



Views From The Valley

January 2011



CHOSEN VALLEY CARE CENTER, INC.
A Senior Living Community



**Grow old with me!
The best is yet to be.**
~Robert Browning



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Editors:

Jean Haakenson, Chief Financial Officer
billing@chosenvalleyseniorliving.com
Lori Bakke, Business Office Assistant
alrecept@chosenvalleyseniorliving.com

Photographer:

Kate Winter Glor, Activity Director
act@chosenvalleyseniorliving.com

Contributing Writers:

Craig Backen, Administrator
adm@chosenvalleyseniorliving.com
Lisa Vickerman, Director of Clinical & Resident Services
don@chosenvalleyseniorliving.com
Jean Haakenson, Chief Financial Officer
billing@chosenvalleyseniorliving.com
Ellen Strande, Director of Human Resources
pay@chosenvalleyseniorliving.com
Gerry Gathje, Director of Environmental Services
plant@chosenvalleyseniorliving.com
*Suzette Moechnig, Assisted Living & Independent
Living Housing Director*
almanager@chosenvalleyseniorliving.com
Katie Shimek, Director of Social Services
ssd@chosenvalleyseniorliving.com
Lisa Wagner, Director of Medical Records
medrec@chosenvalleyseniorliving.com
Kate Glor, Activity Director
act@chosenvalleyseniorliving.com
Judy Johnson, Housekeeping & Laundry Supervisor
clean@chosenvalleyseniorliving.com
Barb Weiss, Director of Dietary
food@chosenvalleyseniorliving.com
Danielle York, Director of Nursing, Interim
cm2@chosenvalleyseniorliving.com



Dear Family and Friends,

Happy New Year! I hope this past year was a great one for all of you, and wish the New Year brings you health and happiness.

It's always a pleasure to reflect back on our organization's accomplishments from the past year. There were many programs and services which contributed to our success. These successes were directly related to the dedication and hard work of everyone involved.

These are just a few of the highlights:

- On-site dental services began for Care Center residents and Apartment tenants. Teeth cleaning, fillings, and many other dental cares can now be performed without having to leave the building.
- The Care Center reached and sustained full capacity, seventy-eight skilled nursing beds, eight of which were placed on lay away status back on May 1, 2005.
- The new bath/spa tub room in the Care Center was completed in August, 2010.
- We had a successful MN Department of Health survey and Occupational Safety and Health Administration survey. Both surveys are important to the health and safety of residents and employees.
- We were officially accepted by the MN Department of Health for a Nursing Assistant Training Program, with the first class beginning on November 12, 2010.
- We also continued our focus on delivering person-centered care, creating individualized/personalized services and promoting autonomy for those who live here.
- We were involved in Western Days Parade, EXPO in The Park, Care Center Annual Golf Outing, Eighth Annual Walk-n-Roll and Chatfield Senior Dinner.
- Meals on Wheels and Congregate Dining, continues to be a great resource for the community.

What will 2011 bring? We will continue to build upon our sound reputation of care and services that began 35 years ago. We will also continue to monitor the needs of our residents and the Chatfield community, and integrate programs and services when needed.

There are so many special things that make Chosen Valley Care Center and Apartments a great place to live and work. Among all of these, high quality care and service are the key components that make us who we are.

Thank you to everyone for your support and dedication to our home this past year. You all make the Care Center a great place to live and work, and your commitment plays a tremendous role in the daily lives of our residents and tenants. I am looking forward to another successful year.

I'm very grateful to be a part of such a dedicated and caring community!



Ice versus Heat "What would Goldilocks do?"

This winter has been a "bear". We have experienced continuous snowy and icy walking conditions. A slip or fall can mean an unexpected injury. In physical therapy, we are often asked, "What should I do? Should I use ice or heat to treat my injury?" Remember Goldilocks? Some things were too cold, some too hot. But when it comes to an injury, which is just right? Here is a quick and simple method to know which you should use:

- * If there is swelling and you feel pain, use ice.
- * If there is no swelling and just stiffness, use heat.

