

GOOD Life News

at Old Main Village

FEBRUARY 2018

www.oldmainvillage.com



News from the Executive Director

Greetings to all on this snowy, blustery day! I guess Minne-Snowta is living up to its name so far this year. Sigh. Bring on the long underwear and hot cocoa, right? Each month I like to focus on a different feature of Old Main Village, whether it's the amazing care our nursing staff provides to the residents, the wonderful life enrichment activities that are arranged for all to enjoy or the outstanding meals that are prepared in our dining room. But, it's been a while since I've talked about the fact the Heritage Dining Room is a wonderful venue that can be reserved for weddings, company parties, class reunions, etc. The dining staff is professional, the service is impeccable and the food is out of this world. We truly are the best kept secret in town when it comes to venues, and we want to be sure everyone remembers us when they are planning upcoming events. If you, your family or your friends are looking for an elegant yet affordable place to hold an event, please contact Jeff Morris, our Dining Services Manager, at 507-388-1480. He would be more than happy to provide details on food, pricing and availability. Have a wonderful month and stay warm!

Holly

Nursing/Health Care

Music to Your Ears!

Whether you listen to jazz, belt out a tune at karaoke or play the piano, the melodies that surround you can do your body good!

Below are just a few of the benefits of music:

Boosts Mood — Have you ever noticed that certain songs put a smile on your face? Listening to your favorite music triggers the release of dopamine, a brain chemical responsible for feel-good emotions.

Stimulates the Brain — Many areas of the brain are engaged when a person listens to or creates music, much like the way the body gets a workout during exercise.

Evokes Memories — Songs from the past have the ability to take us to another time and may bring back comforting memories. Music therapy often helps Alzheimer's patients.

Promotes Bonding — Attending a performance or joining a singalong or drum circle encourages social interactions and reduces feelings of loneliness.

**Our Talk.
Our Walk.
Every Day!**

**Platinum
Service®
Standard #19**

"I am a leader and I lead by example. I am a good steward of the environment and a role model both at work and in the greater community."

Platinum Service® is the cornerstone of our operating philosophy. This hospitality approach drives our community. Our community is committed to demonstrating kindness, responsiveness, commitment, integrity, and other positive traits that improve the satisfaction of our residents, their family members, and team members. Every day we work hard to make a difference in the lives of those we serve!

Resident Spotlight: Ruth M.

Ruth M.'s place of origin is North Canton, Ohio, and she proudly states that she's born and raised a Buckeye. She has completed two years of business school. During her working years, she held billing and payroll positions where she learned to run a comptometer. Prior to moving to Old Main Village in August 2017, she actively participated in yoga, balance class and the card game 500. She has two daughters and appreciates their company. Her travels are varied and include Canada, Washington, Oregon, Nova Scotia, Indiana, California, Boston and New Jersey. She's a baseball and basketball fan from the comfort of her living room chair. As a volunteer, she gleaned great satisfaction from having helped at the Food Shelf for 15 years and with church activities. Her past interests include the Friday morning coffee group; the creative arts of crocheting, knitting and needlepoint; music of Benny Goodman and 1940s era; ice skating; walking outside; riding her bicycle; gardening; her pets; collecting antiques and porcelain birds; and baking. She currently enjoys reading the newspaper and the Bible; playing cards; conversing about old times; watching the news, Channel 55 and Dancing with the Stars; and Old Main's social activities.

Food and Beverage/ Dining Services

Mac and Cheese ... Yes, Please!

For many, the ultimate comfort food is a bowl of creamy macaroni and cheese. Now considered a classic, the dish was first cooked up in Europe but made popular in America by one of the Founding Fathers.

Casseroles of pasta, cheese and butter have been around since at least the 1300s, with recipes published by Italian, French and English authors. Colonists likely brought versions of macaroni and cheese to America by the late 1700s, which was the same time Thomas Jefferson discovered the cheesy dish while working in Europe. He enjoyed it so much he had a pasta machine and Parmesan cheese shipped to the U.S. and later served the recipe at a state dinner during his presidency.

Mac and cheese found more fans during the Great Depression, when Kraft Foods began selling its boxed version, which cost only 19 cents and could feed four people. When World War II rationing limited fresh meat and dairy, Kraft's product became more of a staple, since one ration stamp could be exchanged for two boxes of the dinner.

Today, macaroni and cheese remains a favorite, with recipes ranging from simple pasta, cheddar, milk and butter to gourmet options featuring specialty cheeses and ingredients such as lobster and mushrooms.

Say It With Heart

With Valentine's Day and American Heart Month, February is focused on the heart. The universal symbol of love is also found in many common expressions.

Home is where the heart is — This means that your home is the place where you are the happiest, whether it's an actual location or simply being with people you love. The saying has been attributed to the ancient Roman author Pliny the Elder.

Young at heart — An older adult who has a youthful outlook and a zest for life is said to be young at heart, no matter his or her real age.

Follow your heart — Someone who makes a decision based on emotions or intuition follows his or her heart.

