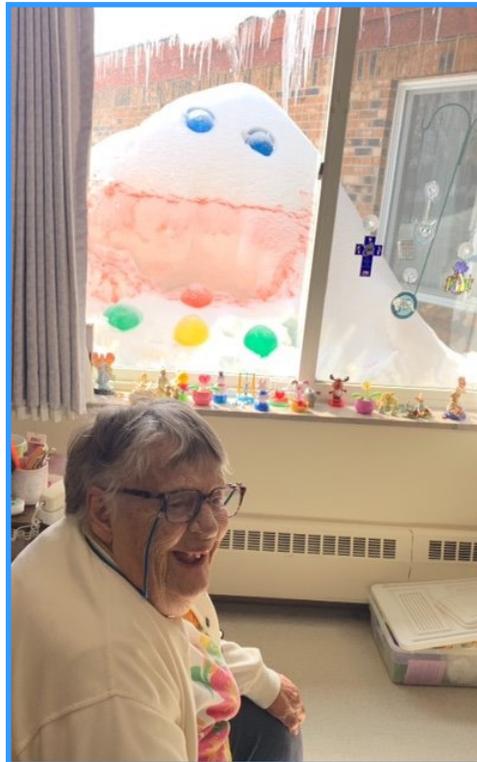


Views From The Valley Spring & Summer, 2019



CHOSEN VALLEY CARE CENTER, INC.
A Senior Living Community



*A snowman viewed out MaryAnn's
window. Wow! We had a lot of snow!
Everyone is happy to see spring coming
at long last.*

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

**Mary Patten
Mike Thieke
Dan Hollermann
Amy Vreeman
Gary Bren
Pam Holte
Angie Bicknese
Sheryl Bennett
Mary L. Allen**

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From The Administrator's Desk



Hi Everyone,

The building addition/renovation project planning is progressing! As noted in my previous article, some final decisions have been made about renovation/building project priorities and what we want to accomplish in the Care Center. Some of the decisions included:

1. A building addition (new wing) consisting of 31 private resident rooms with private bathrooms, additional common area space, nursing station, bathing room and employee work space. This addition will be connected between D Wing and the E 200 area. A large gathering space will also be located on one end of this wing.
2. Ten short-term private resident bedrooms (suites) will be created in A Wing. These rooms will offer private bathrooms with showers for residents who come to the Care Center for a short time, with plans to return to their home. A dining/lounge area and nurse station will also be located here.
3. Additional single bedrooms will be created. This will significantly reduce the number of bedrooms where there are four residents sharing one bathroom.
4. A remodeling of resident bedrooms on D Wing and E Wing, including widening bathrooms, updating cabinetry, new lighting, and providing finish upgrades to hallway corridors.
5. Additional space for physical, occupational and speech therapy services will be created. The new/enlarged therapy space will be located at the end of A Wing. It will offer a larger gymnasium and several private treatment rooms.
6. The HVAC system for the entire Care Center will be modified. Individual room controls will allow residents to maintain the temperature in their room according to their own comfort setting.
7. A new nurse call system including door access control functions.
8. Provide new switchboards and panels and replace the emergency power generator.

This project requires approval from the Minnesota Department of Health. Chosen Valley Care Center presented the project proposal to the State's Review Committee on February 13, 2019. Their comments and approval, or disapproval, was expected by April 4, 2019.

Chosen Valley Care Center was notified by the State of Minnesota on April 1, 2019 that the expansion and renovation plans were approved.

Groundbreaking for this project is expected in September 2019. Once a decision is made about the renovation/building project start date, I will update everyone again. This is an exciting venture, and we will keep everyone informed along the way.

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

Crafts at the Care Center



**Rosella and Ryan
(above) create a
Holiday ornament.
Gerry (left) shows
us her ornament
and Holiday card.**

Lisa Vickerman: National Nurses Week and National Nursing Assistant Week



May is National Nurses Week and June is National Nursing Assistant Week and is a special time in the Nursing Department and I just want to take this time to acknowledge the hard work done by all the Nurses and many Nursing Assistants that work at Chosen Valley Care Center. From the Director of Nursing to the Certified Nursing Assistants, I feel very privileged to work with such an outstanding team of caring individuals.

