

Compassionate Cottages, LLC

October-November 2018

We Honor and Care for the Greatest Generation



Fall is upon us with a definite chill in the air. As they say in Minnesota, wait 24 hours and a new season will arrive. For example, this week alone the weather forecast calls for temperatures in the upper 40's to lower 50's except for a 73 degree day on Wednesday. One last day of summer before fall is officially here, perhaps?

As I was thinking about summer ending, I felt sad yet, at the same time, I felt excitement for the change of seasons and beautiful colors that are approaching. I hear people excited about football, the cooler weather, chili feeds, putting on favorite sweatshirts, the harvest this year, etc.

As human beings, it is so natural to hang on to the familiar and not embrace change quickly. We become very comfortable with the familiar and change seems scary to us. Even though we have been through the change of seasons over and over, it is still something new again that will take some adjustment.

Just like a growing season for plants, you have to go through various seasons in order to mature and grow. We need to make the most of the seasons of life, no matter which one we are experiencing.

I feel beyond blessed to work with older adults who have been through so many seasons of life. Their stories and wisdom are precious gifts to all of us. There truly is not a better generation to serve and I am so thankful for their presence in my life.

The beautiful families of our residents become family and friends to us. I am always so impressed with families as they help their loved one through the season of change when adjusting to assisted living. I hear families offer words of encouragement and support. I hear families help their loved one become excited about the changes they are embarking upon.

We definitely have seasons at Compassionate Cottages. It is a season of loss for all of us at the Cottage when we experience a death. We not only lose a precious family member, we lose the resident's family, as well. "Blessed are those who mourn, for they will be comforted." Matthew 5:4

Life really is full circle when one thinks about how their parent did just that for them when they were going through the many seasons of growing up as a child. "There is a time for everything, and a season for every activity under heaven."

God's Abundant Blessings to you all—
Nancy Patock, Housing Director



OUR GOAL....

*Care with Compassion
for your Comfort and
Independence*

WE OFFER...

- 24- hour trained caregivers
- Registered Nurse on Call 24 Hours a day
- Medication management
- Arrangement of medical services
- Meals tailored to resident preference
- Housekeeping
- Activities and socialization

COTTAGE I

1000 Cottonwood Drive NE
Willmar, MN 56201

320-235-0918
320-441-2010 FAX

COTTAGE II

1506 Upper Trentwood
Circle NE
Willmar, MN 56201

320.403.5090
320.403.5091 FAX



LOADED HASHBROWN SOUP

8 slices bacon, cut into 1" pieces
 1/2 onion, chopped
 2 stalks celery, chopped
 2 cloves garlic, minced
 1 bag shredded hashbrowns, defrosted
 Salt & Pepper to taste
 1 qt. chicken broth
 1 c. whole milk



1c. Shredded Cheese, plus more for garnishing

Optional Toppings: Hot sauce, Chopped chives, Sour cream, Shredded Cheese

In a large pot, cook bacon until crispy. Remove bacon but reserve about 2 tablespoons of fat in the pan. Add onion and celery, sauté until they begin to soften. Add garlic and hash browns and cook until garlic is fragrant. Season with salt and pepper.

Pour in chicken broth, milk, and cheddar; bring to a boil. Let simmer until slightly thickened, about 8-10 minutes.

Garnish with crumbled bacon, cheddar cheese, chopped chives and a dollop of sour cream. Serves 6.

Happy *October* Birthday to:

10-15 Karol Algarate

10-17 Marian Erickson

Happy *November* Birthdays to:

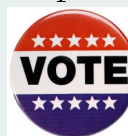
11-10 Amy Bonnema

11-17 Ali Slagter

11-29 Michelle Kosel

Election Day is Nov 6th!

If you or your loved one at the Cottage would like to vote we want to remind you that it is the Family's responsibility to send for the absentee ballot or bring the resident to the polls.



