

Compassionate Cottage, LLC

June-July 2019

WE HONOR AND CARE FOR THE GREATEST GENERATION



Remembering Mom's Life Lessons

We have many new families at both Cottages that have not heard this story. With Mother's Day just being celebrated, I felt it was worth repeating.

My mom passed away over eighteen years ago. In honor of mom, I would like to dedicate this Newsletter to her.

My mom was an extremely intelligent woman, and I am grateful to her for what she taught me.

First, she showed me tenacity is crucial if you want to survive. Second, she gave me a love of water! I get child-like joy from the lake. Third, and most important, she revealed to me the true value of our precious older adults.

From the time I can remember, she and I visited her mom at the Ren-Villa Nursing Home multiple times per week. I would be so eager to go to the nursing home that I remember almost shaking with excitement. I knew just which residents had candy, and I would run the hallways to their rooms! They were thrilled to see me, and I was overjoyed to see them. I remember their hugs being some of the best ever!

Those early days of visiting the nursing home planted a seed in my heart for life! I am honored and privileged to serve the greatest generation. Older adults are accepting, appreciative and open. I cannot begin to imagine the changes they have experienced in their lives?!

The greatest lesson that I have learned from older adults and especially our residents at the Cottages is one of HOPE! I have learned with great clarity that HOPE is the *Crux of Life*.

Many older adults have experienced deep tragedies in their lives, yet they still live with HOPE! Older adults may be experiencing the failure of their health, loss of loved ones, or loss of independence, yet they are hopeful!

I witness the residents at Compassionate Cottage encourage each other, encourage the staff and encourage their families. They brighten my heart and soul daily with their words of wisdom, laughter and love. In addition, they exhibit more interest and excitement about the world around them than a lot of individuals half their age. That is HOPE at its finest!

I want to THANK my mom from the bottom of my heart for giving me a compass in this world. She left suddenly, but her spirit lives! I cherish the gifts she gave me of tenacity, love of the water and appreciation of older adults. I am blessed to have had a mother that loved fiercely and offered all she had so generously. God Bless her beautiful Spirit!

I think the lyrics of Martina McBride's Song, *I Hope You Dance*, says it best:

I HOPE you still feel small when you stand beside the ocean.

Whenever one door closes I HOPE one more opens.

Promise me that you'll give faith a fighting chance.

And when you get the choice to sit it out or dance.

I HOPE you dance.....I HOPE you dance.

I HOPE you dance.....I HOPE you dance.

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

WATERMELON MINT LEMONADE

Mint Syrup

1/2 cup mint leaves
1/2 cup water
1/2 cup sugar

Lemonade

6 tbsp lemon juice, about 3 lemons
4 cups chopped watermelon
2-3 cups ice
3/4 cup (6 oz) rum, optional



Instructions

To make the mint syrup, combine the mint, water, and sugar in a medium saucepan. Bring to a boil over high heat, then lower the heat and let the mixture simmer for 2 minutes. Strain the syrup through a fine mesh sieve and let it cool to room temperature.

Make the lemonade. Add the lemon juice into a 2 cup measuring cup. Add the mint syrup and enough water to reach the 2 cup mark. Then pour the lemonade into a pitcher.

Put the chopped watermelon into the blender and blend until smooth. Strain the watermelon in the fine mesh sieve into the pitcher with the lemonade. Add the ice and stir to combine.

ENJOY!!!!

A Note from the Nurse....

I hope the start of summer finds you happy and healthy! Sunshine is good for the soul. With the start of our summer, enters a new chapter around the corner. We will be welcoming our third child. Expected date is July 10th and we couldn't be more excited to complete our family. With this new addition, I will be taking time off to recover and care for my family. I will be working and continue to be available to resident's, families, and staff until the day baby arrives. Most of you know Heather and Beth, both RNs that work part time with me to help meet the needs and help with many aspects behind the scenes. Heather will be the main nurse in my absence and will do a wonderful job! She will be available by phone 24/7 to staff for resident needs and will be available for questions or concerns from families as needed. I will be returning to my position and my current availability in September. I wish you a wonderful summer full of memories and treasured moments.

