

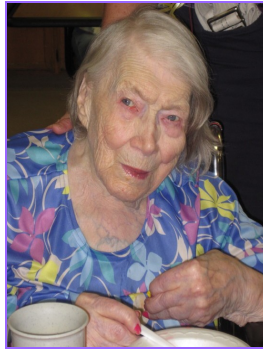


Views From The Valley

April 2012



CHOSEN VALLEY CARE CENTER, INC.
A Senior Living Community



**Spring is when
life's alive in
everything.**

Christina Rossetti



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From the desk of the Administrator....

Page 3



Dear Family and Friends,

As you know, Chosen Valley Care Center is responsible for the care and services for the people who live here. These responsibilities include ongoing review and assessment of the systems which are functioning well, and where there are opportunities for improvement.

One of the many ways we monitor care and services is through the Care Center's Quality Improvement Committee. The purpose of this Committee is to provide an ongoing interdisciplinary process that is designed to improve the delivery of services and resident outcomes.

The Committee is comprised of the facility medical director, administrator, director of nursing and other staff responsible for resident care, services and the physical plant/environment. The consultant pharmacist and therapy provider are also involved. Meetings are held on a quarterly basis, with special subcommittee meetings that meet more often.

The Quality Improvement Committee is responsible for identifying whether quality deficiencies are present, potential, or actual and require action. When quality deficiencies are identified, the Committee is responsible for developing plans of action to correct them, and for monitoring the effect of these corrections.

Quality Improvement action plans are implemented in a variety of ways. Some include making changes to procedures, along with employee training and monitoring and feedback mechanisms. Action plan revisions may also occur if the desired changes are not achieved and/or sustained for some reason.

The Quality Improvement Committee has a very important part for ensuring ongoing quality of health care and quality of life for all residents. And, every employee is responsible (directly or indirectly) in this process through identifying and forwarding areas of concern or ways to improve. We all work together to continuously improve quality for the residents who live here.

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



FOUR MYTHS ABOUT STRENGTHENING FOR SENIORS

There are many myths associated with strengthening exercise and unfortunately, they may discourage you from participating in activities that can improve your quality of life.

The purpose of strength training is to increase muscle size and toughness. Bigger, stronger muscles are less likely to be injured. Strength training will also improve your ability to get out of a chair, climb stairs, walk, and maintain balance.

STRENGTHENING MYTHS

Myth 1 - Seniors cannot improve their strength. Wrong! It is completely possible for older people to double their strength in three to four months. Can you imagine what you could do if you were twice as strong as you are now?

Myth 2 - Seniors should not do any strength training. Wrong! Seniors need strength training more than any other age group. As you age you lose strength, muscle mass, and function. The great news is that you can recover much of it. You can also improve your strength in as little as two weeks.

Myth 3 - Seniors should only participate in low intensity exercise. Wrong again. There are good studies that demonstrate that exercises at higher intensities are safe and more effective. The key is that the resistance must be enough to challenge your muscles.

Myth 4 - Seniors with health problems should not participate in strength training. You guessed it - wrong again! Resistance training is appropriate for seniors with many health problems and in some cases, may be preferred over aerobic exercise. It is important to consult your physician and physical therapist.

I hope you are convinced that you can and should participate in a strength training program. It is almost a sure thing that you will improve your quality of life.

To avoid injury, individualized instruction is necessary. You must use the appropriate resistance and good form to maximize benefits and avoid injury during strength training.

Please consult your physical therapist for more information.

Robert Schrupp, Physical Therapist

The rehabilitation staff at Chosen Valley Care Center would like to remind everyone they do provide outpatient therapy services. Services include outpatient physical therapy, occupational therapy, and speech therapy. They provide therapy for these common diagnoses and more: After knee, hip, or shoulder surgery/replacements. For neck, shoulder, hand, back, hip, or knee pain. For tendonitis, bursitis, arthritis, plantar fasciitis (foot pain), stroke, weakness, poor balance, or neurological diseases.



