



Views From The Valley

July 2011



CHOSEN VALLEY CARE CENTER, INC.
A Senior Living Community



**"In summer , the
song sings itself."**

William Carlos Williams



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Dear Family and Friends,

Each year the Minnesota Department of Health completes an on-site regulatory survey at the Care Center. The survey process is required for the Care Center, as well as other nursing homes to be licensed in the State of Minnesota.

The Health Department survey team's primary role is to ensure necessary care and services are being delivered to each resident and assess compliance with State rules and Federal regulations. Usually, there are three surveyors present for a few days. They may be on-site in the morning, during the day, evening and/or during the night. Surveys typically occur during the week, but may also take place on weekends.

Health Department surveyors review many areas during their visit. These areas include, but are not limited to assessing hands-on resident care, resident satisfaction, resident safety, resident care plan compliance, activity programming, meal services, environmental conditions, laundry and housekeeping services, therapy services and so many others.

The State fire marshal is also included in the survey process and generally visits on one day during the survey. The fire marshal's primary role is to assess the Care Center's compliance with fire safety codes and regulations, and ensure that employees are receiving the proper fire safety training.

The results are shared with Care Center staff on the final day of the survey. Any area(s) identified to be out of compliance with rules and regulations requires a written plan be submitted to the Department of Health describing how the area(s) will be corrected. Identified areas are then re-surveyed until they are found to be in compliance with the rules and regulations. Re-surveys are completed on-site at the Care Center or by desk review at the Health Department.

The most recent Care Center survey was May 31 through June 2, 2011. The survey team was very complimentary of the care and services provided by the Care Center. The surveyors noted a few areas for correction that included ensuring hazardous chemicals are secured and identifying and disposing expired medications. The fire marshal also noted the need for a "dry-type" sprinkler system in the Care Center's drive under canopy.

Overall, survey results were very good, especially when compared with State and industry standards. We are very fortunate to have such a dedicated and caring team of employees providing quality care and services to our residents each day.

Department of Health surveys are an excellent way to determine which areas we are doing well in and what opportunities exist for improvement. Furthermore, they provide a way to inform residents, resident's families and others about the standards of care and services provided at the Care Center.

Survey results can be found in a few different locations. They are posted across from the director of nursing's office at the Care Center, as well as on the internet at the following web address: www.health.state.mn.us/divs/fpc/directory/surveyfindings.htm. I encourage anyone with questions about the survey process or results to please let me know. I would be happy to answer any questions you may have.

I hope you are enjoying summer and all that it brings. Thank you to everyone for your support and dedication to our home each and every day. I'm very grateful to be a part of such a dedicated and caring community! Wishing you all health and happiness!

Craig Backen, Administrator



How to Sleep Pain-Free.

The other day I saw a web site which gave advice on "How to sleep like you are dead".

A little graphic perhaps, but it did lead me to think that maybe our readers would appreciate some tips on sleeping pain-free.

Tip One: You might try extending the life of an old mattress by placing plywood between the mattress and the box spring. It will firm up your mattress, and it may feel better on your back. My wife and I did this, and it extended our old mattress by a few years.

Tip Two: Another way to improve your mattress is to buy one of those egg crate foam pads or toppers. These pads are commonly used in hospitals and are fairly inexpensive. I would recommend getting a thicker pad (3 inch or so) because these pads will also eventually wear out.

Tip Three: The most common sleeping position is on your side, with your legs and hips aligned and bent. Because this position leaves your upper leg unsupported, the top knee and thigh tend to slide forward and rest on the mattress, rotating the lower spine. This slight rotation may contribute to back or hip pain. To prevent that problem, place a pillow between your knees and thighs.

Tip Four: If you sleep on your back, place a pillow under your knees to help maintain the normal curve of your lower back. You might try a small, rolled towel under the small of your back for additional support. Support your neck with a pillow.

Tip Five: If you decide to buy a new mattress, the experts agree you should plan on devoting enough time (15 to 20 minutes per mattress) to actually test various sleep surfaces before deciding. Don't be shy: Lie on your back, your belly, and your side. If you have a significant other, he or she should be along for the trip. If possible you may want to try a certain brand of mattress at a hotel or a friend's house.

