



*Views From The Valley*  
*July, August & September, 2014*



CHOSEN VALLEY CARE CENTER, INC.  
A Senior Living Community



*Brass Band Concert July 17th, 2014*

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## From The Administrator's Desk



Dear Family and Friends,

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

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

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

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

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

The most recent Care Center survey was June 23 through June 26, 2014. The survey team was very complimentary of the care and services provided by the Care Center. Overall, survey results were very good, especially when compared with State and industry standards. We are very fortunate to have such a dedicated and caring team of employees providing quality care and services to our residents each day.

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

Survey results can be found in a few different locations. They are posted near the front desk area of the Care Center, and on the Internet at the following web address: [www.health.state.mn.us/divs/fpc/directory/surveyfindings.htm](http://www.health.state.mn.us/divs/fpc/directory/surveyfindings.htm).

I encourage anyone with questions about the survey process or results to please let me know. I would be happy to answer any questions you may have.

(Article continued on next page.)

## From the Administrator's Desk continued

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

Wishing you all health and happiness!

Craig Backen, Administrator



### Lisa Vickerman: Water and Hydration

Water makes up 80 percent of the brain and any large change in water content will affect the brain.

Water has many benefits such as preventing headaches, improving your mood and can boost your brain power. Hydration is central to the most basic physiological functions such as regulating blood pressure and body temperature & digestion. There are many benefits to hydration such as; how your brain functions, transporting nutrients, minerals, oxygen to other parts of your body. Hydration also plays an important role in digestion, disposal of waste products, healthy heart, keeps skin moist and soft and regulating overall body temperature.

When an older person is kept hydrated there may be less incidences of constipation, which means a decrease in laxatives and fewer trips to the bathrooms which translates into less falls. **Some reasons that the elderly may not respond to the signals of thirst:**

- Poor judgment
- Not knowing the benefits of fluid intake
- As person ages, sense of thirst diminishes
- Due to frailty difficulty getting to drinks
- Not remembering to drink
- Realizing they need a drink, get up and forget what they were going for.
- Disliking the taste of water
- Lack of thirst
- Lack of water availability

*Lisa Vickerman: Water, continued*

People ages between 85 and 99 years are six times more likely to be hospitalized for dehydration than those ages 65 and 69 years. For your dementia clients, don't wait for them to ask you for a drink.

Dehydration is loss of water from the body in excess of the amount consumed. Be aware of signs of mild dehydration signs and symptoms which are; thirst, dry mouth and or tongue, dizziness, headache, weakness, fatigue, constipation, decreased urine output, confusion, concentrated yellow urine, rapid heartbeat, cramping of legs, no tears, irritable, excessive sleepiness and lethargy.

Severe dehydration consists of the following signs and symptoms; convulsions, rapid breathing, low blood pressure, severe muscle cramping, dry wrinkled skin with no elasticity, urine thick and dark in color, bloated stomach and stomach cramps.

Dehydration can occur due to sweating, vomiting, diarrhea, excessive urination, fever, burns, chronic illness, diuretics, depression and exercise.

Finally we need water to function properly. Every part of your body from your head to your toes requires water. Remember that tea, coffee and fruit drinks also provide your body with fluids. As long as you drink less than 4 cups of coffee a day, than coffee is not dehydrating. 20 percent of your fluid intake comes from a well-balanced diet.

Overall, the message is clear, we need to provide plenty of fluids, and make sure our residents are drinking beverages that we provide, and everyone needs to watch for signs of dehydration.

Lisa Vickerman, Director of Clinical and Residential Services



A.L. Tenants David, Rosella and Anne help chop rhubarb for baking.

## Ellen: Walk N Roll Stroll and CVCC Golf Outing

### Walk and Roll Stroll and Care Center Golf Outing



We had a great time during our walk and roll on Friday, May 30<sup>th</sup>. The weather cooperated this year and we were able to stroll to the park in beautiful weather. Cookies and lemonade were enjoyed at the park along with great conversation. It was warm enough that the shade was the place to sit. A few residents played some games but most of us took pleasure in looking around at the pretty park, the children playing and the nice weather.

This was our twelfth annual walk and it was great to have so many family members join us. We did receive some pledges for our walk this year and appreciate those donations.