Let us take an in depth look at why we use one over the other. Why do you use ice? Let's say you are running on the treadmill and you misstep twisting your ankle. Ouch! First comes the pain, and the swelling follows. You will want to reduce both, pronto. This is just what ice does. The cold reduces the size of the blood vessels in the injured area to decrease the swelling. It also numbs the area to reduce your pain. It is the same reason we use ice after you receive treatment. The ice reduces the swelling and helps you feel better. Some things to keep in mind when you use ice:

- * Avoid a burn: never put ice directly on your skin, use a towel or something similar between the ice and your skin.
- * Use the R.I.C.E. method: Rest the injured area. Ice the injured area. Compress the injured area using an Ace bandage or wrap of some sort. Elevate to reduce the blood flow to the injured area.
- * Keep the ice on the injured area for 10 to 20 minutes.

Below I have included our ice pack recipe. It works very well! Now what about that heat? If you wake up with a stiff neck and can barely turn your head, there is a situation you would want to use heat. When you have limited flexibility or your muscles feel very tight, heat is the best option. If it is a new injury with swelling, resort to ice.

How long should you use heat? The guidelines are the same as ice. 10 to 20 minutes should do the trick. Check your local pharmacy for a selection of heat/ice options for home use.

Use caution when using either therapy, both can interfere with circulation, especially in the elderly, immune compromised, and those with circulatory problems or who suffer from serious disease. When in doubt, check with your physician. Never use any form of ice or heat therapy unless you are certain it's appropriate for you.

Recipe for Homemade Ice Pack

You will need:

- 2 large freezer bags
- 1 cup rubbing alcohol
- 4 cups of water

Mix rubbing alcohol and water in a freezer bag. Remove the air from the bag and zip. Put that bag into the second bag and remove the air from the second bag and zip. Put in the freezer overnight. Your ice pack should be nearly frozen but still bendable. Re-freeze as often as needed or until bag leaks.



**Renters Save
Those CRP
Forms For
Refunds!**

Any person that rented in 2010 will receive a CRP (Certificate of Rent Paid) from their landlord by January 31, 2011. You may be eligible for a property tax refund based on your household income and the property taxes paid on your principal place of residence in Minnesota. As a **renter**, your total household income for 2010 must be less than \$53,540. The maximum refund is \$1,520. You do not qualify for a refund if you are claimed as a dependent on someone else's 2010 tax return. The building you are living in must have been assessed property taxes in 2010 in order to qualify also. You must complete form M1PR to receive a refund and file by August 15, 2011.

Chosen Valley Assisted Living tenants and Independent Apartment tenants will all receive a Certificate of Rent Paid before January 31, 2011. Chosen Valley Care Center is tax exempt and did not pay property taxes in 2010, so no certificates can be issued for Care Center residents. Please put the CRP in a safe place with your other tax documents to give to your tax consultant. If you choose to file the M1PR yourself the form can be found at www.taxes.state.mn.us.

The Medicare A Co-Insurance rate went from \$137.50 to \$141.50 per day effective January 1, 2011. Some beneficiaries have the misconception that Medicare will automatically cover a nursing home stay. There are two technical requirements that must be met before Medicare will pay for your stay. The first rule is that you *must* have three consecutive nights in the hospital as an inpatient and not as "observation". If the hospital admits you under "observation", this will not qualify you for Medicare coverage in a nursing home. Once you have the three day hospital stay you must be admitted to the nursing home within 30 days.

The second rule is that you must be receiving a daily "skilled" service by a licensed professional. Each Medicare benefit period has a maximum of 100 days available, but only if you remain at that skilled level of care. Medicare does not cover custodial care. If you qualify, Medicare pays 100% of all charges the first 20 days. The \$141.50 Co-Insurance per day starts with day 21. Medicare *never* pays for hospital bed hold days or therapeutic leave days. Medicare will pay for emergency transportation such as ambulance, but will not pay for non-emergency transfers to appointments such as R & S Transport or Handi Van.

Many of you have a supplemental insurance that will pay the Medicare Co-Insurance. Please bring in any insurance cards upon admission and any new cards after you are already a resident. We also do billing for your Long Term Care coverage providing we have the billing information. It is very important that we have a copy of your Social Security card, Medicare card, Medical Assistance, Insurance and Long Term Care coverage to properly take care of your billing to avoid you receiving bills privately.

Medical Assistance personal needs allowance will remain at \$89.00 per month for 2011. Please call me at 867-4220 or stop in if you have any billing questions.

