Views From The Valley

October 2011

CHOSEN VALLEY CARE CENTER, INC.
A Senior Living Community

"Everyone must take time to sit and watch the leaves turn."
Elizabeth Lawrence

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Chosen Valley Care Center
& Apartments

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From the desk of the Administrator....

Dear Family and Friends,

Chosen Valley Care Center has enjoyed thirty five proud years of community service in Chatfield. It has been an important resource for Chatfield seniors, as well as provided a foundation to build future senior services upon.

Over the years, our organization has added several programs and services to meet the ever changing needs of the community. These additions have been in response to the continued healthcare and housing needs of area seniors. Some of these include skilled nursing home services in 1976, independent living apartments in 1990, assisted living apartments and services in 2006, adult day respite services in August, 2007 and congregate senior dining and meals on wheels in March, 2008.

We work hard to deliver person-centered care, create individualized/personalized services, promote resident autonomy and help all who live here to feel "at-home." Furthermore, we continuously strive to create living spaces which are intended to look and feel more "like-home."

We believe in quality training for employees, opportunities for professional growth and a caring work environment where honor, respect and kindness are shared. We focus on the "teamwork" approach to delivery of services, all of which positively impacts the lives of the people who live here. We monitor the needs of our residents and community each and every day. It's our desire to provide the Chatfield community and surrounding area with the highest quality of senior healthcare and housing options as possible.

The above qualities and many others are what make our organization a premier senior services provider. I'm very proud to belong to our caring organization, and I'm very thankful that Chatfield has the Care Center and Apartments as a resource for their loved ones.

We welcome any/all ideas and suggestions which would enhance and/or compliment our current programs and level of service. Please contact me if you have any thoughts or suggestions you would like to share.

I hope you are enjoying the beautiful fall weather 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

Physical Therapy

My Doctor Tells Me I Hurt My Rotator Cuff!

In physical therapy we often hear from patients they have been told they hurt their "rotator cuff". Actually most people mispronounce "rotator cuff". They mistakenly call it their rotary cuff, rotator cup, or rotatory cup, the "rotator cuff" is a name given to four muscles that make up your shoulder. Rotator cuff injuries are among the most common conditions affecting the shoulder. A rotator cuff injury can include any type of irritation or damage to the four rotator cuff muscles or their tendons. As you may know, muscles attach to bones through a thick fibrous material called a tendon. You don't need to know the name of the four muscles that make up the rotator cuff, but you may want to know that all four muscles are attached both to your shoulder blade and the bone of your upper arm.

What are some signs you may have injured your rotator cuff?

1. Raising the arm over shoulder level brings discomfort.
2. Pain or discomfort that is felt on the front or side of the shoulder and the pain may radiate into the lower arm and you may also feel pain radiating from the shoulder to the neck.
3. Limited mobility of the affected arm.
4. The muscles of the affected shoulder may eventually atrophy or shrivel up from none use.
5. Some people have severe pain in the shoulder even when relaxing the arm.
6. People find themselves favoring or "protecting" the affected shoulder.
7. People have trouble performing their activities of everyday living, for example restrictions in one's capability to comb hair, brush teeth, dress or have a bath.

What if you have a tear in one of the four muscles of the rotator cuff? Since many patients with partial tears and some even with complete tears can respond to physical therapy, generally therapy is offered first. For more serious injuries, surgery may be considered.

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.

And yes, we see patients with rotator cuff injuries.

Robert Schrupp, Physical Therapist

Another Successful Event

On Friday, August 26 the Care Center had our ninth successful golf outing. Thanks to the many sponsors and golfers, we were able to purchase new privacy curtains for every resident room in the Care Center. These new privacy curtains add a lot of character to their rooms. We have several area businesses to thank also for their generous donations and gifts.

We continue to host these events to purchase items to enhance the lives of our residents because the government continues to make cuts in reimbursement rates. Many of you may not know it but the State of Minnesota sets the room and board rates that all Care Centers charge. The Care Center is mandated to use these rates. While insurance, utilities, and many other expenses continue to increase, we do not have the option to raise our rates to compensate for those increases.

Medicare rates effective 10/1/2011 were cut by an average of 11%. It has been four years since the State of Minnesota has given the Care Center a cost of living increase in our daily room rates. Beginning September 1 this year the state also changed the bed hold rates. The rate was cut from 60% of the regular room rate down to 30% for bed holds. Labor is always a large item in a budget, but that too is regulated by the State. We are required to have a certain amount of staff working at all times according to the number of residents we have.