The rehabilitation staff would like to remind everyone they do provide outpatient therapy services. Services include outpatient physical therapy, occupational therapy, and speech therapy. They provide therapy for these common diagnoses and more: after knee, hip, or shoulder surgery/ replacements, for neck, shoulder, hand, back, hip, or knee pain. For tendonitis, bursitis, arthritis, plantar fasciitis (foot pain), stroke, weakness, poor balance or neurological diseases.

Robert Schrupp, Physical Therapist



Government Shutdown

Many of you may have received a letter from the State Of Minnesota regarding a government shutdown which began July 1, 2011. You did not receive any notice from the Care Center because there was no reason for concern. We were business as usual. The Care Center is very careful to plan for the future whether it good or bad. We did not suffer any financial hardship while the government was shut down.

Part of our planning for the future is protecting the assets of the Care Center in these tough economic times. The organization's bills are due and paid on a 30 day cycle, and therefore our room and board receivables are due upon receipt of the statement. If you should ever fall behind or experience extraordinary circumstances, please contact the business office. We continue to experience state and federal cuts each year, which sometimes make it even more challenging when expenses keep rising.

Due to reduced reimbursement rates, we try to do as many fund raisers as we can. We are having our Chosen Valley Care Center Golf Outing again this year on August 26, 2011. This will be a fun filled event with games, prizes, and good food. It is an 18 hole, four person best shot tournament with a Windsor pork chop dinner at the end of the 18 holes of golf.

We are keeping the cost at \$55.00 per person for the golf and meal again this year. Everyone will leave with a prize. You will also have a chance to win either \$200.00 or \$100.00 cash for closest to the pin on two par three holes. You don't need to have a foursome to play. We can hook you up with other individuals that don't have a full team. We are raising money for new privacy curtains for resident rooms this year, so please come and join us for a great time and a good cause.

If you can't golf you can still help us out by buying a raffle ticket for \$5.00 with a chance to win \$300.00, 2 - \$100.00, or 4 - \$50.00 cash prizes. Just call the Care Center at 507-867-4220 to register to golf or buy tickets and ask for myself, Ellen Strande, or Lori Bakke. Thank you for your continued support.

Jean Haakenson, Chief Financial Officer





Dietary "Myplate"

I hope that most of you are becoming familiar with the new food plate that has replaced the old pyramid. If not let me tell you a little bit about the history:

1916-1930: "How to select food" guidance, established based on food groups focus on "protective foods".

1940: "A Guide to good eating". (Basic Seven). Lacking specific serving sizes.

1956-1970: "A Daily Food Guide". (Basic Four). This did not include guidance on appropriate fats, sugars, and calorie intake.

1979: (Hassle-Free Daily Food Guide). Based on the Basic four, but also included a fifth group to highlight the need to moderate intake of fats, sweets, and alcohol.

1984: (Food Wheel) Five food groups and amounts formed the basis for the Food Guide Pyramid.

1992: (Food Guide Pyramid). Included visualization of added fats and sugars throughout five food groups and in the tip.

2005: (My Pyramid Food Guidance System) Daily amounts of food at 12 calorie levels. Illustration could be used to describe concepts of variety, moderation, and proportion.

2011: (Myplate) Myplate illustrates the five food groups using a familiar mealtime visual, a plate setting. Make half your plate fruits and vegetables, the other half proteins and grains. A glass on the side reminds us of the dairy group. Balancing calories, enjoy your food, but eat less. Avoid oversized portions. Compare sodium in foods like soups, bread, frozen meals, and drink water instead of sugary drinks. If you want to learn more about the new Myplate give me a call.

Remember that we are providing Meals on Wheels and senior dining downtown. If you would like to participate in either of these programs you may call Sharon at 507-867-3591 for senior dining or me at 507-867-4220 before 9:00 a.m. If you are interested in Meals on Wheels call Blanche at 507-325-2313 or me at 507-867-4220.

