



Views From The Valley

October, November, December 2013



CHOSEN VALLEY CARE CENTER, INC.
A Senior Living Community



*Chosen Valley Care Center Founder's
Committee*

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Secretary-James Strand
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From The Administrator's Desk

Dear Family and Friends,

Chosen Valley Care Center has enjoyed thirty seven proud years of community service in Chatfield. It has been an important resource for Chatfield seniors, as well as provided a foundation to build future senior services upon.

Over the years, our Organization has added several programs and services to meet the ever changing needs of the community. These additions have been in response to the continued healthcare and housing needs of area seniors. Some of these include skilled nursing home services in 1976, Independent Living Apartments in 1990, Assisted Living Apartments and services in 2006, Adult Day Respite services in August, 2007 and Congregate Senior Dining and Meals On Wheels in March, 2008. Housing with Services were also implemented at Chosen Valley Apartments in 2013.

We work hard to deliver person-centered care, create individualized/ personalized services, promote resident autonomy and help all who live here to feel "at-home." Furthermore, we continuously strive to create living spaces which are intended to look and feel more "like-home."

We believe in quality training for employees, opportunities for professional growth and a caring work environment where honor, respect and kindness are shared. We focus on the "teamwork" approach to delivery of services, all of which positively impacts the lives of the people who live here. We monitor the needs of our residents and community each and every day. It's our desire to provide the Chatfield community and surrounding area with the highest quality of senior healthcare and housing options as possible.

The above qualities and many others are what make our Organization a premier senior services provider. I'm very proud to belong to our caring Organization, and I'm very thankful that Chatfield has the Care Center and Apartments as a resource for their loved ones.

We welcome any/all ideas and suggestions which would enhance and/or compliment our current programs and level of service. Please contact me if you have any thoughts or suggestions you would like to share.

I hope you are enjoying the beautiful fall weather 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



Western Days Fun





Lisa Vickerman: Loss of a Loved One

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On February 22, 2009 my family changed forever, that was the day that my mom died after a three month battle with lung cancer at the age of 56. I wondered how my family would survive without her and I was sure that our holidays would never be the same.

Grieving takes most, if not all of your strength. Do not worry if you do not have as much energy as you did before your loss. Scale back and only do the things that are necessary.

Grief is transforming. The process of grieving makes a person change who they are emotionally, physically, mentally and spiritually. It is okay to change. Embrace change rather than fight it.

Although as a family you share a common loss, each of you experiences it differently. Each of you experiences it differently because each of you has a unique relationship with the person who has died.

When you have lost someone special, your world loses its celebratory qualities. Holidays only intensify the loss. The sadness and loneliness is magnified. Your need for support may be the greatest during the holidays. Here are some tips for coping with grief during the holidays.

- **Pace yourself**-You do not have to uphold all the obligations you did in the past.
- **Pamper yourself**-If you deplete your energy you will have less strength to care for yourself or others during any holiday celebration. Therefore, take extra time for you.
- **Tell people what you need**- Friends and family will not know how to help you or relate to you unless you are specific about your wants/needs.
- **Honor traditions**-Traditions hold many emotions for people. After a loss some traditions may become more or less important. Let people know which traditions are meaningful to you and the ones that you want to keep.
- **Crying is okay**- Let the tears flow. Crying is a natural outlet of grief. Do not apologize.
- **Make new rituals**-When you make new traditions it signals to yourself and others that your life has changed.
- **Cancel the holidays all together**-If you are going through the motions and feeling nothing, cancel them. Take a year off. The holidays will come around again.
- **Get together and remember**-Spend time with family and friends, recalling memories and past holidays spent with those that are no longer with us. Remembering them will keep them alive in our hearts and help the little ones to remember those that have gone before us.

I hope that those of you who have lost someone special are able to find a way to celebrate the holidays in your own way.

Lisa Vickerman, Director of Clinical and Residential Services



Ellen: Fall, Special Holidays



This is a great time of year! With special holidays to celebrate each month, there is always something to anticipate. I think most people would agree that October is a fun month. First, we have Oktoberfest with a celebration in honor of the 16 day festival that has been celebrated in Germany since 1810. Then we have MEA, and for students it can be a fun two days with a break from school and an opportunity to do something special for that great holiday - Halloween. There are pumpkins to carve, a costume to create and scarecrows or corn shocks to put in the yard. It is always entertaining to see the children in their costumes, and trick or treating.