We will continue to find ways to improve and update our campus even with government cuts. I just want each and every one of you to know how much we truly appreciate any gift or donation that you have given. It is the generosity of our community that really makes a difference.

Thank you again,
Jean Haakenson, Chief Financial Officer

"Food Choices"

I am thinking about my 30 years of food service and how food choices have changed. Some of the changes are regarding food safety and how food is prepared and where it originates.

In the past, we were able to serve pie that someone baked, fish from someone's fishing trip and use lard from farmer's pigs for baking and frying. Years ago, Care Center residents weren't given food choices. Food choices first came with what food was available in season and what food was healthy for you. We now have the opportunity to enjoy food anytime.

Care Center residents have 13 or more choices at one meal. Our salad bar has 15-20 food choices. We offer a variety of beverages and snacks throughout the day. Thank God for choices.

We hope you have enjoyed a bountiful harvest season with many choices from your garden.

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.

Barb Weiss, Dietary Director

Care Center residents enjoying watermelon!

Senior Linkage Line

Greetings from the Social Services Department.

There may come a time when questions about Medicare, Medical Assistance, and insurance can seem overwhelming. There is a resource available that can answer many of these questions and point a person towards the resources they may need. It is referred to as a "One Stop Shop for Minnesota Seniors" and it is called the Senior Linkage Line. By calling 1-800-333-2433 a trained professional can be reached that is able to answer questions on many different topics related to aging.

The Senior Linkage Line® has expertise in the areas of:

- Medicare
- Prescription Drug Expense assistance for Minnesotans of all ages
- Health Insurance Counseling
- Forms assistance, including help applying for Medical Assistance and Medicare options
- Long-term Care Insurance, including the Long-term Care Partnership
- Long-term Care Planning Options
- Caregiver planning and support

The Senior Linkage Line is a great resource. Don't forget if there are changes that you would like to make to a Medicare Part D program or a Medicare Advantage Plan the open enrollment period is October 15 through December 7, 2011.

Katie Shimek, Director of Social Services

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

Activity Department

What a fabulous fall we have had, the colors so brilliant and lasting so long. 2011 has been a great year with the weather cooperating on all of our planned outings. It has been a full season of events.

We will be celebrating Halloween, October 31, from 2:30 – 4:00 p.m. Halloween can be very overwhelming for some of our residents with the energized, costumed children. This is the reason for the limited time frame for the ghost and goblins to come calling. The Resident Council and Founder's Committee is partially sponsoring this event as well as donations from residents, families, staff and friends. If you would like to make a contribution and help to support this event please contact Kate, Jean, or make your donation in the container at the front desk of the Care Center or Assisted Living.

The Annual Veteran's Pie Social will be on Friday, November 11 from 1:30 p.m. – 3:00 p.m., beginning with a dedication to our Veterans at the Care Center, Assisted Living and Independent Apartments. Once again this year, Heartland Books will be available during the pie social for your shopping pleasure. This is a Founder's Committee fund raising event. They have some of the finest bakers in the county so be sure and join us and treat yourself to pie and ice cream. (There is no charge to Care Center residents). Mark your calendar and don't miss the pie, ice cream, early Christmas shopping and the chance to support the Founder's Committee.

Our Thanksgiving and Communion Service will be at 1:30 p.m. on Wednesday, November 23. We welcome you to join us at this time of thanksgiving.

Throughout our lives, we have special dates and anniversaries we remember. Especially with the upcoming holiday season thoughts and memories of our loved ones who have been called to their heavenly home are close in our hearts and thoughts. Your family members have greatly touched our lives at the Care Center as well. This is our third year of our memorial tree of remembrance. We are inviting all families who have lost a loved one at the Care Center this past year to bring a special ornament for this tree. A special service and dedication of each ornament will be on December 2 at 2:00 p.m. We will be sending out an invitation and encouraging families to join us. The ornaments will be marked with the resident's name and displayed on the tree throughout the holiday season. After the holiday season, the ornaments will then be packed away for the next Christmas for years to come. This tree will be located between the activity room and the dining room. Many of the ornaments families shared last year represented the resident's special interest or hobby or an ornament that they had constructed.