We are hosting our eleventh golf outing on Friday, August twenty-second. We have sent letters to businesses if they would like to make a donation or be a sponsor, previous golfers to join us and we are putting up posters advertising our event. The funds that we are raising from our 5k/1 mile run (our first ever), the walk-n-roll and golf outing will help purchase specific residents choices through a wish list. As in past years we have raffle tickets for \$5.00 each for a chance to win three prizes. The raffle has been an opportunity for more people to participate in our fund raising efforts. The drawing is held at the conclusion of the golf outing at Chosen Valley Golf Course. Any questions concerning our golf outing can be directed to myself.

We hope our Minnesota weather will provide clear skies for our golf outing, and the Western Days Parade like it did for our 5k and the walk-n-roll. Some staff will be walking behind the Care Center van in the Parade passing out some treats.

All of these events would not be possible without the support of our community and a great network of volunteers. Thank you.

### ***Ellen Strande, Director of Human Resources***



A few of our 2013  
Golf Outing  
participants.

# Fishing in Lanesboro



## Employee Spotlight: Our Participating 5K Runners and 1 Mile Walkers



Brian Nolan & Family (pictured left): "I've been running for 12 years or more," says Brian, "and in the last 4 years, my wife has gotten interested in running, too. Then, about two years ago, our children started getting interested as well." The whole Nolan family participated in the 5K.

Amy Stehr & Alex: "I like fun runs that benefit good causes," says Amy. "We've participated in the Fools 5K and some other local races as a family. This (CVCC) race was a good, straight forward course, and I got the chance to run with my niece, Alex" (Pictured right)



Craig Backen & Carly: "My wife (Kelly) was a marathon runner and inspired me to get into running when we met," says Craig. "I try to run 4 or 5 days per week, averaging 3 miles per run. Kelly still runs, and our daughter, Carly has been involved in several running activities, so we were excited to get together as a family for the Care Center event." (Pictured left: Craig and Carly cross the finish line together.)

Our event coordinator, Stacy, hoped for a family-fun event when planning the 5K Run/Walk. It certainly turned out that way with many families coming out to enjoy the beautiful June weather. CVCC hopes to make this an annual event.



## A Word from the DON, Danielle York



### Osteoporosis

As we all are getting older our risk for osteoporosis increases and if you are a woman you are at a higher risk than men. Osteoporosis causes bone to become weak and brittle. According to MayoClinic.com bone is a living tissue, which is constantly being absorbed and replaced, and osteoporosis occurs when the creation of new bone does not keep up with the removal of old bone.

Osteoporosis can cause bones to become so weak that bending over or coughing can cause a fracture. In the early stage of osteoporosis there are usually no symptoms or pain. After the bones start becoming weaker back pain, gradual loss of height or stooped posture are noted. Some dietary factors can greatly influence risk of osteoporosis. Lifelong low calcium intake can contribute to low bone density, eating disorders and also weight-loss surgery.

If diagnosed with osteoporosis an individual would likely be started on a bisphosphonate medication which would commonly include medications such as fosamax, boniva and reclast. Some ways to decrease risk of osteoporosis or fractures resulting from osteoporosis would include quitting smoking, avoid excessive alcohol, prevent falls and take calcium and vitamin D supplements if not receiving enough in diet.

Danielle York RN, Director of Nursing



## Tenant Spotlight: Mary Ann Hamann



Mary Ann Molstein was born in 1920 on a farm north of Lanesboro that was homesteaded by her grandfather, G.G. Gilbertson. The farm has a huge round barn on the property, a well known landmark in the area. Mary Ann's father, Andrew Molstein, was born & raised in Norway, coming to this country in 1915. He came to Minnesota and worked for G.G. Gilbertson. This is where he met Mary Ann's mother, Andrea Gilbertson. They were married on the family farm, where they first met. A shanty was built to feed 200+ guests at Mary Ann's parents wedding.

Mary Ann had two brothers: Gilbert and Art Molstein. Gilbert was in the Navy and moved to Oregon; Art remained on the farm where they were born, purchasing the farm from their father. Both Gilbert and Art have now passed away.

While growing up, Mary Ann went to country school, the Wraalstad School, which was two miles away from their farm. She walked or skied to school for eight years. Mary Ann attended high school in Lanesboro, graduating in 1939.