November brings Veteran's Day, a remembrance to those that have served and an opportunity for us to give special thanks to those that serve or have served our Country. Just this morning on the news, a report of a waitress who overheard her two customers discussing their time in the service. This waitress paid for their meal and wrote on their ticket "Thank you for your service". What a thoughtful gesture. Thanksgiving Day is another occasion to give special thanks. We have so much to be thankful for and it is so easy to take them for granted: the freedom to worship, our loved ones, food and shelter. The list can be very long when we think about it.

And December brings smiles. Just thinking about children sitting with Santa makes me smile. Then there are the school concerts and Sunday School programs, the carolers, delicious cookies, and Christmas cards with newsy letters. They each add to the excitement and special warm feelings of the holiday season. Getting together with family and friends completes the holidays. Chosen Valley Care Center will host a Holiday Tea on January 5th 2014, from 1:30-3:00 p.m. It will have all those things that we are thankful for: family and friends, delicious food and special music. Be sure to put it on your new 2014 calendar! In less than three months the year will be over.

In the month of August we held our Care Center golf outing. This year the funds raised will go towards quilted bedspreads for resident's rooms. We truly appreciate all the donations, contributions made by businesses, families and community members. It was a beautiful day and a lot of fun with 63 golfers participating and 15 sponsorships. We continue to thank everyone that helped to make our golf outing a success!

Hope you can enjoy this special time of year,
Ellen Strande, Director of Human Resources



*2013 Golf
Outing
Photos*

*Gold and
Silver
Sponsors*



*Team
Strandé*



*Team
Stevens
and
Polhemus*



*Team
Sunshine
Foods*

Fall Gardens



***Gardeners: Arlynn with
cantaloupes; Harold with
ground cherries; and
Arloene weeding her
flowers.***



A Word from the DON, Danielle York



Geriatrics & Influenza

Did you know that those individuals over 65 are at the greatest risk for complications from Influenza? This is because the human immune defenses become weaker with age. The Centers of Disease Control and Prevention (CDC) states "It's estimated that 90 percent of seasonal flu related deaths and more than 60 percent of seasonal flu-related hospitalizations in the United States each year occur in people 65 years and older.

Influenza is a contagious respiratory illness that is caused by the influenza virus. It 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 influenza will have a fever.

There are 2 key steps in preventing influenza. One key step is getting the flu vaccine. The CDC recommends getting a yearly flu vaccine. Each year a new vaccine is developed for the upcoming years most common influenza viruses. The CDC recommends that everyone 6 months of age and older should get a flu vaccine as soon as the current seasons vaccines are available. The second key step is taking the everyday preventive actions to stop the spread of germs. This means washing your hands, covering your mouth when coughing or sneezing, avoid touching your eyes, nose and mouth. Clean and disinfect surfaces and objects that may be contaminated with germs.

The flu season starts in October and goes through May. Make sure you take the key steps to preventing Influenza. If you have any questions on Influenza or the vaccine speak to your physician or you can go to www.cdc.gov/flu for more information.

Danielle York, RN, DON



Welcome to Fire Awareness Month

During National Fire Prevention Week, October 6 - 12, 2013 attention is focused on promoting fire safety and prevention, however we should practice fire safety all year long. Many potential fire hazards go undetected because people simply do not take steps to fireproof their home.

- In 2011, U.S. fire departments responded to 370,000 home structure fires. These fires caused 13,910 civilian injuries, 2,520 civilian deaths, \$6.9 billion in direct damage.
- On average, seven people die in U.S. home fires per day.
- Cooking is the leading cause of home fires and home fire injuries, followed by heating equipment. Smoking is a leading cause of civilian home fire deaths.
- Most fatal fires kill one or two people. In 2011, 12 home fires killed five or more people resulting in a total of 67 deaths.



At Chosen Valley Care Center we take fire prevention very serious and are committed to fire safety year round. Some of our training includes two acronyms, the first is R.A.C.E. Rescue Alert Confine and Extinguish. This is practiced each month as we do fire drills. The next acronym is P.A.S.S. —Pull, Aim, Squeeze and Sweep; the four basic steps to fire extinguisher safety.