Here is some background information on National Nurses Week and National Nursing Assistant Week.

National Nurses Week is celebrated this year May 6-12 in observation of Florence Nightingale's birthday which is May 12. It was started to raise awareness of the value of nursing and help educate the public about the role nurses play in meeting the health care needs of the American people.

In February of 1974 a week was designated by the White House as National Nurses Week and President Nixon issued the Proclamation. On March 25 1982, Ronald Reagan signed a Proclamation proclaiming "National Recognition Day for Nurses" to be May 6, 1982.

National Nursing Assistant Week is celebrated June 13-20. Nursing assistants are key players in the lives of the people in their care. Each day, more than 2,500,000 caregivers provide hands-on care to our nation's elderly, or chronically health challenged citizens in nursing homes and other long term care settings. Because they "stay" in care giving positions, Certified Nursing Assistants provide predictability and stability to care, which in turn enhances the feeling of security for our aging, frail, or chronically challenged citizens. They bring wisdom, patience, humor, and a general attitude of caring to the daily lives of these people.

The annual Observation of the Nursing Assistant was founded in 1977.

In honor of the dedication, commitment, and tireless effort of all of the Nurses and Nursing Assistants we at Chosen Valley Care Center are proud to recognize Nurses and Nursing Assistants everywhere for the quality work they provide seven days a week, 365 days a year.

So again, I would like to thank all of the Nurses and Nursing Assistants for the hard work they do each and every day and I encourage everyone else to thank them also during this special time for everything they do for your loved one.

Lisa Vickerman
Director of Clinical and Residential Services

Ellen: National Nursing Home Week and Walk-N-Roll



This year **National Nursing Home Week** is May 12 through the 18. This week is an opportunity to honor those who make our Care Center special: our residents, family members, employees and volunteers. It is a celebration for those who live and work in long term care facilities. Our activity department strives to make the week special for our residents. The Care Center Board of Directors holds special events for employees.

One special event the Board of Directors does is to recognize staff for longevity. Employees who have worked here for 5, 10, 15, 20, 25, 30, 35, and 40 years will be honored at a special luncheon. This will be our second year to honor an employee with 40 years of dedication. Chosen Valley Senior Living appreciates the opportunity to honor these employees for their years of devotion and skilled work. We value each of these employees for their commitment to quality care of our residents. Chosen Valley realizes the importance of mutual trust and respect between caregiver and residents and how that relationship is developed over time.

Seventeenth Annual Walk-N-Roll: Thursday June 6 is the date set for our annual walk to the park and we hope you can join us. Residents, tenants, families, staff and community members are invited to "**Walk-n-Roll**" beginning at 1:00 p.m. (Our rain date is Friday, June 7th, if needed). Residents are rolled in their wheelchairs by family members and staff down to the park and back. We will enjoy some refreshments and socializing when we arrive at the park. It has been fun to hear reminiscing of past family picnics or gatherings at the park by residents and family members.

Chosen Valley Senior Living residents, tenants, families and staff have enjoyed this outing for the past sixteen years. Our stroll to the park and back is not just fun for the residents, but also for staff who may hear a bit of Chatfield history or see a part of town through the eyes of someone who doesn't get to see it too often.

Our walk-n-roll began as a fundraiser, but it has not been our focus. As the saying goes, "it takes a village to raise a child" maybe it takes a community to "honor our elderly". We at Chosen Valley Care Center are often privileged by many community members taking their time and talents to visit and socialize with our residents and tenants. They host monthly birthday parties, gather for Mass, church services and bring communion, to name just a few. We, also, have a volunteer Founder's Committee, (women from our community) that meet monthly to fundraise for our residents. They provide special items for our residents such as nail polish, holiday tablecloths and aromatherapy. They also accept donations to supplement their fundraising. (continued on facing page)

Ellen: Walk-N-Roll continued

We hope to continue to have families participate in honor or in memory of a loved one, or just to join their family member on the walk. The walk-n-rolling provides an opportunity for great conversation, an up-close look at the neighborhood and a feeling of involvement. What could be better. . . exercise, fresh air, snacks and a feeling of doing something special for and with the residents of our Care Center and Apartments?

