

# GOOD Life News

*at Old Main Village*

AUGUST 2018

[www.oldmainvillage.com](http://www.oldmainvillage.com)



## News from the Executive Director

Greetings to everyone on this hot and humid day. It definitely feels like summertime in Minnesota, that's for sure! Things have been super busy at Old Main Village — in a good way. We have had many new residents make the move to OMV, and it's so good to see the hustle and bustle of activity during this time.

We are also in the process of planning our 30th anniversary celebration in September. We haven't quite figured out all of the details yet, but we plan to have some fun during assisted living week, which is the week of Sept. 9, and hopefully have a big celebration at the end of the week as well. Look for more details to come.

Have a wonderful August!

*Holly*

## Refreshing Watermelon

Sweet and juicy, watermelon is a taste of summer. The refreshing snack is 92 percent water, so it can quench your thirst and cool you off when the temperature soars.

Watermelon is usually considered a fruit, but it has some properties of a vegetable. It is a member of the gourd family and related to cucumbers, squash and pumpkins. Therefore, some say it can be classified as both a fruit and a vegetable.

What is not debatable is the nutrition packed into watermelon. Its ripe red color comes from high levels of lycopene, an antioxidant that has been linked to a decreased risk of heart disease and cancer, and may protect the skin from sun damage. Watermelon is also a good source of potassium and vitamins A, B-6 and C.

More than 1,200 varieties of watermelon are grown worldwide. While most types have a deep green rind and red or pink flesh, some varieties have an orange, yellow or white interior. Usually sliced into wedges or cubed, watermelon can also be served up in salads and blended into juices or smoothies. Every part of the melon can be eaten, even the rind and seeds.

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

**30 Years  
Recognizing  
Senior  
Citizens Day**

The United States Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom, leadership, and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include: starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.



## Resident Spotlight: Kent and Marilyn B.

Welcome Kent and Marilyn B. to Old Main Village! They joined our “family” on March 23, 2018. Kent hails from Windom, Minn., and Marilyn, from a farm by Westbrook, Minn.

Kent served our country in the Air Force and has enjoyed trips to visit military friends. His career involved being the postmaster in Jeffers, Minn. Upon retiring, he drove the shuttle for Lager’s. After Marilyn took time off from her college studies at Concordia, she returned to school at Minnesota State, Mankato, and completed a degree in accounting. She worked at Abdo, Eick & Meyers, CPAs. Their marriage blessed them with four children. With offspring in tow, the travel trailer saw many a mile to Florida, the east coast, California, various places out west, Mississippi and Michigan. A hobby they enjoyed together was collecting Fire King dishware. Celebrating birthdays and anniversaries with their family is very important to them.

Kent found a rousing game of pfeffer to be fun and has played with friends multiple times a week. Once in a while, he’ll sneak over to Jackpot Junction in hopes that lady luck is on his side. Marilyn was the treasurer for Echo Food Shelf and continues to sing in the church choir. Music has been in her blood for many years, as she also sang in the concert choir at Concordia where they had the honor of performing at Carnegie Hall in New York City. With generous hearts, they previously delivered Meals On Wheels. Now every Monday, they go to lunch with their birthday group.

Marilyn finds great enjoyment in carrying on the tradition of her Norwegian ancestors, knitting hardanger. She can be found taking her daily walks and tries to do them outside, weather permitting. Kent really takes to visiting with people and getting to know them, thereby fostering friendships. He has a another love in addition to his wife, Alexa.

## July’s Mystery Trip

Every summer, the OMV bus departs Mankato, travelling with two staff members and 12 residents. Where we’re going is decided ahead of time by the staff but is a mystery to all of the residents. The only thing they know for certain is that we’re stopping for lunch somewhere along the way.

Bill, the bus driver, had most everyone turned about as he took back roads out of the city, and there were times we didn’t know which direction we were going! Eventually, a water tower was spotted and some started to recognize Madison Lake. From there, we headed East on Highway 60. We traveled East until we reached Fairbault (where we went on last year’s mystery trip). As soon as we arrived in Fairbault, we left and headed North on Interstate 35. After our direction change, some thought Northfield was the final stop on the trip (It wasn’t this year but it might be in the future!). Some joked about going to the race tracks and the casino. Laughter filled the bus as guess after guess was made. Before too long, murmurs were heard, “...Cracker Barrel” as the bus slowly drove through the construction zone and past billboards advertising the restaurant.

It just so happened that our destination was the Cracker Barrel restaurant in Lakeville. For some on the bus, this was a new experience, and for others, it had been years since they’d been to a Cracker Barrel. We were seated and ordered, and before too long, our meals arrived.

The drive home was uneventful. We arrived back at OMV safe and sound before nightfall.



## Marketing Update

I am very happy to announce that Nancy Goettl has been hired as the new

Sales and Marketing Director at Old Main Village. Nancy brings extensive experience in working with older adults and has many ties to Minnesota State University (formerly Mankato State University, previously Old Main Village) and the Mankato community. Nancy began her role at Old Main Village on Monday, July 16, and we planned a welcome reception for her with the residents. Thank you to everyone for your patience while we filled this role and for your flexibility as I have devoted a great deal of time to tours and filling vacant apartments. We are excited to have Nancy on our team.

