

*Views From The Valley*  
*October, November and December, 2014*



CHOSEN VALLEY CARE CENTER, INC.  
A Senior Living Community



*Fall Greetings from Marwin and Walter*

## **Board of Directors Chosen Valley Care Center & Apartments**

V. President-Dave Schellhammer  
Secretary-James Strand  
Member-Amy Vreeman  
Treasurer-Daniel Hollermann  
President-Mary Mark Patten  
Member-Denise Daniels  
Member-Gary Bren (not pictured)



### **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

Danielle York, Director of Nursing

cm2@chosenvalleyseniorliving.com

Nicole Lanz, Director of Social Services

ssd@chosenvalleyseniorliving.com

Gerry Gathje, Director of Environmental Services

plant@chosenvalleyseniorliving.com

Suzette Moechnig, Assisted Living & Independent Living

Housing Director almanager@chosenvalleyseniorliving.com

Lisa Wagner, Director of Medical Records

medrec@chosenvalleyseniorliving.com

Kate Glor, Director of the Dept. of Life Enrichment

act@chosenvalleyseniorliving.com

Jody Lawstuen, Environmental Services Supervisor

clean@chosenvalleyseniorliving.com

Barb Weiss, Director of Dietary

food@chosenvalleyseniorliving.com

Stacy Hrtanek, Business Office Manager

billing@chosenvalleyseniorliving.com

Robert (Bob) Schrupp, Physical Therapist

schrupp@hbc.com

## From The Administrator's Desk

Dear Family and Friends,

Fall is upon us and winter is quickly approaching. It's amazing how fast the seasons go by! This past Spring I mentioned two building projects which would enhance the environments of Chosen Valley Apartments and the Care Center.

The first project included modifications to the front entrance of Chosen Valley Apartments. This project involves enlarging the entrance vestibule, installing two electric doors, updating the intercom system, new mailboxes and replacing the cement walkway which leads up to the entrance door.

This project is currently underway. Demolition of the concrete walkway, excavation work and footings and siding removal has already been completed. Soon the concrete will be poured. Then, the construction will move indoors where the remaining items will be completed. The anticipated completion date for this project is early November.

Once completed, tenants and visitors will be able to enter and leave the front entrance with ease, assisted by electric doors if needed. We thank everyone for their patience and understanding while this work is taking place.

The second project included improvements to the heating, ventilating and air conditioning (HVAC) system in the Care Center's dining rooms and kitchen. This work will primarily involve placing new HVAC units on the Care Center's rooftop. The anticipated completion date for this project is in December.

Once completed, Care Center staff will have a greater ability to monitor and adjust the heating and air conditioning in the dining room areas and kitchen, offering greater climate control to everyone.

We are doing our best to minimize disruptions from the work involved in these projects, and plan to keep everyone informed regarding the progress. Thanks for everyone's flexibility during these projects.

I hope you all are enjoying fall and everything it has to offer. 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



## Lisa Vickerman: Hard Choices



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

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

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

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

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

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

## Lisa Vickerman: continued

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

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

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

I do not want to trivialize or oversimplify the deep struggles within our hearts as we make end-of-life decisions. Yet, I am convinced that letting go is a way of life that can be experienced throughout our lifetime.

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

Lisa Vickerman, Director of Clinical and Residential Services



## Ellen: Reading and Wishing



### Reading and Wishing

This change in our weather to colder mornings and nights entices me to stay inside with a good book. Some of my favorite stories are Christmas ones, like "A Cup of Christmas Tea" or "The Christmas Box" by Richard Evans. Instead of dreading the cold and snow that I know will be here, these stories help influence me to enjoy the fall and winter season. October brings Halloween and the children trick or treating at the Care Center which brings so many smiles from the residents. They really enjoy the children, seeing their costumes and being able to give them a treat. I know that Thanksgiving will bring families together and the abundance of good food and conversation to share. We are thankful for so many blessings.

Christmas season is my favorite though: witnessing the extra generosity of folks, reading Christmas cards from friends and family, the special festivities that we have here: children caroling, the Holiday Tea, and Santa's visit. Speaking of Santa I would like to share a short article with you; you have probably read it before or heard of it. I enjoy reading it every year. It was first published in The New York Sun as an editorial by Francis P. Church in response to a letter from eight year old Virginia O'Hanlon in 1897.