Barb Weiss, Dietary Director





Social Services “Dementia”

The staff at the Care Center recently had the opportunity to attend an educational in-service presented by Shelly Wagner, RN a psychiatric nurse who works at the Grace Unit at Regina Medical Center in Hastings Minnesota. The Grace Unit focuses on patients that have dementia and are displaying behaviors that are not able to be managed by family members or by the staff of the facility where the person is residing. Behaviors may include but are not limited to; being verbally or physically aggressive, not allowing someone to assist with a bath or shower or daily hygiene, agitation, and an inability to follow rules. There are many ways that difficult behaviors can be managed including; learning the best way to communicate with a patient or family member, staying as patient as possible even though at times this may become difficult, treating the patient or family member with respect, trying your best not to argue and helping the patient or family member to be as comfortable as possible. The staff at the Care Center work daily using these techniques. Our care team is very knowledgeable on the best way to assist patients who are displaying behaviors, and to help them be as comfortable as possible. If there is ever a question that you or a family member has regarding what may be the best way to help a family member or friend who has dementia and who is displaying a behavior, please contact me at the Care Center. I will assist in finding a way to handle what may be a difficult behavior. If we need further consultation, we will work with Shelly to get suggestions of what may work best. As always feel free to stop in and visit anytime.

Katie Shimek, Director of Social Services

**If anyone would need a quiet area
to meet with your loved one,
please contact our social worker,
Katie Shimek.**





What a full summer we have had so far and what a better way to tell you about it then in pictures!

The Royal Wedding and Mother's Day called for a special event this year...the Royal Tea which honored all of our women. Hats, luncheon dishes and tea pots were all borrowed for this grand event!



Dorthelda Musty, Geri Beckel, Arloene Andrist and Evalyn Gardner enjoyed tea time together!

Prom was held at the Care Center on May 12. It was a full and fun day! Care Center residents were invited to the Prom Shop to pick out their tie or shawl, jewelry and corsage or boutonniere. After their prom attire was selected it was time to have their hair styled and make up applied. No prom is complete without pictures; the framed prom picture can be seen in the small activity room kitchenette.



Amy Neis gets a quick lesson from Charlie McCabe on how to tie a necktie.



Lucille Baker takes an approving look in the mirror before the music begins.



Sherry Hareldson and Bill Rissman pose for picture.

It's garden time! Twelve individuals committed to planning, planting and tending to their own garden plot this year. A new community plot was added in the gazebo area this year through donations made to the Founder's Committee Memorial Fund. Fresh flowers on the tables are one of the best things about summer! Many thanks for all those who have made donations to the Founder's Committee.

It's planting time – Arlo Rowland and Denise Hays plant flowers in the community bed.



Our most unique garden this year was planted by Marion Thompson, eggplant, geranium (wintered over from last year), caladium, violas and alyssum. Notice the head of her Nerdy Neck garden pal peeking through the geranium!

The men were not forgotten on Father's Day, they were honored with a Men's Day Cookout. Though the weather didn't cooperate for sitting outside and enjoying the wonderful aroma of grilled brats and burgers, they all enjoyed watching from the dry sunroom!

One of the favorite June activities is the fishing trip sponsored by the Department of Natural Resources. The annual event is held at the Sylvan Park ponds in Lanesboro. The DNR supplies everything for us – bait, fishing tackle and pools, a pond filled with trout and folks to clean them. It was a beautiful day! The first group from the Care Center arrived at the park by 8:30 a.m. The second group from the Assisted Living and Independent Apartments arrived about 10:00 a.m. and stayed for a picnic lunch as the first group was on their way to the Care Center!



Harold Mangen hooked the largest trout of the day. The last fish of the day was brought in by Marie Narveson with assistance from DNR Melissa Konsti.



So much more is yet in store for the summer at the Care Center!

Kate Winter Glor, Activity Director

New Website

We are in the process of updating our website www.chosenvalleyseniorliving.com. Among the added features of the new website will include the ability to view our quarterly newsletter on-line. Website visitors will also be able to sign-up to receive our newsletter. This is an example of how it appears on our website.



[Click here to download the latest issue](#)

Name

Email Address

Submit

If you or someone you know
would like to be added or removed from
our mailing list please call us at
507-867-4220 or email at
info@chosenvalleyseniorliving.com.



Inspirational guest speaker, Jill Swanson, autographing her book, "Simply Beautiful" for Roberta Copeman, employee of the Care Center.