After graduating from high school, Mary Ann attended St. Olaf College for two years, from 1939 to 1941. She studied home economics and music. (The cost for college was \$750 a year!) Mary Ann's mother was a talented musician and taught piano lessons. She instilled a love of music in Mary Ann and her two brothers. They all had voice training and became soloists for weddings and funerals. Mary Ann was a member of the Hiawatha Valley Saint Adalines, the Root River Singers and sang in several church choirs, including Fountain Lutheran Church.

During the war, Mary Ann taught school in Iowa. She did not have a four year degree, but taught under a war emergency school certificate. She taught home economics, was a pianist for Glee Clubs, and coached girl's basketball. Her salary was \$167.00 a month.

In 1947, Mary Ann married Gareld Hamann at the North Prairie Lutheran Church, the same church in which she was baptized and confirmed. Gareld and Mary Ann farmed in Iowa before purchasing a farm east of Fountain, MN. The couple had seven children: David (Dallas, TX), Mark (Chatfield), Paul (Fountain), Daniel (Winsted, MN), James (Montana), John (Minneapolis), and Mary Beth Sedgwick (Montana). Today, Mary Ann has nine grandchildren and four great grandchildren.

Mary Ann's adult life has been filled with travel (to Norway and other European countries as well as two cruises, to Alaska and the Caribbean) and music, always music. Mary Ann worked for many years as a Home Health Aide to Fillmore County families. She said "I have been blessed with good friends and family. My love of music and my faith have sustained me through challenging times."

Since moving to the Chosen Valley I.L. apartments, Mary Ann enjoys taking part in the activities here, and all the music events offered. She also really enjoys crossword puzzles, word games and her friends. Welcome, Mary Ann!

## Resident Spotlight: Delores Kiehne



Delores Christopherson was born in Galesville, WI on November 29, 1935. She was the oldest child born to her parents, Elmer and Lillian Christopherson. Delores has two brothers, James (deceased) and Garry, and two sisters, Arlene Brekke and Lucille (Sue) Hansen. The siblings attended several schools in Wisconsin, and then the family moved to Minnesota early in Delores' freshman year, October 12, 1949.

Delores completed her High School education and graduated from Canton High School as a Salutatorian in her Class of 1953. Band and music was always a love of hers, in High School and throughout her life. Her father was an excellent accordion player, so she grew up with music in the house. Both of her children are also musically talented.

On August 1, 1953, Delores married Merle Kiehne at the Elstad Lutheran Church in rural Lanesboro. After an 18 day, 6,000 mile Honeymoon, they made their home on the family farm where Merle farmed with his Dad. Delores and Merle have two children, Dr. Lynn Kiehne and Kurt Kiehne, who now live in St. Petersburg, Florida. They have six grandchildren: Alexandra, Nathan, Shannon, Christopher, Stephanie and Jonathon; and they also have three great-grandchildren: Violet, William and Carley Ann.

While their children were young, Delores and Merle had a Purebred Hog Operation selling breeding stock to Pork Producers. They showed hogs for 32 years at the Minnesota State Fair, and many National Shows. The whole family was active in 4-H and FFA at local fairs, and involved in a grassroots level with MN Pork Producers. Delores was a MN delegate to the National Pork Producers Women, and was elected National Secretary/Treasurer of the 18,000 member women's group, holding that office for twelve years. She became the first recipient of an award naming her "Farm Wife of the Year," by a national magazine called Farm Wife News. Her involvement with Pork Producers took Delores all over the country promoting new ways to use pork in our daily menu. She spoke out for the pork industry on animal welfare, food safety, imports & exports, and on using more pork in school hot lunch programs.

Delores also found time to be a Sunday school teacher and President of the Henrytown Church WELCA for three years.

After retiring from active farm life in 1985, Delores started working at RCTC and became an administrative secretary to a Dean at the college. (Merle became a Farm Bureau Insurance Agent.) For twenty years, Delores drove to work in Rochester, and retired in 2005. They moved to Preston in 1998. She and Merle traveled extensively in their later life, visiting all 50 states and several European countries including Germany, Austria and Switzerland.

Delores enjoys all the music presentations at CVCC, along with playing bingo and other life enrichment activities. She is visited every day by Merle and/or her sisters. There are times when Delores sits at a piano and plays music for us yet. It is very good to have her here at CVCC.