### Is There a Santa Claus?

Yes, Virginia, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! How dreary would be the world if there were no Santa Claus! It would be as dreary as if there were no Virginias. There would be no childlike faith then, no poetry, no romance to make tolerable this existence. We should have no enjoyment, except in sense and sight. The eternal light with which childhood fills the world would be extinguished.

Not believe in Santa Claus! You might as well not believe in fairies! You might get your papa to hire men to watch in all the chimneys on Christmas Eve to catch Santa Claus, but even if they did not see Santa Claus coming down, what would that prove? Nobody sees Santa Claus, but that is no sign that there is no Santa Claus. The most real things in the world are those that no children or men can see. Did you ever see fairies dancing on the lawn? Of course not, but that's no proof that they are not there. Nobody can conceive or imagine all the wonders there are unseen or unseeable in the world.

No Santa Claus! Thank God he lives, and he lives forever. A thousand years from now, Virginia, nay, ten times ten thousand years from now, he will continue to make glad the heart of childhood.....

We wish you many good moments during these seasons whether it is the enjoyment of a good book, the conversation of a friend or family member or the anticipation of Santa's visit. He will be at the Care Center on December 24. I think anticipation is half the fun thus there will be a lot of excitement and moments to be shared over the next three months.

**Ellen Strande, Director of Human Resources**

## Puppies Visit CVCC: Gene, Bruce, Nina and Bob



## Employee Spotlight: Carrie Kelly, RN



May we introduce you to Carrie Kelly, our new Nurse Manager? Carrie has worked for CVCC for five and one-half years. She worked as a CNA (Certified Nursing Assistant) for three years, as an LPN (Licensed Practical Nurse) for one year, and now as an RN (Registered Nurse). She is well versed in all levels of nursing and resident care.

As an LPN and RN, Carrie worked on the floor as a team nurse caring for residents, and as a charge nurse, helping with resident admissions and discharges. Now with her recent promotion to Nurse Manager, Carrie expands her work tasks to assisting with scheduling and supervising the CVCC nursing assistants, helping with new I.L. and A.L. tenant screenings, assessments on CVCC residents, and MDS reporting. Once these skills are absorbed, Carrie will take over organizing the C.N.A. certification class training for our newest nursing assistants. CVCC is one of the few long term nursing facilities that offer an in-house, accredited certification program for nursing assistants. Other facilities utilize our training and enroll nursing assistants in our certification course.

Carrie Kelly did not start out thinking she would be a nurse, surprisingly. "I didn't want to be a nurse, because my mother was a nurse," said Carrie. But, there must be a genetic link to care giving and love for sciences. Carrie was drawn to nursing in college while taking anatomy and physiology courses. The nursing sciences drew her in and gave her a passion for the nursing profession.

"The best part of nursing school was working with the geriatric population," said Carrie. That is why she became a C.N.A. first and worked her way through college in long-term care. While at CVCC, Carrie has seen several changes: remodeling the shower rooms, implementing culture changes, providing meals between meals, and other enhancements to resident care. She says she enjoys working with all of the residents and helping to put a smile on their faces.

In her free time, Carrie enjoys the outdoors and attending sporting events such as the Minnesota Wild, the Golden Gophers, and the Minnesota Twins. She is a Minnesota gal through and through. On weekends, Carrie also looks forward to spending quality time with her family and friends.

Today, Carrie lives in Rushford, her mother's home town. Again, she mirrored choices her mother made as a young woman. Carrie says that being a nurse is very fulfilling, and she could not imagine her life doing anything else. Congratulations, Carrie, on your promotion to Nurse Manager at CVCC.



## A Word from the DON, Danielle York



**Key Facts about Influenza & Flu Vaccine From Centers for Disease Control and Prevention:** The Influenza, commonly called the flu, is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. It can cause mild to severe illness and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

Depending on the severity of the flu people experience some or all of the signs and symptoms. Signs and symptoms include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, vomiting, and diarrhea.

The Influenza virus spreads mainly by droplets made when people with the flu cough, sneeze or talk. Less often, a person might also get the flu by touching a surface or object that has the flu virus on it and when touching their own mouth, eyes or possibly their nose.