"Chip In"

Spring seems to arrived a little earlier this year so many of us have gotten out already to hit a few golf balls. At the request of many participants from last year's golf outing, we are going to have another one this year on Friday, August 24 at 9:15 a.m. This will be a four person best shot as in the past. We are going to give away \$200.00 cash on hole #8 and \$100.00 on hole #6 for closest to the pin. We prefer to do this versus purchasing hole in one insurance which anybody rarely wins.

Sponsorships will remain at \$500.00 for gold and \$300.00 for silver. Gold sponsors can have four golfers and silver sponsors can have two golfers. Single golfers will remain \$55.00 per person. All golfers will receive a meal and a gift after 18 holes. Registration will begin at 8:45 a.m. and shotgun start at 9:15 a.m.

Each sponsor will receive a sign with their name on a tee box on the course. You do not have to be a business to be a sponsor. In the past, we had a family member that wanted to sponsor a hole in memory of their grandparents. There will be some games on the short par- three holes again this year for some added fun.

This year's profits will provide new window shades and valances in each resident room. This supports our mission of providing a comfortable and home-like living environment for all residents.

We will begin selling raffle tickets very soon and have them on sale the day of the outing. This year the prizes are cash, with first prize being \$300.00, then two \$100.00 prizes and four \$50.00 prizes. Tickets cost \$5.00 each. If you would like to participate in this year's golf outing by golfing, purchasing tickets or donating in any way please contact Jean Haakenson, Ellen Strande, or Craig Backen at 507-867-4220.

Any support towards this event will be greatly appreciated. These special events allow us to enhance the lives of our residents. There have been some wonderful things that we've accomplished due to the generosity of our community and family members. We are very fortunate to have such a great facility with so many levels of service in our small community.

Jean Haakenson, Chief Financial Officer



I received a few phone calls last summer regarding edible flowers so I wanted to share some information with you on this subject. In the culinary world, flowers used are NOT from the florist, nursery, or road side. They are specially grown to be sure pesticides, herbicides or car pollution, are not exposed to them. The use of flowers dates back thousands of years to the Chinese, Greek, and Romans. Adding flowers to your food can be a great way to bring color, flavor and a little whimsy to any plate. To keep flowers fresh, place them on moist paper towels and refrigerate in an airtight container. Shelf life can be up to 10 days. Ice water can also revitalize limp flowers. Here is a list of petals I have personally used: Bachelor's Button, Marigold, Chrysanthemum, Dandelion, Gladiolus, Hibiscus, Rose, Violets, Sunflowers, Carnations, Hollyhock, Impatiens, Jasmine, Mint, Johnny Jump-up, Lavender Lilac, and Pansy.

If you have never used flowers or leaves while cooking you should try it, this can be very exciting. An example of an easy edible flower is Curly Parsley. Plant it in a patio pot and just snip a few leaves and garnish your food as needed.

Remember that we are providing Meals on Wheels and senior dining downtown. If you would like to participate in either of these programs you may call Sharon at 507-867-3591 for senior dining or me at 507-867-4220 before 9:00 a.m. If you are interested in Meals on Wheels call Blanche at 507-325-2313 or me at 507-867-4220.

Enjoy the spring and summer months and stay healthy.

Barb Weiss, Dietary Director

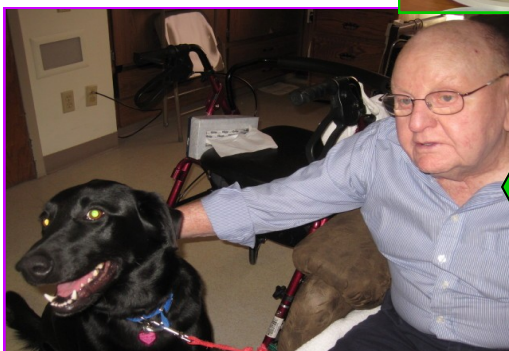
Agnes Vogen
enjoying 2011
gardens.





Jim Ferguson and
his family
enjoying St.
Patty's Day!

Charlie McCabe
enjoying "out to
lunch" take out
pizza!



Harold Mangan
and his
friend, Artie!

If anyone would need a quiet area to
meet with your loved one, please
contact our social worker.





