

Views From The Valley Winter and Spring, 2016



***New Year! New Baby, Kenadie with David
and Nurse Becky
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.



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From The Administrator's Desk

Dear Family and Friends,

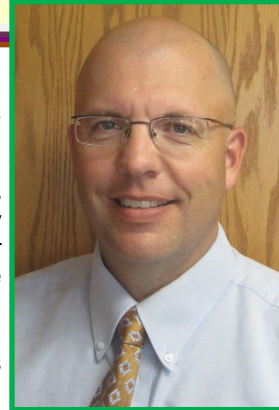
Happy New Year everyone! I hope this past year was a great one for all of you, and wish the New Year brings you health and happiness.

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.

Some of the past years highlights include:

- ◇ We completed the third 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 with just a few deficiencies noted. The survey outcome was a good indicator of the quality care and services we provide.
- ◇ Our Nursing Assistant Training Program celebrated its fourth year, offering four, eighty-five hour classes with 28 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 68 residents subscribing.
- ◇ We were involved in community and promotional events such as the Western Days Parade, 12th Care Center Golf Outing, MAYO Clinic Vendor Fair, 13th Annual Walk N Roll, Chatfield Senior Dinner and our second annual Running For The Aging fun run/walking event.
- ◇ We continued to offer Meals on Wheels to the community. Approximately 2,470 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 third year of Telepsychiatry/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.
- ◇ We completed significant capital improvements. Two of the larger projects included the front entrance renovation project at Independent Living, and the heating and cooling project in the Care Center dining areas and kitchen.

(Article continued on next page)



From the Administrator's Desk, continued

(Continued from previous page)

Overall, we had another great year and everyone should feel very proud of their accomplishments. What will 2016 bring? We will continue to build upon our sound reputation of care and services that began over 39 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



Marie, Grace, Marvin, Dorthelda and Arlys play pass the Kwoosh Ball down the line to each other.

Lisa Vickerman: Hard Choices



Previously, I read the book, *Hard Choices for Loving People* by Hank Dunn which is a book that discusses making difficult life-prolonging medical choices for those we love and there were a few points that I would like to share with everyone.

Throughout most of our life, medical treatment decisions are quite simple. We get sick. Our doctor prescribes a treatment. Since we can only benefit from the physician's orders, we follow the treatment plan and return to our previous state of health. Yet as our health declines, medical decisions become more complex. Patients who have multiple medical problems become more complex. Patients who have multiple medical problems, who may be dependent on others for daily care like nursing home residents, or have a terminal condition, often face difficult treatment choices.

The difficulty arises from the fact that for patients with a life threatening illness, or even a long-term chronic condition, some medical treatments offer little benefit. At the same time, these treatments may be painful or increase the burden of living. As we make decisions, we must constantly weigh the possible benefits against the possible burden of a particular treatment plan. Sometimes people conclude that the burdens far outweigh any possible benefit and therefore refuse a particular treatment plan.

Modern medical developments like ventilators, feeding tubes, and CPR have improved a few people's chances of surviving an accident, heart attack, or stroke. But the declining health of patients with multiple medical problems –and those with a terminal condition–make their survival much poorer than that of the general public. Therefore, it is very important that all patients with life-threatening illnesses and their families discuss the use of life-prolonging medical procedures.

The research indicates that only 0-2% of nursing home residents who receive CPR resuscitation attempts survive. It further states that CPR offers little hope of medical benefits for the frail, debilitated nursing home resident because most of the characteristics point to the poor prognosis and general failing health.

At any point during an illness the patients and their families need to prepare emotionally and spiritually for the possibility of death. This preparation can be accomplished even while aggressively treating symptoms. All during the course of the illness, patients and families need to weigh the benefits of treatment with the quality of life. If the quality of life diminishes, some patients may opt to stop some treatment to preserve quality. The aggressive treatment no longer provides the benefit to the patient and the choice is made to "prepare for a comfortable and dignified death."