The single best way to prevent the flu, according to the CDC, is to get a flu vaccine each season. The yearly flu vaccination is usually available by the beginning of October. Influenza outbreaks can happen as early as October, but most of the time influenza activity peaks in January or later. It does take two weeks after vaccination for antibodies to develop in the body that protect against the influenza virus infection. Since it takes 2 weeks, it is best that people get vaccinated so they are protected before influenza begins spreading in their community.

Danielle York RN, Director of Nursing

**References:** [www.cdc.gov](http://www.cdc.gov)

### Gathering Places

The Lehman Room can be reserved by contacting the Department of Life Enrichment. Reservations are on a first come, first serve basis. A \$25.00 donation is suggested to defray the cost of coffee and carpet cleaning and can be placed in the donation box by the coffee machine in the dining room. Other areas around the Care Center for use include: the E200 lounge area and the gazebo area as weather permits. These areas are not allowed to be reserved, and are available on a first come basis with the exception of holiday meal guests and families, which would be served in the sunroom.

\*Groups of 25+ people are asked to seek another place for your gathering, such as area churches or halls. This is because the additional people and excitement can be very stressful for some of our Care Center residents.

## Tenant Spotlight: Emily Hoffman

Emily Hoffman was a school teacher in the Chatfield and Rochester area for 30 years before she retired. She taught students first at the Bornfleth School (west of Chatfield on County 2), then at the Burnap School, the Pleasant Grove School, Chatfield Elementary School and John Adams School in Rochester. Along the way, she had time to pursue hobbies such as knitting, crocheting, reading and bowling, along with volunteering at church, at the Chatfield Public Library and delivering Meals on Wheels for Chosen Valley Care Center. As you can tell, Emily is a fascinating lady with an interesting story to tell.



Emily was born near Stewartville on a farm. Her parents were Agnes (VanDerAarde) and Chris Groen. Her (German) father was born in Illinois, and her (Dutch) mother was born in Pella, Iowa. Her mother's Dutch family helped to create the Dutch community in Pella, where they celebrate a tulip festival every year.

In Emily's family, there were a total of five children. Emily had three sisters and one brother: Andrew (Alice) Groen, Geneva (Bert) Carlson, Ivadean (Larry) Isensee, and Leona (Cy) Odegarden. They all started school in Stewartville, while their father was farming near there. As a freshman in high school, Emily's family moved to near Chatfield and started farming here.

Chatfield's graduating Class of '36 included Emily and was the first graduating class to use the new Potter Auditorium for their ceremony. The Class of 1936 delayed their graduation commencement to July just to use the new building. It was a time for the whole town to celebrate.

After graduating from high school, Emily went to Chatfield Normal school, training as a teacher. The 1937-38 school year was the last one for Chatfield's Normal school, it closed in 1938. Emily finished her teacher education at Winona State, graduating with a degree in Teaching and Remedial Reading.

Emily met her first husband, Carroll Schrader, at a Presbyterian Church event. They were married in Pine Island. Emily and Carroll farmed north of Chatfield on Olmsted County Road 7 and had three children: Barbara, Gary and Richard. Carroll passed away in 1956, leaving Emily with three teenagers to raise by herself. She sold the farm and moved to Chatfield. Of Emily's three children, Barbara and Richard are deceased. Richard died soon after graduating at age 18; Barbara, who worked at RCTC, passed away one year ago. Emily's son Gary lives in Oregon and is a retired brick layer.

Emily met her second husband, Reuben Hoffman, while working at the airport restaurant as a hat and coat check person. Reuben was one of her customers. They were married in Chatfield, moved to Rochester for a time, and then moved back to Chatfield in 1978. Through her second marriage, Emily gained a step daughter.

Today, Emily has four granddaughters, two step granddaughters, seven great-granddaughters, two great-grandsons and five great-great-grandchildren. She enjoys knitting, crocheting, reading, and bowling. While at Assisted Living, Emily really likes being involved in bowling, crafts and Brain Teaser activities. She recently knitted scarves for veterans, giving away six! Thank you, Emily!

## Resident Spotlight: Mildred Bernard

Mildred Bernard was born Mildred Elizabeth Wilkins on May 16, 1919 in Red Lake Falls, Minnesota. Her parents were Julie Ann (Zwingleberg) and Walter.

