

Views From The Valley

November 2012



The best thing to hold onto in life is each other.

Arloene Andrist & Doris Durfey

Board of Directors Chosen Valley Care Center & Apartments

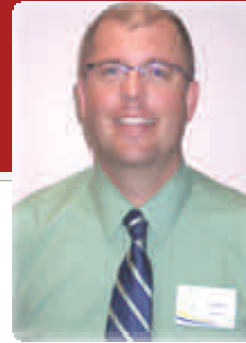
President-Mary Mark Patten
V. President-Dave Schellhammer
Treasurer-Barbara Peterson
Secretary-James Strand
Member-Kathi Mesick



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

From the Administrator's Desk



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 or more 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 Marshall 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 July 31 through August 2, 2012. The survey team was very complimentary of the care and services provided by the Care Center. 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

Administrator's Desk Continued....

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 Fall 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!

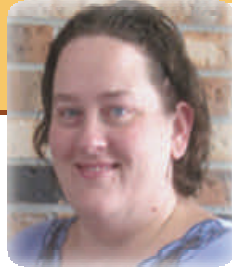
Wishing you all health and happiness!

Craig Backen , Administrator

*Sherry Hareldson overseeing
the Care Centers intense
Olympic Games!*



*The Chosen Valley Senior Campus invites you to
our Holiday Tea on Sunday, January
sixth. Join us after the busy hustle and bustle of
the season for a cup of tea and cheer for the
New Year!*



Observational Days

Many patients are staying in the hospital under observational status, which is an outpatient service category. You may wonder what this exactly means. It means they are not formally admitted or considered inpatients. These patients are too sick to go home or return to the skilled nursing facility but the hospital believes they are not sick enough to require "acute care" despite the fact that they are on a regular acute care hospital unit. Very few observational patients are aware that they are in the hospital under outpatient "observational" status. Admission under observational status is also more expensive for the patient compared with inpatient care.

The physician is responsible for deciding whether his or her patient should be admitted as an inpatient. The physician can change their patient's status at any time during their hospitalization but it must be done prior to discharge.

Use of observational status was rare, but has become a routine practice in the past few years. Recent data reveal that claims for observation care rose from 828,000 in 2006 to more than 1.1 million in 2009.

Medicare began a pilot program several years ago. Auditors are evaluating hospital utilization of services. Most hospitals fear being penalized for having too many admissions or readmissions. Patients in observational status are technically not admitted. This reduces the risk of federal scrutiny and penalties.

Persons admitted under observation status are often those with conditions the hospital fears will be denied Medicare payment. Claims for observational care are usually paid without question. As a rule, hospitals are usually not penalized for admitting patients under observational status. Unfortunately, being an observational admission disqualifies the person from using Medicare-reimbursed skilled nursing care benefits after hospital.

It should be noted that Medicare can deny payment for observational stays, but this is rarely done. However, the rate of denials has increased over the past few years. If Medicare denies payment, the patient becomes responsible for the entire bill.

In addition to being more expensive for patients overusing observational days in the hospital has the potential for increasing re-hospitalizations. Those who are unexpectedly discharged, have had inadequate discharge teaching, or do not understand aftercare instructions are likely to return to the hospital, as are those who are medically fragile and unable to care for themselves at home.

So in closing, if you or a loved one are admitted to the hospital double check with your physician to ensure whether it is an observation or a full admission because this will effect whether you are entitled to Medicare A benefits or not upon returning to the nursing home.

