you with my credit card information.

**Please complete:**

Resident's name: \_\_\_\_\_

Your name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Bill to name if not you: \_\_\_\_\_

Bill to address: \_\_\_\_\_

Staff Highlight:  
Theresa Baker, CNA/TMA



Theresa Baker has been married to her husband, Steve for twenty-eight years. They own two beautiful horses (Summer and Blue), two dogs (Sadie and Fred) and several outside kitties. (Pictured above is horse, Summer, as a yearling and Theresa after winning their first show. The photo was taken in Montana with mountains in the background.)

Theresa and Steve enjoy bow hunting together and fishing. They lived in Montana for 8 years before moving back to the Chatfield area to be closer to family.

Theresa started working in the long term care field when living in Montana, in 1996. Theresa is a Certified Nursing Assistant (CNA) as well as a Trained Medication Aide (TMA) and has worked at CVCC for 3 years, since February 2, 2010. She said the best part of being at CVCC is working with the residents, especially those we can help to get strong enough to go back home. She also likes being part of a wonderful staff.

We asked Theresa to list any accomplishments or goals she has reached since being at CVCC. "I was able to advance my education through CVCC to become a Trained Medication Aide (TMA)."

In her time off, Theresa likes spending time with family, attending to her horses, going to horse shows, going to archery shoots, and baking.

We asked Theresa about the changes she has seen in the long term care field. She answered, "Since being in this line of work since 1996, I've seen quite an improvement in the living conditions of long term care residents. Their rooms are warmer and homey, not just a bed and a night stand. The residents have less dietary restrictions placed on them, giving them more choices of food to eat. Here (at CVCC) the residents are treated more like a family member."

## Resident Spotlight

### Jane Sievertsen



Jane Sievertsen was born Jane Dalen on August 29th, 1921 in Sargent, Minnesota to parents, Oscar and Stena Dalen. Jane has one brother, Algar, and one sister, Olive. She and her siblings attended country school in Sargent, then moved to Austin. Jane graduated from High School in Austin, Minnesota.

After graduating from High School, Jane worked at Hormel for four years. She married Hermes Sievertsen on November 18, 1945 in Austin. They moved to a farm near Grand Meadow where Jane raised three daughters: Sandra Rehse, Linda Berge, and Susan Jacobson.

Jane was a homemaker all of her married life, and belonged to the Mother's Card Club for 50 years. She is also a member of the Circle for Grand Meadow Lutheran Church.

Jane and her husband farmed for many years, and then moved into Grand Meadow. She loved to sew and also to travel throughout the United States for many years. Today, Jane has six grandchildren and thirteen great-grandchildren. She moved to Chosen Valley Care Center last January, 2012 from the Grand Meadow Nursing Home to be closer to her daughter, Linda Berge.

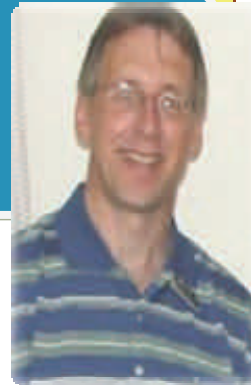
While at CVCC, Jane enjoys Special Music events and the Daily News, along with visits from her family.

### 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.

## From The Desk of Physical Therapy: Osteoporosis and Exercise



### **Osteoporosis and Exercise**

At any age, exercise is essential for maintaining healthy bones. If you exercised regularly as a child and young adult, you probably helped maximize your bone production, most of which occurs by age 35. If you continued to exercise into middle age and beyond, you probably helped reduce your risk of developing the bone-thinning disease osteoporosis.

Still, it's never too late to start a bone-healthy exercise program, even if you already have osteoporosis or are at high risk of developing osteoporosis. Although some people with osteoporosis may believe that exercise increases the risk of injury from broken bones, the truth is quite the opposite. A regular, properly designed exercise program may actually help prevent the falls and fall-related fractures that so often result in disability and premature death. That's because exercise strengthens bones and muscles, and improves balance, coordination, and flexibility, which is especially important for older adults and people who have been diagnosed with osteoporosis.

According to the National Osteoporosis Foundation, the best exercises for building and maintaining bone density are: Weight-bearing exercise, such as walking, that makes you work against gravity while staying upright. Muscle-strengthening exercise, such as weight lifting, that makes you work against gravity in a standing, sitting, or prone position.

If you have osteoporosis or are at risk of osteoporosis, most experts believe that supervised weight-bearing exercise and strength training exercise is safe and effective. Studies of postmenopausal women report that aerobic, weight bearing, and strength training exercise can increase bone mineral density in the spine, and that a simple walking program can increase bone mineral density in the spine and hip.