Absence makes the heart grow fonder — Being apart from someone special can strengthen your feelings for that person. The idiom is centuries old and was made popular by an 1800s ballad.

Wear your heart on your sleeve — People who express their emotions freely and openly are said to wear their heart on their sleeve. The first written use of the phrase was in William Shakespeare's "Othello."

Heart of gold — Just as gold is valuable, a person who is kind and generous is valued and is described as having a heart of gold.

Welcome to Old Main Village!

Dale G. moved into apartment 307 in January. Thank you for choosing OMV, Dale!

A Look at the Olympics

Speedskating, ice hockey and luge are a few of the many events on tap for the 2018 Winter Olympics in Pyeongchang, South Korea. Prepare for the Feb. 9-25 games by learning a bit more about the competition.

- This will be the 23rd Winter Olympics. The first took place in Chamonix, France, in 1924.
- South Korea hosted the 1988 Summer Olympics in Seoul, but this will be the Asian nation's first Winter Games.
- Figure skating competitions and the men's hockey gold medal game are considered the most popular events.
- The athletes in Pyeongchang will compete in 102 events in 15 sports.
- The 2018 Games will feature four new events: big air snowboarding, mixed doubles curling, mass start speedskating and mixed team Alpine skiing.
- For gold medal performances, keep your eyes on the Norwegian athletes. Although it is a country of just 5 million people, Norway dominates the Winter Games, holding the record for most gold medals and most medals overall.

The Art of Figure Skating

With their graceful jumps, smooth spins and fancy footwork, figure skaters can make gliding across the ice look effortless.

For centuries, skating was a form of transportation rather than a recreational pursuit or sport. In ancient times, people strapped animal bones to the bottoms of their feet and pushed themselves across icy ground with wooden poles. In the 13th century, the Dutch developed skates with iron blades and used them to travel between villages along frozen canals. Later in England, skating clubs and rinks became popular.

Ice skating was done in a stiff, rigid manner until the innovations of two Americans in the mid-1800s. Edward Bushnell invented skates with steel blades that allowed skaters to perform complex turns and jumps, and Jackson Haines became the father of figure skating when he used elements of ballet and coordinated the moves to music.

When Haines demonstrated his expressive techniques at exhibitions in Europe, the new skating style was a hit. By the early 1900s, North Americans had also embraced figure skating, and it became a worldwide competitive sport.

Figure skating is the oldest winter sport in the Olympics. The event debuted at the 1908 Summer Games in London, then moved to the Winter Games in 1924.

Activity Highlights of the Month

Happy February! I certainly hope that cute little groundhog doesn't see his shadow this year; winter has been long enough already! Here are some activities that will see us through the month.



Tom hard at work — we sure miss him but wish him the happiest in his retirement!

On Friday, Feb. 2, we'll Wear Red for Women to promote women's heart health, and we'll gather together to pose for a picture or two!

Last year, OMV had a Secret Cupid Group, and we're doing it again this year! If you join the Secret Cupids, you'll have opportunities to do special things for another resident for one week. Not only will you feel good by doing good but you'll receive special kindnesses, too. Your Secret Cupid will be revealed at a party the following week! There will be a signup on the white board.

Therapy Dogs International will stop by for their annual visit this month. If you're a dog lover, please be sure to open your calendar for this special afternoon.

Valentine's Bingo will be played the day before Valentine's Day. Be sure to come to win some fabulous prizes!

OMV will host a Winter Fair for residents where we'll play fun carnival games! Don't miss out on this exciting afternoon.

Music this month is with Gerry Buse, Lyndon Peterson and Beth Wilson. Lunch Bunches will be to Red Lobster and Busters in Mankato.

I wish you all a very happy and healthy month. Make memories with your loved ones.

Jenny

Resident Birthdays

Carolyn M., 7th Dorothy S., 27th

Employee Birthdays

Gavin H. (Wait Staff), 16th
McKenzie H., 20th



**OLD MAIN
VILLAGE**

Senior Living

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MANAGED BY
 **The Goodman Group**

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Annette Crane

Maintenance Director

Jim Pettit

Resident Services Coordinator

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Marketing Minute

Hello friends!

So far, the New Year is off to a great start. Holly and I attended the first bridal show of the season to showcase the Heritage Dining Room. We also hosted our first session of the Moments Matter Series. To top it all off, there was plenty of music to listen to!

On Wednesday, Feb. 14, Old Main Village would like to treat everyone to a special breakfast. It will be Valentine's Day themed. Please join us from 8:30 to 10:30 a.m. for our Valentine's Community Breakfast. There will be special surprises along the way. Please RSVP to Nicole at 507-388-4200 or nicole.kleinow@oldmainvillage.com by Tuesday, Feb. 6, if you would like to attend. Remember, all are welcome!

Our Moments Matter Series will continue in March. Be on the lookout for the date and topic in our March Newsletter.

I hope you have a fabulous February.

Nicole Kleinow, Sales and Marketing Director



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