There were four sisters and one brother in Mildred's family: Lenora, Donna, Eunice, Patricia, and Ken Wilkins. She and her siblings grew up in Grand Rapids, Minnesota. Mildred attended school in Grand Rapids through 11th grade. Of her siblings, two are still living: Eunice lives in Grand Rapids and Patricia lives in Arizona.

Mildred met and married Alvin Leroy Bernard in Grand Rapids, Minnesota. They were married on June 5th, 1937 in Grand Rapids. All of their children were born in Minnesota: John, Ronald, Richard, George and Cheryl. Today, Cheryl lives in Arizona, and Richard and George live in Alabama. Two of Mildred's sons, John and Ronald, have passed away from cancer.

Over the years, Mildred worked as a nurse's aide and in housekeeping. She volunteered with women's church groups and quilted. Her favorite hobbies were sewing, reading, crocheting and studying the Bible. She also enjoys visits from her 19 grandchildren and 35 great-grandchildren from many states: Colorado, Iowa, Alabama and Minnesota. Mildred lived in many places before moving to Chatfield: Grand Rapids, MN; Apache Junction, AZ; Brainerd, MN; and Hugo, CO.

Mildred has been a resident with CVCC for a few years. She moved here to be close to her granddaughter, Candy Hobbs, who lives in Fountain. Candy works in health care and wanted to keep a close eye on her grandmother. Candy describes her grandmother in wonderful words: "Grandma is the most kind-hearted lady. She appreciates all the activities that the activities group puts together and feels obligated to go. She enjoys them all."

Candy goes on to say, "Grandma Mildred is up-beat about life and takes what comes to her in stride. She says she would be great if only she could see and hear better. Somehow though, it does not get her down. I thank God for every day that I still have my 'Grandma B.'"

We are happy Mildred lives with us, too. While here, Mildred participates in all our events and activities, but her very best favorite is bingo every Monday afternoon.





## Dept. of Life Enrichment (Formerly Known As Activities)

With this fall edition of the Views From the Valley, there are always so many holiday events to discuss. By the time you are reading this article, Halloween has past. Resident Council once again has sponsored the purchase of Halloween candy to be passed to visiting Ghosties and Goblins, and also contributions made in the donation bucket at the front desk. Thank you to all who made a donation for Trick or Treating. It is one of the favorite times of the year with residents and staff getting into the spirit with costumes, waiting for the

kids to come with their spunk and smiles!

The Annual Veteran's Pie Social will be on Friday, November 14 from 1:30 p.m. to 3:00 p.m., with a dedication to our Veterans at the Care Center, Assisted Living and Independent Apartments at 2:00 pm. 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 to 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, show your support and 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 26. We welcome you to join us at this time of grateful thanksgiving.

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 fifth 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 5 at 2:00 p.m. 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 made themselves. 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 and Assisted Living December 24; Care Center at 9:30 am, and Assisted Living to follow. 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.** (continued on next page)

## Life Enrichment continued ...

(continued from previous page) 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, however if you wish to bring in Lutefisk please alert us as extra air fresheners will be available! Just kidding!

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 it can go with the resident rather than down to be labeled first. This helps greatly, when we think about how many sweaters, shirts and stockings come in for 78 residents!

With the seasons changing, it's always fun for the residents to have some change in their room décor as well. Bring in a small artificial decorated tree to sit on their night stand or side table. Window clings always make the room festive and can be found at dollar stores. Unbreakable decorations are also the best! Keep in mind extension cords are not allowed due to fire code.

The Chosen Valley Senior Campus invites you to our Holiday Tea on Sunday, January 11 from 1:30 to 3:00 pm. Join us after the busy hustle and bustle of the season for a cup of Holiday cheer!

