



# NEWS

January/February/March 2010

*The joy you give to others is the joy that comes back to you.*

Baldwin • Chippewa Falls • Frederic • Hudson • River Falls • Menomonie • St. Croix Falls • Blaine • Cottage Grove • Inver Grove Heights



## ***News From Inver Grove Heights***

A new year, lots of new news and new opportunities! Welcome 2010! The fall and winter months have been filled with lots of activities and changes. Thanksgiving and Christmas were celebrated with families and friends. Decorating for the holidays was a fun event for residents, staff and families. Thanks to Audrey and Bob for the great donations of Christmas items that entertained everyone. The animated decorations added a lot to the holiday atmosphere. Santa visited our residents twice to spread some cheer and a few chuckles! A HUGE thank you to all of our residents and family members who provided wonderful treats to share. We are so appreciative of all the great cookies, candies,

fruit, cakes and breads that you shared with us. Thank you for your thoughtfulness and generosity.

The addition of the Salad Bar has been a huge hit with the residents. As we continue to work on healthier menu choices, we're excited that the response to the Salad Bar has been so successful. Residents are encouraged to submit ideas and suggestions regarding meals. We love getting your favorite recipes and ideas then incorporating them into our menu.

We welcome Kimberly Johnson as the new activity coordinator. Kim brings endless energy and ideas to the building for the residents. Kim has a trip to the Minneapolis Institute of Arts scheduled, shopping trips, art classes and much more on the calendar in the upcoming months. Please stop by and meet Kim and welcome her to our IGH family. New construction began in October on our second building in Inver Grove Heights. We're excited to see the progress of the construction which will be two stories and forty-four new apartments for higher acuity levels of care and memory care. The projected date of completion will be sometime in August if all goes as scheduled.

## ***News from Baldwin***

Greetings from Baldwin! Hope your 2010 is off to a splendid start! Today we are thankful for the warm January days that we are enjoying right now. What a pleasant surprise after such a strange and ICY Holiday season!

We celebrated Christmas Day in the traditional way by opening gifts right away in the morning - many thanks to our staff who bought gifts for each of the residents! Thanks, too, for family and friends who treated our staff with goodies and remembrances. Everyone then enjoyed a festive dinner of baked ham, mashed potatoes and gravy, corn, cranberry sauce and apple pie.

Our sympathy is extended to the family and friends of our residents Clifford Solstad and Kenneth Speer who passed away recently. We miss them and the visits by their loved ones who were so supportive of them.

As the new year begins, we hope to enjoy an active 2010 by keeping busy with exercise group, walking club, knitting, baking, our popular dice games, music, and some new challenges (perhaps a Wii?). Happy New Year to all!



If you would like to submit anything for the Comforts of Home and White Pine Newsletter, please call Rhonda at 800/920-4725.

## *News From Blaine*

Blaine is excited to have more residents! As we eagerly wait for more residents and welcome our new move-ins, the staff has been wonderful in creating and brainstorming ideas for future activities and ways to make White Pine a welcoming home! One of the weekly highlights at Blaine has been the staff and residents enjoying the Vikings football games...when they win of course! At this time, the men are outnumbering the women 3 to one. Our residents are getting to know one another and are engaged in card games daily. Rummy and Cribbage are the two favorites right now. The residents begin playing right after the noon meal, break for supper, and then back to the card game. The competition is fierce but friendly.

Blythe Nelson is excited to join the team as the house manager in Blaine. Upon finishing her masters in Clinical Social Work in May, Blythe will be thrilled to be working full-time with such a wonderful team and not reading textbooks for awhile! Blythe has an extensive background in healthcare. She has worked as a caregiver, with memory care residents and activities. We welcome Blythe as she begins her new position in Blaine.



## *News from River Falls*

Happy New Year everyone! It has been a very busy holiday season for all of us in River Falls. We were blessed with many wonderful voices from the River Falls High School Costume Carolers, Chordsmen from RF, Musical Maddams, numerous 4-H caroling groups and The RF Ballet. The RCAC finished up with a Holiday party which included children, grandchildren and activities for all. Baking Christmas cookies from our residents' own recipes was a treat. We were nibbling our way through the holiday season on many wonderful cookies.

Many daily activities include card games, exercise, baking, painting and now we are learning how to felt. For Christmas we felt snowman ornaments and are now on to coasters and wall decorations.

