



**October &
November
2019**



WE HONOR AND CARE FOR THE GREATEST GENERATION



We are so blessed to care for the greatest generation. A sincere "Thank You" to all our Compassionate Cottage families for entrusting us with the care of your loved ones. It is truly our honor and privilege. Since the Cottages are such intimate settings, the residents and their families become our extended family.

Because we care so deeply, we all experience the loss of a resident intensely with each other and their loved ones. It is often hard to know what to say or do when someone you care about is grieving. You may be afraid of intruding, saying the wrong thing, or making the person feel worse. While you cannot take away the pain of the loss, you can provide much-needed comfort and support.

Do not let discomfort prevent you from reaching out to someone grieving. You do not need to have answers or give advice. The most important thing you can do for a grieving person is to simply be there; your support and caring presence will help him or her cope with the pain and begin to heal.

It is important to understand that there is no right or wrong way to grieve; grief may involve extreme emotions and behaviors and there is no set timetable for grieving. Tears really are our tribute to loved ones; love does not die because someone we love dies. It is so important to keep their memory alive by telling their story again and again. Share the legacy of your loved one and keep saying their name.

Many people do not know what to say so being genuine in your communication is helpful. For example, "I'm not sure what to say, but I want you to know I care and let me hurt with you." Knowing how to listen is much more important than knowing what to say. This is a time to accept and acknowledge all feelings, be willing to sit in silence, let the bereaved talk about his or her loved one and offer comfort and reassurance without minimizing the loss. It is not a time to try to fix or re-direct. Allow the bereaved to own their pain and sadness.

Remember the five H's-----Hurt, Hope, Help, Honor and Healing---if the first four H's are being processed, Healing can begin. Grief is a process that you cannot go over or around---you must go through it. Grief can be other items, as well, such as the loss of a home, driving, cooking, cleaning, etc. Our grief can re-surface with so many things including the smell of perfume, a song, food or countless other triggers and it is so important to live through each phase of grief.

Offering practical assistance is crucial, as well, because it is very difficult for many grieving people to ask for help. Be the one who takes initiative to shop for groceries or run errands, drop off a casserole or other food, help with funeral arrangements, stay in his or her home to take phone calls, help with bills, take care of housework or laundry, watch his or her children or pick them up from school, look after pets, etc.

Your ability to overcome grief and loss is dependent on your capacity to experience, rather than continually think about, your loss. It is so hard to see in the middle of our grief that when people walk out of our lives, others walk into our lives. It truly is amazing how God knows just who or what we need in our times of need. I am grateful for the many people that have walked into my life because of Compassionate Cottage. It is truly a blessing to be part of this great big extended family and I treasure it daily.

With gratitude and blessings to you all---Nancy

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

Pumpkin Cream Cheese Dump Cake

8 oz. cream cheese
3/4 C. powdered sugar
2 tsp. milk
1 can (29 oz.) pumpkin puree
1 can (12 oz.) evaporated milk
4 eggs
1 1/4 C. sugar
1 tsp. salt
1 Tbsp. pumpkin pie spice
1 yellow cake mix dry
1/2 C. butter melted
1 Tbsp. cinnamon sugar mixture, optional
whipped cream



Preheat oven to 350 degrees and grease a 9 X 14 pan. Using a mixer combine cream cheese, powdered sugar and milk until smooth. Set aside. In a large bowl, combine pumpkin puree, evaporated milk, eggs, sugar, salt, and pumpkin pie spice. Pour into prepared pan.

Put cream cheese filling into a small ZipLock bag, and snip off the tip to make a mini piping bag. Then pipe over the pumpkin filling. Pour the dry cake mix over the cream cheese layer then poke holes using the end of a wooden spoon or a table knife through the cake mix until you hit the filling (not to the bottom of the pan).

Pour melted butter over the dry cake mix. Sprinkle cinnamon sugar over the entire cake for extra flavor and crunch. Bake for 40-50 minutes or until the top is browned and a toothpick comes out clean.

Nurse's Corner....

Happy Fall! So very happy to be back and seeing so many smiling faces. Truly wonderful to be "home."

With the change of season, beautiful colors and the crisp air, comes an increased risk of infection. Flu season is near, and our efforts of infection control and prevention are in full swing.

Carris Health will be coming into our buildings early October to vaccinate residents and staff. We encourage all to be vaccinated to protect one another. Our beloved residents are very susceptible to infection and their response is often more significant. Staff is educated on infection control and very diligent with disinfecting surfaces to decrease the spread of germs.

To prevent illness in our buildings we will again initiate the visitor screening tool. Staff will greet each visitor at the door and kindly ask them the series of four questions. Our goal is to maintain the health of all residents and staff this flu season and thank you in advance for helping us do that!

If you have any symptoms of illness, please refrain from visiting until you are feeling well. You are always welcome to call and talk to the staff or your loved one if you cannot visit. Please take care of yourself! WASH, WASH, WASH your hands, maintain a healthy diet, get plenty of rest and hydrate. Thank you for helping us keep the Cottages healthy this cold & flu season.