Jean Haakenson, Chief Financial Officer



The Care Center is excited to offer future employees, community members, and employees from other facilities, the ability to participate in the Nursing Assistant Training Course. The course will be conveniently located in our facility. Our first course was completed on January 4, 2011. We had five students that participated in this class. We will be offering this course a minimum of four times a year. The course will be offered both day and evening. Two of our own employees have become certified nursing assistant instructors. Angel Walker taught the first course. Julianne Mueller will instruct the course that begins in February.

The 85 hour course is taught with a combination of in-class lecture and clinical practice. The in-class lecture segment is where 11 areas are covered; healthcare, basic human needs, communication, safe and clean environment, vital signs, personal cares, activity and exercise, food and fluids, elimination, caring for resident with special needs and an orientation to a work environment. Completion of this segment, students are required to successfully complete a written exam. When completed, the clinical practice will begin. With the instructor's supervision, the students will learn floor duties and will practice their new skills. To complete the clinical practice portion of the course, the students again will need to successfully complete a skill exam.

We are very thrilled about this new opportunity, to educate individuals and participate in their learning process to provide quality care to the elderly population and those in need of extra care. Our next course is scheduled to begin February 2, 2011.

Danielle York, R.N. Director of Nursing, Interim



Care Center Christmas Program presented by Care Center staff. Lisa Wagner and Suzette Moechnig reading a poem. Lori Bakke and Sherry Hareldson singing "O Lutfisk". Maureen LaPlante sharing a story and the Activity Department singing the "12 days of Christmas."





Power of Attorney



Greeting from Social Services!

The New Year is a great time to ensure that you have all of your paperwork in order. There are two types of Power of Attorney. One is Power of Attorney for making health care decisions and the second is Power of Attorney for making financial decisions. If you are not a Power of Attorney for your family member but are assisting them with healthcare and financial decisions it is important to get the proper paperwork in place. Power of Attorney forms are available in my office and they can be notarized here at the Care Center as well. If you have a Power of Attorney in place and have not provided a copy to the Care Center please do so at your earliest convenience. As always, there are many resources available in my office and any questions you may have I will be happy to assist you. Please feel free to stop by my office and visit at any time.

Katie Shimek, Director of Social Services

Dietary



Christmas is behind us, but memories of delicious foods will be with us for a long time. One such item is the mincemeat pie also known as the "Christmas pie". Introduction of this pie was around the time of the Crusaders returning from the Holy Land. This pie was baked in honor of the Savior's birth.



To represent the three gifts given to the Christ Child by the Magi, three spices: cinnamon, cloves and nutmeg were added to the pie batter. The pies were originally made in an oblong casing (cradle shape), with a place for the ornamental Christ Child to be laid on top of the pie. The children removed the Christ Child and the pie was eaten in celebration of Christmas. These pies were not very large, and it was thought to bring luck to eat mincemeat pie on each of the twelve days of Christmas ending with Epiphany, January 6.

We hope you have a safe and healthy winter. We continue to provide Meals on Wheels and senior dining downtown. If you would like to participate in either of these programs you may call Sharron 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.

Barb Weiss, Dietary Director



Activity Department



Have you meet the Activity Department staff at the Chosen Valley Senior Campus?

Kate has been employed at the Care Center since January 28, 1991. She began working in the nursing department before joining the activity department in April 1994 and on August 5, 2002 she became the Activity Director.

Denise Hays better known as our "music gal" has been the music therapist at the Care Center since July 1991.

Our newest employee, Amy Neis joined the activity department team on January 3, 2011. Prior to the Care Center, Amy had been employed at the Ostrander Care and Rehab for eleven and a half years.

Sherry Hareldson worked in the activity department from September 2000 until October of 2004 as an activity aide. She returned to Chosen Valley Care Center as activity assistant in January 2008.



Front row: Amy Neis and Denise Hays,
Back row: Sherry Hareldson and Kate Winter Glor

The third week in January is National Activity Professionals Week. Just what is it the activity department does you might wonder...oh where to begin! The activity department is responsible for the development and implementation of all types of activities, in all kinds of settings to meet the needs of the residents and tenants living at the Chosen Valley Senior Campus. From large group settings : church, special music or entertainers, parties, resident council meetings, exercise (through games, dance etc.) daily news and current events; small group settings: cognitive games, card games, sensory and orientation type activities and one to one with individuals: hand massages, make-up and grooming, devotion and so much more! Our goal is to provide activities to meet the needs and interest through individual and group programs to promote optimal practicable level of physical, intellectual, spiritual, creative and psycho-social well being.