If you would like to participate in our event or have any questions, please feel free to visit or call Kate or Ellen at 507-867-4220. Thank you to all who have helped make this a great success the past sixteen years.

Ellen Strande, Director of Human Resources



**Walk-N-Roll Photos
from June, 2018.**

Business Office: Tax Day

Monday, April 15th is Tax Day which means that taxes are to be filed by that day, unless you request an extension. If you or your loved one resides at Chosen Valley Care Center or Chosen Valley Assisted Living and have not received a Certificate of Rent Paid (CRP), it is because these buildings are tax exempt. However, the tenants at Chosen Valley Independent Living apartments received CRP's in January because they are not considered tax exempt.

As a reminder, the new Medicare Beneficiary Identification cards are to be expected to all be mailed out by April 2019 by the Centers for Medicare & Medicaid Services. If you have received your new cards, please notify the Business Office of this new identification card for our files. In addition, many people have received new identification cards from their supplemental insurance companies. Please share this information with the Business Office to ensure that any claims for therapy and other services are being billed to the appropriate payer.

If you have any questions regarding any of the information above, please contact the Business Office for more details.



Erin Amdahl
Business Office Manager



A Word from the DON: Carrie Colbenson



March-Multiple Sclerosis Awareness Month

Mayo Clinic defines Multiple Sclerosis (MS) as a potentially debilitating disease in which your body's immune system eats away at the protective sheath (myelin) that covers your nerves. Damage to myelin causes interference in the communication between your brain, spinal cord and other areas of your body. This condition may result in deterioration of the nerves themselves, a process that's not reversible.

- ◆ There are more than 400,000 people in the United States who have MS and an estimated 2,500,000 around the world.
- ◆ Symptoms vary widely, depending on the amount of damage and the nerves that are affected. People with severe cases of multiple sclerosis may lose the ability to walk or speak clearly. The most common symptom is fatigue.
- ◆ Diagnosis of MS is usually between 20 and 40 years of age and affects more women than men.
- ◆ The course of the disease is unpredictable and no two people will experience the same set of symptoms.
- ◆ MS is not contagious and is a progressive disease for which there is not yet a cure. There are treatments that can slow the progress of the disease and manage the symptoms.
- ◆ Increased understanding of MS has led to the development of many new treatments that target both the disease process and its many symptoms.
- ◆ All facts are from websites: <http://www.msfocus.org/Facts-About-MS.aspx> and <http://www.mayoclinic.com>.

Carrie Colbenson, RN/DON
Director of Nursing

Baking Banana Muffins:
(Left page) Reading the recipe: Faith, Lila, Signa, Marjorie and Marie
(Right) Gerry, Faith and Lila mix the batter.



Tenant Spotlight: Yula Mundt

Yula (Langerud) Mundt was born in Rolla, North Dakota on October 13, 1946. Her parents were LeRoy and Zelma (Blackorby) Langerud, who originally came from Rock Lake, North Dakota. She had three siblings: Dianna (lives in Lime Springs, IA), Curtiss (died at age 7) and Lori (lives in Aberdeen, Maryland). When Yula was two years old, the family moved to Rochester. Her brother, Curtiss, needed medical care from the Mayo Clinic.

Yula went to school in Rochester for Kindergarten, then Utica rural school through the 8th grade. She went on to St. Charles High School and graduated from there.

As a young adult, Yula cared for her mother, who passed away in her forties. Yula's youngest sister, Lori, was only six years old when their mother died. Yula helped to raise her.

Yula and George Mundt only lived four miles apart, but she never knew he existed. She was friends with George's younger sister, but she did not know George until one night when he called on her. Yula was home when George knocked on the door. He had noticed her and wanted to talk. She had no idea who he was and told him to come back in the daylight. They eventually went out for coffee together and got to know each other. On August 18th, 1972, Yula and George were married in Plainview.

George had been married before, and was raising his young son, Tim, after his wife passed away. George and Yula went on to have five more children: Kim, Kristi, Kari, Jamie and Curtiss. Their sons are all farmers in the Utica area. Their daughters have all settled around this area, as well. They have 15 grandchildren and 10 great grandchildren.