A patient and their family may choose to go with hospice services which serve an emphasis on management of pain and other symptoms and quality of life rather than quantity of life. Comfort Care is another option for residents and their families who are making end of life decisions. In comfort care your loved one will receive treatments that are clearly intended to provide comfort to a patient and not prolong the dying process. For example, pain medications and medications to help reduce a fever are comfort measures. Oxygen can be used to make breathing easier. Emotional and spiritual support, both to the patient and the family, are provided by staff members, chaplains and volunteers. Choosing hospice or comfort care only does not mean care or treatment stops. "Cure sometimes-comfort always" is a constant reminder of the goals of this approach. (Continued on next page.)

Lisa Vickerman, continued

Patients and their families can find great healing when it is time to move away from an emphasis of curing the disease and moving toward reasonable and more meaningful goals. The alleviation of pain, reconciliation, healing of broken relationships, finding deeper spiritual values, laughing about old times while celebrating the life of the patient, sharing with the patient in the grief and even anger and, of course, saying good-bye are all reasonable hopes for the last days and months of any of our lives.

A natural response to the possibility of losing someone is to hold on tighter or to try to gain more control. Ironically, this does not lead to a life of freedom and joy, the very things we were pursuing. Most of us learn to let go. We let go of our childhood and accept adult responsibilities. We let go of our teenage children and our attempts to control them. We let go of finding happiness in possessions or careers. We even learn that we have to let go of other people and not be dependent on them for happiness. To learn these lessons, we have to accept the fact that these things or people were gifts in the first place. There are two ways to hold on. We can grasp tightly as we would a coin in our fist. We fear we will lose it, so we hold it tight. Indeed, if we open our hand palm down the coin falls from our possession, and we feel cheated. The other way is to hold it by opening our hand palm up. The coin may sit there, or it could be blown away or shaken out of our "possession." But while we are there, we are privileged to have it. We hold on with an open hand. Our hand is relaxed and we experience freedom.

My message to those who are taking this journey to letting go is one of hope. We can live each day fully even as we accept the certainty of our own death and that of those we love. To accept medicine's inability to put off death indefinitely is not a defeat. I hope that after reading this it will cause you to have that uncomfortable conversation with your spouse, your parents and your children and not delay making those decisions or having that conversation. Enjoy the time that you have with your family and live it to the fullest.

Lisa Vickerman, Director of Clinical and Residential Services



One of the new outdoor benches purchased with 2015 fundraisers. The bench awaits spring blossoms with anticipation, as we all do.

Ellen: Early Spring?



We knew winter would arrive eventually; the last few days have been Minnesota bitter! We were lucky to have a warmer than usual fall. It was so enjoyable to put up the outdoor Christmas lights without the normal boots, hat and gloves. I am in no hurry to take them down and put away. I heard many remark in December that they didn't mind not having a white Christmas, it was nice to be warmer and not have bad roads. We now have the cold and snow, so like I said winter is here, but in two months we could see signs of spring!

The snow has covered up most of our new benches in the gazebo area that we purchased with our fundraisers this past year. Thank you again to all participants in our annual Walk and Roll, our 5K Run for the Aging, and in our August Golf Outing. We were able to purchase four garden benches to be placed in our gazebo area that also match our other outdoor furniture. They are maintenance free outdoor patio benches made in Jordan, Minnesota from recycled plastic milk jugs. They are also comfortable to sit on and our previous ones have lasted for years (and also, purchased from fundraisers). We truly appreciate all the donations, contributions made by businesses, families and community members for the benefits that we can bring to the Care Center and our residents.

For those unfamiliar with our annual walk and roll: residents, tenants, families and staff are invited to join us for a stroll down to the park, usually one afternoon in June. Our walk and roll (residents rolling in their wheel chairs 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. Our Founders Committee distributes snacks for everyone to enjoy while at the park. Chosen Valley Senior Living residents, tenants, families and staff have enjoyed this outing for the past thirteen years. Our stroll to the park and back is not just fun for the residents, but also for staff who may hear a bit of Chatfield history or see a part of town through the eyes of someone who doesn't get to see it too often.

Our walk-n-roll began as a fundraiser thirteen years ago with three separate walks in one day, one with residents and two longer walks for just staff but we decided it was more fun to all go together. To our community, we wish to invite you to please feel welcome to join us in honor or in memory of a loved one or just to experience a fun afternoon with a nice walk to the park.

Best wishes for an early spring,

Ellen Strande
Director of Human Resources

Business Office: Medicare Changes



Medicare Changes for 2016!