What an amazing spring we are having! It is hard to believe it is April...we live in Minnesota and it is not time to safely be out in the gardens due to the risk of frosty cool evenings and mornings. We are in the planning stages; Green Thumb Club members have been meeting regularly and are planning their plots. We will not be planting until after the traditional safe planting date of May 15.

The goal for those who wish to have a resident garden plot is to be able to plan, plant, water, weed and harvest it with family or minimal assistance of staff, which truly makes it their garden. Due to our limited gardening area we focus on the residents abilities. The large center plot and the east side plot of the gazebo will once again be the community garden, for those who wish to garden but may not be able to maintain a plot independently. Last year these plots had cutting flower and tomatoes which was wonderful. On gardening day a group of residents would cut and arrange flowers in vases for the dining room tables and pick tomatoes. There's nothing as wonderful as eating fresh picked cherry tomatoes with their burst of juicy flavor!

During fall and winter months, a group of residents have been alternating ordering from area restaurants. It will soon be time for picnic outings. Due to being off campus for these meals, the Activity Department is unable to meet special dietary requirements (altered texture and liquid consistence and assistance eating). There are special grilling days scheduled at the Care Center throughout the summer so that all can enjoy the splendor of grilled burgers, brats and dogs! With many picnic lovers and limited bus seating, we do ask for patience and understanding of the need to take turns going on all outings.

May brings many annual events, be sure and mark your calendar and join us! National Week of the Aging is May 13-19. Monday, May 14, we will be having BIG PRIZE BINGO and Tuesday, May 15, the second annual Talent Show. Be sure to call and be placed on the schedule if you would like to share your talent with us! Friday, May 18, 1:30 p.m. – 3:00 p.m. is the Spring Founder's Committee Pie Social Fund Raiser. Please join us for the finest home baked pies in the area! June 8, is the Walk-n-Roll, t-shirts will be on sale prior to this event if you wish to order. Donations and pledge sheets are available, please give us a call or stop in the Care Center for more information! It's a great opportunity to join family and friends and walk to the park and enjoy refreshments and entertainment. The Care Center van will also be escorting a group of residents that are unable to travel the walk or ride in a wheelchair to the park.

Continued on the following page,



**David Simenson
enjoys fishing in
Lanesboro!**

The annual fishing trip to Lanesboro is scheduled for Thursday, June 14; this is a Department of Natural Resources (DNR) sponsored event. Care Center residents will venture to Lanesboro at 8:30 a.m. Assisted Living and Independent Apartments tenants will leave at approximately 9:45 a.m. followed by a picnic lunch in the park. The Care Center group will be returning for brunch at the Care Center. Let's hope for a beautiful day of fishing. If you would like to join us, we'd love to have the extra hands!

The annual Brass Band Concert at the Care Center will be July 12, at 7:00 p.m. Be sure and bring a lawn chair, hat or sun glasses. The Founder's Committee will be serving ice cream, bars and cookies. Free will donations will be accepted.

Sounds of Hope group will entertain the Care Center on Tuesday, July 17, 2:00 p.m. They are a group of young people from throughout the world sharing their love for music. It is very interesting to hear the many different languages and learn about their countries.

If you receive the Chatfield News you may have noticed the Care Center article has changed! It is now on the second page of the paper and in color. The Chatfield News solicited sponsors for this page which are on the bottom of the page. Be sure and let them know you appreciate their support of the Care Center's article!

Kate Winter Glor, Activity Director

Activity Wish List

- *Gardeners that would like to grow bird house gourds, and share them with us.
- *Pressed flower art, we'd love to have you show us your projects.
- *Colorful buttons
- *Cotton fabrics

Winter Games
Battle of the Teams!



Totally Healthy You
Team-Sherry
Hareldson, Erin
Amdahl, Becky
Andrews and Lisa
Wagner

Safety Committee-
Judy Johnson,
Danielle York and
Amy Neis.



Warm & Fuzzy
Committee- won the
races: Lisa Rollie,
Teri Pohlemus,
Maureen LaPlante &
Lori Bakke (missing
from the photo).