Before beginning any exercise program, it's important to undergo a thorough medical examination to determine which activities are safe for you. There is no single exercise regimen that's best for everyone with osteoporosis. Each regimen should be specifically tailored to the individual patient based on a medical evaluation.

If you're at risk for osteoporotic fracture, the National Osteoporosis Foundation recommends that your doctor refer you to a specially trained physical therapist for a thorough physical assessment and exercise prescriptions that focus on body mechanics and posture, balance, gait and transfer training, resistance weights, and progressive aerobic activities.

If your doctor determines that it's not safe for you to perform high-impact weight-bearing exercises, he or she may recommend low-impact weight-bearing exercises that are less likely to cause fractures and also build and maintain bone density. These include: elliptical training machines, low-impact aerobics, stair-step machines walking (either outside or on a treadmill machine)

If you're new to exercise, or haven't exercised for awhile, you should aim to gradually increase your level of weight-bearing exercise to 30 minutes per day on most days of the week.

**Robert Schrapp, Physical Therapist**



## Resident Spotlight : Ramona Snider

Ramona and her husband, Neil Snider owned and operated Snider Publishing & The Chatfield News for many years. She and her contemporaries were pioneers for working women everywhere, balancing a career while raising a family. Many of us remember going to Ramona with news articles and ads, as well as ordering our printing needs.



Ramona Snider was born on November 19, 1929 in Barron, Wisconsin. She was an only child raised by her mother, Elsie Quaderer. Ramona gained a strong work-ethic from her mother from a very early age. She graduated from high school, then worked at Munsingwear in Minneapolis, and Dayton's Department Store as a tailor in the alterations department.

On August 31, 1952, Ramona married Neil Snider. They moved to Chatfield in 1953 when Neil took a job with The Chatfield News. Later, they purchased The Chatfield News from Bernice Lehman and operated the business together until retiring.

Neil and Ramona have one son, Keith, who married Pat in 1975. Ramona sewed all the bridesmaids gowns for the wedding. Sewing remained a passionate hobby all her adult life, along with bowling. She continues to see many of her past bowling friends. Another great interest to Ramona is being a member of the Order of the Eastern Star. She remains a member today and attends meetings of the Order right here at CVCC, in the Lehman Room.

Ramona and Neil's son and daughter-in-law, Keith and Pat, have 3 children: Philip (Jennifer), Greg and Lynn. Philip & Jennifer have three children: Serenna (10 yrs), Kaylee (7 yrs), and Cruz (5 yrs); Greg has 2 children, Cade (7 yrs), and Nolan (5 yrs); and Lynn has 3 children, Nick (9 yrs), Sydney (6 yrs) and Bella (2 yrs). This gives Ramona and Neil Snider 3 grandchildren and 8 great-grandchildren. (All eight great-grandchildren were born within eight years of each other.)

While living at the Chosen Valley Care Center, Ramona enjoys Bingo and Singing.



### A View from the Fish Tank

Hello. This is Big Blue. The fish you see the most in Chosen Valley Care Center's fish tank (aquarium)....you know, the good looking one.

I thought I would report on our view of things. It is nice and warm in here, 80 degrees, and sunny most of the time. We look out the window and see your water freeze! Brrrr. How can you swim in solid water?

We were given some new recruits this month. Fifteen new fish arrived on the same day. At first, I was not sure I liked the new ones. You know how it is with new recruits! They don't understand the rules right away. But, they are settling in all right, and they don't eat much chow, which is good.

Stop by our fish tank when you are in the area. Take a look at these new arrivals. I will keep you informed as their training progresses.

Signing off for now, Big Blue.



## Hair Salon

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

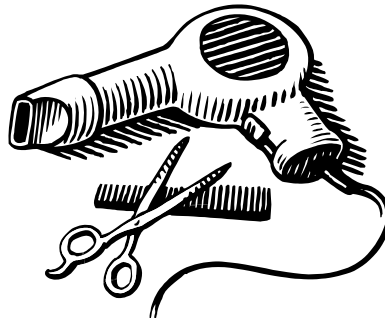
Barber Roy Lange is here with clipper in hand every six weeks. Roy's schedule is posted on the door of the salon. Deb Finley is styling on Mondays, Pam Danielson is cutting on Tuesdays and Judy Young is curling on Thursdays. (Starting Jan. 31, Deb Finley will be styling, cutting and curling on Mondays and Thursdays.)

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

### His & Her Hair Care Prices

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

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





1102 Liberty St SE  
Chatfield , MN 55923