Holly

## Nursing/Health Care

It sure has been hot outside lately! Here are some tips and information to help you or your loved ones be aware of what to look out for. Please visit with us if you have any questions or concerns.

Krista, DON

### Signs of Elderly Dehydration

Signs of dehydration in seniors may include:

- Confusion
- Inability to sweat or produce tears
- Difficulty walking
- Rapid heart rate
- Dizziness or headaches
- Low blood pressure
- Dry mouth
- Low urine output
- Sunken eyes
- Constipation

If you suspect dehydration in an elderly loved one, you can check for a decrease in skin turgor by pulling up the skin on the back of the hand for a few seconds; if it does not return to normal almost immediately, the person is dehydrated.

### Causes of Senior Dehydration

Elderly dehydration is especially common for a number of reasons:

#### Medications

It’s not uncommon for seniors to be on several medications at any given time. Some of these may be diuretic, while others may cause patients to sweat more.

#### Decreased Thirst

A person’s sense of thirst becomes less acute as they age. In addition, frail seniors may have a harder time getting up to get a drink when they’re thirsty, or they may rely on caregivers who can’t sense that they need fluids.

#### Decreased Kidney Function

As we age, our bodies lose kidney function and are less able to conserve fluid (this is progressive from around the age of 50, but becomes more acute and noticeable over the age of 70).

#### Illness

Vomiting and/or diarrhea can quickly cause elderly dehydration.

#### Preventing Dehydration in Seniors

To help make sure your loved one doesn’t suffer from dehydration, make sure he or she consumes an adequate amount of fluids during the day; eats healthy, water-content foods such as fruit, vegetables and soups; and checks that urine color is light and output adequate (dark urine or infrequency of urination is a classic sign of dehydration).

Seniors also need to be educated to drink even when they’re not thirsty. Keeping a water bottle next to the bed or their favorite chair could help, especially if they have mobility issues.

## Activity Highlights of the Month

Hello everyone! What a splendid summer it has been! I hope everyone reading this has enjoyed the warm months as much as possible. There are more activities and outings planned for August. Here are some highlighted activities you can enjoy this month.

**Corn Dog Potluck:** You guessed it! The kitchen will be preparing corn dogs for the resident potluck this month. Yum! Everyone is invited to attend. If you’re able, please bring a dish to share with your neighbors.

**Watermelon Feed with the Neverly Brothers:** There will be fresh watermelon galore for you to eat at our annual Watermelon Feed. This year, the popular and well-liked Neverly Brothers are providing entertainment.

**New Resident Social:** Join the new residents of OMV as we come together for an hour (or more) of visiting. A snack and beverage will be available.

**Musical Ministries with Jeff B:** Jeff sings gospel songs and speaks about the greatness of the lord.

There will be a special volunteer musical performance this month! Myra and Steven, along with their mom, Dana, will play the piano, sing and dance for you. You may remember the family, as they’ve been here before. Please plan to attend!

The talented Oliver Krause is returning to provide entertainment as we celebrate July birthdays.

#### Outings in August:

**Joy Ride to Welsh Heritage Farm** — Sit back and relax as the van twists and turns through the country on your way to the farm located near Lake Crystal. They have fresh peaches right now!

**Fun times at the Nicollet County Fair in St. Peter** — There will be time for you to wander around and look at the various animals and crafts on display, as well as eat lunch, if you desire.

#### Ice Cream at Dairy Queen in Mankato

**Lunch Bunch to La Plaza Fiesta in Madelia** — This was a favorite spot when we first ate here last year.

**KFC Picnic at Minneopa State Park** — You are welcome to bring a sack lunch if you’d rather not eat KFC.

The end of the month brings a vacation for Barbara and the start of graduate school for Jenny. No worries, we’ll both be back in September!

Take care of one another.

Jenny

## Quote of the Month

“Summer afternoon — summer afternoon; to me those have always been the two most beautiful words in the English language.”

— Henry James



OLD MAIN  
VILLAGE

Senior Living

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MANAGED BY  
 The Goodman Group

## Staff

**Executive Director**

Holly Schoettler

**Director of Nursing**

Krista Gowans

**Life Enrichment Director**

Jenny Ellsworth

**Food and Beverage Director**

Jeff Morris

**Director of Marketing**

Nancy Goettl

**Resident Chauffeur**

Bill Beyer

**Business Office Director**

Mallory Shetka

**Housekeeping Director**

Annette Crane

**Maintenance Director**

Jim Pettit

**Resident Services Coordinator**

Barbara Saba

**LPN**

Rhonda Zimprich

## Resident Birthdays

Doris G., 14th

Helen M., 20th

Arlys S., 29th

## Employee Birthdays

Hillary S. (Wait Staff), 13th

Rachel M. (CNA), 15th

## Welcome to Old Main Village!

Over the last two months we've been very happy to welcome all of the new residents to OMV! Please be sure to attend the New Resident Social on Thursday, Aug. 9. OMV's newest residents will be the guests of honor.



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