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



I walked into a local craft store and what did I see...4<sup>th</sup> of July Red, White and Blue on clearance and rows of fall arrangements. The next aisle had Christmas decorations on July 5<sup>th</sup>! The season's quickly come and go, I find myself just wanting to say "Slow Down I want to enjoy today, time goes quickly enough, let's not rush it!" So as you read this take a moment and enjoy where you are in this moment, see the wonders of this season and be thankful for the blessings around you!

The weather cooperated with our calendar this year and the resident's were able to plant their garden plot as scheduled on May 27. We stick to the rule of: Plant before Memorial Day or you will plant twice (due to late frost). As the last plants were placed a soft rain began to fall.

Pictured right: Marvin, Charlie, Arlynn and Harold were busy planting onions in the back bed.



Pictured left: Violet loves flowers!

Be sure and check out the resident's gardens and the gazebo area. It's beautiful and a nice place to visit.

On April 24, Chosen Valley Senior Campus Volunteers were honored



with a luncheon and columnist speaker Jennifer Koski from the Rochester Post Bulletin and Rochester Magazine. With approximately 60 volunteers we can always use more helping hands. If you are interested in being a volunteer give me a call at 867-2721!

Pictured right on facing page: Helen Bicknese was honored with the 2014 Chosen Valley Senior Campus Volunteer of the year. Helen is a dedicated weekly Bingo volunteer.

This year's Ladies Day Tea was a success, with many borrowed hats for the Ladies to choose from – everyone was decked out in splendor.

Pictured right: Which hat will it be?!



Memorial Day was extra special as Serviceman Anthony Cornell joined us and personally recognized all of our Veterans here at the Care Center and Assisted Living. (Pictured right: Young Veteran thanking Bob and Bill for their service. Below: Anne was as appreciative of Anthony's service as he was of hers!)



The annual Fishing Trip to Lanesboro, sponsored by the Department of Natural Resources was held on June 12. The wind was blowing but the fish were biting! (Pictured below: Father and son Donny were the fishermen with the biggest and most catches of the day. Amy, Jim, Marge and her fish!)



Western Days will soon be upon us and I am frequently asked if we will be taking residents to the parade – we are actually in the parade in the Care Center van! The plans are in the making for music out front of the Care Center after the parade and the annual Standstill Antique Tractor Show in front of the main Care Center entrance Saturday the 9th at 6:00 pm.

Be sure and check out the weekly Chosen Valley Senior Campus article in the Chatfield News, for all the latest and recent pictures of all the different events taking place.

Life Enrichment Wish List

Poker chips

Costume jewelry

Fancy hats (for events like the Lady's Day Tea)

\*If you have an interesting item, collection or travels (etc.) that you would like to share with us – we'd love to schedule you on our calendar, share your story with us!

Kate Winter Glor, Director of Life Enrichment



## 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 was performed for several years with 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 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 results for women were 3.6% and 7.4%.

These findings emphasize the importance of promoting healthy life styles for younger adults, especially cardiovascular health. This is important as the life expectancy of 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

**Mary  
Ann  
enjoys  
tea and  
fancy  
hats**





Assisted  
Living  
and I. L.  
Cooking,  
Tea with  
Hats and  
Crafts



Shown above in clockwise order: Emily stirs while David watches; Rosella shows off her crafting talent, and Jean enjoys a special ladies tea with fancy hats.

## 2014 Walk N Roll



Geri, Jerry, and Harold are all ready to Walk N Roll! Photo below of all participants.





Shown above, Fun & Games in the City Park during our Walk N Roll. Shown below, Charlie trying out a game.



Shown above, Elmer out walking with his son, Randy. They are heading to the City Park with the group.



## Environmental Services: Gerry Gathje



### Looking Forward:

Over the last year we have planned, checked our plan, and soon the Residents and Tenants of our Senior Living facility will enjoy a cooler, more energy efficient dining room. There will also be a brand new entry into our Independent Living apartments with automatic doors. We will share our time-line for the projects as soon as possible.

I am continually amazed at the number of hours we invest before the first nail is driven, but with good planning comes good finished projects. As a member of the management staff, I would like to assure you that we will do everything possible to plan for a successful completion to each project.