George and Yula farmed the family farm near Utica for many years. They belonged to the Utica Presbyterian Church and served as Elder and Deacon. Yula was a volunteer at the Lewiston grade school and a Sunday school teacher. She also worked at the Amish Gift Shop for ten years in St. Charles. "I love to help everybody," she said.

George was born in the farm house they raised their children in. The house is still standing and is about 130 years old. One of their sons now farms the land and keeps that house in the family.

Two years ago, Yula moved from the farm to one of the Independent Living Apartments when George entered the Care Center. "I just wanted to remain close to him," Yula told us. We are happy to have Yula part of our Independent Living Apartment community.



Resident Spotlight: Pearl Bue

Pearl (Moger) Bue was born near Whalan, Minnesota on April 25th, 1926. She was born at her parent's rural homestead. Back in those days, doctors came to the home to deliver babies. Her mother told Pearl it snowed the day she was born – in late April!

Pearl's parents were Peter and Christina Moger, who lived in rural Whalan and rural Lanesboro, before retiring to the City of Lanesboro. Pearl attended rural country school at Gribbon Valley. Later, she attended Preston High School and graduated from there in 1943.



Pearl had two sisters and three brothers: Harold, Clifford, Lavern, Delores and Eva. She still has family living in the Whalan and Lanesboro areas. One of her nieces, Marlys is currently mayor of Whalan.

During the 1940s, Pearl met her future husband at White Front Restaurant in Lanesboro. Odell Bue was back from the service and came to the restaurant often. This restaurant was a very social place. Young people liked to gather there. What attracted Pearl to Odell? "It was his good smile," said Pearl.

On July 17, 1943, Odell Bue married Pearl Moger at the Lutheran pastor's residence in Lanesboro, the Reverend P.J. Nestande officiated. Pearl and Odell were both raised Lutheran, and remained active in several Lutheran churches all their lives.

Odell grew up on a farm with parents who spoke Norwegian. Odell spoke Norwegian too until Kindergarten, when his teachers made him change to English. Odell worked as a carpenter and built their first home in Lanesboro. Their children, Wesley and Mary, were born at the Preston Hospital while they lived in Lanesboro. Today, they have eight grandchildren and eight great-grandchildren.

Pearl worked briefly at the Thoen's Hotel Café, the Grace Tuftin Café, and at the bakery. Most of her adult married life was spent as a volunteer and stay at home mother. She loved embroidery and knitting, as well as sewing, quilting and gardening. She made all her family members afghans and stocking caps.

Pearl and Odell moved to Chatfield in 1968, when Odell built their family home in the Harwood Addition of Chatfield. They were married over 50 years before Odell passed away.

Today, Pearl enjoys attending music and special entertainment at the Care Center. She also attends Bingo and plays some Crazy 8 cards. We are pleased Pearl is part of our Care Center family.

Department of Life Enrichment



Warm thoughts of spring to you from the Chosen Valley Senior Campus Life Enrichment Department!

What a snowy winter we have had! We are hopeful to be see robins hopping along on the grass soon!

There are always many things to do at Chosen Valley Senior Campus. If you would like to know what's going on, stop in our office and pick up a monthly activity calendar or check out the weekly article in the Chatfield Newspaper on the second page. The article has many photos of events and happenings. If you would like photos emailed to your address of your loved one, be sure and contact me at act@chosenvalleyseniorliving.com or call me at 507-867-2721(my direct line). We also have many independent leisure items available as well, from the computer, tablets, cards, games, word puzzles, colored pen, crayons and markers to items to fold and sort...something for everyone looking for something to do. Contact me or anyone in our department if you have wishes or needs for items to enjoy your leisure time. Families are encouraged to bring in larger items such as televisions, laptops, radios/cd players for long time use.

It won't be long and we will be thinking of planting gardens. Individuals that have the ability to plan, plant, weed and maintain their own garden will have individual plots if they have an interest in gardening. There will again this year be community plots for all to tend to as well. It's an exciting time of the year! Be sure to check out the gardens throughout the growing season.