Lisa Vickerman, Director of Resident & Clinical Services

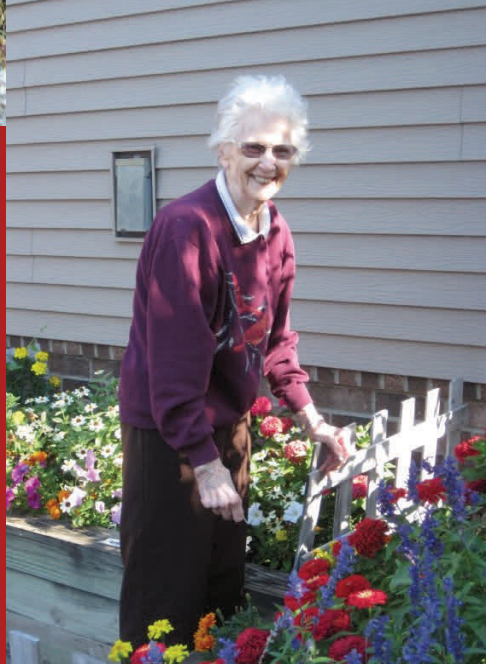
Charlie McCabe
always the jokester



Arloene
Andrist, Doris
Durfey, &
Evelyn
Hardtke
cleaning out
the flower
beds.



Doris Durfey tending
to flowers



Happy Anniversary!



*Arlo & Janice
Rowland
65 Years*



*LuVerne
&
Kathleen
Eddy
75 Years*



*Neil &
Romona
Snider
60 Years*



New Faces at Chosen Valley

I thought this would be a good opportunity to introduce the new faces to the business office.

Lisa Jones started as the Business Office Assistant in July and works with Suzette Moechnig in the Assisted Living building. Lisa has hit the ground running, taking over CVCC's Accounts Payable and Resident Personal Funds. She is a bright, shining face- a perfect fit for our facility.

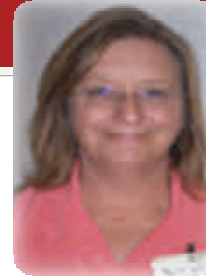
Next, I'd like to congratulate Erin Amdahl with her promotion to Financial Assistant. She has been the Care Center's administrative assistant for nearly two years where she proved her determination and problem solving skills. Erin is now in charge of our Accounts Receivable. She has done well, learning all the tricky ins and outs on insurance.

If you get a chance to stop by either ladies' office, give them a "congrats." Let them know we are excited to have them on our team.



*The Team:
Stacy Wilhelm,, Lisa Jones,
and Erin Amdahl*

There are a few things I like to talk about.



One of the things, are to remind you to check your spices and herbs before cooking and baking for the Holidays. Some of these spices only have a six month shelf life, other only three. Whole spices like nutmeg, cinnamon sticks and peppercorn can last up to 2 years.

Herbs will lose their flavor before spices.

The other thing I would like to mention is there are some foods that help boost your metabolism over the winter months. Salmon and yogurt, avocado and beans, red hot chili peppers and green tea.

I also wanted to remind you about some vitamin D foods that may help you get through the winter months. Vitamin D is necessary for the proper absorption of Calcium which strengthens bones and helps to prevent osteoporosis.

Fish, Fortified cereals, Oysters, Tofu and Soy milk, Salami, Ham and sausages, also fortified dairy products and eggs, mushrooms and caviar. Hope you stay safe over the winter months and we'll talk again this spring.

Remember that we are providing Meals on Wheels. If you are interested in Meals on Wheels call Blanche @ 507-325-2313 or Barb @ 867-4220 ex 2726.

Barb Weiss, Director of Dietary



*The new resident that
joined us before the parade!*

The Next Best Thing



With an economy that is less than ideal, most of us have had to make do with less and less while still producing the same end result. We often find ourselves in stressful situations that require our time and energy and it seems there is more than we can do. My wife Sandy is a great encourager and a real superstar in stressful situations. One of her tactics is to start off by doing (the next best thing) and when that's done she does the next best thing all over again. I have found that when I employ this tactic I eventually arrive and finish the task at hand.

Over the last two years we have done the next best thing as we worked on a plan for our Resident rooms. There are four components to our plan: they include replacement of room divider curtains, color coordinated window coverings, new bedspreads and lastly new colors for the walls. This was a large task and it has consumed many hours of looking, thinking and then looking again. After some disappointments and some victories we now believe that we have a solid plan in place and look forward to implementation.