The Medicare A Co-Insurance rate went from \$157.50 to \$161.00 per day, effective January 1, 2016. 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 \$161.00 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 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."

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

Christmas
Nativity
portrayed
by CVCC
Staff
Members



A Word from the DON, Danielle York



Facts on Upcoming Health Awareness Months February-National Wear Red Day-February 5th 2016

- 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: Dolly Zincke



Dolly Zincke is one of our active, thoughtful assisted living tenants. She was born Margaret Jacobson to parents, Melvin and Catherine (Lynch) Jacobson, on December 15, 1922 at home in rural Fillmore County. Her father never called her Margaret; from the time she was born her dad called her 'Dolly' and the name stuck all her life.

Dolly was the oldest of four children. Her younger three siblings were all boys: Donald (Eyota), Ronald (Chatfield) and Duane (Austin). Their father was a farmer all his life in the Pilot Mound area. When Dolly was aged nine, their mother passed away, leaving her to help raise her three young brothers.

When she was sixteen, Dolly was helping her aunt can corn and they ran out of canning lids. Her aunt told her to drive to town and buy some lids. "Well, I don't have a driver's license," Dolly told her aunt. Right then and there, her aunt drove to the bank in town and Dolly got her driver's license for 50 cents. In those days, all you had to do was fill out an application.

On Saturday nights, all the farm folks would come into Chatfield to shop and visit with their neighbors. Dolly remembers one night sitting in their car with her three brothers eating cookies in front of the Chatfield Capital movie theatre. A young man named Lawrence Zincke came up to their car and said, "I like cookies, too."

That one comment started a romance that would last over seventy years. Dolly Jacobson and Lawrence Zincke were married January 27th, 1942. They were active farmers in the Pleasant Grove area, and raised four children together: Ruth retired from Root River State Bank as Vice President; Judy retired from Mayo Clinic; David is currently farming the family farm; and Kathryn is currently teaching sixth grade in Chatfield. The family suffered quite a loss when Lawrence died in July of 2013, and their daughter, Ruth passed away in 2015.

While living on the farm, Dolly was active in the Chatfield United Methodist Church, 4-H leader, and Pleasant Time Club member. She also worked off the farm at the Stewartville Care Center for twenty years. Her husband served on the Pleasant Grove town board and the school board.

Dolly's daughter, Judy, relayed a funny story about growing up on the farm. Every fall, Dolly would ask her daughters to help bring a big, old, heavy treadle sewing machine downstairs. With Dolly on one side and two daughters on another, they would drag and slowly lift the sewing machine down the stairs. Half-way down the stair, they would start giggling. It's a wonder the sewing machine didn't land at the bottom of the stair case.

During good times and bad, Dolly has always been a positive, faith filled person seeing the good in all things. Her favorite hobbies in life have been sewing, baking, baby sitting her grandchildren and bible study. Today, Dolly enjoys visits from her ten grandchildren and fourteen great-grandchildren. The best activity at the Assisted Living, according to Dolly, is Bible Study.

Resident Spotlight: Shirley Bornfleth



It was snowing and blowing and all the roads were closed the night Shirley was born. As she tells her story: "With the roads all closed and it was about time for a new baby to arrive at the Henry and Signe (Erickson) Hall home. The doctor couldn't get there, but Dad drove with the team and bob sled over the hill to get his Mother. So Grandma, along with a mid-wife delivered a seven pound baby girl on March 8th, 1917 named Shirley Helen Hall."

One month later on Easter Sunday, Shirley and her parents drove with team and buggy to church. Shirley was baptized April 8th, 1917 at the Root Prairie Lutheran Church. She was the only child of Henry and Signe.

Until moving to the Care Center, Shirley lived all her life on the farm where she was born. She attended the Boarness Country School through the eighth grade, then attended Preston High School for one year. Shirley wanted to be a history teacher, but ended her formal education at age fourteen to stay home with her father and care for her mother. She and her Dad worked the farm together, cooking, gardening and tending chickens as well as caring for her mother who suffered from crippling arthritis for twenty-one years.

Shirley married Raymond Bornfleth on June 8th, 1938 and lived on her family farm all their married life. To this union two children were born: Charlotte and James. They had six grandchildren (losing one at age thirty-five), eleven great-grandchildren, and two great-great-grandchildren. (Daughter Charlotte passed away in 2012.)