In the spring and summer months we have some very special events taking place, mark your calendar and join us:

- ◆ May 12-18 National Nursing Home Week
- ◆ May 16 1:30 Tea Time Party– it's a great day, pick out a special hat to wear or bring your own!
- ◆ May 17, 1:30-3PM Founder's Committee Spring Pie Social Fund Raiser. The Founder's Committee raise money and destine donations for the benefit of the residents and tenants at Chosen Valley Sr. Campus. Donations to the Founder's Committee can be left at the Care Center front desk made out to the Founder's Committee.
- ◆ June 6 (rain date the 7th) beginning at 1PM the annual Walk-n-Roll beginning with pictures out front of the Care Center and the walk-n-roll begins down to the Chatfield City Park for refreshments. Then, off again for home at the Care Center. It is always wonderful to have family and friends join us on this journey! (Rain date if need be is Friday the seventh).
- ◆ The Lanesboro Annual Fishing Trip with the DNR has yet to be announced.

Life Enrichment continued ...

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- ◆ July 18, 7:00PM – Annual Brass Band Concert in our parking lot! Join us for great music, ice cream, cookies and bars. The treats are a free will donation to the Founder's Committee benefiting our residents and tenants.

Life Enrichment wish list:

Old mail boxes for our garden tools

Broken small appliances – for Men's Group to take apart and discover how it works.

The seasons come and go quickly, enjoy each one!

Kate Winter Glor, ADC
Director of Life Enrichment



Life Enrichment Activities Team:
(Seated) Chrissy Weisz, Colleen Haffner and Tracy Brandt
(Standing) Amy Neis and Kate Winter Glor

Environmental Services: Gerry Gathje



Emergency Preparedness FAQ

- 1) What are the various types of emergencies/ disasters that I should be preparing for?
- 2) As a person with a disability, should I have a plan for when I'm at home and another one when I'm at work?
- 3) Are there different plans I should have for an emergency if I can't leave my home OR if I have to evacuate my house?
- 4) What if my community or neighborhood needs to evacuate the area during an emergency?
- 5) How can I know what type of help I will need to plan for during an emergency, if I've never been through one before?
- 6) Are there certain things I should always carry on me at all times, in case of an emergency?
- 7) What are some things that I should have a checklist for to ensure I've covered things in my home during an emergency?
- 8) What should be in my Disaster Supplies Kit?
- 9) What do I do if I regularly take specific medications and I need them during an emergency?
- 10) I have a physical disability and live on a farm in northern Minnesota. What do folks like me who do not live in the cities do, in case of an emergency?
- 11) I have two pet cats and my roommate uses a service dog because she is blind. What do we need to plan for to make sure they are okay during an emergency?
- 12) Where can I find more information about emergency preparedness?

Over the last year we have dedicated a significant amount of resources as we attempt to answer and prepare for questions just like those above. Most recently, Susan Neis has joined our team as we prepare and train for emergencies in and around the Care Center. For healthcare facilities, an emergency is any event that affects the facility's ability to provide medical care. An emergency in a healthcare facility is far different than what's considered an emergency in any other facility. Emergency preparedness requires extensive planning, documentation and communication. Because of this, we continue to make special preparations. In all of our preparation, we sometimes feel as though it is a bit overdone, but after seeing some of the natural disasters that have taken place I am confident it's well worth the energy.

(article continued on facing page)

Gerry Gathje, continued

Chosen Valley Care Center is part of the SE MN Health Care Coalition for emergency preparedness. Our team of people in cooperation with Mayo Clinic and the state of Minnesota get together on a monthly basis to discuss training exercises, how to have coordinated efforts in an actual emergency and many other topics pertinent to preparedness. I for one take comfort in knowing that the how, what and why questions are being answered on a monthly basis just in case we are faced with our own real-time disaster.

Sincerely,
Gerry Gathje
Director Environmental Services



Frank lines up the bowling ball while John encourages from the side lines. Sporting activities are very well attended by our residents.



(Above) Dennis and Ken line up those horse shoes.
(Right) Vi enjoyed creating with colored pencils.





(Above) MaryAnn and Mabel enjoy strawberries, cake and ice cream together during Sweetheart Treat day. (Below) Charlie throws oversized dice while others wait in the wings during Men's Group.