The Care Center has been bursting with activity, especially during the holiday months. One question that is frequently asked during this time is "Where did that gift from Santa come from?" Santa visits on Christmas Eve (or the closest day to it, when it falls on a weekend), bringing gifts that are donated from the individual resident's church, staff and community members or an organization called "Santa for Seniors". This year another special gift was added to the resident packages; holiday pillow cases that were constructed and donated by the Sassy Quilters in the Chatfield area. Sometimes family members leave gifts for their loved ones and residents have a difficult time connecting the name on the card to whom it's from. This is one reason we always encourage families to open gifts with their loved ones rather than to save them for their birthday or Christmas opening. Each resident/tenant receives one gift from Santa.

Mark your calendar and plan to join us on Friday, February 11, at 1:30 p.m. for an angel food cake and strawberry ice cream fund raiser, hosted by the Founder's Committee.

If you would like a copy of our calendar of activities, stop in the activity office. If you are looking ahead and want to have a birthday party for your loved one at the Care Center, please call the month prior as we will be able to best meet your needs with planning and scheduling.

Kate Winter Glor, Activity Director



**"The Sugar Plum
Fairies"
production
at CVCC
Christmas
Program! Fairies
are: Doris Dufey,
Charlie McCabe,
Robert Sorenson
and
Verna Haugen!**

Little bundles of
sweetness at the
Care Center!

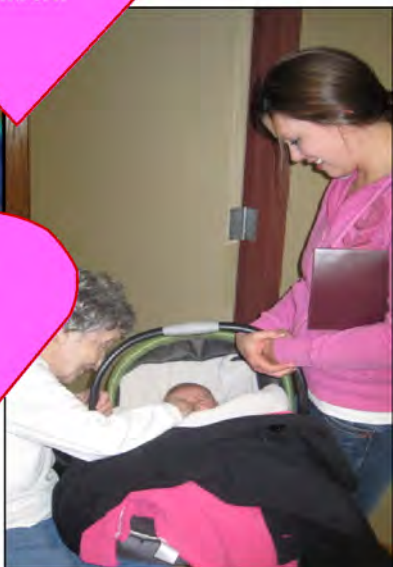
Hilda
Schieffelbein
enjoying her
grand
daughters!



Staff member,
Heidi Rice
sharing her
baby with Lucy
Lambert!



Ella Ruffalo
admiring
Emily
McCabe's
new baby!



Assisted Living Tenant Spotlight

Eileen Allen



Eileen Allen was born in Emmetsburg, Iowa on May 30, 1925 to Walter & Bertha Hettinger. She enjoyed growing up in a large family that included nine siblings. Eileen attended school until ninth grade and then her mother became ill at which time she needed to stay home and care for her and her family.

Eileen's employment included assisting elderly with their housekeeping. She later was employed with her aunt as a cook in a night club in Spencer, Iowa. This is where she met her future husband, Matthew Allen. They were married on October 1, 1947. They had three children, two daughters and one son.

Eileen and her family moved to a farm near Chatfield when their youngest child was a baby. Eileen has a passion for cooking and enjoyed preparing meals for the men that worked on their farm. Matt and Eileen enjoyed their yearly trip to Las Vegas. She said, "they never really won big, but they had fun."

Eileen has always been involved in many activities, although she has found that getting older has prevented her from doing many of the things she used to participate in. At the Assisted Living, she enjoys playing cards, watching bowling on the Wii and visiting with the other tenants and staff.

STAFF SPOTLIGHT: Stacy Wilhelm



Stacy Wilhelm works in the office as Payroll Tech and also in the Social Services department as Resident Services Coordinator. Stacy lives in Lanesboro with her daughter, Hailey who is three years old, going on 20. She is currently continuing her education at RCTC where she is enrolled in the Computer Science Program. Stacy's involvement at the Care Center began as a part time receptionist. A few months later, she was offered a full time position assisting Katie in the Social Services Department and Ellen in Human Resources.