Shirley always enjoyed flowers, gardening and tending her chickens on the farm. In the later years while her husband was living, she sold ninety to one-hundred dozen eggs a week. She also enjoyed sewing and embroidering, making many quilts and pillow cases for her family. She embroidered pillowcases for all of her grandchildren and great-grandchildren.

The Root Prairie Lutheran Church played a big role in Shirley's life. She was baptized, confirmed and married in that rural church. As an adult, she loved to take part in the church as Sunday School Superintendent, ELCW Ladies Aide President, and served on many church committees.

The number eight has been a theme throughout Shirley's life. She was born on the 8th of March, she was baptized on the 8th of April, she had her first major surgery at 18, her second major surgery at 81, she was married on June 8th, 1938, and now she is 98.

We welcome Shirley to the Care Center and hope she enjoys all the activities we offer. We know it is not her farm, but hope she will call this her home away from home.

Dept. of Life Enrichment



Have you met the Life Enrichment Department staff at the Chosen Valley Senior Campus? Picture: The Holiday Tea January 10, 2016
Sitting is Kate and Amy, with Chrissy and Matthew .

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. This is her 25th year at Chosen Valley Senior Campus.

Amy Neis joined the activity department team on January 3, 2011, this is her fifth year at CVCC.

Chrissy Weisz began at the Care Center on November 26, 2012 in the nursing department and became a part of the Life Enrichment Team on June 4, 2013.

Matthew Wolski came to the Life Enrichment Department September first this past year, having been in the Housekeeping Environmental Services Department prior.

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! The LE Department is responsible for the development and implementation of all types of activities and events, 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 like church, special music or entertainers, parties, resident council meetings, exercise (through games, dance etc.) daily news and current events; small group settings like cognitive games, card games, sensory and orientation type activities and one to one's with individuals, hand massages, make-up and grooming, devotionals and so much more! Our goal is to provide activities to meet the needs and interests through individual and group programs to promote optimal, practicable level of physical, intellectual, spiritual, creative and psycho-social well-being.

The Holiday season is always a busy time with many people coming to visit, Caroling and making the season merry. One question that is frequently asked is "Where did that gift from Santa come from?" Santa visited Christmas Eve morning, bringing gifts that are donated from the individual resident's church, from staff and community members or from an organization called Santa for Seniors. Each resident and/or tenant receives one gift from Santa. We greatly appreciate everyone who participated in gift giving, making Christmas such a special time for all!



Life Enrichment continued ...

Mark your calendar and plan to join us for the Sweetheart Treat on Friday February the 12th, at 2 until 3PM 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.

If you have any ideas or suggestions for events individually or in a group setting please don't hesitate to contact me at 867-2721, my direct line or by email at act@chosenvalleyseniorliving.com

I am always looking for new programs and ideas to share with our tenants and residents. An example would be if you have a special collection you'd like to tell us about or if you have been on a recent trip and would like to share it with us. Email and digital photography make it easy to turn photos into a power point program for the big screen!

Did you know that the Care Center has a weekly article in the Chatfield News Paper? Check it out for all the latest news, upcoming events and pictures! Also contact me at the above email if you would like pictures of your family member sent to you.

Kate Winter Glor, Director of Life Enrichment/Activities



Pictured above: Mrs. Santa, Violet and Josh the Elf

Assisted Living Crafts & Christmas



Above: Fall Crafts with Emily, John, Elaine and Anne.
Below: Rosella and Mary greet Santa on Christmas Eve



Employee Spotlight: Susan McClimon-Neis

Susan McClimon-Neis works mainly at the Assisted Living as an HHA, Home Health Aide, but has earned qualifications to work at the Care Center as a CNA (Certified Nursing Assistant) and a TMA (Trained Medication Aide). To keep up her qualifications, Susan works for both facilities in all of these capacities.

"Becoming a TMA here was a great accomplishment and has made me want to continue with school," said Susan, "hopefully I'll become an LPN (Licensed Practical Nurse) for the Care Center."

"I love the staff at the Care Center and have met a lot of amazing people here," says Susan. "The residents and tenants really make it worth coming to work every day."