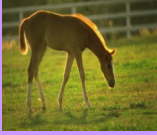
Independent Living Tenant Spotlight



Signa Sorenson



Signa Sorenson was born on June 13, 1927 to Berthina and Gjert Waadevig on a farm near North Prairie. She had two older brothers. Signa attended school in Rushford until third grade, then transferred to Big Spring School until eighth grade and graduated from Peterson school district in 1945. When she was a child her family moved in with Signa's grandmother where they helped care for her for several months. After graduation, Signa moved to Chatfield and worked at various places, including waitressing at the Silver Grille where she met her future husband, Robert Sorenson. They were married in 1947 at Arendahl Lutheran Church. Signa and Bob had two sons, Wayne and Curt and now have several grandchildren and great grandchildren that they enjoy spending time with. In 1962, Signa and her husband purchased the Terrace Rest Home, where Signa helped care for several elderly people. She "ran the place", prepared meals, and assisted with medications and doctor rounds. She enjoyed caring for people and knew that she wanted to care for people from her experience with caring for her grandmother, participating in the Red Cross nursing training in high school and her employment for Olmsted County as a home health aide. They sold the rest home in 1973. Signa volunteered at Chatfield Lutheran Church and also helped organize and deliver Meals on Wheels. Signa currently lives in Chosen Valley Independent Living, and enjoys visiting her husband at the Care Center. She also enjoys the music and church services on Wednesdays. She thinks the Activity Department does a wonderful job and has nothing but good things to say about the courteous staff and good food.



STAFF SPOTLIGHT: Jody Lawstuen



Jody Lawstuen has been employed by Chosen Valley Care Center since 1981. She worked for four and a half years as a CNA, and decided to stay home with her children for the next four years. She returned to the Care Center full time and worked in the laundry department for seven years, later returning to a CNA position. She eventually attended classes to become a TMA, and was promoted to her present role as CNA Supervisor. It's apparent; Jody wears many hats at the Care Center and occasionally works in Environmental Services.

Jody became interested in working in Long Term Care when she was caring for her Grandma. Her Grandma told her she should become a nurse because she knew Jody enjoyed it. Taking care of her Grandma made her feel good about herself. Her mom, Phyllis Dahl was employed at CVCC for 28 years and Jody would visit her while at the Care Center and she knew that she wanted to work where she could help others.

One of the many reasons that Jody likes working at CVCC is seeing the smiles on the resident's faces and knowing that she was part of their day. Her goal is to continue to make things better for the residents and staff that are taking care of families' loved ones.

When Jody is not busy with staff and residents she can usually be found on either a horse or a motorcycle. In her free time, she enjoys camping and spending time with her husband, children, grandchildren and parents. Jody is happy and proud to be part of Chosen Valley Care Center.



Care Center Resident Spotlight



Ruth Krull

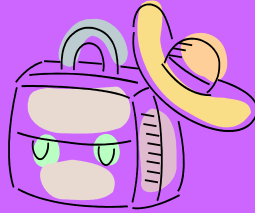


Ruth Krull was born on August 25, 1916 to Edna and Guy Minnich. She was one of 13 children that were raised on a farm near Coon Rapids, Iowa. Ruth attended country school through elementary and high school in Coon Rapids where she graduated in 1933. She said her graduation celebration was nothing like it is today. After graduation, she cleaned for people until her marriage to Kenneth Krull on September 4, 1940. Her husband farmed in Minnesota while she took care of their home in Iowa. In September of 1944, Kenny enlisted in the service and he returned home in 1945 from Iwo Jima after being wounded twice. He arrived just in time to see their first child, Gary, born. Their second child, Charlene was born in 1948. The couple lived in Grand Meadow, and later purchased the family farm north of Spring Valley. Their children attended country school and Chatfield Public School. Kenny passed away in 1966. After his passing, Ruth sold the farm and lived in Chatfield, Spring Valley, and Grand Meadow. Her mother moved in with her and she helped care for her. Ruth became employed as a nursing assistant at Grand Meadow Nursing Home. She said her starting wage was 50 cents an hour. She assisted at the senior center by delivering meals on wheels and reading to people. Ruth took great pleasure in helping the elderly people; however she had to stop after seven years due to a back injury. Ruth moved to an apartment in Faribault for 22 years until deciding that she could no longer care for herself on her own. She decided to move to Chosen Valley Care Center to be closer to her daughter. Ruth enjoys spending time with her grandchildren and great-grandchildren as well as attending Bible Study, playing Yahtzee and she thoroughly enjoys her whirlpool baths!