Stacy is instrumental in aiding all departments with the new technology changes. The changes that have been occurring at the Care Center are really exciting to her. She has also enjoyed the lobby change to a more home like feeling with the new furniture, colors and décor. Stacy's favorite part of working at the Care Center is without a doubt, the people which includes the residents, their families and staff.

In her spare time, she enjoys taking her daughter horseback riding and camping.

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



Care Center Resident Spotlight



**Joan
Laivell**



Joan Laivell was born September 17, 1927 to Frank and Lilly Laivell. She has two siblings, an older brother, John and an older sister, Virginia. Joan was very fond of being the youngest child. As a child, Joan enjoyed tap dancing. At eight years old, she performed on stage for a variety talent show. Joan started ice skating at the age of ten and continued doing so until she was 58 years old. At that time, they removed the skating rink from Chatfield. She said that it was a blessing that it closed because she "could have broken a hip or something if she would have continued skating!"

Joan graduated from Chatfield High School. After graduation, she began working as a waitress at the Green Parrot in Rochester and was employed there for the next 20 years. During this time, she enjoyed meeting people from all over the world. They were patients from Mayo Clinic that returned year after year, and they became friends. Some of her customers even sent her Christmas cards and brought gifts to her.

Although Joan never married, she enjoys her eight nieces and nephews, and seven great-nieces and nephews. The majority of her family lives in the surrounding communities. Family is very important to her and having them near makes her happy.

While at the Care Center, Joan enjoys the Activity Department games and attending her therapy sessions. Her favorite activity is visiting with residents, families and staff.

Care Center Resident Spotlight



Louis Ward



Louis Ward was born in Rochester, MN on January 27, 1926 to William & Caroline Ward. He had five brothers and two sisters, so he never had lack of children playmates. Louis has lived in or near Chatfield his entire life.

Louis graduated from Chatfield High School in 1943, and studied chemistry for a short time in college. He met Kay and they were married on May 28, 1949. They had five children, three daughters and two sons.

Louis farmed for a few years with his brother and also was engaged in construction and trucking. He enjoyed fishing, boating and woodworking or "anything to stay out of trouble."

While at the Chosen Valley Care Center, Louis enjoys visiting with his wife who also resides here. He also enjoys music and solving crossword or word puzzles.

**Leona Hawkins
admiring
Arlynn Peirce's
presents!**



Assisted Living & Independent Living



Hello and happy 2011 to everyone...

It is hard to believe that it is already 2011. It is also harder to believe that on January 4, 2011, we celebrated our five year anniversary at the Assisted Living. With this wonderful event, I can hope that the next five years will bring us the same success. We are currently at maximum occupancy with all 20 of our apartments filled. We celebrated our five year anniversary by serving cake in the dining room during the holiday tea event. Thanks to everyone who has been a part of our first five years.

We have concluded our outings to the Commonwealth Theater for 2010. The tenants are anxiously waiting the 2011 season. Recently we traveled with the tenants from Assisted and Independent Living to Lanesboro for the Lanesboro Livewires 4-H oyster stew and chili supper. Everyone enjoyed the meal. This was the second time we attended this event and it was decided last year that this was going to be a yearly outing. The tenants will be discussing their next destination at the February tenant meeting. Any questions regarding the Assisted Living and Independent Living Apartments, please contact me at 507-867-3416.

Suzette Moechnig, Housing Director



**Assisted Living
Tenants, Bob Siegel
and Betty Cottrell
posing with Santa!**

CVCC Annual Holiday Tea on January 9, 2011.

Nikki Shimek and Lily
Vickerman enjoying their
day at the Holiday Tea!



Luella Penne and
her daughters.



Paul Denny and his
family.



Lucille Hareldson with
her smiling family.





Medical Records

"Dogs at the Care Center"

It's hard to believe that a new year is already upon us. Hopefully, the weather we had in December was not an indication of what is in store for the remainder of the winter months.

On a positive note, I have some new information regarding our plans to obtain new therapy dogs for our residents to enjoy. I have been in contact with a local therapy dog team who is working with our facility to schedule some visits. Amy Lawson, and her Doberman, Bane will be visiting the Care Center on February 9 at 2:00 p.m. She is also currently teaching therapy dog classes at Leashes and Leads in Byron. Upon completion in March, there will be ten new therapy teams available. Amy has included our facility on the list of potential places for these new teams to visit on a regular basis.