Employee Spotlight: Pam Danielson



One of our hardworking, fun beauticians is Pam Danielson. She has worked in our Beauty Salon since 1995, for 24 years! Every Tuesday, Pam fills her day with haircuts, perms, colors, curls and smiles. She gives our residents and tenants great new looks and they leave the beauty shop with bright smiles. The best part of Pam's day as a beautician? She loves hearing fun stories from her customers.

Pam started working double duty in 2007, when she joined the Care Center Environmental Services team in housekeeping and laundry. She reserves Tuesdays for the beauty shop, but works in laundry and housekeeping the other week days and every other weekend. She has seen things change in Environmental Services. They used to clean rooms with a bucket and a wring out mop. Now there are nice light-weight mops for cleaning. Pam is looking forward to the laundry area getting new dryers this year.

Pam was born in Rochester. Her parents lived in rural Rochester, but she attended high school here in Chatfield. Pam's Dad worked in construction, and later farmed near Spring Valley. After graduating from high school, Pam attended beautician's school in Rochester.

She met her future husband, Darrell Danielson on the steps of the Silver Grille in Chatfield. Back when Pam was in high school, not many high school students owned cars. Teenagers hung out at the Silver Grille to socialize. Pam was attracted to Darrell because he had a good personality and he was a fun guy. He was also a very kind person, and good with people, just like Pam.

Pam and Darrell were married at the Chatfield Lutheran Church. They made their home in Chatfield and were married forty-seven years before Darrell passed away with cancer. They had one son, Greg, who married Cindy and lives in the area. Three granddaughters were born to Greg and Cindy. Today, Pam has five great-grandchildren: four girls and one boy. Their ages are 10, 7, 3, 4 and a new baby, 5 months.

After beautician school training, Pam worked at the Fashionaire Beauty Salon in Rochester for fifty years. For twenty of those years, Pam also worked Mondays at the Care Center. The Fashionaire Beauty Salon closed about five years ago. Pam really enjoyed getting to know all of her customers in Rochester and Chatfield.

This busy lady has one more job she accomplishes every day: Post-Bulletin rural paper carrier. She and Darrell started delivering Post-Bulletin papers to rural Chatfield about twenty years ago. Pam continued the work after Darrell passed away. She very rarely misses delivering to her customers, but this winter was a doozy! There were days she could not deliver the newspaper. "It was a heck of a winter!" Pam said.

On her time off, Pam likes to travel with friends on bus trips. She likes attending community Bingo in the evenings, and spending time with family. When her great-grandchildren are around, she likes to take them shopping, to the movies, or just bake with them at home.

Environmental Services: Jody Lawstuen



March, 2019! What an old fashion winter we've experienced in Minnesota this year! It brought back several memories of childhood winters, as I'm sure it did for a lot of people. I remember we would be stranded for several days living in the country growing up on the family farm. I was ok with that, because many things were cancelled, like school. Country kids had so much fun on snow days. We would head outside and play king of the mountain.

As a kid, we didn't think of all the hard work adults had to contend with when it snowed heavily. For instance, our maintenance department here at the Care Center has worked very hard shoveling snow, blowing snow and keeping walkways salted and safe for staff, residents and guests. The maintenance department is greatly appreciated by everyone at CVCC. Thank you for all that you do.

As the different seasons come and go, each season has its own challenges. Each one is very beautiful in its own way.

One spring project ahead is replacing our three dryers in the laundry room. The old ones have been here since the facility opened, in 1976. We are really looking forward to new appliances. We currently have two washers in the laundry room and they have been replaced from the original ones.

We have seventy-eight residents that live at our facility. When new residents come in, we mark their clothing or families mark their clothing with a permanent marker. When family members purchase new clothes for their loved ones, it is so important for family to bring new clothes to the laundry area for new labels. When clothing is not marked, we have no idea which clothes belong to which resident. Our staff works really hard to find the owners to each clothing item, but it is very difficult. So as a reminder, please mark the clothing or bring them to our laundry department so we are able to mark them for you.