Care Center Resident Spotlight



Max Judd



Max Judd was born on November 20, 1924 in Chatfield, to Jack & Genevieve Judd. He was raised with three brothers, Buck, Jim and Don. Max attended Chatfield schools and graduated in 1942 at the Potter Auditorium. In 1942, he enlisted in the service with two of his brothers and they returned in 1946. On October 30, 1947, Max married Marjorie at St. Mary's Church in Chatfield. They raised seven children; five boys and two girls. Max was a brick layer for approximately 50 years and enjoyed his work very much. He even laid the foundation for Chosen Valley Care Center! Max loved brick laying so much that he built fireplaces for friends as a side business. Max enjoyed traveling with his wife annually to Las Vegas and visiting their children in various locations. He jokes now that he has created many jobs with all of the money he has left in Vegas. He is also famous for his grilling, especially chicken. Even with all of the sight seeing and traveling that he has done, Max has always kept his roots in Chatfield. He enjoys it so much that he wouldn't live anywhere else. When Max and Marjorie aren't busy traveling or spending time with family, Max enjoys playing Poker Annie, board games and clubs.



Take Me to the Net



We live in an era of computers and social media. It appears that every young person we see has a cell phone practically glued to his or her hand. However, did you know that people over the age of 50 are the fastest growing demographic users of Facebook and social media? Internet use among the over 50 age group almost doubled from 2009 to 2010. Young adults continue to be the heaviest users of social media but their numbers fall short to the growth of new users compared to older adults. Keeping in touch with family and friends, looking for people from their past and searching for support for chronic illnesses seem to be why older adults are addressing the social media. Another aspect of social media that older adults are tapping into is on-line games. You are able to play alone or against people from all over the world. So if you are logging on to connect with a long lost high school friend or are looking for a challenging game of solitaire there are endless resources available to the young and old alike. Log on and explore all that the Internet has to offer.

Suzette Moechnig, Assisted and Independent Living Housing Director



Assisted Living tenants, Rosella Bernard, Betty and Frank Kinney, Margie Todd, Elaine Gilbertson visiting with past AL tenant, Eileen Allen who now resides at the Care Center.



Business Office



Happy spring! With spring comes travel, so we hope to see you soon. The Care Center is always looking for ways to update and broaden our horizons. One way is the wireless access for residents and family members. You can bring in your own electronics and use our public account. Just ask for Jean Haakenson or myself and we can enter the wireless access code for you. We also have a computer located in the library for our residents to use.

Stacy Wilhelm, Business Office Manager

**Rosella
Bernard,
Margie
Todd, and
Alice Elliott
enjoying
crafts!**



**Denise,
Barb, Dale
providing
musical
talent to
the
residents!**





Medical Records



Did you know that it actually takes more muscles to frown than it does to smile? A genuine smile does wonders for the person smiling, and the person receiving it. It is often said that laughter is the best medicine. I would like to share with you some fun facts that actually back that statement up.

Here are the top 10 reasons why laughter is good for you:

1. Rapid breathing increases oxygen levels in your body.
2. Laughter relieves stress rapidly by reducing stress chemicals from your system.
3. Laughter is FREE!
4. Laughter changes your body chemistry.
5. The brain releases endorphins, serotonin and dopamine into the body, affecting our sense of well being and increasing pain tolerance.
6. Research shows laughing reduces stress related conditions, like high blood pressure, depression, anxiety, heart disease and headaches. There is also research to show the beneficial effects laughter has on things like cancer and other various diseases.
7. You are likely to sleep better and feel healthier.
8. Laughing gives a boost to the immune system.
9. Regular laughing is good exercise as it encourages deep breathing which is known to remove toxins from the body and relax muscles. It also burns calories!
10. Anyone can do it regardless of age or physical ability.