While we have been waiting for the new therapy teams to complete their classes, I have been bringing my German Shepherd, Scout to the Care Center for visits with the residents. I don't know who enjoys the visits more, the residents or Scout? He loves shaking hands with everyone and receiving pats and kisses on his head. It's great to see how much joy a simple visit from a pet brings to some of our residents.

If you have any questions regarding the pet therapy program or are interested in becoming certified with your own pet, feel free to contact me at the Care Center.

Lisa Wagner, Director of Medical Records



"The Totally Healthy You Team"



Happy New Year! With the start of a New Year, many people make resolutions to exercise more or to eat a healthier diet or to spend more time with family and friends. I know that I made my usual resolutions; "I wonder how long they will last.?" Hopefully this year, I will continue to remind myself of all the benefits of a healthier lifestyle. In my last article, I mentioned the beginning of our worksite wellness program; it has been an interesting and exciting three months.

I would like to update you on what our wellness committee has been doing. We are now a group of nine employees from various departments and have chosen a new name, "The Totally Healthy You Team". We distributed a survey to staff to see where their needs were and there was a lot of interest in many areas of healthier living. Since then we have posted various educational posters and distributed information in with employee paychecks.

We have held meetings every two weeks to discuss and plan ways to encourage staff to have the healthier life they wish. We asked our insurance agent to join us at one meeting to ask questions about other worksite wellness committees. After each meeting, several members have volunteered to do research and assisted in moving forward with ideas and plans. It has been amazing to hear about the many opportunities that worksite wellness programs have available.

Our next meeting is this Thursday and our agenda will be discussing the Minnesota Challenge Biggest Loser which you may have heard about on T.V. This challenge is designed to encourage healthy lifestyle habits. The competition is broken into three categories, weight loss, exercise and nutrition. It runs for 12 weeks and begins on January 24, 2011. A lot of the tracking for the competition is done on the internet. The Minnesota Challenge is partnering with the Pound for Pound Challenge which in turn is sponsored by General Mills who will donate a pound of food to the local food shelves for each pound that the person pledges. If our committee decides to join this competition, I will let you all know how many pounds of food that was able to be donated due to our staff pledging and weight loss.

Another exciting venture that the Totally Healthy You Team is working on is hosting a Weight Watchers informational meeting on Wednesday February 2, 2011 beginning at 5:30 pm in the Assisted Living lower level lounge. All community members, Independent Living and Assisted Living tenants are welcome. We needed to have 20 employees sign up for this meeting before we could schedule it and have a Weight Watchers leader come in and speak. Chatfield does not have a Weight Watchers meeting site and if we have enough interested employees and/or others join us we could continue with meetings here.

The Totally Healthy You Team is also investigating various grants that may be available for worksite wellness programs. Our committee discussed our financial needs and that there could be more opportunities if we had funds available. One grant was for worksite fitness equipment which could possibly allow staff some small fitness items to be purchased. Other grants are not as specific and we could possibly purchase water bottles for staff or apples one day a month.

As our Healthy You Team continues to look for opportunities to assist employee's lives to become healthier, happier and easier we know that this will also benefit our workplace, our community and our families.

Best Wishes in 2011,

Ellen Strande, Director of Human Resources



**CVCC Staff serving
the Holiday Tea.**

**Margaret Burke
writing her
Christmas Cards!**



Environmental Services

Is CFL's the right choice
for you?



In my last article, I gave you some thoughts regarding lighting. Today, I would like to share more information and ask you to do some thinking with me. As always there seems to be conflicting stories and much debate. I will only try and present the information and then ask you to form your own opinion.

In the Bible, John makes a statement (John 21:25) that closes out and sums up his observation of the things Jesus said and did. It reads as follows: Jesus also did many other things. If they were written down, I suppose the world could not contain the books that would be written. That is exactly the way I feel after researching the lighting options and finding page after page of information on CFL lights. I will definitely agree that we live in an information age, and in a lot of ways I am thankful for this. What I would like to do today is share what I have learned and then encourage you to do your own research and make wise decisions based on fact. So often I find people sharing information that is based only on what they heard from someone, or what they read out of one book, never stopping to realize, each person has life experiences that affect the way we receive and process information. I have also found that our own agenda dictates how we portray and reveal either all or certain parts of the information we obtain. So, having said all of that, let's go to school.