Susan is happily married with five children and lives in Chatfield. She loves sports and being with her family. On her days off, Susan spends as much time with family as she can. She loves basketball and is currently coaching fifth grade girls' basketball with friends, Mary Musty and Crystal Ristau. "Between basketball, family and work," she said, "my plate is pretty full."

Susan has worked for the Care Center for about a year and a half. Before working in long term care, Susan worked in a retail setting for over thirteen years. "I was looking for a career change," she said, "something that would make a difference in another person's life."

"Working at the Care Center has shown me so much, and has taught me much more," says Susan, "I appreciate all of the aides and nurses that work side by side to make a difference for our residents."



Assisted Living Christmas: Mrs. Claus visits Margaret and Mike.





Holiday Tea Pictures

January 10,
2016

Arloene and Violet enjoy Tea
together.
Arlynn likes the Holiday food.
Bernita and her family are
enjoying the Holiday Tea
together.

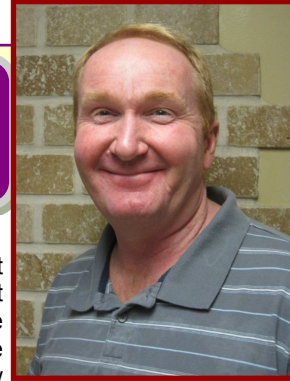




Dorthelda,
Trudy, Louie,
Violet and
MaryAnn
gathered with
friends and
family



Environmental Services: Gerry Gathje



We sometimes think, "It doesn't matter? Why bother?"

Do you ever feel like you are always on the run, and at the end of the day you have more to do than when you first began? Over the last several months, I have had the opportunity to be a part of my Dad's care at the Care Center. Believe me when I tell you, I have a new appreciation for caregivers and our Residents as they struggle with the challenges of everyday life. I am humbled as I try and understand what it will be like to call somewhere else home and then make the best of each day. After spending a considerable amount of time and energy to make my Dad's stay the best it could be, I realize now more than ever, home and family cannot be replaced. In the next paragraph I will share a condensed version of a story. It is intended to motivate and encourage caregivers and families.

Late one evening I half-heartedly looked on as Sandy (my kind and almost perfect wife) began to show me some of her Pinterest pictures. It was about two weeks before Christmas. I was feeling the pinch as the date approached, with all the holiday obligations rushing in to steal even more of our time. During this halfhearted pictorial, I noticed a Christmas tree made out of a pallet. I remember thinking, I don't have time but it sure looks like a fun project. Several days later I woke thinking of my Dad and wondering what kind of day he was having. It was Saturday and I tossed around several ideas and soon found myself remembering the Christmas tree project on Pinterest. After some thought, I settled on the idea of accomplishing this task with the help of my Dad. This would not be easy, and would involve double or triple the time. None the less, it was settled and I soon arrived at the Care Center. I was greeted by a more than willing partner for the day. We arrived at our home with coffee in hand and a very optimistic outlook for the day ahead. It would be a welcomed retreat and much deserved change of pace. I could tell almost immediately that my Dad was where he belonged (in the shop). Soon we began our work and with tape measure in hand and pencil in pocket, saws turning and dust in the air, I watched as he came alive. His expression was that of relief and letting go, I will never forget the words that still echo, as he said "I feel like a man again." I realized that Saturday morning that my time was my gift to Dad this Christmas!

Not long after that day together, my Dad's health declined. He is no longer able to share the joy of a workshop project with me. But because I gave, I also received and still have the memory. I am learning firsthand that for each caregiver and family member alike time is our gift, and in giving we receive. Yes it really does matter and even when it's hard we must care enough to bother. Tomorrow is never certain.

Over the last several months, the Care Center has planned and made progress with some flooring projects. Our front lobby looks very smart and dignified with new carpeting. We have also replaced the carpet to the Physical therapy entry, it is a welcome relief. Lastly and without a doubt my favorite project: our Lehman room looks awesome with new paint, decorations and carpet. Stop and see us, and take a moment to enjoy your family and friends at the Care Center.

I am excited to be a part of the Care Center and all of its affairs. We encourage you to enjoy your loved ones and their home away from home.