Kate Winter Glor, Director of Life Enrichment

Wish List:

Fancy ladies hats (for tea time!)  
Buttons, all assorted colors, shapes and sizes  
New Beanie babies or Bingo prize items

### **FUN DATES TO PUT ON YOUR CALENDAR:**

**OCTOBER 31—HALLOWEEN TRICK OR TREATING 3 TO 4:15 PM**

**NOVEMBER 14—ANNUAL VETERAN'S PIE SOCIAL 1:30-3:00 PM**

**NOVEMBER 26—THANKSGIVING COMMUNION SERVICE 1:30 PM**

**DECEMBER 5—TREE OF REMEMBRANCE SERVICE 2:00 PM**

**DECEMBER 24—SANTA CLAUS VISITS AT 9:30 AM**

**JANUARY 11—HOLIDAY TEA 1:30 TO 3:00 PM**



Assisted  
Living  
Crafters:  
Emily,  
Trude  
and  
Frances



## Assisted Living and Independent Living

We have all complained about how forgetful we seem to be at times. Especially once we hit the big 40. Well, there may be some validity to our complaints. A new research reported in the British Medical Journal indicates that mental decline could begin as early as 45 years old.

Research focused for several years on 5,198 men and 2,192 women between the ages of 45 and 70. The cognitive function was tested three times over a 10 year period. Individuals were tested on memory, vocabulary, reasoning and verbal fluency. The research found that cognitive scores dropped in all researched areas except vocabulary. Reasoning scores declined by 3.6% for men between the ages of 45 and 49 and by as much as 9.6% between the ages of 65 and 70. The corresponding number results for women were 3.6% and 7.4%.

These findings emphasize the importance of promoting healthy lifestyles for younger adults, especially cardiovascular health. This is important as the life expectancy for people continues to rise. A good adage to follow is "what is good for the heart is good for the head".

Suzette Moechnig,  
Assisted and Independent Living Housing Director



## Assisted Living Fall Crafts



Fall Craftswomen: Emily, Rosella, Alice, Dorthelda, Elaine, Anne, and Frances.



**Fall Leaves,  
Fall Produce,  
Fall Fun**



Bill and Delores  
with leaves, Fern  
with flowers, Virginia  
with fall produce.

Five ladies give a  
thumbs-up to Hank  
the scarecrow:  
Theresa, Phyllis,  
Geri, Delores and  
Margie.

Fun picnic under  
the gazebo.





## Environmental Services: Gerry Gathje



Our work on the two construction projects continue, and we are excited to see our new I.L. entry taking shape. Soon we will enjoy a fully automatic entry that is user friendly and secure!

We expect to see some construction begin soon on our dining and kitchen ventilation project. We will all benefit from the improved air quality and comfort this system will provide.

Our fall cleanup work is in full swing so I thought we would take a minute and share some fall cleanup tips that will increase your enjoyment and leisure next spring.

#1 Fall is the best time to spray for dandelions and other lawn weeds, doing this now will give you a beautiful weed free lawn next spring.

#2 Trim those bushes! Yes, that is right. If you cut them by about 1/2 now they will perform extra well next year. Remember to not cut any spring blooming shrubs as they should be done right after their spring bloom is done.

#3 Do you have mice? If so baiting them outside will prevent their entry and you will avoid the hassle of dealing with them in your home.

#4 Are you stressed? Be sure to take a few evenings to inhale and exhale the wonderful autumn air. Its amazing and we are so fortunate. God has truly Blessed!

### **Pumpkin Fun Facts:**

- The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.
- Pumpkins were once recommended for removing freckles and curing snake bites.
- The largest "official" pumpkin ever grown weighed 1,340 pounds.

### **Pumpkin Biscuits - Yield: 1 dozen biscuits**

1/2 cup pureed pumpkin  
1/4 cup sugar  
1/2 teaspoon salt  
2 teaspoons pumpkin pie spice  
4 tablespoons butter  
1/2 cup scalded milk  
1 packet yeast dissolved in 1/4 cup lukewarm water  
2-1/2 cups flour

Add the pumpkin, sugar, salt, pumpkin pie spice, and butter to the milk. Cool to lukewarm and add the dissolved yeast, then the flour; cover and put in a warm place to let double in bulk, about 2 hours. Shape into biscuits, place side by side in a greased pan, let rise again, and bake in a 375 degrees F oven for 12 to 15 minutes. This recipe may also be made using squash.

Enjoy the season! We are truly Blessed.