First of all, what is a CFL? Wikipedia has this to say, "A compact fluorescent lamp (CFL) also known as a compact fluorescent light or energy saving light (or less commonly known as a compact fluorescent tube) that is a type of fluorescent lamp. Many CFL lights are designed to replace an incandescent lamp and can fit into most existing light fixture formerly used for incandescence."

Next question, why would we use them? Very simply the answer is to save energy dollars and the environment. There are all kinds of numbers available as to how much they will save. For today I'm going to use a figure of \$30.00 over the life of one bulb, depending on its size. We automatically assume that this is a very wise investment; however there are some factors that should be taken into account. Over the last ten years, we have used CFL lights and one of the things that I have noticed is, they all vary in actual life expectancy. So if I shorten the life I decrease the savings.

The following are factors that shorten the life of CFL lights: Factor #1 Heat buildup – Some fixtures do not permit heat to escape, as heat rises, bulb life dramatically decreases, tests for energy savings don't take this into account. The minimum time recommended for these lights to be on is no less than 15 minutes. This means that if I have CFL lighting installed in a closet and quickly turn it on to get what is needed and then off again, I have shortened the life of the bulb and it's very probable that the bulb will expire before ever giving the anticipated saving.

Continued on next page.

Factor #2 Bulb installations – It is recommended that only the base be held when inserting the bulb, dislodging the lamp from the base will cause premature failure. **Factor #3 Dimmer switch being used** – If so you will need a dimmable fluorescent at twice the cost. **Factor #4 Lights used in cold weather** – Check manufacturers recommended temperatures, using a bulb not designed for cold weather will also shorten its life and not give a payback. **Factor #5 Manufacturers generally warranty these bulbs for two years after the purchase.** However, this warranty is based upon your ability to show a receipt of purchase. This will prove the date the bulb was purchased. Unfortunately it doesn't reflect the date in which the bulb was installed. **Factor #6 Loss of receipt** – I'm sure no explanation is necessary here.

I hesitate to write the next paragraph because I don't want to sound overly negative. However, I do believe each one of us is responsible for choosing what is best, so I am saying these next things with caution and will encourage you to determine what is best in your situation.

CFL lighting contains mercury and if I recall correctly our government has passed laws that outlaw the use of this substance in thermometers and thermostats and many other everyday devices. So why are we now promoting something that contains mercury? So far, I have only found this explanation, CFL lighting contains only a fraction of the amount found in a thermometer, but wait, when I had a thermometer I had only one. How does this compare to the number of light bulbs used in the average home? CFL lighting also requires proper disposal, and this also should be deducted from the expected savings. If a bulb is broken in your home the E.P.A. (Environmental Protection Agency) has provided a regimen to follow, simply do a search online to find more information.

The bottom line for me is this, every action requires thought, and I have found many fixtures in our facility where CFL lights are a good use of our dollars. However, I have also found some that make absolutely no sense at all. My advice is, buyer beware and be careful! There are a lot of people trying to make a buck any way they can. What's worse is when our government mandates change for the good of all, and we learn there are two sides to every story.

Gerry Gathje, Director of Environmental Services

Jim Ehler and Lois Higgins enjoying a cup of coffee!



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

**Jerry Anderson
Rosella Bernard
Joyce Hansen
Judy Johnson
Marge Scott**

**Dorothy Bailey
Dorothy Burnap
Jim Heydon
Marion Stevens
Evelyn Underleak**

**F & M Bank
Sumner Center Church**



Founders Committee Members

(Pictured below)

**Marge Huper
Theresa Manahan
Carol Finseth
Barbara Peterson
Doris Durfey
Marge Judd**

**LaVonne Henry
Mary Keefe
Inga Jackson
Vivian Thompson
Vicky Cramer
Lucy Lambert**



Environmental Services



Happy New Year to everyone and I hope you all had a very happy holiday season. We did at the Care Center. I think you were very gracious with gifts given to our residents. I want to thank the families, churches, community and our staff for the beautiful presents. The residents had big smiles when they opened their gifts.

Mark your calendars. Thursday, March 3, the Senior Shop will be visiting with their shopping cart. They will be bringing men's and women's clothing including shoes. They have a very nice selection for residents and families to choose from. We hope to see you.