The CBRF hosted a Holiday gathering for everyone on December 22. Employees all joined in the spirit of the season by each purchasing a gift for a resident. It was a joy to see them open their packages! We enjoyed lots of good fellowship, great music by Dave and Sharyl and all sorts of holiday goodies. Thank you to everyone who joined us.

We had to say goodbye to our dear friends: Eunice Cummings, Lora Hanten, Merle Michaelson, Mary Koller, Elizabeth Pedersen and Theresa Smith. Our sympathy goes out to their friends and families. They will be dearly missed.

We are all looking forward to the warmer weather. Until next time, wishing you warm and sunny days ahead.



## *News From Cottage Grove*

It has been a very festive time at White Pine Cottage Grove. The amount of people wanting to entertain us was incredible. We received several visits from surrounding schools and Girl Scout troops.

One of our entertainers was the Keynotes. They showed up on one of the blizzardiest days! They were not going to disappoint our residents. As they set up, the lead singer recognized one of our residents. After introducing himself, it was discovered that they both served in the Army together and both entered Basic training together on the same day, over 60 years ago! They had a great time reminiscing.

Cottage Grove was the host of our Annual Manager Holiday Party. We started the day

with a Leadership training and sharing time. It was easy to see that each of our Managers love what they do. We then feasted on a wonderful meal from Bucca, delicious!

This year we lost one of beloved residents, Mary Reinke. Her family was so appreciative of White Pine staff and the residents, that they wanted to do something special. They purchased a beautiful teak wood bench for the building and dedicated it to the memory of their wonderful mother. We had an official dedication ceremony where the Manager, Lisa Winters, said a few words and those who loved Mary shared stories and shed a few tears. The bench now sits in the Dining Room but will move outside when weather permits.



## *News From Menomonie*

Welcome to the year 2010! We have been keeping ourselves busy throughout this holiday season. We started our Holiday season off with a homemade Thanksgiving meal, which followed with a season of feasting, decorating, visiting and caroling. The entire month of December the diets waived and the baking began! We were all spoiled with many homemade desserts from staff, family, and tenants.

Besides eating we also had a very musical season. Our Activity Coordinator, Kathleen, organized multiple events for community caroling. We have a special thanks to the Menomonie School District, Congregational Church, Monkey Business Daycare, Sunshine learning center, Cowboy Jim, and to our weekly bible study leaders. All of the music sure made our home feel filled with joy. We also want to thank all of the family we had in town over the holidays, it added a very wonderful and special holiday cheer to the season. In addition to these wonderful holiday activities we were fortunate to have our very own Santa, in house, for families that came to town and for the kids who came caroling to us. Ho Ho Ho!



To finish off the year 2009 we hosted a "Beer and Bingo" New Year's Eve party for tenants, family and friends. Everyone had a great time, and we are looking forward to the New Year ahead of us!

## News from Frederic

The last quarter of 2009 was filled with a lot of activity! Marie, Luria, Mavis and Harriet all celebrated their birthdays. Our cook always makes their favorite cake and decorates with the colors that the resident favors.

October was a beautiful month. The colors this fall were incredible and the front porch was utilized until the weather turned. Our residents enjoyed personalizing their pumpkins for Halloween by painting faces on them during their monthly craft sessions with Kathy, and were also treated to a taste of Wisconsin which included a variety of cheeses and Apple Cider.

On November fourteenth we celebrated our fifth year of serving the seniors in our community. It was a wonderful turn out and we got to reminisce with families of past residents as well as the present. Music was provided by the Little Music Makers of Taylor's Falls and the food was all made by the staff here at Comforts of Home. We look forward to many, many more years of serving the seniors in our community and we are grateful to all of the support the community gives to us.

Thanksgiving started a flurry of holiday activities that didn't end until New Year's Eve. We had many volunteers, groups, as well as school children that came to sing carols and entertain our residents. Staff was busy helping to make Christmas stockings for everyone and there was a plethora of specialty foods of the season. Our residents enjoyed a Christmas Eve dinner from the Skol Bar here in Frederic. Deborah, our resident who is originally from Ireland, affectionately referred to the meal as wonderful "pub grub" which brought back fond memories for her of a land and its culture, which is far away. New Year's Eve they listened to music from the 20's, 30's and 40's as they toasted in the New Year. A big thanks goes out to everyone who made our holiday season so memorable.