Assisted Living Tenant

LuVerne Eddy



On July 15, 1913, LuVerne Eddy was born in Canton, Minnesota to Agnes and Elmer Eddy. His family consisted of one sister and two brothers. He attended country school for three years. His family moved to Chatfield where he attended and graduated from Chatfield High School in 1933. While in high school, he was a well known football player. After graduation, he was employed at the Chatfield creamery for eight years. He met Kathleen and they were married in a double wedding ring ceremony at the Little Brown Church on October 16, 1937. LuVerne paid the priest \$5.00 to marry them, and expected to get change back, but didn't. He also said on their wedding day, the priest nearly married him to Kathleen's sister. LuVerne told him to switch the cards around placing the correct couples together so the mistake didn't happen again.

LuVerne and Kathleen have two children, a son, Newell, and a daughter Cheryl. In 1941, they moved to Saratoga for nine years where he managed the creamery. He transferred to the Eyota Creamery, where he was employed from 1950 until 1977. After retiring from the creamery, he hauled mail from Rochester to Austin for three years. In LuVerne's spare time, he enjoys fishing, and lots of it (according to his wife)!

LuVerne and Kathleen really love living at Chosen Valley Assisted Living. They cannot say enough good things about the facility, and are happy to be residing here.



STAFF SPOTLIGHT: Kate Winter Glor

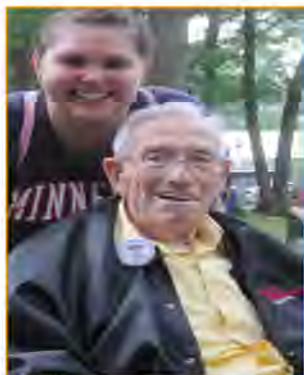


Kate Winter Glor has been at the Chosen Valley Care Center for twenty and a half years. She began working in long-term care with a Human Services Technician degree. She has worked in many different settings with a vast array of people. She has found that the elderly population is the best fit for her. Her favorite part of working at the Care Center is brightening the days of others and learning their life experiences through gardening, canning tips and how to live frugally.

Kate has worn several hats at the Care Center. She began her career at CVCC in January of 1991, as a nursing assistant and in April of 1994, she became activity assistant. Her current position as activity director began in August of 2002. If you know Kate, or have ever rubbed elbows with her, one can see how passionate she is about her position. She enjoys working in a great department with wonderful staff. Kate was elected in 2009 as Minnesota Statewide Activity Professional Vice President, followed by President and Past President positions.

When Kate is not busy brightening the lives of others; she enjoys gardening, crafts, camping and reading. She feels that times have changed at care centers greatly and are no longer looked upon as a place where people go to reside, but rather a change; filled with an activity or not. Activities at the Care Center are no longer the 3 B's (Bingo, Bible study, birthday parties), but offer a wide variety of fun things to do, events and outings to meet the residents needs socially, cognitively, physically and spiritually. As Kate says, "Chosen Valley Care Center is the happenin' place to be!"

Care Center Resident Spotlight



Robert
Bluck



Robert Bluck was born on April 17, 1929 to Robert W. and Charlotte Rose Bluck. He was an only child, which he said he really didn't care for. He didn't have any first cousins, either. He did have two second cousins. One lived in Milwaukee, and the other at Devils Lake, North Dakota. Bob remembers fondly the day he and his family went to visit one of his cousins, and drove right through where the lake once was. He said, "you can't do that now, you'd sink."

Robert grew up in Monona, Iowa and attended country school for six years and St. Patrick's parochial school for two years. He next attended Winona High School. Bob married his first wife, Gertrude when he was 26 years old and she was 41 years old. They operated a cheese factory in Iowa. Gertrude later passed away. Bob was a milk hauler in Wisconsin and Illinois during this time too. At age 50, he became employed as a field representative for Wisconsin Dairies. He worked there for 15 years. Bob remembers quite vividly the time that he recruited 30 new customers in one month. You can still see the satisfaction and joy in his face as he talks about those times.

Robert later married Grace Buckles and they lived in Preston for a number of years. They never had children together, but Bob has enjoyed 30 plus step-grandchildren, 15 great-grandchildren and a few great-great grandchildren. Over the years, Bob collected antiques. He talked about the time that he drove to Tennessee with a van and came back with it full of antiques. He was gleaming while reminiscing about those times. After retiring from Wisconsin Dairies, Grace and Bob started a lawn care business. He stated he did all the mowing and Grace did all the trimming. They closed the business due to an injury, which brought him to Chosen Valley Care Center. He said he chose this facility because of the location and the beautiful outside view. While at the Care Center, Bob enjoys sleeping, listening to the accordion music and Catholic Mass on Thursday. He said he really enjoys the food, and said it's 99% good!