Some of our future exterior plans include an exit path from our D Wing Exit to our Independent Parking Area. During our survey process this year our local fire deputy made mention of a code requiring all skilled care facilities to have or install a hard surface path to the public parking lot. The main idea behind the path is to have the ability to move Residents away from danger in all types of weather. This endeavor includes approximately three hundred and fifty feet of sidewalk and eight light poles to provide emergency light in all conditions. I am sharing this information with you because many of you will see the work in progress and wonder why we are placing a new sidewalk in the rear of our property. In short let me say this, our goal in this project and all future projects is to do "the next best thing!"

Gerry Gathje, Director of Environmental Services

P.S. – I was just informed that we are expecting our forth grandchild. I am so excited and just wanted to say grandchildren really are great!



*Gerry holding
grandson Mason*



*Gerry, wife
Sandy, and his
grandkids Ma-
son, Kylee, and
Karson*

Employee Spotlight:

Stephanie Jones

Stephanie Jones was born in Tulsa, OK. She has 8 brothers, 2 sisters, 1 niece, 1 nephew and another nephew coming soon! She now resides in Preston.

Stephanie has been at the Care Center for 4 years. She has been in the dietary department, but just finished her training with Chosen Valley to become a nursing assistant. One day, she would like to become a nurse. When she was 10 or 11 years old, she lived in Harmony. She and her sister, Sarah, volunteered at the Harmony Care Center doing manicures. Her favorite part about working at the Care Center is getting to know the residents.

Some changes she has noticed over time are the great improvements with all the remodeling. It looks more home-like for the residents. Also, the food is better!

Stephanie loves to golf, spend time with friends, go to movies and spend time outdoors.





What a glorious fall !

The weather has cooperated so well with the harvest and leaf tours we have had. The leaves have been in their most radiant colors with the sunny days and cool evenings. We have been very fortunate having full weather cooperation for all of our fall van tours and picnic outings as well this past summer.

A successful garden season was had by all the residents who had garden plots and participated with the community plot. It was a challenging year keeping up with the need for water with the lack of rain. Maybe next year we will look at a soaker hose! Some gardeners are already planning what should be planted in their plot next year!

Deb Finley was welcomed to the activity department team this past quarter. Though a new face in the activity department, a familiar face at the Care Center as having worked in the Nursing Department as a CNA and more recently in the Dietary Department as the Assistant Dietary Manager. Collectively she has been employed at the Care Center for 15 years. We are very pleased to have her be a part of our Activity Team! With welcoming a new team member also means bidding another farewell. We wish Denise Hays all the best and fondly thank her for her 20 years of dedication and service in the Activity Department.

The CVCC Resident Council was once again voted this year to sponsor the Halloween Trick or Treating by purchasing the candy to be distributed to the residents who wish to and are able to hand it out to the ghosts and goblins who come calling on Halloween. Trick or Treaters are welcome at the Care Center from 3PM to 4PM on Halloween the 31. As it can be a very overwhelming event for some residents with the extra energy and excitement in the halls as the kids seek out goodies we limit it to this one hour time, as well as not to interfere with the evening meal time. There will not be the regular music following church on that day. Independent Apartment Tenants are encouraged to bring treats to the Care Center lounge area if they wish to participate. The assisted living building will be included in the route for the Trick or Treaters.

The Annual Veteran's Pie Social will be taking place on November 9th from 1:30 p.m. – 3:00 p.m., beginning with a dedication to our Veterans at the Care Center, Assisted Living and Independent Apartments. Once again this year, Heartland Books and jewelry will be available during the pie social for your shopping pleasure. This is a Founder's Committee Fund Raising event. They have some of the finest bakers in the county so be sure and join us and treat yourself to pie and ice cream. (There is no charge to Care Center residents.) Mark your calendar and don't miss the pie, ice cream, early Christmas shopping and the chance to support the Founder's Committee.