Sometimes we get complacent and I even find myself wondering why we need to worry about fire safety at all. Time and time again I am reminded that (accidents are never planned) and the only way to prevent the worst is to practice and then repeat again and again. Over the next month our building and staff will undergo in-service and hands on training for fire safety.

Please take some time to think about your own home or business and enjoy a safe and happy fall and winter.

Fire Safety Checklist:

1. Install and maintain a working smoke alarm outside of every sleep area and remember to change the battery at least once a year.
2. Designate two escape routes from each bedroom and practice them regularly.
3. Teach everyone the "Stop, Drop, and Roll" technique in case clothing catches on fire.
4. Teach kids that matches, lighters and candles are tools, not toys. If you suspect that a child is playing with fire, check under beds and in closets for telltale signs like burned matches. Matches and lighters should be stored in a secure drawer or cabinet.

Sincerely,
Gerry Gathje
Director of Environmental Services



Resident Spotlight: Arloene Andrist



Arloene has a ready smile for all who greet her every day. She comes from a happy, smiling family, and a musical family. She played the piano, her husband John, played the piano accordion, and their son, Stan played the banjo. When Stan started a band (Stan's Polka Band), Arloene and John joined him. They were always together, a smiling, musical family.

Arloene was born December 24, 1920, a special Christmas baby, to her parents, Lee and Bessie (Smith) House near Byron. (Very close to Oxbow Park) She remembers having a special Birthday every year; never once did her parents wrap Christmas together with her Birthday. Arloene enjoyed her grandmothers and their baking. Grandma Smith baked the best white cookies, they were so good! And, Grandma House was known for her beautiful loaves of homemade bread.

There were five children in Arloene's family, three sisters and one brother. All five siblings went to country school, and Arloene went on to Byron High School for one year before leaving school to help her parents on the farm. She helped her mother with the children, the cooking and cleaning. She was very well known for her housekeeping skills.

"My Father introduced me to my future husband (John)," said Arloene. "they were working on the same farm together. John and I were in love from the start. We went together for almost two years and then got married on my father's birthday, August 5, 1937."

John and Arloene tried farming together for a time near Byron, until her dad told them about a job available in Rochester with Rochester Public Utilities (RPU). John got that job, they moved to Rochester and he worked at RPU for 29 years. They raised four sons together, all with musical talent: Stanley, Kenneth, Glen and Keith. "We were always together," said Arloene of her husband and herself, "and were in love every day."

Arloene was a homemaker until her sons were raised, then she worked as a housekeeper for a motel across from their home. Later, she changed careers, caring for a Mayo Doctor's children at first, then opening a day care in her home. She always has enjoyed children; Arloene has 15 grandchildren and 20 great-grandchildren.

Her loving husband, John, passed away at CVCC at the age of 92 after almost 70 years of marriage. They found CVCC through their son, Keith, and Arloene loves being here. "It's the most wonderful place I could be," says Arloene. "If I can't be with my husband, I want to be here."

Arloene likes all of CVCC's activities, but especially the musical presentations.

What advice does Arloene give the younger generations? "Be very faithful to loved ones, be a good wife or husband, and a good parent. Pitch in and help your husband, and never go to bed mad."

Dept. of Life Enrichment (Formerly Known As Activities)



Have you noticed our department name change? What was the Activity Department is now the Dept. of Life Enrichment. Our staff and office are the same, but with our changing population and times, an update of our title seemed appropriate. We are doing more individualized activities, helping our residents to making the most of each day...not just Bingo, Bible Study and Birthday Parties!
Department of Life Enrichment Staff photo: Sherry, Amy, Chrissy and Kate.

What an amazing fall we have had. With this fall edition of the Views From the Valley, there is always so many holiday events to discuss. By the time you are reading this Halloween has past. Resident Council once again has sponsored the purchase of the candy to be passed to visiting Ghosties and Goblins. Thank you to all who made a donation for Trick or Treating as well.



The Annual Veteran's Pie Social will be on Friday, November 8 from 1:30 p.m. – 3:00 p.m., with a dedication to our Veterans at the Care Center, Assisted Living and Independent Apartments at 2:00. This year I am asking families to share a picture of their loved one while they were in the service for a display. A copy will be made and the original photo will be returned to the family. Pictures can be given to Mimi at the front desk or myself. The Veteran's Pie Social is a Founder's Committee Fund Raising event. The Founder's are 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, express your gratitude to our Veterans and the chance to support the Founder's Committee all in one afternoon!.