As the months quickly pass, soon snow will be drifting down and Christmas will be in the air. Santa Claus will make his annual visit to the Care Center and Assisted Living December 23 beginning at the Care Center at 1:30 p.m. Santa will have a special gift for each Care Center resident and AL tenants donated by their church, staff members and others from the community. **We are encouraging you to open your gifts with your family member.** This leaves a more lasting impression and is more memorable for them. It's also a great time to share a family favorite Christmas treat, however if you wish to bring in Lutefisk please alert us as extra air fresheners will be available! Just kidding! Please remember if clothing items are given, be sure and mark the tags or contact Judy Johnson so name tags can be sewn onto them. This helps greatly, as you think about how many sweaters, shirts and stockings come in for 78 residents!

The Chosen Valley Senior Campus invites you to our Holiday Tea on Sunday, January 8. Join us after the busy hustle and bustle of the season for a cup of tea!

The Activity Department has many items it uses in our day to day events. We have been having some issues with items being used on the weekends and evenings and being damaged. Due to this, the keyboard will not be available over the weekend. If you have a special request and would like to use the keyboard, please give me a call and we can make arrangements. As always, the Care Center requests that all children be supervised while at the Care Center Senior Campus.

Enjoy each day, remember it is a gift! If you would like to share an activity, recent trip, special knowledge or experience, we would love to have you join us! The calendar is planned a month in advance, give me a call! Be sure and check out the Chatfield News weekly Care Center article for the latest in pictures and happenings! Until next quarter, God Bless!

Kate Winter Glor, Activity Director

Songs of Hope performing for the Care Center residents!

New Website

We are in the process of updating our website www.chosenvalleyseniorliving.com. Among the added features of the new website will include the ability to view our quarterly newsletter on-line. Website visitors will also be able to sign-up to receive our newsletter. This is an example of how it appears on our website.

Click here to download the latest issue

Name

Email Address

Submit

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.

AL and IL tenants enjoying the Root River Trail Ride.

Independent Living Tenant

Jean Tienter

Jean was born to Ralph and Elva Baker on August 15, 1927. She was the oldest of three children. She had a sister Reta and a brother, Lyle. Jean attended country school through eighth grade until her family moved to Chatfield. She graduated from Chatfield High School. On April 23, 1948 she married Gordon Tienter. They raised their three children, two daughters and one son, moving from various cities including: Chatfield, Lake City, Elgin and Plainview. Jean had various jobs including: rural school teacher, cook and manager of the Elgin Cheese Factory where they shipped cheese all over the United States. Jean shared a story where she had shipped a customer's cheese order by UPS. The package came back to the cheese factory marked spoiled. She crossed off the scribbling from the UPS, and wrote not spoiled, Limburger. They never got the shipment back!

Some of Jean's interests include cross-stitching, playing 500, dominos and reading. Jean and her husband lived in Elgin, until their retirement when they moved to Chatfield. Throughout their retirement, they enjoyed spending their winters in Arizona, and traveling to Pennsylvania and North Carolina. Jean and Gordon have been blessed with six grandchildren and three great grandchildren. Jean currently resides at the Independent Living Apartments, but is a frequent visitor to the Care Center to visit with her husband, Gordon. Jean also enjoys listening to the beautiful music performed by musicians who visit the Care Center.

STAFF SPOTLIGHT:
Cherie Stevens

Cherie Stevens began her employment at Chosen Valley Care Center in November 1977. She is proud to be the longest current employee! She started her part-time employment at the age of 15 in the laundry/housekeeping department. In September 1980, she transitioned to the nursing department as a Registered Nursing Assistant. The following June she changed to fulltime employment. She later worked as a Trained Medication Aide, and her more current role is Nursing Assistant Supervisor specializing in scheduling and payroll.

Cherie's favorite part of her position is the residents. They have always been a special part of her life and she keeps a little memory of residents who have resided here. Cherie feels that she has accomplished many obstacles in her nearly 34 years at CVCC and feels that she has done it with success and pride. Some of the changes that she has noticed over time have been administration, increased paperwork, culture change and the new look of the facility. One of the biggest changes is the residents are more independent than years ago.

Cherie has been married to her husband, Mike for 29 years. Together, they have two children, Amanda and Joshua. In Cherie's spare time, she enjoys playing pool, golf and hanging out with her family, especially her beautiful granddaughter, Madyson who is a big part of her life!