Gerry Gathje

Director of Environmental Services

Did you know ... Therapy Dogs

For those of you who have had loved ones living here in our facility for some time you probably remember back when we used to have dogs living at the Care Center. Since our Care Center dogs have gone on to live out their senior years in private homes, we have been diligently trying to find therapy dogs in the area who are available to visit our residents on a regular basis. Currently we have one therapy dog, Kenai, and his owner, Louise, who visit our facility monthly but we are always looking for more!



While researching some of the benefits of therapy dogs for the elderly, I came across the following article about a six year old boy's take on why dogs have such a shorter life span than people. I enjoyed it so much that I thought I would share it with you. Hope you enjoy it!

A Dog's Purpose (from a six year-old)

As a veterinarian, I had been called to examine a ten year-old Irish wolfhound named Belker. The dog's owners and their little boy, Shane were all very attached to Belker, and were hoping for a miracle.

As I examined the dog I discovered he was dying of cancer and that the kind thing to do would be to euthanize him.

As I prepared to complete the task the owners thought it would be good for Shane to observe the procedure. The little boy seemed so calm, petting the old dog for the last time, that I wondered if he understood what was going on. As Belker slipped peacefully away we began to wonder aloud about why dog's lives are shorter than human lives. Shane, who had been listening quietly, piped up, "I know why." Startled, we all turned to him. What came out of his mouth next stunned me. I'd never heard a more comforting explanation.

He said, "People are born so that they can learn how to live a good life, like loving everybody all the time and being nice, right? Well, dogs already know how to do that, so they don't have to stay as long."

Remember, if a dog was the teacher you would learn things like:

- * When loved ones come home, always run to greet them.
- * Never pass up the opportunity to go for a joyride.
- * Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- * Take naps, Stretch before rising, Run, romp and play daily.
- * Thrive on attention and let people touch you.
- * Avoid biting when a simple growl will do.
- * On warm days, stop to lie on your back in the grass.
- * On hot days, drink lots of water and lie under a shady tree.
- * When you're happy, dance around and wag your entire body.
- * Delight in the simple joy of a long walk.
- * Be loyal and Never pretend to be something you're not.
- * When someone is having a bad day, be silent, sit close by and nuzzle them gently.
- * Enjoy every moment of every day.

Lisa Wagner, Director of Medical Records



Melissa Fenske, LSW
Director of Social Services



Greetings to you from the Social Services Department! As I mentioned in the last Views from the Valley, we have a Family Council group that meets monthly to address issues that are relevant to family members of residents here at Chosen Valley Care Center. A few months ago the Family Council helped create this list of guidelines for visitors. This list is now part of the admission packet given to all new residents and answers some frequently asked questions by visitors. Please feel free to come to a Family Council meeting in the future, we meet the last Thursday of the month at noon in the Lehman Room.

VISITOR AND VOLUNTEER GUIDELINES

We expect you will be here frequently while your loved one is a resident here at Chosen Valley Care Center. Please keep the following in mind as you visit with other residents.

You are welcome and encouraged to interact or assist the residents in the following ways:

- Wheeling residents to activities. Prior to moving the wheel chair, please ask the resident if they would like to go, inform them who you are and where you are going.
- Wheeling them from activities to their hallway. Please refrain from taking them directly to their room.
- Visiting and socializing. Please refrain from asking health related questions for their privacy.
- Putting on their call lights when assistance is needed, or directly alerting staff if immediate assistance is needed.
- Assist only your loved one with eating and drinking.

If a resident requests assistance from you, please ask for staff assistance for:

- Getting something out of a resident room
- Assisting with eating or drinking, this includes getting drinks from the drink cart.
- Taking a resident to their room
- Removing or assisting with bed pans or urinals
- Toileting or transferring
- Handling money transactions, for example buying items from a store.

Please respect the resident's privacy by:

- Not talking about resident's personal information within or outside the Care Center
- Asking staff medical or personal questions about the residents
- If door is shut, wait to enter resident rooms until staff have finished working with a resident
- Not assisting with or witnessing any private activities such as bathing, toileting, tube feedings, nursing procedures, etc.

Social Services Article continued:

VISITOR AND VOLUNTEER GUIDELINES (continued)

To assist with the safety and security of our residents, please:

Be aware that each resident has different levels of functioning and needs that visitors may not be aware of.