To sum it all up; happiness is not something someone else does to you. It is something you create yourself and then share with others. Make happiness your priority and live life to the fullest. The laughter you shared yesterday, will improve your health tomorrow.

“A day without laughter is a day wasted”-Charlie Chaplin

Lisa Wagner, Medical Records



CHOSEN VALLEY SENIOR LIVING HONORS LONG TERM EMPLOYEES

Every year in the month of May, one week is designated as National Nursing Home Week. 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 host special events for employees.

One event for all staff is a cook-out on May 17. The Board of Directors barbecues for employees in the Assisted Living area. It is a great opportunity for the Board to convey their appreciation for all the staff does each day for our residents.

On May 15, employees who have worked here for 5, 10, 15, 20, 25, and 30 years will be honored at a special luncheon. This year 17 employees have this distinction. Chosen Valley Senior Living appreciates the opportunity to honor these employees for their years of dedication and skillful work. We value each of these employees for their commitment to quality care for our residents. Chosen Valley realizes the importance of mutual trust and respect between caregiver and residents and how that relationship is developed over time.

National Nursing Home Week is sponsored nationally by the American Health Care Association based in Washington, D.C. This year National Nursing Home Week is May 13-19, and "Celebrating the Journey" is the theme. This week is an opportunity to honor those who make our Care Center special, residents, family members, employees and volunteers. The Founder's Committee will be hosting a Pie Social on Friday, May 18 and a staff Talent Show is also scheduled. In years past, we have held our annual Walk-n-Roll during this week but due to frequent weather issues we have changed the date to June.

Continued on the following page,

TENTH ANNUAL WALK-N-ROLL

We hope you can join us on Friday, June 8 for our tenth annual walk to the park. Residents, tenants, families, staff and community members are invited to "Walk-n-Roll" beginning at 1:30 p.m. While at the park the Founders Committee will be distributing snacks for all to enjoy. Also, at the park, we will be entertained by a dog agility demonstration from "Leashes and Leads". They should be fun to watch. For those who would like to meet us at the park and would not like to walk there with us, we plan to arrive at the park about 2:00 p.m.

Chosen Valley Senior Living residents, tenants, families and staff have enjoyed this outing for the past nine 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. As in previous years, brightly colored t-shirts with a Walk-n-Roll logo will be available for purchase. This year's color is a bright sapphire and if you are interested in purchasing, please see Erin at the front desk.

The Walk-n-Roll began as a fundraiser with three separate walks in one day, with two longer but we decided it was more fun to all go together. This year the dollars collected will go towards window coverings for the resident's rooms. Our golf outing profits will also go towards this goal. Please feel welcome to join us in honor or in memory of a loved one or if you would just like to experience a fun afternoon with a nice walk to the park. We have appreciated the many family members and generous business and community members that have helped to make our events a success and the extras that it provides for our residents.

If you would like to participate in our event by walking or pledging there is a form below. 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 nine years.

I, _____ would like to walk on June 8. Please mail me a pledge sheet so I can seek donations. Pledges and donations are tax deductible.

Address: _____

Ellen Strande, Director of Human Resources
Chosen Valley Care Center
1102 Liberty St. SE
Chatfield, MN 55923



While working on a recent project, I did some research and came across two quotes that I would like to share. In an effort not to overshadow the message, I have decided to say as little as possible, sometimes it is appropriate to use words sparingly, today is one of those days.

**Our lives begin to end the day we become silent
about things that matter.
-Martin Luther King, Jr.**

**All progress is precarious, and the solution of one
problem brings us face to face with another
problem.
-Martin Luther King, Jr.**

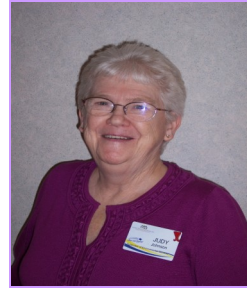
Thank you for the opportunity to be a part of this ever-changing and always growing community of seniors, who deserve our very best every day!