We would like to take a moment to say goodbye to Mavis Sundby and Viola Olson. Mavis was a very soft spoken woman; so quiet and happy and she passed away unexpectedly. Viola was feisty, yet very kind hearted, and after a long battle with the burden she had to bear, she passed away very peacefully on Christmas Eve Day. You both will remain in our hearts and thoughts forever.

We look forward to another year of experiencing the world as it presents itself to us, so from our house to yours, we wish you love, happiness and health.



## *News From Hudson*

Bring on summer!! Hudson is ready to take in some sun and warmth. Although it has been cold outside we have been able to enjoy lots of warmth within. We continue to be amazed at how fast time continues to fly. Even the winter months haven't slowed us down. It is hard to believe that this summer we will be celebrating our 5th Anniversary, even more amazing is that some of our residents will be celebrating their 5th year with us.

Christmas time was amazing here. The families and staff were able to bring out the true meaning of Christmas. There was such an abundance of treats brought to all by our staff and families I'm sure we will all have a few extra pounds to ward off the cold. There is nothing better than gathering around the fireplaces enjoying the Christmas sounds brought to us by so many caroling groups.

The residents brought in 2010 with a bang. There was dancing, food and celebration to bring in the New Year. I don't think anyone left hungry.

Hudson has really enjoyed the Wii Console and Bowling Game donated by Jean Ballou. A few more months of practice and we will be able to bowl with the pros. Thanks again to Jean and her son.

As we look back on all of the Holiday celebrations we also are looking forward to more festivities, including Mardi Gras, 50's Sock Hop and of course honoring the Irish on St. Patrick's Day with plenty of green beer. Look for posters with dates of upcoming events.

The residents at Comforts of Home have been living the high life with a new program that we have started, massage therapy. Nanci has been doing a wonderful job with giving the residents massages and light exercises. I hope that everyone will benefit from this added service.

So many of our families have been touched by dementia here in Hudson, I would like to share a poem recently published and written by Bill Krubsack to his wife Mary who has been part of our family for approximately 4 years.

### Ode to Mary

Like a summer breeze, you came into my life,  
After a three year courtship, we wed,  
Two children were raised while we laughed and we loved,  
Two lives interwoven like thread.  
Your need to please others is a trait that I miss,  
Along with your laughter and smile.  
Though storms were encountered along the way,  
Your bearing held true all the while.  
Conceal them you did, but the signs were still there,  
Those signs that could serve a warning.  
There's no one I know who believes like you did,  
That the world always turns toward the morning.  
The laughter of youth, having faded away,  
Gives way now to life's vale of tears.  
Good fortune was mine in selecting a mate,  
A love that's endured all these years.  
Love Always,  
Bill



*"I feel very fortunate my mom is in a place such as Comforts."*

## *News from Chippewa Falls*

It has been busy in Chippewa Falls. All residents enjoyed making ginger bread houses. We also made decorations for the last three holidays. We are all missing the wild animals. We still have 8 robins that braved the winter and stayed behind the building in the woods. Residents and staff had a party to exchange gifts and enjoy the many different Christmas goodies. The Christmas Village in the Irvine Park was enjoyed by a few of our residents. The colorful display was beautiful! Residents are still taking part in the beauty shop even with the frigid weather outside. We have lost many of our beloved residents in the last couple months. They will be greatly missed and forever in our hearts! Happy Birthday to all our residents who celebrated their birthdays in the last few months. We celebrate monthly with a cake and ice cream for all residents to enjoy.



## *News from St. Croix Falls*

Hello everyone and Happy New Year!

Our Oktoberfest was a great time, great entertainment by Mary Hall. Our Bake and Craft sale was a big hit thanks to residents who made crafts and donated items. Thanks to staff for all your help to make this a great day for residents and their families.



Birthdays celebrated in October were Rose, Elaine, Evelyn and Ethel H.; November was Oral Murphy; and December Marilyn Lechman. Also, happy birthday to all the staff.

Sadly we had to say goodbye to Martha Howard. We extend our heartfelt sympathy to her loved ones.

We had lots of entertainment during the holidays of Thanksgiving and Christmas. Little Falls music maker, carolers and the St. Croix Falls middle school came in to do activities, bingo, cards, and horseshoe dominoes. Christmas came and went too fast, decorating the homes and baking goodies on Christmas Eve. Residents' choice for lunch was to have Kentucky Fried Chicken and all the fixings were a good treat.

Have a healthy safe 2010.