The trim is on, the site cleaned up, the tools are packed away. Few feelings are more rewarding than stepping back and looking at a job well-done. But, is that job really done well? Your crew may have fumbled some building basics without even knowing it. Below you will find a list of common construction mistakes and how to avoid them.

### Ductwork:

**Wrong way:** Run ductwork through an unconditioned attic.

**Job well-done:** Either run ducts in conditioned space or insulate them really well in unconditioned space.

According to the NAHB Research Center, placing ductwork in conditioned space can reduce heating and cooling loads by 20 to 35 percent. It also reduces overall ductwork length because supply register locations are more flexible. Wrap ductwork in conditioned spaces with R-4 insulation to prevent condensation.

### Floor Plan Design:

**Wrong way:** Design the floor plan with no concern for site orientation.

**Job well-done:** Orient the home to take advantage of natural day lighting, and some free solar heating in the winter.

In all but the hottest southern climates, orient the building so the long axis runs east to west. Place a row of windows along the south wall for winter gain. Size roof overhangs to block the summer sun, but let in light and warmth from the winter sun. Cluster the main living areas along the south wall and mechanical and storage areas to the north.

Skylights are energy hogs that can make a room uncomfortably hot. Try sun tubes, or tubular skylights, to bring light into dark corners, interior rooms, or even the basement without as much energy loss.

### Building wrap:

**Wrong way:** Put building wrap up as quickly as possible, and don't worry about tape or careful installation.

**Job well-done:** Follow the manufacturer's instructions.

### HVAC:

**Wrong way:** Size HVAC with a rule-of-thumb calculation.

**Job well-done:** Use the manual to properly size the HVAC system.

Have a great summer and be as watchful of your building projects, as we are.

Gerry Gathje, Director of Environmental Services

## Did you know ... Safety at Home

How safe are your elderly loved ones who are still living in their homes? Home safety for older adults becomes a major concern, especially when they are living alone.

Due to aging and deterioration of health, the body of an older adult tends to become frail and weak. Even normal movements of the body can become somewhat unsteady. As a result, daily activities like climbing stairs or using door knobs can become a daunting task for them.

Statistics have found that every year thousands of older adults who are in the age group of 65 years and above, meet with an accident in their home. Here are some basic tips on home safety for older adults that can help to make life easier for them:

1. To prevent slipping, floors should be made slip-resistant. They should also wear dry, flat, non-slip shoes in the house.
2. Door knobs are often difficult to rotate for people suffering from arthritis. Try replacing them with levers which are much easier to handle.
3. Stairs should be fitted with railings on both sides so that they can hold on to maintain their body balance.
4. Install smoke detectors and carbon monoxide detectors and assure that they are in good working condition at all times.
5. Night lights should be used in their bedroom, bathroom and hallway to improve visibility. The switches of the lights should be illuminated.
6. Those items which are needed during an emergency should be stored in one place in labeled containers which can be easily accessed. These items should include a first aid kit, toolbox, extra pair of glasses, flashlights, etc.

Along with these measures of home safety for older adults, it should also be ensured that they continue to lead an active healthy life. Mild exercises like walking can make their muscles stronger and improve their body balance and coordination which in turn will help in avoiding accidental falls.

**Lisa Wagner, Director of Medical Records**



### 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.

## Nicole Lanz, Director of Social Services



Hello everyone! I am Nicole Lanz and I have been hired as the new Director of Social Services. Since this is my first article in Views from the Valley, I'll share a little bit about myself. I grew up in Racine, MN and currently live in Spring Valley, MN. While growing up, I lived on a hobby farm with goats, sheep, chickens, horses, rabbits, and pigs. I was active showing in the Fillmore County Fair for many years. I have just graduated from Winona State University Rochester with my Bachelors Degree in Social Work and have also been newly licensed as a Licensed Social Worker through the Minnesota Board of Social Work. As some of you may know, I have also recently been married to Kyle Lanz on June 14<sup>th</sup>.

Thus far, I love working at Chosen Valley Care Center, and I am very lucky to have been given this opportunity! The residents and staff have all been very welcoming towards me. I became a social worker because, as a naive young lady, I decided I wanted to save the world. As I was going through my courses and learning more, I realized that I really just wanted to make a difference in people's lives. As soon as I saw the open position in the newspaper I jumped at the chance to work in this facility, as I have had family that have been resident's here and I know how great the staff are!