Sincerely,

Gerry Gathje, Director of Environmental Services



## Did you know ... Important Lessons

I recently was attempting to decrease the number of e-mails that I have hoarded over the last year or so and in the process stumbled upon one that I thought was pretty good and worth sharing. I hope you enjoy it as much as I did.—Important Lessons About The Way We Treat People:

1. The Cleaning Lady: During my second month of college, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions until I read the last one: "What is the first name of the woman who cleans the school?" Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark haired and in her 50's, but how would I know her name? I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade. "Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say "hello." I've never forgotten that lesson. I also learned that her name was Dorothy.



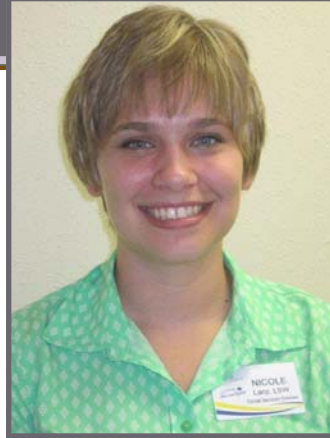
2. Always Remember Those Who Serve You: In the days when an ice cream sundae cost much less, a ten year old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him. "How much is an ice cream sundae?" he asked. "Fifty cents," replied the waitress. The little boy pulled his hand out of his pocket and studied the coins in it. "Well, how much is a plain dish of ice cream?" he inquired. By now more people were waiting for a table and the waitress was growing impatient. "Thirty-five cents," she brusquely replied. The little boy again counted his coins. "I'll have the plain ice cream," he said. The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and left. When the waitress came back, she began to cry as she wiped down the table. There, placed neatly beside the empty dish, were two nickels and five pennies. You see, he couldn't have the sundae, because he had to have enough left to leave her a tip.

3. Giving When it Counts: Many years ago, when I worked as a volunteer at a hospital, I got to know a little girl named Liz who was suffering from a rare and serious disease. Her only chance of recovery appeared to be a blood transfusion from her five year old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness. The doctor explained the situation to her little brother, and asked the little boy if he would be willing to give his blood to his sister. I saw him hesitate for only a moment before taking a deep breath and saying, "Yes I'll do it if it will save her." As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the color returning to her cheek. Then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, "Will I start to die right away?" Being young, the little boy had misunderstood the doctor; he thought he was going to have to give his sister all of his blood to save her.

Lisa Wagner, Director of Medical Records

## Nicole Lanz, Director of Social Services

Things are changing in the Social Services Department yet again. For those of you who do not know Melissa Fenske, she was formerly the Social Services Designee who was in charge of doing MDS assessments and 1:1's (one-on-ones) for the residents. Melissa has recently taken and passed her licensure test making her officially a Licensed Social Worker. Melissa's job title will now be Social Worker. With that title change, she has taken on new responsibilities. Melissa now has a case load of 25 residents to whom she will be following and assisting as needed. These lucky 25 residents will be seeing Melissa in care conferences, for assessments, and for 1:1's. Melissa will also be discharge planner for any of these 25 residents who are looking to be discharged home or elsewhere.



This will assist my position as the Director of Social Services greatly! I will continue to do assessments, 1:1's, be present at care conferences, and discharge planning for the other 53 residents as well as my other managerial duties. I will continue to coordinate admissions, and handle all OHFC reports and investigations. I will still be present at the resident council meetings as well as family council if there is a desire to start one. I will continue to be a resource for Medical Assistance applications and questions.

Do not fear if you are unsure which social worker is assigned to your case! We are both still willing to assist everyone with anything they may need or desire. If you see Melissa, please take the time to congratulate her on this achievement and new job!

Nicole Lanz, Director of Social Services



Introducing: Melissa Fenske, LSW  
Melissa lives near Pilot Mound with her husband and four children. She has been an employee of CVCC for five years and worked in many capacities. Now that Melissa is a fully licensed Social Worker, she looks forward to meeting the needs of our residents and their families. She will be working closely with the RN case managers and our care giving team. "I am excited to take a more active role in the Social Services Department," says Melissa.

## Business Office: CVCC Rates



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 1<sup>st</sup>. This year although our rates are due to increase as of October 1, we have yet to receive our final rates from DHS.

In 2014, DHS intends on helping long term care facilities increase their employee's hourly wage with the states increase to the minimum wage. DHS plans on accomplishing this by increasing our rates, with the intention of offsetting the expense of paying staff at a higher wage.