Refrain from assisting other residents with eating and drinking.

Alert staff if you observe an unattended resident outside who may need assistance.

Alert staff if you see anything that makes you feel uncomfortable.

Assure that your loved one has the call light within reach when you leave them.

Melissa Fenske, LSW
Director of Social Services
ssd@chosenvalleyseniorliving.com
507-867-2716



Maxine
receives a
gift from
Josh the
Elf.

FAMILY COUNCIL

Do you have a loved one residing at the Care Center? Our Family Council is open to you and welcomes all family members who have loved ones living at the Care Center. We meet the Fourth Thursday of every month in the Lehman Room at Noon. Guest speakers are sometimes provided. Our meetings give family members a chance to express their opinions and concerns.

Please consider being part of the Family Council.

Barb Weiss, Dietary



Hello! Winter is here and it is not that bad so far.

I would like to talk about dehydration.

Most of us know that 60% of our body's weight is water, but what happens to our bodies when we are lacking in water? Symptoms may range from: dry skin, headaches, sleepiness or tiredness, thirst, few or no tears when crying, to constipation, dizziness, lightheadedness, or dry, sticky mouth. Some severe dehydration can cause little or no urination, sunken eyes, rapid heartbeat, rapid breathing, irritability, confusion and lack of elasticity in skin,.

Help prevent dehydration from becoming severe by carefully monitoring someone who is sick and giving fluids, such as an oral rehydration solution (Examples: Ceralyte & Pedialyte) at the first sign of diarrhea, vomiting or fever, and by encouraging plenty of water.

There is also a product called DripDrop, a great tasting, medical-grade hydration solution developed by a Mayo Clinic trained physician. It contains a precise ratio of salts, sugars and potassium to optimize fluid and electrolyte absorption and speed recovery. This product has been clinically shown to hydrate 34% more effectively than water alone. DripDrop is safe for seniors to drink every day, to effectively treat and prevent dehydration. Senior citizens with high blood pressure, congestive heart failure, and /or electrolyte restrictions should consult with their doctors before using DripDrop, or any rehydration solution.

Well, I'll see you later this year, Have a warm and hydrated winter.

One last reminder, we provide Meals on Wheels for senior citizens in the community. If you are interested in receiving Meals on Wheels for yourself or a family member, call Barb @ (507) 867-4220

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



**Talented
Christmas
Program**

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. Pam Danielson is here 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.

Jeri crafts
Angels for
Christmas.



Special Event Photos



John B greets Elf
Josh; Hazel likes
bowling; Ellen
receives gift from
Santa; Ila enjoys
bowling; Stephen
greets Mrs. Santa.



The Founder's Committee



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

Donations to Founder's Committee through January, 2016:

Marjorie Scott gift in Memory of Ruth Holets, Kevin Hisey, Rodney Copeman and Lyle Meeker—\$40.00
Roberta Manahan gift in Memory of Robert Sorenson—\$5.00
Gary & Judi Daniels gift in Memory of Eileen Allen—\$20.00
Jerry & Shirley Clemens gift in Memory of Donna Haagenson and Elmer Trogstad—\$30.00
Jerry & Shirley Clemens gift in Memory of Bob Sorenson—\$15.00
Denise Pagel gift in Memory of Bob Sorenson—\$15.00
Anonymous donor—\$5.00
United Methodist Women gift—\$50.00
Ron & Colleen Allen gift in Memory of Eileen Allen—\$663.00

From The Desk of Physical Therapy



Three Motivating Workout Routines in 2016

As with many things in life, we tend to get bored or burnt out on the same workout routine over, and over, and over again. When you do the same workout routine over and over, your body gets used to it and it becomes easier. The Stairmaster might have been challenging at one point, but pretty soon your muscles become familiar with that motion. Your body only uses half the energy to complete this task that at one point had you huffing and puffing your way to the locker room. Mix it up. By changing your workouts daily you will trick your body into working harder and burning more calories. It will also save you from boredom!

We found these 3 workouts are most motivating for 2016 to help you to stick with your fitness goals and to make sure your muscles keep working their hardest!