Throughout our lives we have special dates and anniversaries we remember. Especially with the upcoming holiday season thoughts and memories of our loved ones who have been called to their heavenly home are close in our hearts and thoughts. Your family members have greatly touched our many lives at the Care Center as well. This is our third year of our memorial tree

of remembrance. We are inviting all families who have lost a loved one at the Care Center this past year to bring a special ornament for this tree. A special service and dedication of each ornament will be on November 30 at 2:00 p.m. We will be sending out an invitation and encouraging families to join us. The ornaments will be marked with the resident's name and displayed on the tree throughout the holiday season. After the holiday season, the ornaments will then be packed away for the next Christmas for years to come. This tree will be located between the activity room and the dining room. Many of the ornaments families shared last year represented the resident; special interest or hobby or an ornament that they had constructed,

As the months quickly pass, soon snow will be drifting down and Christmas will be in the air. Santa Claus will make his annual visit to the Care Center and Assisted Living. Santa will have a special gift for each Care Center resident and tenant, donated by their churches, staff members and others from the community. We are encouraging you to open your gifts with your family member. This will leave a more lasting impression and is so much more special for them. It's also a great time to share a family favorite Christmas treat, however if you wish to bring in Lutefisk please alert us as extra air fresheners will be made available! Just kidding!!! Please remember if clothing items are given to be sure and mark the tags or contact Jody Lawstuen for sewing name tags onto the item. This helps greatly, as you think about how many sweaters, shirts and stockings come in for 78 residents.

Kate Winter Glor, Activity Director



*Ann Strande,
Vivian Barnes &
Margaret Burke enjoying
the monthly Birthday*



*Shirley & Orvis
Johnson beating
the heat enjoying
the show*

Brass Band Concert



*Bob & Signa
Sorenson
enjoying the
band*





Agnes
Vogen
admiring
the
handy
work



Romona Snider
cozying up



Helen Jackson,
Mary Knauf, Peg
Baker, & Nancy
Richter show
their talents in
quilt making

Care Center's Resident Spotlight

James Narveson



James Narveson, son of Marie and Stan Narveson, was born in Winona, MN on January 18, 1944. He had one sister, Sandy and one brother, Gary. Gary is now deceased, but his sister can be seen visiting him and his mother who lives at Chosen Valley Assisted Living.

Jim went to Chosen Valley High School and graduated in 1962. After school, he became a truck driver at Chatfield Lumber. Then, before retiring, he was a school bus driver and then dispatcher for Bernard Bus in Chatfield.

Before coming to the Care Center, he enjoyed playing pool, golfing and bowling. Now that he's been in the Care Center, he enjoys puzzles, watching TV, playing cards and visiting staff.

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.

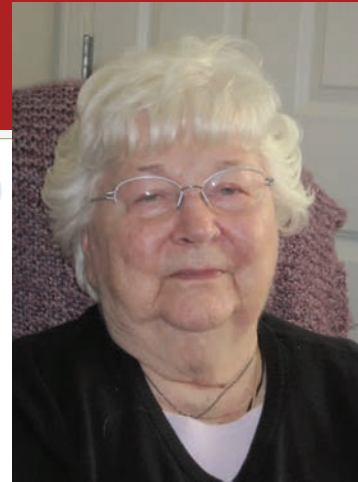
His & Her Hair Care Prices

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.

Assisted Living's Tenant Spotlight

Rosella Bernard



Rosella was born at home on a farm in Simpson, MN, near St. Bridget's, on August 25, 1923 to Arthur and Rose Kelly and has two younger brothers.

Rosella went to Olmsted Country School District 82 and graduated from Rochester Public Schools. After high school, she attended Winona State College to become a teacher. She spent 24 years teaching, first at Blooming Prairie, then at Rochester Schools. After she retired from teaching, she substituted at several schools, including Chatfield.

Rosella met Melvin E. Bernard and married him at St. Bridget's Church on August 10, 1946. She had five children, Patricia, Thomas, Charles, Jeffrey and Carroll. They gave her nine grandchildren who, in turn gave her eight great-grandchildren, with one on the way!

They lived on the farm until 2007 when they moved to Orchard Ridge. The two of them then moved to Chosen Valley Assisted Living in 2010.

Rosella's favorite things to do here are the activities and visiting other tenants. She said "It's a wonderful place to call home because of the caring people and staff."