Kelly Nelson, RN

Health Care Coordinator

Upcoming Events for June & July 2019

JUNE 4th: DEVOTIONS WITH LORI @ 11am CCI

MUSIC WITH THE CARLSON'S @ 2pm

JUNE 5th: BIBLE STUDY WITH KATHY @10am-CC II

JUNE 6th: DEVOTIONS WITH JEANETTE- Cottage I

JUNE 7th : MUSIC WITH SHIRLEY-Cottage I

JUNE 11th: MUSIC WITH JAY @ 11am-CCII

JUNE 12th: MUSIC WITH RUTHIE @ 2pm-CCI

JUNE 13th: DEVOTIONS WITH LORI @ 2:30pm CCII

JUNE 18th : DEVOTIONS WITH LORI @ 11am CCI

WORSHIP WITH PASTOR JON

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

JUNE 19th : BIBLE STUDY WITH KATHY @10am-CC II

JUNE 21st: MUSIC WITH SHIRLEY- Cottage I

JUNE 24th: MUSIC WITH FRANCES @ 2pm-CCII @2:45pm-CCI

JUNE 27th: DEVOTIONS WITH LORI @ 2:30pm CCII

JULY 2nd: DEVOTIONS WITH LORI-@11am CC I

JULY 3rd: BIBLE STUDY WITH KATHY @10am CCII

JULY 5th: MUSIC WITH SHIRLEY-CC I

JULY 9th: MUSIC WITH TERRY NELSON @ 11am CCI

JULY 10th: MUSIC WITH RUTHIE @ 2pm CCII

JULY 11th: DEVOTIONS WITH LORI @ 2:30pm-CC II

JULY 16th: DEVOTIONS WITH LORI-@11am CC I

WORSHIP WITH PASTOR JON

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

JULY 17th: BIBLE STUDY WITH KATHY @10am CCII

JULY 18th : DEVOTIONS WITH LORI-@2:30pm CC II

JULY 19th: MUSIC WITH SHIRLEY-Cottage I

JULY 22nd: MUSIC WITH FRANCES @ 2pm-CCII

@2:45pm-CCI

JULY 25th: DEVOTIONS WITH LORI @ 2:30pm-CC II

JULY 26th: MUSIC WITH CLETUS @ 2pm CCII

Happy June Birthday to:

6-15 Betty Peterson
6-24 Nancy Patoch

Happy July Birthday to:

7-2 Sara Wold
7-18 Cassi Allinder
7-22 Gordon Carity

“Duty makes us do things well, but love makes us do them beautifully.”

Zig Ziglar

THE GOOD OL’ DAYS...100 YEARS AGO

The average annual income was \$1,125.

The average cost of a new house was \$5,626.

A loaf of bread was 10¢ and a gallon of milk was 62¢.

You could purchase one dozen eggs for 38¢.

Stamps were 3¢ each.

A car cost \$355 and gas was 25¢ per gallon.

According to the Consumer Price Index Calculator, \$1 in 1919 is equivalent to \$14.89 today.



May our country always flourishes and celebrates many more years of independence.

WISHING YOU ALL
A VERY HAPPY AND BLESSED
INDEPENDENCE DAY.

- ◆ Did you know there are 1.65 million Hospice Patients each year?
- ◆ Did you know that Hospice Medicare benefits are covered 100% for those over 65?
- ◆ Did you know that you have the right to choose your Hospice provider?
- ◆ Did you know that the median stay in Hospice is 20 days? However, the longer you are part of the program the better the journey.

Hospice is a topic that is near and dear to my heart. Here in Willmar, we are so lucky that we have many choices for Hospice care. Hospice is a team of professionals that are dedicated to enhancing and making the last days, weeks, and months of ones’ life pain free, special and meaningful. This team includes: your physician, social worker, chaplain, volunteers, aides, RN’s, medical director, pharmacist, and many more. This team works together closely to ensure each patients plan of care is meeting their every needs: medically, spiritually, emotionally, socially, etc. There is also a bereavement coordinator or LSW who follows the family 13 months after the loss of a loved one. This ensures that the family has a contact and support person through that first year after losing a loved one.

Here at Compassionate Cottages, we work with that amazing team from Hospice to provide the best care for your loved one through their last weeks and days of life. If family chooses to have their loved one enrolled in Hospice they are an addition to what we already offer at the Cottage....almost like icing on the cake.

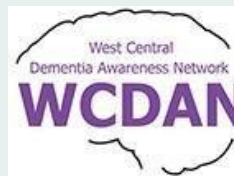
So, if and when the time comes, please know that we are happy to discuss your options with you and have a consult with Hospice. We know that every moment is precious and that life is worth living to the fullest each and every day!

Blessings to you and yours,

Abby Christensen, Assistant Housing Director/Activity Director Certified



COMMUNITY EVENTS
& SUPPORT GROUPS



Questions About Memory Loss?

Please check out the WCDAN website or facebook page. Like Us on Facebook to be sure to see all of our events

“Healthy Living for Mind and Body” with Mary Huesing At the Willmar YMCA. Tues, June 25th @ 10am

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, June 13 & 27
Thurs, July 11 & 25

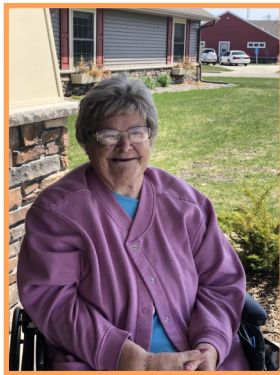
Alzheimer’s Support Group Held the first Thursday of each month at Bethesda from 3:30-5pm **Thurs, June 6**
Thurs, July 4-*Holiday*****

Parkinson’s Support Group: Held the second Wednesday of each month at Bethesda from 10-11am **Wed, June 12**
Wed, July 10

Lutheran Social Services Caregivers Discussion Group. Meets the 3rd Tuesday of every month at the Dethlefs Center in Spicer **Tues, June 18**
Tues, July 16



Like us on Facebook



Gladys, Rocile and Dorothy enjoyed the front patio on the sunny days we've had in May!



Residents enjoyed a spring ride in the golf cart.



Cottage 1 Residents enjoyed music from Terry Nelson



Our beautiful beautician, Lori and her birthday balloons & flower

Residents enjoyed many laughs during the fly swatter balloon game!



Terry celebrated her birthday! Son: Mike, Daughters: Sue & Nancy



Nancy, Bev & Kelly had a little fun at the 2019 Life Connections event!