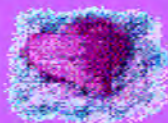
We are looking forward to another great year at Chosen Valley Care Center. From all of us in Environmental Services, we want to wish you and yours the very best this year.

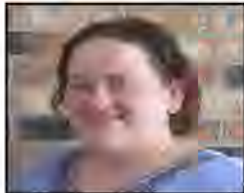
Judy Johnson, Environmental Services Supervisor

**Hilda Schieffelbein and
Nora Gehrking
receiving a visit from
Santa!**



If you or someone you know
would like to be added or removed from
our mailing list please call us at
507-867-4220 or email at
info@chosenvalleyseniorliving.com.





Exercise

At Chosen Valley Care Center we realize the importance of exercise for the elderly that is why our residents participate in a restorative care program, move to music, bowling, dancercise and a walking program, just to name a few. Regular exercise protects you from chronic disease, improves mood and lowers your chances of injury.

Moderate physical activity is good for all ages and of all abilities. Even elderly with chronic illnesses can exercise safely. Many medical conditions are improved with exercise, including Alzheimer's and dementia, heart disease, diabetes, colon cancer, high blood pressure and obesity.

Regular exercise improves:

Immune Function- A healthy, strong body fights off infection and sickness more easily and more quickly.

Cardio-Respiratory and Cardiovascular Function-Regular physical activity lowers risk of heart disease and high blood pressure. If the elderly person has hypertension, exercise will lower blood pressure.

Bone Density/Osteoporosis- Exercise protects against loss in bone mass. Better bone density will reduce the risk of osteoporosis and lowers risk of falling and broken bones.

Gastrointestinal Function- Regular exercise promotes the efficient elimination of waste and encourages digestive health.

Chronic conditions and Cancer- regular physical activity lowers risk of Alzheimer's disease and dementia, diabetes, obesity, heart disease, osteoporosis and colon cancer. It also helps in the management of high cholesterol and arthritis pain.

The ideal exercise prescription for the elderly consists of three components: aerobic exercise, strength training, and balance and flexibility.

You may ask what kind of exercises can seniors really do?

Physicians recommend 30 minutes of cardio-respiratory endurance exercises each day for the elderly. This means getting your heart rate up and breathing faster. Cardio-respiratory endurance exercise increases the body's ability to deliver oxygen and nutrients to tissues and to remove waste over sustained periods of time.

Strength training uses and strengthens muscles with repetitive motion exercises. Seniors can do strength training with weights, resistance bands, nautilus machines or by using walls, the floor and furniture for resistance. Two to three strength/resistance training workouts a week will provide the greatest benefits. Strength training helps prevent loss of bone mass and improves balance. Both of these things will help avoid falls and broken bones among seniors.

Stretching is vital to exercise. Stretching helps muscles warm-up and cool down gradually. Stretching improves and maintains flexibility, prevents injury, and reduces muscle soreness and stiffness.

There are some people whose physical abilities are limited by medical conditions or frailty. These seniors have to go about exercise more carefully than others, but don't have to dismiss it entirely. With proper instruction and guidance, the elderly can learn activities and exercises that improve mobility and reduce frailty.

That is why we are very happy to announce that Chosen Valley Assisted Living will now have two recumbent bikes, senior exercise videos with weights and virtual DVD's for the tenants to use. Keep your eyes open for this new equipment.

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, funds must be sufficient to cover the cost of service given or this service cannot be provided.

His & Her Hair Care Prices

Permanents (including cut & shampoo)	\$40
Color	\$14
Haircut	\$9
Barber cut	\$7
Shampoo & Set	\$10
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 Averiel Podein
Pie Social

In Memory of Mic Holets
Bonnie Conway

In Memory of Ed & Verna Winslow
Rhonda Winslow

In Memory of Dorothy Bailey
David & Shawn Tiemeier
Andy & Sue Knudson
L.M. Blatnik
Employees of Farrell & Seldin

In Memory of Thea Ahern
Ervin & Mary Davidson

United Methodist Women
Pilot Mound Women of the ELCA

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.
2011 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

If you or someone you know would like to be added or removed from our mailing list please call us at 507-867-4220 or email at Info@chosenvalleyseNIorliving.com.

Thanks!