Until we receive these rates from DHS we will continue to bill at our old rates, and then retro-bill our new rates once they are received. This will cause billing statements to look differently and possibly more confusing. As always should you have any questions or would like more information please don't hesitate to contact the business office.

Stacy Hrtanek, Business Office Manager



Husking corn: Nina, Fern, Donna and Lois

## Barb Weiss, Dietary



Well summer is over; if you blinked you might have missed it.

One good thing about fall being here, I can try some of Marjorie's Blue Ribbon pie recipes.

I met Marjorie the Blue Ribbon Queen of Minnesota. She has won over 1,725 blue ribbons. I can share a few of her tips with you.

Marjorie said to be sure all your pie crust products are chilled: store the shortening in the refrigerator and use ice water. Form each crust into a 5-in flatten disk, then refrigerate for 30 minutes before handling. Make a few slits on top of the crust; brush it with milk and sprinkle sugar on top before baking. Milk gives the top crust that beautiful golden brown color.

One of the most important things when baking is to preheat your oven before starting your baking and always use an oven thermometer.

Marjorie has a web site you can go to for more information, [www.blueribbonbaking.com](http://www.blueribbonbaking.com), or email her at [Blueribbon2k@earthlink.net](mailto:Blueribbon2k@earthlink.net).

Well, I just want to remind you that we provide Meals on Wheels during week days. If you are interested in Meals on Wheels call me, Barb at 867-4220.

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



Crafting Pumpkins  
with Geri, Mildred,  
Fern and Violet

## *Hair Salon*

The Care Center offers hair care services to keep everyone looking their best. (Please note pricing increase started 9-1-2014.)

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

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

### His & Her Hair Care Prices commencing 9-1-2014

Permanents	\$42 (including cut & shampoo)
Colors	\$16
Haircuts	\$11
Barber Cuts	\$8
Shampoo & Set	\$12
Rinse	\$3.50
Comb out by beautician	\$3.50

The increase in pricing is the first since June 11, 2011. We are fortunate our stylists and barber will serve Care Center campus at reduced rates. If special hair salon services are not requested, regular hair care, as well as shampoo and sets, are provided weekly by the bath assistant.

Please plan ahead any hair needs of your loved one, with the busy schedule of the beauticians it is not possible to set up an appointment one day in advance. One or two weeks may be needed for an appointment if you are not a regular weekly or every other week customer, especially for permanents. We do our best to meet the needs of our residents and tenants. Please contact Amy in the Life Enrichment Department to make hair appointments.

### 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 the Director of Social Services at (507) 867-2716.



## Peeling Apples and Crafting



## The Founder's Committee



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

Remember to attend the Founder's Committee Annual Veteran's Day Pie Social and Fund Raiser on Friday, November 14th from 1:30 to 3:00 pm.

### Donations to the Founder's Committee from July through September, 2014:

From Bobbie Manahan in memory of Jan Rowland—\$5.00

From the Chatfield Community Chest—\$400.00

From Joseph and Linda Lindsey in memory of Carolyn Tienter—\$50.00

From Gary and Judi Daniels in memory of Mildred Hanson—\$20.00

From the Family of Bob Hughes in memory of Bob Hughes—\$15.00

## From The Desk of Physical Therapy



### Do You Have “Shin Splints?”

Due to the stress that walking and running can put on the lower body, it is important to help keep your body healthy by understanding possible injuries and how to prevent them. One of the most common injuries that is seen within the running population is shin splints.

Shin splints are an overuse injury that appears over time. Shin splints are an inflammation of the coverings that surround the tibia (shin bone) that occurs from traction forces caused by the muscles of the calf. This injury can be caused by several factors including:

1. Having shoes that do not provide adequate support to the foot
2. Wearing old worn out shoes
3. Increasing walking or running distance too quickly so the body cannot slowly adapt to the exercise,
4. Running on hard surfaces such as cement or even asphalt.

Shin splints can be recognized by a few common signs and symptoms. The most often symptom that people recognize is pain over the lower half of the shin, right along the bone, that occurs at the beginning of exercise but ceases as exercise continues. Following exercise the pain often returns. Pain also may occur the day following exercise, or when the foot and toes are pointed downward. Sometimes there may be bumps or lumps felt, sometimes swelling and there may also be redness that appears, although this is not as common.