Our Thanksgiving and Communion Service will be at 1:30 p.m. on Wednesday, November 27. We welcome you to join us at this time of thanksgiving.

Life Enrichment continued ...

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 lives at the Care Center as well. This is our fourth 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 Friday, December 6, 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 this year in the Fish Lounge. Many of the ornaments families shared last year represented the resident's special interest or hobby or an ornament that they had constructed. This is a special time of remembrance and celebration of lives that have touched our hearts.

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 at 9:30 and Assisted Living at 10:30-ish on December 24th. Santa will have a special gift for each Care Center resident, donated by their church, staff members and others from the community. **We are encouraging you to open your gifts with your family member.** This leaves a more lasting impression and is more memorable for them. It's also a great time to share a family favorite Christmas treat, if you wish to bring ones. If it is Lutfisk, please alert us as extra air fresheners will be available! Please remember if clothing items are given, be sure and mark the tags or contact Jody Lawstuen so name tags can be sewn onto them. It is possible to request name labels from her and sew on before the gift is given – this is especially nice if you are positive of the size as once the gift is open can go with the resident rather than down to be labeled first. This helps greatly, if you think about how many sweaters, shirts and stockings come in for 78 residents!

The Chosen Valley Senior Campus invites you to our Holiday Tea on Sunday, January 5, 1:30 – 3:00 . Join us after the busy hustle and bustle of the season for a cup of Holiday cheer!

Be sure to keep up with all that takes place at the Care Center by reading the weekly article in the Chatfield News, filled with pictures and the upcoming events.

Wishing you a safe and blessed upcoming holiday season! See the gift you and your loved ones are to each other. Remember the greatest gift we are given to share is love. It doesn't need fancy paper or a bow, and its RETURN policy is amazing!



Kate Winter Glor, Director of the Department of Life Enrichment

Assisted Living and Independent Living

Are you thinking of moving into a Housing with Services setting? If the answer is yes, the State Legislature has made some changes. The biggest change that will affect you as a consumer is that you will now need to contact the Senior LinkAge Line for long-term care options counseling prior to signing a lease.

This service is free of charge and has been developed to help you the consumer find the services that meet your needs. This call should only take a few minutes of your time.

At the end of the call the Senior LinkAge Line representative will give you a code. Please keep this code in a safe place as you will need to give the number to the housing director. You will not be able to sign the lease without it.

Once the code has been presented and the lease is signed, it is time to move in, get settled and enjoy your new home.

Suzette Moechnig, Housing Director
Assisted Living and Chosen Valley
Apartments





BIRD WATCHING

Doris Thomas

Mildred
Hanson

Evelyn
Hardtke

Facing
page:
Measuring
Lloyd's wing
span &
LuVerne
Eddy





Celebrating

Bob's
Birthday
with his
sons

and

Evelyn's
great-grand
son.





**Chrissy brought
Rooster George in
to visit us during
Western Days.**

**Eyota Kid's
Corner also
came to visit**



Staff Spotlight: Kayti Lyn Kreofsky

Meet Kayti Lyn Kreofsky, our newest Charge Nurse at CVCC. Kayti is from Plainview, where she has lived all of her life. Her parents and brother, as well as most of her extended family, all live in the Plainview area. Kayti has 4 children, 2 boys & 2 girls. Her youngest is 3 and oldest is 8. Kayti is currently an L.P.N. and is just finishing up her Associates in Nursing Degree. "I hope to be done (with the Nursing Associates Degree) around Christmas," says Kayti.



As of this July, Kayti became newly engaged. She likes chocolate and loves to laugh. "In the fall, I usually like to get to a local pumpkin patch and search out the perfect pumpkin. At home, I rake up the leaves and let the kids jump around in the piles in the yard. Together, my children and I love to make Halloween cookies," says Kayti.

Kayti has worked at CVCC for just over 2 years. She comes from a long line of nurses, most of which have worked in long term care. "So, I guess it was just in my blood," said Kayti. "I started working as a nursing assistant and did that for about 8 years before becoming a nurse. I have, for the most part, loved both roles."