Care Center Resident Spotlight



Fern Miller



On February 15, 1926, Fern was born to Martin and Ella Anderson. She had one brother and two sisters and grew up on a farm near Rushford where she attended country school. As a child, Fern was involved in 4-H, specializing in sewing. She enjoyed helping the neighboring farms; planting crops, butchering animals and harvesting corn by hand. Fern graduated from Rushford High School and attended college for two years and studied home economics. After college, Fern worked cleaning homes and various other farm jobs. She married William Miller on May 3, 1952 at Rushford Lutheran Church. They purchased a farm near Highland, Minnesota and raised two daughters, Ingrid and Kristine. Ingrid passed away in her 20's due to health problems. In addition to farming, Fern enjoyed cooking, gardening, growing and arranging flowers and collecting state quarters. She loved nature, hiking and walking in the woods on her farm. She is currently a member of the American Legion Auxiliary and a member of Highland Lutheran Church. Fern and William farmed and raised cattle for 58 years until moving to the Care Center this past year. William passed away on April 23, 2011. Fern enjoys the music and the news at the Care Center.

**Gene and Anne
Evenson donating
lap robes!
Thank you!**



Assisted Living & Independent Living



The tenants at the Assisted and Independent Living recently attended the play "Sylvia" at the Commonweal Theater in Lanesboro. The tenants thoroughly enjoyed this play as it had many laughing the entire evening. If you have an opportunity to see this play I encourage you to do so. This play has so many underlying meanings and I would like to touch on one of them.

The play is focused on a husband, his wife and a stray dog. I am sure that at some point in everyone's lives they have owned a pet. There have been many studies on pet owners and the statistics are overwhelming how pets enhance people's lives, especially senior citizens. They are great companions for those who live alone, and it has been proven that pets help the elderly live longer, happier and healthier lives by lowering blood pressure and cholesterol levels. Overall, pets positively affect the lives of their elderly owners in many ways. Pets give of themselves and only expect love in return.

Suzette Moechnig, Assisted and Independent Living Housing Director



Assisted Living
tenants
Geri Beckel,
Dorthelda Musty
and Marie
Narveson
constructing
their specialty
cards.



Prom 2011

Verna
Haugen
and Sherry
Hareldson.



Louis and
Kay Ward
& Mavis
Severson.



Bob and
Signa
Sorenson
& Maxine
Johnson.



Arlo
and
Jan
Roland.





Medical Records



Would you be able to recognize the signs and symptoms of a heart attack? Knowing the warning signs so you can act fast to get treatment for yourself or a loved one could save a life.

Not all heart attacks begin with the sudden crushing chest pain that most people think. Many heart attacks start slowly as mild pain or discomfort. Some people don't have symptoms at all.

The most common symptom is chest pain that often feels like uncomfortable pressure. The feeling can be mild or severe and is many times mistaken for indigestion or heart-burn. Other common signs include: upper body discomfort in one or both arms, back, neck, or jaw; shortness of breath; nausea, vomiting, dizziness or breaking out in a cold sweat; sleep problems or lack of energy. The more signs and symptoms you have, the more likely it is that you're having a heart attack. The sooner you get emergency help, the less damage your heart will sustain. Call 911 for help right away. Do not try to drive yourself to the hospital. Let someone else drive you.

Certain treatments can be started immediately, even before the diagnosis of a heart attack is confirmed. Taking aspirin will thin your blood and prevent further blood clotting. Taking a nitroglycerin tablet will reduce your heart's workload and improve the blood flow through the coronary arteries.

The best thing you can do to prevent a heart attack is to lower your risk factors. Following a heart healthy diet and keeping physically active are both important parts of leading a healthy lifestyle. If you smoke, quit. Also, try to avoid exposure to second hand smoke. Treating conditions such as high cholesterol, high blood pressure and diabetes can also help lower your risk. Scheduling an appointment with your medical doctor for a regular check up and physical is the best way to keep informed and stay healthy!