Like us on
Facebook

Upcoming Events for October & November 2018

OCTOBER 3rd: BIBLE STUDY WITH KATHY @10am-CC II

OCTOBER 5th: MUSIC WITH RUTHIE @2pm

OCTOBER 8th: MUSIC WITH JAY @ 11am

OCTOBER 11th :BIBLE STUDY WITH LORI @ 2pm-CC II

OCTOBER 12th: MUSIC WITH SHIRLEY-Cottage I

OCTOBER 16th: WORSHIP WITH PASTOR JON

@ 2pm-CC II @2:30pm-CC I

OCTOBER 17th: BIBLE STUDY WITH KATHY @10am-CC II

MUSIC WITH THE JOY SINGERS @ 2pm CC II

OCTOBER 19th: MUSIC WITH THE HEDTKE'S @2pm

OCTOBER 22nd: MUSIC WITH FRANCES- @ 2pm

OCTOBER 26th : MUSIC WITH SHIRLEY-Cottage I

OCTOBER 30th: MUSIC WITH MARIAN GROSSMAN

@ 10:30am

OCTOBER 31st: HALLOWEEN TRICK OR TREATING

@3:30-5:30pm

NOVEMBER 6th: BIBLE STUDY WITH LORI-@ 11am CC I

NOVEMBER 7th : BIBLE STUDY WITH KATHY @10am CCII

MUSIC WITH THE JOY SINGERS @ 2pm CCII

NOVEMBER 8th: BIBLE STUDY WITH LORI @ 2pm-CC II

NOVEMBER 8th: MUSIC WITH RUTHIE @2pm CCI

NOVEMBER 9th: MUSIC WITH SHIRLEY-CC I

NOVEMBER 12th: MUSIC WITH JAY @ 11am- CCII

NOVEMBER 11th: MUSIC WITH ALLEN CARLSON @ 2pm

NOVEMBER 20th: BIBLE STUDY WITH LORI-@11am CC I

NOVEMBER 20th: WORSHIP WITH PASTOR JON

@2pm-CC II @2:30pm-CCI

NOVEMBER 21st: BIBLE STUDY WITH KATHY @10am CCII

NOVEMBER 23rd: MUSIC WITH SHIRLEY-Cottage I

NOVEMBER 24th: MUSIC WITH FRANCES @ 2pm



West Central Dementia Awareness Network (WCDAN) presents

“Gradual Loss of Loved Ones” & “Effective Communication Strategies”

Information for the public, family caregivers & other professionals involved in dementia-related care

Tuesday, Nov. 13, 2018 @ Vinje Lutheran Church, 1101 Willmar Ave. SW, Willmar

4.45 – 5.30 p.m. **Registration, Displays & light meal** (free will donation)

5.30- 6.30 p.m. **“Gradual Loss of Loved One”** by Christa Rivers M. Ed. & David Rivers M.Ed. (“What was,” “What is,” & Going Forward”)

6:45– 7.45 p.m. **“Effective Communication Strategies”** Alzheimer’s Assoc. presented by Jody Loeth, WCDAN Education Committee (Communication is more than just talking and listening – it’s also about sending and receiving messages through attitude, tone of voice, facial expressions & body language.)

This event is “no charge” but a freewill donation will be accepted to help support future educational events and to provide a light meal for attendees.

For questions regarding this event or West Central Dementia Awareness Network (WCDAN), please contact: Abby Christensen, WCDAN Chairperson @ 320-235-1901

Cozy fall greetings to you all! We have been enjoying the apples brought in by family members to bake some delicious apple crisps lately! Thank you, to all the family members who have donated produce from your gardens this summer and fall; we sure have enjoyed them all!

We would like to welcome family and friends of Compassionate Cottage Staff and Residents to come visit us on Halloween! Feel free to bring your little ones in on October 31st for some tricks and treats! Stop by both cottage from 3:30-5:30pm. We look forward to seeing your sweet little ones dressed up! We also welcome families to provide candy for their loved one to hand out and will also have some extra on hand.



Along with Halloween, the Cold and Flu season will be upon us soon! We have offered and given flu shots to all residents and we encourage all family and friends of the residents to get one too. We want to stay cold and flu FREE this season; so getting your flu shot will help keep the residents healthy too! Please always use good hand hygiene when visiting. If you are sick, please wait to visit your loved one until you are symptom free. Feel free to call the cottage and visit with your loved one on the phone vs coming while sick. Thank you for helping us keep our residents healthy!

Lastly, a few holiday reminders as this wonderful season is approaching! If you plan to have a meal with your loved one, please let us know 1-2 days in advance so we can prepare enough food. If you plan to take your loved one out for the day or part of a day, let us know at least the day before, so we can prepare measures on our end to make things go smoothly. Want to have a gathering at the cottage? No problem! Please coordinate a day and time with Nancy or myself.

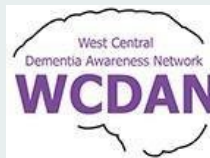


I wish you each a blessed and wonderful autumn & thanksgiving season! We feel so thankful for each resident, family and staff we have at the Cottages. Counting my blessings to have you as part of our Cottage family.

Blessings,

Abby Christensen, Assistant Housing Director

COMMUNITY EVENTS & SUPPORT GROUPS



Open to the Public, all are welcome to this FREE Event

2-3pm Willmar Public Library-Community Room (Like Us on Facebook to see all of our events)

Thursday, October 18th: Know the 10 Signs

Thursday, November 15th: Dementia Friends

**The Forget-Me-Knot*

Memory Café is for people with memory loss, along with their companions. They meet the second and fourth Thursdays of each month on the second level of the Willmar Public Library from 2pm to 4pm.
Thurs, October 11th and 25th
Thurs, November 8th

Alzheimer’s Support Group

Held the first Thursday of each month at Bethesda from 3:30-5pm
Thurs, October 4th
Thurs, November 1st

Parkinson’s Support Group:

Held the second Wednesday of each month at Bethesda from 10-11am
Wed, October 10th
Wed, November 14th

Lutheran Social Services Caregivers Discussion Group.

Meets the 3rd Tuesday of every month at the Dethlefs Center in Spicer
Tues, October 16th
Tues, November 20th

Spicer Library Series

Wed, October 10th: Communication Strategies
Wed, November 14th: Healthy Living



Maxine Quale enjoyed a day of celebrating her birthday with family & friends.



Cottage II Residents sang and praised God through song after dinner



Roland and Shirley enjoyed a long weekend away at their cabin Up North!



Mary Jane, Bonnie and Ed enjoyed a day on Green Lake this September!

Thanks to Let's Go Fishing and our awesome volunteers!



Golf Cart Adventures!