While working at CVCC, Kayti started on the floor, working the night shift. As her children got older and life changed, so did her work schedule, to day shift. Now, she works as a Charge Nurse, conducting admission and readmission examinations and interviews, as well as many new administrative nursing tasks. She enjoys her job, her co-workers, and the residents. "Which makes for a good experience," she says. "Since being at Chosen Valley Care Center, I have learned a lot. My goal is to continue to learn more and gain more experiences."

During her time off, Kayti stays pretty busy, usually spending time with her family. "I spend as much time as I can outside and on the river," she said. "Whether I am boating or fishing with my family, or canoeing with old friends, I enjoy the out of doors."

She also loves other fun activities in her spare time, like camp fires, bike rides, watching the kids play at the park, watching movies or "whatever else sounds like a good time that day."

Did you know ...

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

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

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

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

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



Lisa Wagner, Director of Medical Records



NEW FUN! FISH PAINTING!!



New craft: Fish painting on a T-shirt. Our gentlemen's club gave it a try with wonderful results.



Business Office: Rate Notices



Many of you have received rate notices in the past few months from Chosen Valley Care Center. These rates are not decided by the Care Center or the CVCC's Board of Directors. The rates are determined by the Minnesota Department of Human Services. CVCC's rates are calculated yearly and are usually adjusted on October 1st. These calculations are made up of many different variables. Examples include operating costs, staff salaries, supplies, and our Nursing Home Report Card.

The Minnesota Department of Health and Minnesota Department of Human Services collaborated with the University of Minnesota to create our report card. The purpose of this report is to compare the facility on different quality measures set forth by the state. You can view the Minnesota Nursing Home Report Card by visiting the link below:

<http://nhreportcard.dhs.mn.gov/Search.aspx>

These factors come into play for our yearly rates for Medical Assistance and private pay residents. Care Center rates do not vary between MA residents and private pay residents due to the Minnesota's rates equalization law. This law prohibits nursing homes from charging private pay residents more or less than MA residents. If you have any questions regarding your rate changes, please see the Business Office.

Stacy Hrtanek
Business Office Manager



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.

Social Services

Greetings from the Social Service office! It's beginning to feel like Fall out there, which is fine, it's what comes after Fall that I'll have to brace myself for.

It's the perfect time of year to think about your Medicare Part D plans as open enrollment is from October 15th through December 7th. The world of Medicare can be very confusing, so I wanted to make sure everyone knew that there is help out there. Local help that can guide you through your decision making process of which Medicare Part D plan to choose for yourself or for a loved one that is no longer making those sorts of decisions for themselves. Our Senior and Caregiver Advocate contact for the counties of Fillmore and Houston is Carrie Enright. Her contact information is as follows email: carrie.enright@semcac.org; phone: (507) 864-8225; and TDD: 1-800-627-3529. She works for SEMCAC which is our area Community Action Agency.

I would strongly encourage you to give Carrie a call if you'd like some information on Medicare Part D in general, or if you feel there may be better coverage for you out there. She has the capability to help you choose a plan based upon the medications that are prescribed to you.

As always, please feel free to stop by and see me. Have a wonderful Fall season and don't let the next season looming nearby taint it. ☺

Christy Bakken, Director of Social Services



Family Council

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

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



Photos above: A group of CVCC residents, tenants and friends attended the Racine, Minnesota Steam Engine and Antique Tractor Show.

The Founder's Committee



Inga Jackson, Theresa Manahan, Marge Judd, Denise Pagel, Judi Daniels, Shirley Clemens, Charlene Krenzke, Mary Keefe, Donna Cramer, Vicky Cramer, Marge Huper, Carol Finseth, and Barbara Peterson (Not Pictured, Doris Durfey)

Donations to the Founder's Committee during July, August and September, 2013:

Brass Band Ice Cream Social—\$61.00

Chatfield Community Chest—\$500.00

Vivian Thompson Estate—\$335.00

Thank you to all from the Founder's Committee



Founders Welcome New Members

The Chosen Valley Care Center Founder's Committee is pleased to welcome three new members to their group:

Judi Daniels
Shirley Clemens
Charlene Krenzke

These new members are pictured with all the Founders on the facing page. We send out a warm welcome to these new Founder's Committee members. Welcome Aboard!!