My previous social work experience has been with the developmentally disabled, chemically dependent, and with Kingsland High School. Working with the elderly is new to me and I am learning so much! I have really enjoyed my time with the facility and look forward to many more years!

Nicole Lanz, 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 the Director of Social Services at (507) 867-2716.

## Business Office: 5K Run/ 1 Mile walk for the Aging

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It was an overcast morning with looming clouds promising rain. However, this didn't stop our community from coming out to participate in our first Running for the Aging 5K/1Mile. Registration started promptly at 8:30 am on June 21st. Participants were greeted with smiling faces from our staff, motivational music to mentally prepare, and volunteerism from our very own Founders Committee. It was great to see the community outreach we received.

At 9 am, the participants were rounded up for drawings to all who registered. Four "*Bolder Bands Headbands*" were donated and, once the winners claimed their prizes, the starting gun was shot and down Winona Street we ran. It was truly humbling to see friends and families of all ages come together for this healthy fundraiser. Yet, togetherness didn't last long! In a short amount of time, it was apparent who the athletes were. The one mile turnaround point was on the corner of Winona and 5<sup>th</sup> Street, which turned out to be a great option for families and walkers. The 5K participants continued down Winona Street, crossing Hwy 30 safely thanks to the Chatfield Fire Department directing traffic. The course, then, turned down Burr Oak Avenue after the High School Parking lot and headed back the same route. Runners were cheered on by local Chatfield residents that sat on their lawns and porches watching as we passed.

As I passed the Church, I could hear our DJ along with the cheer from our event's participants that had already completed their leg of the race. With the crowd encouraging everyone to finish, it was truly an overwhelming feeling. Not only did everyone receive a ribbon by our very own Lisa Jones (Business Office Assistant), but many families would meet together and cross the finish line together, hand in hand.

Participants were rejuvenated by .5 liters of water donated by *Water Systems Company* of Winona, bread balls from the *Great Harvest Bread Company*, and fresh fruit from *HyVee*. The first annual Running for the Aging Run was a great family, friend, and community event. CVCC and the residents could not have asked for a better turnout!

A big thank you goes out to our sponsors and staff for offering their goods and their time! We'll hope to make this a bigger event next year!

Stacy Hrtanek, Business Office Manager

Erin Amdahl and her family  
participating in the 5 K  
Run/1 Mile Walk Event.



Barb Weiss,  
Dietary



Hope you are enjoying the cool summer we have been having lately. I have been up in the air about it. Not knowing whether or not I like it.

I was thinking about blueberries the other day and thought I'd mention a few things here about them. Things most people did not know .

1. Blueberries protect against memory loss. One serving a week slows cognitive decline by several years.
2. Maine produces more blueberries than anywhere else in the world.
3. Early Americans colonists boiled them with milk to make gray paint.
4. The perfect blueberry should be "dusty" in color.
5. Rinsing blueberries will soften them and they will spoil quickly, so rinse right before using them.
6. Blueberry bush is a relative of the rhododendron and the azalea plants.

Many blueberry-flavored processed foods do not contain any real blueberries. Products like bagels, breads and muffins from brands like Kellogg's, Betty Crocker (who, by the way was really a man, with a model and a name to promote his cook books) and General Mills were reported to use combos of sugar, corn syrup, starch, oil and artificial flavors and dyes to create their own mock blueberries, according to a 2011 Consumer Wellness Center Investigation.

So, if someone makes you a blueberry pie from scratch it will taste awesome.

Have a safe and health summer. Remember that we are providing Meals on Wheels. If you are interested in Meals on Wheels call Barb at (507) 867-4220.

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



## Hair Salon

The Care Center offers hair care services to keep everyone looking their best. (Please note pricing increase starting 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 and curling.

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.



Summer brings many visitors from far and near. Pictured here is Betty's and her family.

## The Founder's Committee



**Founders: 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)**

**The Founders Committee provides much needed financial help to CVCC improvement projects. Donations to this group are used to enhance the CVCC Senior Living Campus.**



Fun with Hats!



## From The Desk of Physical Therapy



### How to Manage Your Arthritis

When it comes to treating arthritis, you may have more options than you realize. There is a lot you can do to reduce your aches and pains from arthritis while gaining more mobility and function.