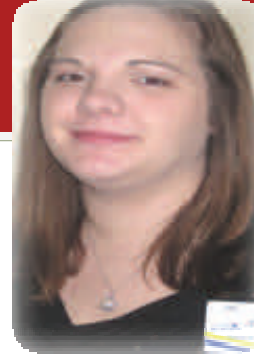
Her advice to the younger population is – Look at your heritage. Think of the hardships the pilgrims faced on the ride over to America. Think of what they went through to survive. They knelt down and prayed to God, thankful for everything they had.

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.

Beat the Seasonal Flu by PREVENTION



Centers for Disease Control and Prevention (CDC) emphasizes that Influenza is a serious disease and Prevention is vital. Between 1976 and 2007 CDC estimates that in the United States flu-associated deaths range from 3,000 to 49,000 people. Ninety percent of those deaths occur in people 65 years or older. This seasonal flu season can begin as early as October and last until May.

It is important to take key steps in preventing the flu. Make sure you take the time to get your yearly flu vaccination. This is a key step in preventing the flu. Everyone 6 months and older and those who are high risk should receive the flu vaccine. Young children, pregnant women, people 65 years and older, health care workers, people with asthma, diabetes, and heart and lung disease are all considered at high risk. Other preventive actions to take cover your nose and mouth with a tissue when you cough or sneeze. Throw away used tissues in the trash after used. Wash your hands often with soap and water or an alcohol-based hand sanitizer. Avoid touching your eyes, nose and mouth. Avoid close contact with sick people when able. If you are sick with flu-like symptoms CDC recommends that you stay home for at least 24 hours until your fever is gone unless you need medical care.

Influenza is a contagious respiratory illness that infects the nose throat and lungs and can be mild to severe and at times lead to death. Some signs and symptoms of the flu include fever, feeling feverish, chills, cough, sore throat, runny nose, stuffy nose, muscle/body aches, headaches, fatigue, sometimes vomiting and diarrhea. Not everyone with the flu will have a fever.

If you get sick with the flu check with your doctor promptly if you have a high risk condition. However most people who are not high risk end up with a mild illness and do not need to seek medical care unless you feel you are very sick or are worried about your illness. If you get sick with the flu you should stay home and avoid contact with other people except if medical care is needed. Make sure to drink plenty of fluids and get your rest. If shortness of breath, bluish skin color, rash, unable to eat, decreased urine output, confusion, severe vomiting, pain or pressure in the chest or abdomen, sudden dizziness you should seek medical attention immediately.

For more information on Influenza go to www.cdc.gov and type in the search box Seasonal Influenza.

Danielle York RN, Director of Nursing

*Our Thanksgiving and Communion
Service will be at 1:30 p.m. on Wednesday,
November 21. We welcome you to join us at
this time of Thanksgiving.*

Assisted & Independent Living



With winter quickly sneaking up on us, many families are contemplating if mom and dad are safe at home. Making the decision to move a loved one from living independently in their home/apartment to an assisted living facility can be difficult. Talking to a physician or a social worker can be beneficial in guiding families with this decision. It is also helpful to have a family meeting to discuss what the best environment is for the elderly parents. When considering what type of facility is the best option for your parent first determine how much assistance is needed with activities of daily living. For example do they need help getting dressed, taking a shower or do they need more extensive assistance such as medication administration. Make a list of all the ADL's that your parent is struggling with so that you can discuss this when touring a facility. This will help the facility and you determine the best plan of care for your loved one. Making an informed decision and having a plan of care in place will make relocating to an assisted living facility much smoother and more enjoyable for you parent.

Suzette Moechnig, Assisted and Independent Living Housing Director



Lyle Drinkall & Alice Elliot working on fall arrangement for the Assisted Living.