Blessing, Kelly

Upcoming Events for October & November 2019

OCTOBER 1st: DEVOTIONS WITH LORI- Cottage I

OCTOBER 4th: MUSIC WITH THE CARLSON'S @ 2pm

OCTOBER 8th: MUSIC WITH JAY @ 11am-CCII

OCTOBER 9th: MUSIC WITH RUTHIE @ 2pm-CCI

OCTOBER 10th: DEVOTIONS WITH LORI @ 2:30pm CCII

OCTOBER 11th: MUSIC WITH SHIRLEY- Cottage I

OCTOBER 15th: DEVOTIONS WITH LORI @ 11am CCI

WORSHIP WITH PASTOR JON
@ 2pm-CC II @ 2:30pm-CC I

OCTOBER 23rd: MUSIC WITH CLETUS- Cottage II

OCTOBER 24th: DEVOTIONS WITH LORI @ 2:30pm CCII

OCTOBER 25th: MUSIC WITH SHIRLEY- Cottage I

OCTOBER 29TH: MUSIC WITH TERRY NELSON @ 2PM

OCTOBER 30th: MUSIC WITH SHIRLEY- Cottage I

OCTOBER 31st: TRICK OR TREATING 4-5:30PM

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

NOVEMBER 7th: MUSIC WITH MARIAN G @ 10am CCI

NOVEMBER 8th: MUSIC WITH SHIRLEY-CC I

NOVEMBER 13th: MUSIC WITH RUHTIE @ 2pm CCII

NOVEMBER 14th: DEVOTIONS WITH LORI @ 2:30pm-CC II

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

WORSHIP WITH PASTOR JON
@ 2pm-CC II @ 2:30pm-CCI

NOVEMBER 22nd: MUSIC WITH SHIRLEY-Cottage I

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

NOVEMBER 28th: HAPPY THANKSGIVING

Happy October Birthday to:

7th-DeElla Aamot

17th-Marian Erickson

20th-Amber Ray

26th Nikki Kowalczyk



Happy November Birthday to:

10th-Amy Bonnema

13th-Dorothy Slagter



Please feel free to bring in your kids and grandkids for a treat from the Cottage!

Don't forget to stock up your loved one with treats to hand out!

Thursday,
October 31st

Open House
Trick or
Treating at
the Cottages
4-5:30p.m.

Cozy fall greetings to you all! I hope this fall has found you doing well and enjoying all the beauty around us! I want to say "THANK YOU" to all the family and friends who attended the End of Summer Picnic in September! We had a great time and sure hope you did too! I really loved seeing all the smiling faces and the toes and hands tapping along to the great music! What a *FUN* night!

As we move into fall it brings Halloween and Thanksgiving! Such fun things to look forward to! This Halloween we are again inviting your kids and grandkids to come in for some treats from 4-5:30p.m. on Thursday, October 31st! The residents really do LOVE seeing all the kids in their costumes! I also ask and welcome families to drop off candy for their loved one to hand out to the trick or treaters!

I can't let the chance go by to say "THANK YOU" to all the wonderful staff we have at the Cottages! It truly warms my heart knowing these sweet Residents have some of the best people taking care of them every day! They go above and beyond so many times a day to make sure each Resident is cared for and loved. So "Thank You", to all the amazing staff at the Cottages!

With that, I have to share that I am forever thankful and grateful for the vision of Compassionate Cottage. I am proud to be a part of our mission and the daily impact we make on the residents and their families. A big "Thank You" to Nancy, Bev and Ron Werder for vision, values and big hearts; we are so blessed by you all.

This fall and Thanksgiving season, take a step back and count your blessings! Even better, share your appreciation with those you love and are blessed by.

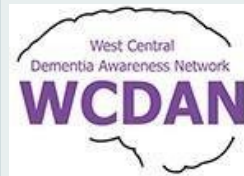
Have a wonderful & Happy Thanksgiving!



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

**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 10 & 24
Thurs, November 14 *No Café on the 28th due to Thanksgiving*

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

Parkinson's Support Group:
Held the second Wednesday of each month at Bethesda from 10-11am
Wed, October 9
Wed, November 13

Lutheran Social Services Caregivers Discussion Group.
Meets the 3rd Tuesday of every month at the Dethlefs Center in Spicer
Tues, October 15
Tues, November 19



Like us on
Facebook



We celebrated Assisted Living Week with lots of fun things! Massages for the Staff...New water canteens that say "Proud Member of an Epic Team"...and finished it off with Pizza & Bowling!



Maxine celebrated a birthday with family, cake and lots of treats!



Above: Phyllis, Barb and Marilyn enjoying some arts & crafts



We enjoyed the German music from Angela and Gene at the End of Summer Family Picnic



Below: Cottage II enjoyed some summer drinks on the patio



*The West Central
Dementia Awareness
Network is proud to offer
an evening full of fun
Entertainment,
Education & Fellowship*

FALL WCDAN EVENT

Tuesday, October 22nd

Willmar Community
Center

3:30-4pm Registration

4:00p.m. Dr. Newcomer-The
Difficult Journey of Dementia

5:00 pm Dinner & Network-
ing

5:45 pm Project Life Saver

6:00 pm Kandiyohi County
Triad

6:30 p.m. Seeing the Humor
Through the Disease:
by Granny L

Those dealing with Alzheimer's and
Dementia will have the chance to con-
nect with local resources to find com-
munity support & opportunities.

- ALL ARE WELCOME -

A free will donation will be accepted
for the event and supper

Call to reserve your spot!!
320.235.1901 (Leave name and phone
number) FREE Respite care available
on site from Day Break: must pre-register