Sincerely,
Gerry Gathje, Director of Environmental Services





Environmental Services



What a beautiful spring we have had thus far. As I write this, I think most of us are anxiously waiting for the rain that was predicted. The nice warm weather has sent many of you shopping and purchasing new clothing for your resident. How pleased they are with their new spring and summer outfits. We want to thank you for bringing the clothes to the laundry department so we may label them. Also, please check our lost and found department if your resident is missing any items.

On May 4, we will host our volunteer appreciation tea. At this event, we recognize the many wonderful volunteers that assist us at the Care Center. They sew name tags on clothing, assist with manicures, bingo, church services and the list continues. Without these caring and giving people our days would be very long and we thank them so much for all that they do.

As always in environmental services, we strive to keep updated with new products that will be beneficial for our residents, staff and visitors. Our latest is new hand soap, that only a small amount is needed when washing your hands. Soon, we will be adding a new hand sanitizer dispenser. It is one that you do not touch, you just slide your hand under it and the foam is dispensed. The hand soap containers are recyclable too.

Our new laundry system has been in place for about eight months and is functioning very well. All the personal clothing is washed in cold water, which saves on the fabric.

From all of us, we want to wish you a wonderful spring!

Judy Johnson, Environmental Services Supervisor



**Terry and Betty Shuster
shopping with Senior
Shop!**

**THANK YOU FOR THE DONATIONS
GIVEN TO THE
CHOSEN VALLEY CARE CENTER!**

**Joyce Hansen
Steve & Linda Bailey**



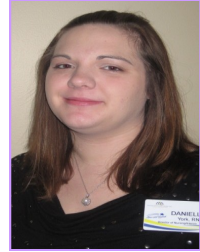
Founders Committee Members



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

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

Summer Health Risks



Summer will be arriving soon! Take the time to use extra precautions to protect yourself and your loved ones. Summer heat and rays bring health risks such as sunburn, heat exhaustion, heat stroke, skin cancer, food poisoning and more. I have provided the following information on several summer health risks.

A person can be at risk for heat exhaustion or a heat stroke in extreme heat even if only out in the sun for a short amount of time. When it is hot outside our core body temperature rises and our body starts to sweat and we lose water. A heat stroke is a serious medical condition that can be life threatening. Some signs of heat stroke are confusion, short, rapid breathing, fever greater than 104, a fast pulse and when an individual no longer sweats. Some ways to prevent heat stroke is to avoid being outside during the hottest hours. Exercise early in the morning or later in the day, and wear breathable, light clothes. Drink water throughout the day and give your children water at least every half hour when they are playing outside. If someone is showing signs of a heat stroke seek medical attention immediately.

The Centers for Disease Control and Prevention estimates that 76 million people suffer from food poisoning. During the summer, there is an increased risk for food poisoning if proper precautions are not taken. Many picnic and barbeque foods contain carbohydrates and sugar which becomes a breeding ground for bacteria when left in the heat and humidity. Some precautions are: do not eat food that has cooled off when it is to be served hot or eat chilled food that becomes warm, keep a separate cooler for beverages and another for food, wash your hands often and separate raw foods from cooked foods. If food has been sitting out for more than two hours and it is questionable whether it is safe, discard it. If it is hotter than 90 degrees food should be thrown after an hour of exposure.

Over one million people are diagnosed with skin cancer each year. Skin cancer is more common in people who have spent time in the sun or have been sunburned, fair skin, hair and eyes, or have a family member who has had skin cancer and/or who is over age 50. Ways to prevent sunburn during the summer is to wear a SPF 15 or greater, apply sunscreen 30 minutes prior to being in the sun, reapply sunscreen every two hours, apply more frequently when in water, avoid the sun during peak hours, cover your skin and wear a hat and sunglasses.