Care Center Resident Spotlight

Ruth Jacobs

Ruth Alice Luther was born on February 11, 1920 to Arthur and Alvina Luther in St. James, Minnesota. She had a brother, Wilbur and sister, Laura. Ruth attended St. James country school, District 38 from first through eighth grade. She lived about a half mile from school and usually walked every day. In the winter, she was privileged and able to take the horse and buggy to school. Ruth enjoyed doing chores on the farm. She graduated from St. James High School. After graduation, she attended beauty college in the cities, where she lived with a friend. She was a beautician for 15 years and later opened her own shop in New Ulm, MN.

Her father introduced her to Arthur Jacobs and they were married on August 4, 1947. Arthur was a mortician and they owned St. Charles and Lewiston funeral homes, in addition to managing the ambulance service. Ruth assisted her husband in the business and owned a beauty shop in St. Charles until she retired at 65. Ruth and Arthur never had children, but enjoyed their many nieces and nephews.

Ruth's interests include gardening, quilting and attending church. She loves listening to the musical entertainment and really enjoys all activities!

Care Center Resident Spotlight

Nora Quereshi

Nora was born on April 21, 1938 to Corwin and Grace Knapp in Bradford, Pennsylvania. She was an only child, which she feels gave her more privileges than other children. She attended school in Bradford and graduated in 1956. She attended nursing school at the University of Michigan. She met her future husband M.Y. Quereshi, who was a professor at the University. They were married on May 29, 1958. They lived in Champagne, Illinois and Duluth, MN before settling in Milwaukee, WI. They had four children, two daughters and two sons. Nora had the opportunity to be a stay at home mom until they started school. At that time, she began her employment as a microfilm technician in Milwaukee until her divorce. She moved to Pennsylvania to take care of her parents and she also worked part-time at Perkins Restaurant as a prep cook. After her children graduated from high school, Nora experienced what she calls the "Days of My Life". She spent her time in Turtle Point, Pennsylvania with her aunt learning what it was really like to live off the earth and the life of country living. She learned to cook country style, live off the land and gather chicken eggs. She also learned what it was really like to "live", not the hustle and bustle of the city life, and day to day tasks and deadlines; just simple living.

Nora moved to Rochester to be closer to family and resided there for 13 years. She met a lovely young woman named Heather who lived with her for a short time, assisted her and was a good friend. Nora was aware that with her medical problems, she would need to move to somewhere that could assist her. Her friend, Heather suggested the Chosen Valley Care Center and brought her a brochure. Before she even viewed it, she knew that this was the place she wanted to live.

Nora enjoys dominos, bible study, the cats, the food and the entire staff and landscape at the Care Center. She also enjoys studying nutrition, loves listening to "easy music", the kind of music you can "milk cows to". Nora says the staff is all very kind. Staff assisted her with settling in, and feeling at home from the moment she arrived.

Assisted Living & Independent Living

Harvest Greetings from Assisted and Independent Living

In the past three months, we have attended "Little Shop of Horrors" and "To Kill a Mocking Bird" at the Commonweal Theatre in Lanesboro. We also attended the Western Days production of "The King and I" at the Wits End Theatre in Chatfield. We have one final Commonweal production to attend and this will conclude our outings to the theatre for 2011. We will continue our monthly outings to various locations of the tenant's choice.

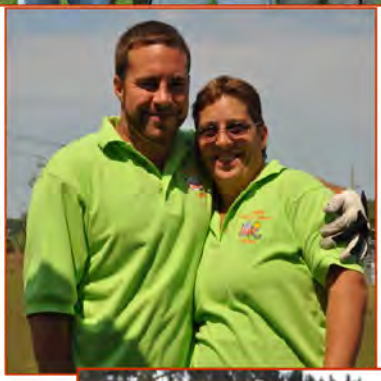
Just a friendly reminder to the tenants at Assisted Living to inform the office at least three days prior to a doctor appointment. Michelle, our nurse, will have paper work to accompany you for your appointment. This will help us stay current with any medication changes or other new orders concerning your care. This assists us to provide the best quality of care for you.

Suzette Moechnig, Assisted and Independent Living Housing Director

Heidi Rice, RN, CVCC case manager sharing her children with a visit to Rita Priebe.

2011 CVCC Golf Outing

The team from AFLAC.



Teri Polhemus, CVCC environmental services and her son, Jerry.

The Champions, Lynda Lawler, CVCC nursing department and her friends!

Sam Schmitz, "A Hole in One!"