The Founders wish to remind the community that every donation given to them is used to support and improve the Chosen Valley Senior Campus. Recently, the Founders helped support maintenance efforts, renew magazine subscriptions, and provide manicure supplies to the CVCC residents and tenants.

Please mark your calendar for the Founder's Committee next fund raiser: Veteran's Day Pie and Ice Cream Social on Friday, November 8th.



Photo:
Tractor crew with Louis W. and Arlynn P.



Photo:
Max J. inspects the Tractors and the crew.



Photo:
The Tractor Crew visits CVCC.

From The Desk of Physical Therapy



The Difference Between Soreness

And Pain: "Soreness" usually occurs the day after exercise due to an overload of exertion on your muscles, and the release of stored chemicals from your muscles. The release of stored chemicals is the reason why soreness sometimes gets worse a day or two after exercise. This is a phenomenon called "Delayed Onset Muscle Soreness" (DOMS). It is more likely to occur if you try new exercises or exert yourself more than you should. You will feel mild discomfort and not necessarily pain which should subside with rest.

It's important to remember that if you do the same exercise over a period of time, the level of soreness will decrease as your body adapts to it. This is why we change your exercise routine every 3 to 4 weeks to help you gain maximum benefit at all times.

On the other hand, "pain" after exercise tends to be sharp and localized around one area. It also tends to persist and sometimes get worse. You should never exercise 'through the pain' since this may cause injuries. If you experience pain during exercise, give us a call right away so we can determine the cause of your pain and help you manage it.

Your Pain Prevention Plan: Improper technique, absence of warm ups / stretching and inadequate footwear are major causes of pain and consequently injury. When you feel pain, use the RICE method. RICE is an acronym for:

- Rest: Avoid anything that may cause an increase in pain.
- Ice: Use an ice pack to reduce swelling and pain. Do not use the ice pack for more than 10-15 minutes at a time.
- Compression: A handkerchief or bandage around the injured area helps minimize swelling. It should be firm, but not too tight.
- Elevation: Keeping the injured body part elevated also helps to minimize swelling.

WARNING SIGNS: You may want to seek a diagnosis from a physician if the pain:

*Persists after 12 to 48 hours of ice and rest.

*Is sharp and limits movement.

*Is accompanied by numbness, weakness, or swelling in the joint.

Pain indicates distress to the body - listen to it and take action. A timely trip to your doctor and/or physical therapist will facilitate recovery. Don't let aches and pains affect your gains. Call us today to see how we can help you with a speedy recovery.

Robert (Bob) Schrupp
Physical Therapist



Barb Weiss, Dietary



Well summer is over. With a rainy season, it seems like summer was shortened.

I just want to let you know what has been going on in the Dietary Department these past months. We had another wedding - Buddy Lehnartz and Shelby Johnson were married this summer - both work in the Dietary Department. We want to wish them the best.

We also sent some dietary workers off to college this year: Karlee Moulton and Ashley Wolter. We sent Good Luck wishes with them, too.

A few from Dietary are transferring to Nursing and taking the CNA (Certified Nursing Assistant) course: Anne Welby and Danielle Norton. They are hardworking employees and will be missed by our department.

I guess that is all the news until next time. Wishing you all a Happy Thanksgiving and a Merry Christmas. I'll be talking to you again next year.

Remember, we provide Meals on Wheels for those home-bound folks. If you are interested in having Meals on Wheels delivered, call Blanche at 507-325-2313 or me (Barb) at 867-4220 ex 26.

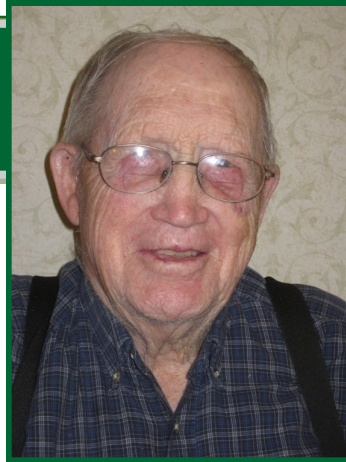
Director of Dietary Department.
Barb Weiss CDM,CFPP,CRM,CCP.



Photos: Ladies husking corn and snapping beans for supper. Yum! Fresh vegetables.