1. Cross training - Cross training is the idea or concept of participating in an exercise or sport other than your normal exercise routine or sport. This can be important and extremely beneficial for a number of reasons. By cross training, you allow yourself to strengthen all the muscles in the body and focus on full body fitness.

Injuries can occur when stresses on the body and joints are done in a repetitive motion over a period of time; overuse type injuries. Cross training allows you to continue to stress your body over a period of time but these activities allow for strengthening with decreased chance to have an injury. It allows you to ease into an new activity decreasing the overall stress/load of new activity on the body while still being able to work on cardiovascular health.

2. Circuit Training- A circuit is a series of strength or cardio exercises (or both) repeated two or three times with little or no rest between sets. You'll need a watch with a second hand, the cardio equipment of your choice, plus a set of 3- to 5-pound dumbbells. Find the workout that suits your needs below.

- circuit training is a great boredom buster: Moving quickly from one exercise to the next means your mind doesn't have time to wander or tune out.

- An all-strength circuit burns 30 percent more calories (about nine per minute!) than a typical weight workout and offers more cardio benefits.

- A circuit that combines cardio and strength moves will blast fat and sculpt muscle. It can also burn up to 10 calories a minute.

3. Spinning- Spinning is great for someone who wants a motivating workout that they can control at their own pace.

Spinning is a specific format of indoor cycling. Only certified Spinning instructors are allowed to teach "Spinning," but other group cycling programs exist by different names, and some have their own certifications. Spinning is a cardio (aerobic) workout set to music and led by a certified instructor. Most classes last between 40 and 60 minutes, although some places offer beginner or intro classes that might be shorter.

Remember! Stretch before and after each of these routines or any type of activities you do. We are here to help you!

Robert (Bob) Schrupp, Physical Therapist

Honoring our Veterans



Veterans: Jerry F., Everett E. and Eugene S. were presented with flags and a thank you for their service.

American Legion Auxiliary Ladies distributed flowers to the Veterans.

Pictured right: Jean Strange, Marcie Kalemske, Sandra Maker, and Nancy Giehtbrock



CVCC Visitors



Girl Scouts visit Veteran, Ves Tuohy.

Family visits Bob Billman



January, 2016. Isn't it amazing how the year went by so fast? I recall my mom saying to me, "the older you get the faster the years go." I really did not understand what she meant when I was just a young girl. Now I realize what she was saying to me, it all makes sense now. Last review was in July so I am going to go back a few months to start this article. The Environmental Services Department stays busy all year round. You can imagine there are always things to clean, from our laundry department to our housekeeping department.



We were busy August and September with fall projects. One of those projects was to get the outside windows cleaned before the bad weather came. I am very pleased that we did accomplish that task! We got all the outer windows done!

As we moved to the inside, we went through the resident's closets and straightened them up. That was also completed this fall before the bad weather started. We will be going through the closets after the holidays as well. Each clothing item needs to be marked with our residents names. I would like to remind everyone, if you bring in a Christmas or Birthday gift for your family member, please make sure you bring it to the laundry department to get marked with their name. Our staff does a great job finding the owners of unmarked clothes, but the resident's sometimes do not know if the items belong to them. If you feel that your family member is missing clothes, please come to the laundry department. In the last two months, we have had quite a few clothes items with no name. If these items are unclaimed after so long they will be donated to Goodwill. Please stop in and see if any of these items belong to your loved one.

I hope everyone enjoyed the fall and this amazing winter we are having. We surely cannot complain with a winter like this one. It was nice doing the holiday shopping this year. Not much snow and wonderful temperatures for this time of the year. On December 28th the sky opened up to remind us that we still live in Minnesota. We received around 6 inches of snow. On the 29th I was driving on Winona Street and it was a joy to watch all the children outside playing in the snow. My hat goes off to those children that are taking advantage of nature's beauty. So, enjoy the rest of our winter and stay safe.

Happy New Year 2016 from the Environmental Services Department.

Jody Lawstuen
Environmental Services Supervisor



Christmas at CVCC



Santa, Mrs. Claus and Elf Josh brought smiles to our residents faces: Charlie, Doris, Lois and Grace



Christmas Angel Crafts And Decorating Christmas Cookies



Geri crafts Angels for Christmas; Dorthelda and Viola decorate Christmas cookies



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.



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