Medical Records

My 83 year old father sent me an e-mail the other day that included a story he thought I might enjoy reading and perhaps passing it on to others that I thought would also enjoy it. After reading it, I decided that a great way to share it with everyone would be to use it as my article for Views from the Valley. I hope you all enjoy it as much as I did.

A 92 year old, petite, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably combed and shaved perfectly, even though he is legally blind, moved to a nursing home today. His wife of 70 years recently passed away, making the move necessary.

After many hours of waiting in the lobby of the nursing home, he smiled sweetly when told his room was ready. As he maneuvered his walker to the elevator, I provided a visual description of his tiny room, including the eyelet sheets that had been hung on his window. "I love it," he stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

"Mr. Jones, you haven't seen the room; just wait." "That doesn't have anything to do with it," he replied. "Happiness is something you decided on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged...it's how I arrange my mind. I already decided to love it. It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away just for this time in my life. Old age is like a bank account, you withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories and thank everyone for their part in filling your memory bank. I am still depositing!"

Remember the five simple rules to be happy:

Free your heart from hatred.
Free your mind from worries.
Live simply.
Give more.
Expect less.

Even though my dad is 83 years old he is still giving me good advice. I have many things to be thankful for; a loving husband and family, great friends and a wonderful place to work. May you all have a blessed holiday season as well as many things to be thankful for in the coming year.

Lisa Wagner, Medical Director

Minnesota Resident Satisfaction Survey

Hasn't this fall been beautiful? The sunshine has made the leaves on the trees even more beautiful. The warm weather will seem to make our winter shorter . . . I hope.

The seventh statewide Minnesota Resident Satisfaction Survey and the second statewide Minnesota Family Satisfaction Survey have begun. Residents and their family members will be asked for opinions about their long term care. The Vital Research interviewers are trained specifically to adapt to residents of long term care. If residents do not want to continue the survey, their wishes are respected. The interviews are completely confidential and take approximately 20 minutes to complete.

Many of you may have already received surveys or have been visited by a surveyor from Vital Research on behalf of the Department of Human Services. If you have received a survey, please fill it out and return it in the pre-paid envelope. Your opinion is important! The resident results will be posted on the internet as part of a consumer guide in the Nursing Home Report Card (http://www.health.state.mn.us/nhreportcard/).

Vital Research conducts the interviews of residents and collects the satisfaction surveys. They are not associated with any Minnesota nursing home or the Department of Human Services, with the exceptions of working on this project. If you have any questions about the survey, please contact Sara McCleskey at Vital Research, LLC, (888) 848-2555.

The last time Vital Research was at Chosen Valley Care Center was June 16, 2010. Within a few days, they complete their surveys and exit with a summary report card. Last year they came in the summer and this year in the fall. I wonder if they wanted to enjoy our beautiful fall leaves.

I hope you have been able to enjoy this fantastic fall weather and that the winter will be mild.

Best wishes for a wonderful holiday season,
Ellen Strande, Director of Human Resources

Envionmental Services

These past few weeks I have heard people say, "We are going to have to take a drive and see the beautiful fall colors." There isn't a more beautiful place than driving the streets of Chatfield. The colors have been brilliant this fall. That old saying, "there's no place like home" is so true. We also know this means winter is coming and that the holidays are getting near. This week, I intend to organize the resident's closets to check sizes and also to see what they may need. If you have any questions or suggestions for Christmas gifts, please feel free to call and visit with me. I will be happy to help in any way.

We have several items in lost and found and if not claimed by October 31, we will be donating them to Good Will.

Our golf tournament this summer raised funds to purchase new privacy curtains, and I am happy to announce that they have been recently ordered. This will help our rooms to be much brighter and in the future we plan to paint the rooms with color. We want the residents to feel more at home.

Our bathing area on the E 200 wing has been remodeled and looks wonderful. It is a nice relaxing place for our residents to bathe in.

We wish all of you a blessed holiday season, from all of us at Chosen Valley Care Center.

Judy Johnson, Environmental Services Supervisor

Orvis Johnson enjoying a fresh ear of sweet corn!