We have several lost clothing items, so if you think your loved one is missing something, please come down to our laundry department. We keep the lost items for a period of time, then if no one claims these items we donate them to our local collection facilities.

We have had several events that happened throughout the year and we always enjoy spending time with the residents and their families. I personally really enjoy the Holiday Tea where I can take time to make it special for the residents and their families. We all enjoy the laughter that we share with each other. I will continue to share the information that we have in our Environmental Services Department to keep families informed of different projects that occur throughout the year. Continue to enjoy the sunshine in your days, even when the sun does not shine in the sky.

Jody Lawstuen, Environmental Services Supervisor

Melissa Fenske, LSW
Director of Social Services



Greetings from the Social Services department! As I am writing this we are bracing for yet another winter storm. I hope that as you are reading this we are enjoying some warmer weather!

Family Council has begun again here at Chosen Valley Care Center. We are now meeting every other month and have this meeting on Monday evenings at 6:30pm in the Lehman Room. Come join us at our next Family Council meeting, April 15th at 6:30 pm.

So, what is Family Council? Family Council is open to any family or friend who has a loved one at the Care Center. The council works to improve the quality of care and the quality of life of the facility's residents. It provides families with a voice in decision making that affects them and their loved ones. During the last Family Council, improved communication between Care Center staff and families of residents was identified as an area that could be improved upon. As a direct result of this, a 'Communication Board' was created. This Communication Board is located in between the 2 front doors. Each month department heads will give an update on issues or events concerning their department and relay relevant information. Please take a few minutes to look at this Communication Board the next time you come to visit your loved one.

As many of you may already know, Chosen Valley Care Center contracts with Apple Tree Dental to provide dental services to not only our residents, but also tenants of the Assisted Living and Independent Apartments. Please contact me if you are interested in having your loved one sign on as a patient with Apple Tree Dental.

Take Care,
Melissa Fenske, LSW
Director of Social Services
ssd@chosenvalleyseniorliving.com

Ken, Colleen
and Leroy
construct
birdfeeders



Assisted Living Activities



Assisted Living folks busy making St. Patrick's Day wreaths. Phyllis and Alice (above) with volunteer assistant, Charlotte. Below: Phyllis, Elaine, Alice, Charlotte, Marjorie and Thelma show their creations.



Barb Weiss, Director of Food and Nutrition Services

Hello! Winter is here and the flooding also. I would like to talk about dehydration.

Most of us know that 60% of our bodies weight is water, but what happens to our bodies when we are lacking in water. Without enough hydrations, we can experience dry skin, headaches, sleepiness or tiredness, thirst, few or no tears when crying, constipation, dizziness or lightheadedness, and a dry sticky mouth. Some severe dehydration cases can cause little or no urination, sunken eyes, rapid heartbeat, rapid breathing, lack of elasticity in skin, irritability and confusion.



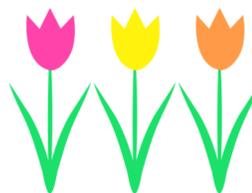
Help prevent dehydration from becoming severe by carefully monitoring someone who is sick and giving them fluids. An oral rehydration solution such as Ceralyte or Pedialyte should be given at the first sign of diarrhea, vomiting or fever. Throughout an illness we should encourage our patients to drink plenty of water.

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

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

Remember, we provide Meals on Wheels every week day, except on snow days when schools are closed. If you are interested in signing up for Meals on Wheels delivery to your door, call Barb @ 867-4220.

Barb Weiss CDM, CFP, CRM, CCP, Director of Food and Nutrition Services



Vi and Faith enjoy each other's company



(Above) Dietary staff serving our Holiday Tea in January, 2019: Kami, Dillon, Lauren, Barb, Renee and Triston.
(Below) Charlie McCabe's family joined him at the Holiday Tea.



Sweetheart Treats



Sweetheart Treats were enjoyed by so many people.
Pictured above: Mary, Betts and Marvin.

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.

The Founder's Committee



Founders Committee Members Serving Sweetheart Treats in February: Diane Meeker, Cindy Thesenvitz, Donna Cramer, Marge Huper, Carol Finseth, and Judi Daniels. (Not pictured: Margaret Walsh, Shirley Clemens, Charlene Krenzke, Denise Pagel, Betts Funk, and Vicki Cramer.)