**"Totally Healthy
You Team"**



An invitation is extended to each of you to attend our First Healthy Committee versus Safety Committee Challenge. The event is scheduled for Friday, August 12 at 1:30 p.m. in the front of the Care Center. Each Committee comprised a list of exciting games to be played by the two teams. Some of the challenges have a golf theme since our golf outing fundraiser is at the end of the month.

Our employees volunteer to be on our wellness/healthy committee. The "Totally Healthy You Team" is their official name. Since last October this team of co-workers has sought to provide education and healthier options at our workplace. We have received one grant from the Fillmore County SHIP project for \$1000.00 and have purchased pedometers and leg weights for staff to borrow while at work. We are providing salads for purchase each weekday and fruit filled containers once a month this summer. Employees have enjoyed having a healthier alternative to vending machine snacks. Weight Watchers meetings have also been available and are open to the public as well.

The Safety Committee is comprised of staff from every department at the Care Center. They meet monthly and their purpose is to provide a safe working environment for our employees while caring for our residents. After each meeting they go on rounds throughout the Care Center to see if they can find something that needs to be repaired or an improvement that can be made. We hope to provide the best of care to our residents with healthier staff and a safe environment.

Both teams are looking forward to a fun filled hour of challenging games to show their expertise in safety and health. Exercise is good for all of us as well as laughter and we will be doing a lot of both! One team has even purchased matching purple shirts and hope residents will wave purple flags to show support. Please attend and share in the fun.

Ellen Strande, Director of Human Resources

Ninth Annual Walk-N-Roll



David Simenson,
Lorna Lynch and
Elymra Holtz enjoy
the day!



Sarah Gossman
and the
Hovermans
entertained
everyone in the
park.



Environmental Services

"Planning for tomorrow"



"It is always wise to look ahead, but difficult to look further than you can see." Winston Churchill

Have you ever said, "If I only would have known then, what I know now?" Most of us have and chances are we will say it again. One of the hardest things that we do day in and day out is plan for tomorrow. However, it is also one of the most important things that we do. I like the way that Winston Churchill described his observations in looking ahead. It is difficult to look further than you can see, however it is not impossible and with some time and energy it can mean the difference between success and failure. One of the qualities that I grew up admiring was my Dad's willingness to go the extra mile so that he didn't have to do it again. On our small family farm time was always of the essence and doing it twice was not an option. So I learned from a very early age that when we take time to repair or replace or even purchase something new it's important to do leg work and make sure it gets done right.

As Environmental Services Director, I continually monitor and try to envision what tomorrow may bring. One year ago, we began a project that involved totally renovating and renewing our central bath. As this project got underway, we soon found ourselves confronted with issues and trials that tested our ability to look ahead and go the extra mile. Today, one year later we find ourselves enjoying our new spa room and all of its amenities. This includes warm towels, music, television and soft lighting that each of us can stand back and realize the success of a job well done.

Our mission statement has become one of the tools that I use in the day to day decision making process. I would like to share this with you and as you read it, you can be assured that there is a team of professionals working toward success with tomorrow in mind. Our mission statement reads: ~ Chosen Valley Care Center exists to expand and enrich the lives of our residents through choices in residential options and supportive services. ~

I look forward to being a part of what is ahead and taking joy in the things that are now behind. Your thoughts and opinions are always welcome, please feel free to share and express as we work for you.

Gerry Gathje , Director of Environmental Services

**John Stewart,
Lana Bernard
and Kate
Winter Glor
recognized for
20 years of
employment!**



**Ann Strande,
Dorothy Chase
and Mildred Gill
ready for the
Royal Tea with
their stunning
hats!**

Founders Committee Members

Vicky Cramer
Carol Finseth
Inga Jackson
Mary Keefe
Barbara Peterson

Doris Durfey
Marge Huper
Marge Judd
Theresa Manahan
Vivian Thompson



We give a warm welcome to our two new members to the Founders Committee, Donna Cramer and Denise Pagel.



Residents choosing their favorite piece of pie!

UV Safety Month



July was UV Safety Month. Even though July is almost over I would like to take the time to talk about ultraviolet (UV) safety, seeing that there is still some of summer left. There are three different types of UV rays and it is important to know how to protect yourself and your loved ones who may not be able to protect themselves.

