

Compassionate Cottages, LLC

February-March 2019

WE HONOR AND CARE FOR THE GREATEST GENERATION



I hope your New Year is off to a great start! We are looking forward to a wonderful 2019 with many new memories. We are excited to continue our *Live 2B Healthy* program with exercise classes scheduled for twice a week at both Cottages. We also look forward to a year filled with a variety of activities and time together.

One of the primary benefits of assisted living is the socialization opportunities. Studies have connected socializing with quality of life stating that social interactions may be as vital as physical activity for seniors. While socialization is critical for all people, older adults can be more susceptible to isolation. Many older adults have spent a considerable portion of their lives in the company of others but upon reaching retirement age, the opportunities for socialization often decrease. Various studies have shown that socialization can produce improved mental health, improved nutrition and improved physical health.

Approximately seven million people over the age of 65 experience symptoms of depression, and it is estimated that dementia touches one in seven Americans over the age of 71. Recent studies have shown that having consistent human contact and interaction can reduce both. Researchers concluded that: "Social contact may be as effective as physical activity in improving mood and quality of life" and "social participation and social support networks are paramount to long-term positive outcomes and psychological well-being for older people." A study conducted among hospitalized seniors discovered a correlation between food intake and social interaction: "patients ate more when social interactions were friendly and lively."

Multiple studies have revealed that an active social life can boost immune systems, lower blood pressure, and reduce physical pain that is reinforced by depression. When it comes to socializing, the more the merrier. According to a recent AARP article, "the number of Americans without any close confidants has risen dramatically in the past 20 years" and "even though Americans are closer to their spouses than ever before, that kind of intimacy can work against us if we allow ourselves to 'cocoon within the relationship.'" Many older adults have family members that are very involved, but that is often not adequate socialization. While it is comforting for seniors to know their needs are met, sufficient social interaction includes participation or consistently engaging with others, primarily with peers.

It is not uncommon for seniors to resist change, and some may need gentle encouragement to get more socially involved, but the benefits of an active social lifestyle reach well into the future. I commend the AWESOME and SUPPORTIVE families of our residents. The love and compassion you show your loved ones is absolutely heartwarming! The move to assisted living can be a big step but it is a move based in TRUE LOVE! Life is truly all about relationships. With Valentine's Day approaching, I wish you all a year filled with love, joy and happiness!

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

Slow Cooker Vegetable Beef Soup

This soup is simple and can keep you warm on a cold Minnesota day

1 lb. ground beef
1 onion chopped
2 c. beef broth
1 quart vegetable/tomato juice
4 medium potatoes diced
1 c. frozen or canned green beans
1 c. frozen or canned corn
1 c. frozen peas
2-3 carrots sliced
salt and pepper to taste



In a skillet cook ground beef with onion until browned and season with salt and pepper.

Place cooked ground beef mixture and remaining ingredients in a large slow cooker and cook on high for 2-3 hours or low for 4-6 hours or until potatoes are fork-tender.

*If you do not want to use a slow cooker, brown beef and onion in a large pot or Dutch oven and add remaining ingredients. Bring to a boil, then reduce heat and simmer about 20 minutes or until potatoes are fork-tender.

A Note from the Nurse....

In an effort to prevent illness in our buildings we will initiate a visitor screening using the tool.

Staff will greet each visitor at the door and kindly ask them the series of four questions. This is for the safety of our resident's & all staff.

Neighboring towns are experiencing significant outbreak of Influenza A and in my conversation with the Infection Control Department at APMC and Rice Hospital, there have been MANY cases resulting in admissions.

We want to keep our residents and staff healthy this winter season and thank you in advance for helping us do that! If you have any symptoms of illness, please refrain from visiting, you are welcome to call and talk to the staff or your loved one if you can't visit.

Please take care of yourselves! WASH, WASH, WASH your hands and hydrate. Thank you for helping us keep the Cottages healthy this cold & flu season!

Kelly Nelson, RN
Health Care Coordinator



Upcoming Events for February & March 2019

FEBRUARY 1st : MUSIC WITH SHIRLEY-Cottage I

FEBRUARY 5th: DEVOTIONS WITH LORI @ 11am CCI

FEBRUARY 6th: BIBLE STUDY WITH KATHY @10am-CC II

MUSIC WITH THE JOY SINGERS-2pm CCII

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

FEBRUARY 13th: MUSIC WITH RUTHIE @ 2pm-CCI

FEBRUARY 14th: DEVOTIONS W/ LORI @ 2pm CCII

FEBRUARY 15th: MUSIC WITH SHIRLEY-Cottage I

FEBRUARY 19th : DEVOTIONS WITH LORI @ 11am CCI

WORSHIP WITH PASTOR JON

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

FEBRUARY 20th : BIBLE STUDY WITH KATHY @10am-CC II

FEBRUARY 25th: MUSIC WITH FRANCES @ 2pm-CCII

@2:45pm-CCI

FEBRUARY 28th: DEVOTIONS W/ LORI @ 2pm CCII

MARCH 1st: MUSIC WITH SHIRLEY-CC I

MARCH 5th: DEVOTIONS WITH LORI-@11am CC I

MARCH 6th: BIBLE STUDY WITH KATHY @10am CCII

MARCH 7th: MUSIC WITH CLETUS @ 2pm

MARCH 13th: MUSIC WITH JOY SINGERS @ 2pm CCII

MARCH 14th: DEVOTIONS WITH LORI @ 2pm-CC II

MARCH 15th: MUSIC WITH SHIRLEY-Cottage I

MARCH 19th: DEVOTIONS WITH LORI-@11am CC I

WORSHIP WITH PASTOR JON

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

MARCH 20th: BIBLE STUDY WITH KATHY @10am CCII

MARCH 25th: MUSIC WITH FRANCES @ 2pm-CCII

@2:45pm-CCI

MARCH 28th : DEVOTIONS WITH LORI-@2pm CC II

MARCH 29th: MUSIC WITH SHIRLEY-CC I

Happy February

Birthday to:

- 2-9 Annette Geer
2-20 Joy Gratz
2-27 Melissa Kaisner

Happy March

Birthday to:

- 3-15 Rocile Sokolosky
3-19 Roland Bosch
3-21 Julie Schmidt
3-25 Phyllis Kamstra

February is American Heart Month



Exercise helps your heart by:


- *Strengthening the heart muscle and cardiovascular system
- *Making the heart more efficient
- *Improving the flow of blood to the heart muscle
- *Improving the heart's ability to handle stress
- *Improving heart failure symptoms

The American Heart Association recommends at least 2 ½ hours of moderate intensity aerobic exercise a week. In addition to aerobic activities, your exercise regimen should include stretching and strengthening activities. Your exercises should be personalized and tailored to your abilities as well as progression of your frequency, duration, and intensity. Live 2 B Healthy® classes are offered at the Cottages each Monday and Wednesday!


-Cory Czepa, Live 2 B Healthy President

Warm winter greetings to you and your loved ones. I hope winter has been kind to you and you've enjoyed the wonderful holiday season and festivities. We had a fabulous Christmas at the Cottage and want to thank all the family and friends who made our holiday so special and memorable.


Now, on to the day of love....I think most of us have had our fair share of conversation hearts over the many years of celebrating Valentines day. I encourage you to read the scriptures below that go along with those conversation hearts...

 BE MINE....**John 3:16** ¹⁶For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.


ALL MINE....**John 10:27-30** ²⁷My sheep listen to my voice; I know them, and they follow me. ²⁸I give them eternal life, and they shall never perish; no one will snatch them out of my hand. ²⁹My Father, who has given them to me, is greater than all; no one can snatch them out of my Father's hand. ³⁰I and the Father are one."

 TRUE LOVE...**Jeremiah 31:3** ³The LORD appeared to us in the past, saying: "I have loved you with an everlasting love; I have drawn you with unfailing kindness.

I'M SURE...**John 14:1-3** ¹"Do not let your hearts be troubled. You believe in God; believe also in me. ²My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? ³And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.

 LOVE ME...**Luke 10:27** ²⁷He answered, "'Love the LORD your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbor as yourself.'"

BE GOOD...**John 14:15** ¹⁵"If you love me, keep my commands.

 SWEET TALK...**Psalms 119:103** ¹⁰³How sweet are your words to my taste, sweeter than honey to my mouth!



Wishing you a fabulous Valentines day filled with lots of love and blessings. Stay warm as we finish up the winter season and count down the days until Spring!

Abby Christensen, Assistant Housing Director/Activity Director Certified

COMMUNITY EVENTS & SUPPORT GROUPS



Questions
About
Memory
Loss?

Open to the Public! FREE
1-2pm Willmar Community
Center

Tues, February 12: Healthy
Living for your Brain & Body

Tues, March 12: Effective
Communication Strategies
(Like Us on Facebook to see all of
our events)

**The Forget-Me-Knot
Memory Café* is for people with
memory loss, along with their com-
panions. They meet the second and
fourth Thursdays of each month on
the second level of the Willmar Pub-
lic Library from 2pm to 4pm.
Thurs, February 14 & 28
Thurs, March 14 & 28

Alzheimer's Support Group
Held the first Thursday of each
month at Bethesda from 3:30-5pm
Thurs, February 7
Thurs, March 7

Parkinson's Support Group:
Held the second Wednesday of
each month at Bethesda from
10-11am
Wed, February 13
Wed, March 13

*Lutheran Social Services
Caregivers Discussion Group.*
Meets the 3rd Tuesday of every
month at the Dethlefs Center in
Spicer
Tues, February 19
Tues, March 19

*Atwater Area Help for
Seniors -Community Center*
President's Day Pie & Coffee &
Bake Sale
Mon, February 18 @ 2pm



Like us on
Facebook



Mark Your Calendars

Thurs., April 25, 2019 & Fri., April 26, 2019

20th Anniversary of

LIFE CONNECTIONS

Friday, April 26th at 10am
Guest Speaker: Paul Douglas



Pre-show vendor showcase Thursday, April 25th 5pm-7:30pm
Friday, April 26th 8am-4pm (vendor booths close at 2pm)
at the Willmar Civic Center, 2707 Arena Dr, Willmar



Friday, April 26th
8am-10am
Dad's Belgian
Waffles



Friday, April 26th
at Noon
Music by
the Kingery Family



Friday, April 26th
at 2pm
Polka Music by
the Wendinger's



Other Returning Favorites:
Outstanding Senior Citizen Award
BINGO

*Our
Christmas
memories
fill our
hearts with
so much
love.*

*Thank you
all, for
blessing
our
Christmas
Season and
being a
part of our
Cottage
celebrations!*