Tenant Spotlight: Lyle Drinkall



"A kind man filled with fun stories," is how people describe Lyle Drinkall, our featured Assisted Living Tenant, and Mr. Drinkall did not disappoint! Lyle was born August 27, 1918 on his parent's farm 3 1/2 miles north and east of Spring Valley. His parents were Elwine and Verna (Davidson) Drinkall. His grandparents, who came from Wisconsin, were some of the first white settlers in Minnesota. Lyle told us his family has been in this country since the 1700's, and his great-grandfather fought in the civil war. It is no wonder Lyle enjoyed history in school.

Lyle had two sisters, Mildred and Irene. When he was 4 years old (Mildred was 6 and Irene was 2), their mother passed away. Lyle's father took his children to his parent's home for his mother to raise. Grandpa's farm was about a half mile away. One year later, Lyle's grandmother passed away as well, leaving the men-folk to raise Lyle and his sisters. "But, we did all right," said Lyle.

Their country school stood about 80 rods from their grandfather's home. Lyle and his sisters attended school there through 8th grade. Lyle said he really enjoyed mathematics and history. His older sister and he did not go on to high school in Spring Valley, but they were determined their younger sister, Irene, would get that chance. Once Irene graduated from eighth grade, Lyle loaned her his pony, Vic, to ride back and forth to high school everyday. Irene was able to finish all twelve grades and graduate from high school.

Lyle's pony, Vic, half Shetland and half Indian pony, was one of many cherished horses owned by the Drinkall family. Lyle's dad and grandpa acquired Western Broncos for farm work. Lyle had a special way with horses, taming them to plow and ride. He owned horses all his life.

It was tough times during the depression. Lyle farmed with his father and grandfather from the time he was 14 years old, and also worked as a farm laborer. He could earn a dollar a day as a laborer. To supplement his income, Lyle trapped raccoon, squirrel, badger and mink for their pelts. Sears & Roebuck purchased pelts for up to \$8 and \$9 apiece. "I got more for a good raccoon pelt (\$9) than for the mink I caught," said Lyle. "The mink brought eight dollars."

Lyle married Violet Krahn in 1943 at the English Lutheran Church. They farmed near Grand Meadow, Spring Valley and Fillmore before purchasing a farm near Choice, between Rushford and Mabel. They raised prize-winning Jersey cattle, ran a dairy operation and always owned horses. They raised four sons and one daughter. His wife, Violet, passed away five and a half years ago here at CVCC.

That event brought Lyle to the Assisted Living in Chatfield. While here, he enjoys many activities and visits from his family, twelve grandchildren and thirteen great-grandchildren.

Environmental Services: Jody

Autumn! What a beautiful time of the year as the colors are amazing every year. Seasons come and seasons go and we wonder where the years go. I see the years speed up as my grandchildren grow like weeds in the garden right in front of my eyes, and if you don't keep up with them they get away.

The staff has been busy with maintaining the work that goes into the spring and the summer months. We know that fall is no different with many tasks ahead of us. It is a very busy time of the year. We will be putting things away in storage, and will be preparing for the months that will follow. As the days will get shorter, and cooler days will follow, and then we will witness our first snow fall.

We enjoy the beauty of the first few snow falls as it falls so gracefully from the sky. We realize that winter brings cold days and nights, which can make a very long winter, which is the joy we have living in lovely Minnesota.

The nice thing with winter is the wonderful Holidays that will keep us busy. We will celebrate Thanksgiving, Christmas and we know what goes with the holidays is the wonderful food that we all so enjoy. The shopping begins with buying the new fall colors and winter clothes for our loved ones.

Christmas shopping will begin again, so please make sure all new resident clothing items be brought to the laundry to be marked. Lap blankets and accessories need to be labeled, also.

I realize I am way ahead of myself on this month's Views From The Valley article, because this issue goes out to everybody in October. But, we don't send out another issue until January, 2014!!! A New Year again! WOW!



Jody Lawstuen
Environmental Services Supervisor



Gangster Fun at CVCC



Photos:
Jerry captures Kim, with Alvin's help.
Charlie says "Stick em up."
LuVerne plays John Dillinger.





Even the ladies get into the gangster act. Violet B. and Mildred H. form their own gang, then double cross each other.

Everyone had such a good time dressing up like tough guys and gals for a day!



Picnics during good weather





1102 Liberty St. SE
Chatfield, MN 55923