The best way to deal with shin splints is to take care of yourself before they arise. The best ways to do this are to make sure you ease into your training regimen, have properly fitting shoes that provide you with the proper support for your feet, stretch your calf muscles correctly, and run on softer surfaces.

If this is not enough and you begin to notice the pain associated with shin splints apply ice to the area, continue with stretching of the calf muscles, get insoles that can provide some shock absorbency, and pick up some activities to continue working on your fitness that doesn't involve the repetitive pounding on your shins such as swimming, biking or aqua jogging.

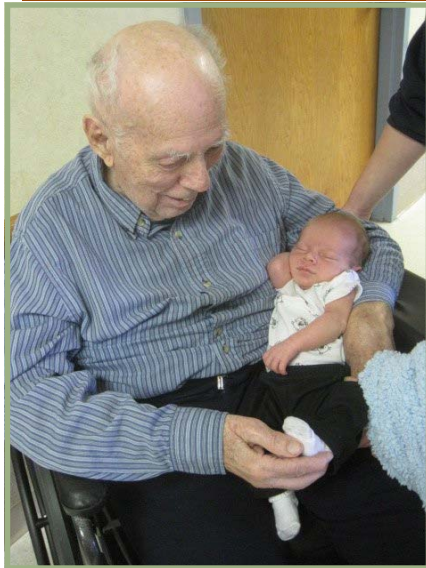
If you follow these healthy tips and monitor your body you should have a shin splint free running season! If you have questions or feel like these precautions are not helping, be sure to stop in or give us a call at the physical therapy department at Chosen Valley Care Center.

As always, we are here to help you maintain your active lifestyle. All of our centers offer free injury screens. If you or someone you know are not feeling 100% we would welcome the opportunity to meet with you.

**Robert (Bob) Schrupp, Physical Therapist**



## Photos of Special CVCC Visitors



Walter greets  
his first great  
grandson.  
Toni and  
Jerry meet  
Nancy the  
pup. Evalyn  
enjoys a visit  
from her  
grand-dog.



## Little Visitors at CVCC



Twins Ila and Mae visit with Marvin. Their mom, Jessica Erickson, is a nurse at CVCC.





## Environmental Services: Jody

Page 29

Fall is here and the leaves are turning their beautiful fall colors. I am hoping everybody took some time out of their busy schedule to enjoy the summer since it went so quickly. There are so many things that we try to get done thru the short summer months, and try to make time for fun. I have enjoyed the summer with my husband, Tim and my children, grandchildren and other family members and friends. We enjoyed camping, four wheeling and riding horse. On hot days, we like to take off on bike.

In September the sewing ladies came to the Care Center to sew labels on resident's clothes. Their work is greatly appreciated! We always look forward to having them come to our facility to help out in our department. I would like to thank all the people that have donated clothes and different items to the Care Center. Donations are greatly appreciated as well.

I would like to thank Ann and Gene Everson for donating beautiful quilts to the Care Center. Their generosity is wonderful and amazing. We are very thankful they shared such wonderful gifts with our residents. I also want to give a special thanks to the different churches, different community organizations, and the individuals that have donated quilts and other items. It takes special people to share such generosity. It shows that we are part of a great community. You have given our residents at the Care Center the privilege to share these beautiful gifts and your talent thru these generous donations.

I know that it seems early to talk about Christmas, but the reality is that it will be here soon. (As I am writing up this letter, they are forecasting snow for tonight and in the early morning. October 3<sup>rd</sup> 2014.) With Christmas giving not so far away, I would be happy to assist families in determining what to get their loved one for a gift. Please call the Environmental Services Department and ask for Jody. I will be more than happy to assist with ideas for your loved one. Please remember to bring new items to the laundry department to get marked. We want our residents to continue to enjoy their new items once purchased. If there is not a name on the item it can be a challenge to find the owner. Happy Holidays! Look forward to the New Year 2015.



Jody Lawstuen, Environmental Services Supervisor



## Baking and Corn Husking at CVCC



Ellen chopping apples.  
Evelyn squeezing limes.  
Fern husking corn.



## Western Days at CVCC



Did you see us in the Western  
Day's Parade?





1102 Liberty St. SE  
Chatfield, MN 55923