Social Services



The weather is turning cooler and the leaves are falling off the trees. Tis the season to start thinking of Halloween and the holidays that are quickly approaching. This is also the time of year to think about your Medicare Part D coverage. Open enrollment for Medicare Part D is October 15th through December 7th. Medicare Part D is the portion of Medicare that covers prescription medications and open enrollment is a time when you can change your Medicare Part D prescription plan. Have you been happy with your loved one's coverage? Or would you like to take this opportunity to review what other plans are out there to see if there's one that would offer better coverage? There are resources available to you through the Senior Linkage Line to help you compare plans that are available. Carrie Enright, Senior & Caregiver Advocate at the Senior Linkage Line, has been assigned to folks that live in Fillmore and Houston counties. She can make an appointment with you to review coverage and plans. You will have to bring a medication list, information (such as dates) regarding your loved one's Medicare and date of birth. For more information on those resources please see me, I have fliers that provide more details in the social worker's office at Chosen Valley Care Center. I'd be happy to provide you with a copy. I think it's a great opportunity to have some support with decisions regarding Medicare. It can be very confusing and overwhelming trying to sift through all of the information that Medicare sends out. This way you have an advocate that is accustomed to dealing with Medicare that can help you with those questions.

Have a Happy Fall! 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

Happy Halloween

**Just a reminder that
Wednesday October 31st
from
3 pm to 4 pm
the public is invited to
Trick or Treat at the Care
Center and Assisted Living. If you would like
to make a donation towards the purchase of
Halloween Cady for Resident Council you can
do so at the front desk. It should be a
"spooktacular" time!**

Did you know...

Arthritis is the leading cause of disability in the United States and affects more than just the elderly population? But with a few simple adjustments, life can be easier and less painful for the millions of people diagnosed with the disease.

The trick is to decide what activities are important to you and then modify them in ways that ease symptoms like pain, stiffness and fatigue. Arthritis may be a mechanical disability, but it does not have to turn people into couch potatoes.

According to Dr. Kenneth Brandt, orthopedic surgeon and clinical professor of medicine at the University of Kansas Medical Center, "There is a whole body to pay attention to. You shouldn't neglect everything else that is important to you and to your general health, including physical activity.

Even with relatively advanced arthritis, it is important to maintain an exercise regimen, with modifications as needed to minimize overuse of damaged joints. Exercise is crucial for people with arthritis. It increases strength and flexibility, reduces joint pain and helps combat fatigue.

You don't need to run a marathon to help reduce symptoms. Even moderate exercise can ease the pain and help maintain a healthy weight. When arthritis threatens to immobilize you, exercise keeps you moving.

Your doctor can diagnose your arthritis and help you create a treatment plan to help minimize the impact that arthritis pain has on your daily activities. Get out and enjoy the cool fall weather and keep moving everyone!



Lisa Wagner, Director of Medical Records

*The fruits of
Donna Pease's
labor. Fresh
tomatoes!*



Founders Committee Members



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

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

Love this time of year!

It is a beautiful time of year. The fall colors on my way to Stewartville one day were breathtaking. I know many residents were able to go on van rides and observe our pretty scenery before the wind and cold came. As Minnesotans we are very fortunate to have four seasons and be able to experience such diversity in our weather and environment. In my youth I lived for about eleven years in Arizona, and having grown up in the Midwest prior to that I truly missed snow and the changing of seasons. With the cold weather approaching we see the end of our golfing season yet can enjoy watching football. And speaking of golf . . .



The Care Center golf outing took place in August which seems like a while ago now. This year the funds raised will go towards enhancing the window treatments in resident's rooms. We truly appreciate all the donations, contributions made by businesses, families and community members. It turned out to be a great day with 64 golfers participating and 14 sponsorships. We did miss one golfer this year; Judy Johnson has golfed with us for the past 6 years. She passed away in June of this year. She was our Environmental Services Supervisor and whether at the golf outing, here at work or in her personal life, she made a difference in people's lives and we will continue to miss her. We continue to thank all of the participants that helped to make our golf outing a success and look forward to next year's outing and the benefit that we can bring to the Care Center.

Hope you can enjoy this special time of year!

Ellen Strande, Director of Human Resources



*Judy's Crew
2012 Golf Outing
Team*

Environmental Services



It's hard to believe that October is here and the pumpkins are out and the leaves are falling off the trees and changing their colors. I have truly enjoyed my new position working with families and the residents and looking forward to the Holidays that will be approaching us. My outlook for everyone this month is focusing on our laundry department and sharing some information about different things in this area.