Donations to Founder's Committee through March, 2019:

**1/14/2019—Merle & Delores Kiehne—\$20.00
2/8/2019—David Bornfleth in memory of Ila Bornfleth—\$55.01
2/8/2019—Lana Bernard in memory of Ila Bornfleth—\$20.00
2/8/2019—Vicki Cramer in memory of Lawrence Priebe—\$20.00
2/19/2019—Yula Mundt (Sweetheart's Tea) - \$50.00**

From The Desk of Physical Therapy



Three Simple Treatments for Tension Headaches

A HEADACHE. The word itself describes how it feels. A day with a headache can be devastating. It can screw up even the best day.

Headaches are of different types, and one of them is a tension headache. It is one of the most common types of headache. Tension headaches get associated with the tightness or tension of the muscles in the neck, head or scalp regions.

What is a tension headache?

When head, scalp and neck muscles become very tight and contract it results in tension headaches. Tension headaches often feel as if a tight band is compressing your head.

Symptoms of a tension headache

Some of the tension headache symptoms are listed below:

- Aching, dull pain in the head
- Feels like a tight band circling the head
- Tightness and pressure across the forehead or sides of the head
- Tenderness on shoulder, neck and scalp muscles

How long do tension headaches last?

Tension headaches can last from around 30 min to months. Depending upon the duration they are classified as episodic or chronic tension headaches. Daily tension headaches, continuing for at least three months are chronic tension headaches.

A tension headache vs. a migraine

It can be challenging to differentiate between tension headaches and migraine. Also, chronic tension headaches may also get associated with a migraine. In some types of migraine, there are other associated symptoms like visual disturbances, nausea or vomiting which are absent in tension headaches. Also, tension headaches don't get aggravated by physical activity whereas a migraine headache does. The location of a migraine is also different from tension headache location to some extent.

Three simple treatments for a tension headache:

- Ice pack to the base of your skull and upper neck. Applying an ice pack to the back of your neck can give relief from a headache, since the cold from the ice helps reduce inflammation that contributes to headaches. Plus, it has a numbing effect on the pain.
- Self-massage. Using your finger tips massage the base of your skull and upper neck making small circles. The massage will increase blood flow to the area and decrease your pain intensity.

***From the Desk of Physical Therapy,
continued***

- Improve your posture. Many tension headaches are caused by poor posture-especially head forward posture. Keep your ears aligned over your shoulders and you will get fewer headaches.

If none of these suggestions help it may be time to see your friendly physical therapist at Chosen Valley Care Center. They can provide you with other treatment options.

Robert (Bob) Schrupp, Physical Therapist



Visitors Make
Our Day!

(Left) Mabel and
her daughters.
(Below)
Lavonne and
her daughters.



Music Makes Us Smile



(Above) Brenda and Matt Stier entertained a happy group.
(Left) Dennis Warner asked, "Are there any farmers out there?"
(Below) Arlynn and Dennis became new best friends.



Holiday and Seasons Music



(Above) The Johnson Family Singers: Hank Kuhlmann, Mary Ludwig, Donald Johnson, Carol Kennedy, and Patricia Johnson (seated).
(Below) Julie Szamocki, Seasons Hospice Music Therapist, played all our favorite songs.



Birthday Parties Monthly



*Happy
Birthday!*



Every month we celebrate birthdays: Marga, Bob, Mike and Ondrea. Church groups take turns serving birthday treats to our residents.



*Happy
Birthday!*



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. Beautician Pam Danielson is here on Tuesdays for cutting, styling, curling and perms. Beautician Sue Thompson is here on Monday afternoons.

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 and Hers Hair Care Prices

Permanents	\$48 (including cut & shampoo)
Colors	\$20
Beautician Haircuts	\$13
Shampoo & Set	\$15
Rinse	\$5
Comb out by beautician	\$5
Barber Roy Haircuts	\$9

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.

During the snowstorms and blizzards, we took a short day trip to Hawaii.
Dennis is ready to hit the beach.
Margaret found the nicest shell.
The Halloran family got together for a Luau.