Danielle York, Director of Nursing

Some Resources for Summer Safety

<http://health.msn.com/health-topics/summer-health-checklist?page=1>

<http://www.mayoclinic.com/health/heat-stroke/DS01025>

<http://www.mayoclinic.com/health/sunburn/DS00964>

<http://www.mayoclinic.com/health/food-poisoning/DS00981>

http://longevity.about.com/od/longevityboosters/tp/summer_risks.htm



Dementia



Dementia is an acquired and often progressive cognitive decline. At least three areas of functioning are affected including memory, language, visual/special skills, ability to perform previously learned acts, right-left discrimination, judgment abstraction, and thought content.

The most common cause of dementia is Alzheimer's disease, the second most common cause is multiple strokes, and the third is diffuse Lewy Body Disease.

Dementia effects an individual's mental ability, personality and behavior. An individual with dementia will often experience loss of memory, particularly short term memory and the illness is not a normal part of getting old.

At this time there exists no cure for dementia. Therefore, once your loved one is diagnosed with it, their quality of life can never go back to normal again. Your loved one will not be able to remember tomorrow what they could recall yesterday. Reconciling yourself with the facts is the only way to move forward and appreciate what you still have.

Something that is really important for anyone with dementia is to try and keep a routine. Our loved ones seem to find comfort in doing the same things at the same time each day and when their schedule is disrupted for any reason that is when they have more anxiety.

The most important thing a family dealing with dementia can do is to remain supportive of each other. If you are a caregiver, be sure you remember to take care of yourself and other family members. Do not be afraid to ask for help. It is in everyone's well-being that you remain in good health and can balance your care responsibilities with your own happiness. The more family talks and works together, the better they will be able to handle the stress and complexities of dementia. Family caregivers must learn how to cope with their burden of care, fears, depression, physical strain, and psychological stress. They need support.

Bereavement over a loved one with Alzheimer's begins long before the person's death. It is a gradual process brought on by loss, bit by bit, of one's former relationship with the person. However, this process need not be all negative. Care giving family members and friends must be open to change, willing to establish a new relationship on a daily basis. They can find delight in the opportunity for communication of any kind of---a smile or a laugh, a touch or a squeeze of the hand, or just a look in the eyes that seems to convey comprehension and thanks that someone cares.

Continued on the following page,

A good support group is one in which you can speak freely with others who are experiencing the same things that you are. This is a place where confidentiality is important. You can complain, cry, laugh, and just generally take a deep breath and a time out from caring for others instead of yourself.

When you have a person close to you diagnosed with Alzheimer's disease, it can be easy to lose your own identity while helping them. This is a huge mistake. It is a brutal disease and there will be tough times. Take the time to join a support group. It will give you a place to vent and will help you get through those tough times.

We have recently started a Caregiver support group for those who have a loved one residing at Chosen Valley Care Center. The meeting will take place the second and fourth Wednesdays of each month from 9:00-10:15 a.m. in the Independent Living Apartment dining room. Please contact Lisa Vickerman at 507-867-4220 if you would like further information.

Lisa Vickerman, Director of Clinical & Resident Services

Hair Salon



The Care Center offers hair care services to keep everyone looking their best.

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

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

His & Her Hair Care Prices

Permanents (including cut & shampoo)	\$40
Colors	\$15
Haircuts	\$10
Barber Cuts	\$7.50
Shampoo & Set	\$11
Rinse	\$3
Comb out by beautician	\$3

If special hair salon services are not requested, regular hair care, as well as shampoo and sets, are provided weekly by the bath assistant.

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

In Memory of Eunice Battey by Mr. & Mrs. Jerry Clemens
In Memory of Paul Denny by Mrs. Judy Roberson
In Memory of Bob Hurley by Mary Ann Ward and E.M. Hoff
In Memory of Violet Waadevig by Mr. & Mrs. Orville Tangen
and Mr. & Mrs. Orrin Olson

Gathering Places

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

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

FOUNDERS COMMITTEE, CHOSEN VALLEY CARE CENTER, INC.
2012 ANNUAL FUND DRIVE

Enclosed is my gift of \$ _____ Date: _____

Given By: _____

Address: _____

City/State/Zip: _____

Optional: In Honor of _____ In Memory of _____ Name: _____



CHOSEN VALLEY CARE CENTER, INC.
A Senior Living Community

1102 Liberty St. SE
Chatfield, MN 55923