Environmental Services

We Did It:

Over the past six months, we have actively worked through ideas and solutions that will improve the quality of life for residents at the Chosen Valley Care Center and Apartments. I am speaking today of a new phone system that will change the way that our staff and residents communicate and do business. The Chosen Valley Care Center has partnered with Digicom Inc. of Winona and together we have successfully entered the digital age in offering our families and residents the very best in telephone service. After many years of frustration and poor quality customer service, we are finally able to say (we did it) together we changed what was frustrating, to something that can now be enjoyed by all. Very specifically let me list three very exciting advantages to our families. Same day service tops the list and what it means is this; on the very same day that you request phone service we will immediately install and provide dial tone. Along with this, anytime you change your location within any of our three buildings your number follows you at no additional cost and without delay. To top it off each and every person begins the month with 60 minutes of free long distance, WOW that means you can call anyone and not pay anything extra.

From a business stand point, the new phone system is a wonderful tool for our staff and will improve our opportunities to serve you better. We are enjoying features which include, direct dial numbers, fax to our desktop and no waiting for an open line. To say it very simply, this transition was a definite win win for everyone. Having said all of that, can I also say thank-you to the tenants for your patience during the transition period? Thank-you to our families for your understanding and time, and thank-you to our Administrator and Board of Directors for your ability to lead the Chosen Valley Care Center and Apartments into the next generation.

With one large transition behind us, we are continuing to press into the future and tackle other issues that pertain to your comfort and overall satisfaction. As we strive to make this building become your home, we welcome and invite your comments and criticism, sincerely.

Just as a side note, we also have spent the last two weeks changing our E200 bathing experience. As always, it is extremely rewarding to redecorate and splash the walls with new color, and then to stand back and look at a room that was dull and drab change into something that adds comfort and hope to those we care for.

As I close today and wish each of you the very best that the fall and the Christmas season has to offer. I would also like to include a small tidbit that I received via e-mail. I like to add a spiritual aspect to each article and I thought that today I would try to stay on the light side, so enjoy.

Sincerely and Respectfully,
Gerry Gathje,Director of Environmental Services.

Noah's Ark : Everything I need to know, I learned from Noah's Ark .

ONE: Don't miss the boat.
TWO: Remember that we are all in the same boat!
THREE: Plan ahead. It wasn't raining when Noah built the Ark .
FOUR: Stay fit. When you're 60 years old, someone may ask you to do something really big.
FIVE: Don't listen to critics; just get on with the job that needs to be done.
SIX: Build your future on high ground.
SEVEN: For safety's sake, travel in pairs.
EIGHT: Speed isn't always an advantage. The snails were on board with the cheetahs.
NINE: When you're stressed, float awhile.
TEN: Remember, the Ark was built by amateurs; the Titanic by professionals.
ELEVEN: No matter the storm, when you are with God, there's always a rainbow waiting.

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

Ann Strande enjoying flower petal printing!

Safety is a High Priority

One of our highest priorities at Chosen Valley Care Center is safety for the residents and staff. Oversight of this responsibility is provided by the safety committee. This committee is comprised of employees from every department. The committee meets once a month to discuss ways to provide a safe environment and safe patient handling techniques.

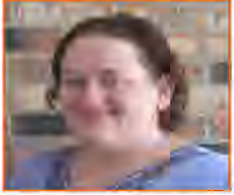
Safety in-services are mandatory for all staff and occur annually. Topics include but are not limited to maintaining a safe work place, safe patient cares and how to locate and follow policies and procedures in the event of an emergency. All staff are initially educated upon new employee orientation. All staff are educated on where to find the Emergency and Disaster Plan Policies. The safety committee periodically performs fire drills and elopement (missing resident) drills in the event of a fire or a missing resident. Re-education is provided to staff after the event of the drill. On October 4, the safety committee provided two elopement drills for all staff working on the am and pm shifts. The drill was performed successfully and staff followed the correct procedures.

The safety committee continues their goal of providing a safe living environment for the residents and a safe work place for all employees.

Danielle York, Director of Nursing

CVCC entertained by a trio of Amazing Hoopsters!

Amy Neis, activity department giving it a whirl!!



Hard Choices for Loving People

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

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

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

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

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

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

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

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

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

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

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

Lisa Vickerman, Director of Clinical & 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 Harold Baker by Orville & Helen Tangen,Gerald & Shirley Clemens, Curtis & Barbara Peterson, Marion Erickson, Robert & Arleen Amundson

In Memory of Bill Manahan by Mr. & Mrs. Rodney Herrick and Mr. & Mrs. Gerald Gammell

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.

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FOUNDERS COMMITTEE, CHOSEN VALLEY CARE CENTER, INC.
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CHOSEN VALLEY CARE CENTER, INC.
A Senior Living Community

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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!