One of the things that I would like to share that I think is very interesting is the amount of clothes that is washed every day. Our staff washes between thirteen and fifteen loads a day that equals about forty three to forty five a day in our own personal machines at home. I also want to share the process that occurs at 6 am when the first person arrives to work. They first start out by sorting all the clothes and taking the time to check them for stains. If a resident's clothes need special attention we have a spray that is put on the clothing to try to remove it. At seven thirty our second laundry person arrives and starts another process by taking the clothes out of the washer putting into the dryers and as they come out of the dryers we have one person working on the personal items and one person working on the other clothing. As you can tell they both work together as a team. Team work is a big part of our Laundry department. If the clothes need to be ironed the laundry staff takes the time to do so. Some of the clothes that come down to laundry need to be mended as you can imagine that is an important job in itself. The clothes are hung up on hangers and then they are delivered to each individual. This is a big process. So as a reminder please be sure new clothes are brought to the laundry room to be marked. If we are not available you may give them to a staff member and they will be sure that they get to our department. I am very thankful to all of the staff that take the special time to keep our department running smooth and show great dedication and pride by keeping the residents clothes neat and clean. And I want to take this time to let everyone know how thankful we are to have our volunteers that come the first and third Tuesday of every month to help with sewing name tags on our resident's clothes. We greatly appreciate them taking the time out of their busy schedules to accommodate us with our resident's clothes. We enjoy the smiles that they bring with them. It is always a pleasure to have them helping in our department we will continue to look forward to seeing them every month in the future. .

Jody Lawstuen, Environmental Services Supervisors

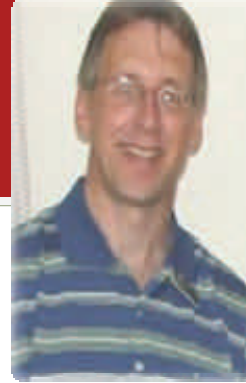
Thank you for your generous
memorial donations that were given to
The Founders Committee

*In Memory of August Drewes
By Mr. & Mrs. Nick Manahan*

*In Memory of Helen Baker
By Mr. & Mrs. Curt Peterson*

*In memory of Neil Haugerud
By Norb & Mary Keefe*

Ten Signs You May Be Ready For A Knee Replacement



My Mother is 82 years old and she has terrible knees. For the past year we have been trying to decide whether or not she should have a knee replacement. I think the final straw was broken when she attended my daughter's wedding. My mother struggled to make it to pictures, and to the dining area. She had enough. She is scheduled to have her left knee done in late November.

I thought it might be helpful to list some of the signs that indicate you may be ready for a replacement:

1. You have knee pain that keeps you awake, or awakens you, at night. You also may experience moderate or severe knee pain at rest.
2. You have knee pain that limits activities necessary to go about your daily routine. Your activity is restricted to the point where you have trouble getting out of a chair, going up stairs, getting off the toilet or getting up from the floor.
3. You have knee pain that limits activities that give you pleasure (such as walking for exercise, traveling or shopping.).
4. You have tried other treatments for a reasonable period of time, and you still have persistent knee pain.
5. You have tried a series of different medications that don't help alleviate the pain, or the medication you have been on no longer works.
6. Other treatments have not helped. More conservative treatments include weight loss, physical therapy, a cane or other walking aid, and braces.
7. You have a knee deformity. Knee replacement can be especially helpful for people who have a knee that bows in or out.
8. You're 55 or older. Knee replacement is typically performed in older adults, but it may be considered for adults of all ages. Young, physically active people are more likely to wear out their new knees prematurely.
9. Your general health is good. Conditions such as restricted blood flow, diabetes or infections can complicate surgery and recovery.
10. You are just plain sick of it. This was the number one reason my Mother decided to go ahead with it.

Robert Schrupp, Physical Therapist



AFLAC

Tech One



Thanks to all the businesses that
supported Our Annual Golf Outing!



Root River State Bank

Therapy Networks



Himec



1102 Liberty St. SE
Chatfield , MN 55923