Our patients often experience pain from arthritis because of stiff joints, muscles, and other tissues. In addition, their muscles become weak, therefore not supporting the arthritic joints.

Strengthening the muscles around an arthritic joint can help reduce your pain. Improved range of motion and mobility of a joint can also ease pain. Using a gait aid temporarily (such as a cane) can also help reduce stress on a joint, increase mobility, and lessen pain.

The following is a list of approaches to managing arthritis:

1. Education and self-management—Your physical therapist can equip you with the knowledge and education you need to manage your arthritis on your own.
2. Weight loss—Maintaining your recommended weight or losing weight if you are overweight can lessen your pain by reducing stress on your affected joints. Weight loss specifically helps ease pressure on weight bearing joints such as the hips and knees.
3. Footwear and insoles—If arthritis affects the knee, special footwear and insoles can reduce pain and improve walking.
4. Knee braces—For osteoarthritis with associated knee instability, a knee brace can reduce pain, improve stability and reduce the risk of falling.
5. Heat and cold—Many people find the heat of a warm bath, heat pack, or paraffin bath eases arthritis pain. Others find relief in cold packs. Still others prefer alternating the two.
6. Transcutaneous electrical nerve stimulation (TENS) - A technique in which a weak electric current is administered through electrodes placed on the skin, TENS is believed to stop messages from pain receptors from reaching the brain. It has been shown to help with short-term pain control and depending on the setting, can reduce inflammation in some patients with arthritis.
7. Exercise—Exercise has been proven to help reduce arthritis pain while increasing strength and function. Knowing the right kind of exercises to do is the key. Talking with our physical therapists will point you in the right direction.

Our goal in physical therapy at Chosen Valley Care Center is to help you live life to the fullest and get you back to doing the things you love. We see both inpatients and outpatients at Chosen Valley Care Center. If you have questions give us a call at 507 867-3199.

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

Brass Band Concert July 17th



Slim, whittler  
extraordinaire,  
presented hand  
carved crosses to  
all residents at  
CVCC



# Fun at CVCC



Pictured from top left & clockwise:  
Ellen, Mildred & Virginia crafting;  
Eileen walking and celebrating;  
John fishing; Violet and Mildred  
showing; and Lois glowing with  
baby in arms.



The Environmental Services department is pleased to let everyone know that our goal was met by getting the windows cleaned earlier this year than last year. The weather always plays a big part in our department when we are attempting to finish our outside projects. I have seen great team work by the environmental services department. They worked together cleaning windows at the Care Center and at the I.L (Independent Living) building. I want to thank all of my staff for the great job that they do. They go above and beyond the call to keep our building clean and smelling fresh.



Another project that we have been doing in our laundry department is changing out the wire hangers to the blue plastic hangers. We will continue to move forward with culture changes in our facility; we see that it is a benefit to our residents. We realized the need to purchase plastic hangers when our residents started bringing their own plastic hangers from home. I am pleased to let everyone know that we are able to accommodate those hangers for our residents use.

I just want to share an equation that will amaze everyone on the amount of hangers that we use on a daily basis. Our residents have between four to five clothing items a piece every day that need to be hung up. That number of hangers that we use daily equal's three hundred and twelve hangers a day. I would like to thank our laundry department staff for doing a great job with the resident's clothes. They handle a lot of clothing items every day, seven days a week.

I hope every one had a safe and wonderful 4th of July. The weather was just beautiful for a picnic or any outside event that you might have planned. The one thing that might have been a challenge is the mosquito's and the swarms of gnat's that are in your face constantly when outdoors. The bug spray companies are no doubt busy trying to keep bug spray products on the shelves all weekend; hopefully they will continue stocking shelves through the summer. With all the rain we have been having, the bugs may continue right up to the cold weather.

Jody Lawstuen, Environmental Services Supervisor



Pictured left: Fillmore County Dairy Princess, Melinda Woods, dishes out ice cream for our residents and tenants. Life Enrichment Director, Kate Glor, gave an inspiring presentation on dairy cattle and dairy products.

Fishing, Happy Hour, Painting, Dancing,  
and Lefsa Making with Paul Little



ARLYNN THE CRUSHER



Gardening





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