The UV rays are emitted from the sun. There is UVA, UVB and UVC. UVA and UVB are able to reach the earth's surface were UVC is unable to. UVA radiation penetrates deep into the skin and causes wrinkling or a leathery look. UVB radiation causes burns. Both UVA and UVB radiation can cause cancer. Over one million people are diagnosed with skin cancer in the United States every year. In addition to sun burns, leathery look or wrinkling the UV rays can also cause eye damage, cataracts, suppression of the immune system and growths on the skin. Who is at risk? Everyone is at risk even plants and animals.

There are several ways to protect a person from UV rays. It is important to use a sunscreen with an SPF of 30 or above. It is important to use a sunscreen that protects from UVA and UVB radiation. If a person is going to be outside for a long period of time it is suggested to use a sunscreen with a higher SPF. For sunscreen to be effective it should be applied 30 minutes before going outside and reapplied every 2 hours while exposed to UV rays. It is important to remember that even on cloudy days a person is still exposed to the UV rays. To protect the eyes a person should have a pair of sun glasses that have 100% UV protection. Not all sunglasses have UV protection. If a pair of sunglasses does not have a label on the lenses identifying 100% UV protection it is safer to ignore them and look for a different pair.

Don't forget to protect you and your loved ones skin and eyes when being outside for the remainder of the summer!

Danielle York, Director of Nursing

Sources: www.earthgauge.net/wp-content/fact_sheets/EG_UV_Safety.pdf
<http://www.webmd.com/skin-problems-and-treatments/guide/sun-safety-tips>
<http://www.livestrong.com/article/105235-elderly-skin-care-tips-sun/>



Clinical & Resident Services

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

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

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

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

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

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

If residents do not have cognitive impairment and are informed of the risks, they have a right to be mobile, even if that involves falling.

Because there is potential for harm, we need to find the underlying cause of falls and instability, and develop individualized approaches that take into account the strengths, possibilities, wishes and needs of each person.

Our goal at Chosen Valley care Center is to provide the best possible care for our residents. We strive to maintain the safest environment possible. So we will be reassessing each resident's use of personal alarms and will put an individualized plan of care in place to keep them safe. If you have any questions please let me know.

Lisa Vickerman, Director of Clinical & Resident Services

Hair Salon



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

Barber Roy Lange is here with clipper in hand every six weeks. Roy's schedule is posted on the door of the salon. Barb Ristau is styling on Mondays, Pam Danielson is cutting on Tuesdays and Judy Young is curling on Thursdays.

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

His & Her Hair Care Prices

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

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

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



In Memory of Lavonne Henry by Karen Long

In Memory of Lucy Lambert by Karen Long & Barbara Carpenter

In Memory of Donna & Lloyd Lambert by Barbara Carpenter

In Memory of Laura Whitcomb by Karen Long

In Memory of Dora Button by Karen Long

In Memory of Myrtle Klema by David & Janelle Gonyea

In Memory of Florin Lane by Mr. & Mrs. Jerry Spelhaug & Judith Stites

In Memory of Norman Skrukrud by Mr. & Mrs. Jerry Spelhaug

In Memory of Victor LeFevere by Louise LeFevere & VaLoie Wilbur

In Memory of Mildred Adler by family and friends, Mr. & Mrs. Jerry Clemens, Mr. & Mrs. Richard Jeffers, Mr. & Mrs. Ronald Greenslade, Mr. & Mrs. Michael and Dawn Shalecki, Ves & Margaret Tuohy, Doris Horsman, Pete & Claudine Pederson, Art & Neva Swenson, Chuck & Sharlene Owens, Jr. & Eva Bernard, Jerome & Marla Rae Finley, Mike & Vicki Cramer, Sue Thieke and Palmer & Audrey Borgen

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.

FOUNDERS COMMITTEE, CHOSEN VALLEY CARE CENTER, INC.
2011 ANNUAL FUND DRIVE

Enclosed is my gift of \$ _____ Date: _____

Given By: _____

Address: _____

City/State/Zip: _____

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



CHOSEN VALLEY CARE CENTER, INC.
A Senior Living Community

1102 Liberty St. SE
Chatfield, MN 55923

If you or someone you know would like to be added or removed from our mailing list please call us at 507-867-4220 or email at Info@chosenvalleyseniorliving.com.

Thanks!