

GOOD Life News

at Old Main Village

OCTOBER 2017

www.oldmainvillage.com

News From the Executive Director

Greetings and Happy October From Old Main Village! This is my absolute favorite time of year in Minnesota. Time for pumpkin spice everything and the changing of the colors From green to glorious red, gold, burgundy — oh my! There have been a lot of fun things happening at Old Main Village, and the good times continue this month. Speaking of the fun we have at OMV, did you know that Jenny and Barb put together over 135 activities for the residents each month? Think about that for a minute — that's pretty incredible! In fact, we have so much going on that sometimes it's difficult to get to everything you want to do. What a problem to have! As the weather is changing and the nights are getting cooler, it won't be long until we need to turn the heat on at Old Main Village. As I have reminded the residents every year, this is quite the process due to our boiler and chiller system, so patience will be needed until the weather is officially cool enough to make the switch. Good thing so many of us like "sweater weather," right?

Have a wonderful fall season, and I look forward to chatting with you in November.

— Holly

Marketing Minute

October is here. October is by far my favorite month of the entire year with the beautiful leaves, the cooler weather and of course, Halloween!

Saturday, Oct. 7, Old Main Village will be at a Senior Vendor show at Downtown Hy-Vee Mankato. Stop on by and say hello.

This month, Old Main Village will be beginning our "Moments Matter" series. Each month, a different topic and guest speaker will be presenting at Old Main Village. This month in October, the topic will be "What's New in Medicare for 2018." Robin Thompson, Senior LinkAge Line Information and Assistance Director, will be our guest speaker. Come and learn all the changes, ask questions and enjoy lunch on Old Main Village. This event will take place Wednesday, Oct. 18, in the Heritage Dining Room From 12-2 p.m.

I cannot wait for us all to enjoy the changes in the season to come!

— Nicole Kleinow, Director of Sales and Marketing



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

Health Literacy Month

This annual October observance is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopt a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit blog.thegoodmangroup.com.

Food and Beverage/ Dining Services

Hello!

I just wanted to introduce myself. My name is Jeff Morris, and I am your new Dining Service Director / Lead Chef.

Everyone here has been so welcoming to me; it makes me feel so blessed to be at Old Main Village.

Just to tell you a little about myself, I was born locally in Faribault, Minn., and graduated From Mankato East High School. After high school, I joined the Army and went to the Defense Mapping School at Ft. Belvoir, Va., to become a Geodetic Surveyor and was stationed at Ft. Bragg, N.C., for three years where I met my wife, Chong, who was From South Korea. I spent 30 years in North Carolina working in private clubs and restaurants. When I lost my wife to complications From Shingles four years ago now, I returned to Minnesota to be nearer to my family. I currently own a condo overlooking Madison Lake and love it here. My last position was with the Le Sueur-Henderson School district where I worked for nearly four years. I am very happy with my position here with Old Main Village and hope to be here for a very long time.

— Jeff

October Musing

“The harvest moon hangs round and high
It dodges clouds high in the sky,
The stars wink down their love and mirth
The Autumn season is giving birth.
Oh, it must be October.”

— Pearl N. Sorrels

Resident Birthdays

Dorothy D., 18th

Employee Birthdays

Maddie O. (Wait Staff), 11th

Barbara S. (Resident Services), 21st

Nursing/Health Care

Everyone at Old Main Village should get a flu shot! Please review the following information that is provided by the CDC (Centers for Disease Control).

Yearly flu vaccination is the best tool currently available to protect against influenza (flu), a serious disease which sickens millions of people each year.

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccination as the first and most important step in protecting against flu and its potentially serious complications. Millions of people have safely received flu vaccines for decades. Flu vaccination can reduce flu illnesses, doctors' visits and missed work and school due to flu, as well as prevent flu-related hospitalizations.

Reasons to get a flu vaccine:

Flu vaccination can keep you From getting sick From flu.

Flu vaccination can reduce the risk of flu-associated hospitalization, including among children and older adults. A 2014 study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit (PICU) admission by 74 percent during flu seasons From 2010-2012.

Another study published in the summer of 2016 showed that people 50 years and older who got a flu vaccine reduced their risk of getting hospitalized From flu by 57 percent.

Flu vaccination is an important preventive tool for people with chronic health conditions. Vaccination was associated with lower rates of some cardiac events among people with heart disease, especially among those who had a cardiac event in the past year.

Flu vaccination also has been shown to be associated with reduced hospitalizations among people with diabetes (79 percent) and chronic lung disease (52 percent).

Flu vaccination also may make your illness milder if you do get sick.

Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people and people with certain chronic health conditions.

For more information, visit: www.cdc.gov/flu or call 1-800-CDC-INFOCS

The following is a list of all the health and age factors that are known to increase a person's risk of getting serious complications From the flu:

- Asthma
- Blood disorders (such as sickle cell disease)
- Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
- Endocrine disorders (such as diabetes mellitus)
- Extreme obesity (people with a body mass index [BMI] of 40 or greater)
- Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
- Kidney disorders
- Liver disorders
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)

Resident Spotlight: Jean F.

June 16, 2017, is the day Jean made her home at Old Main Village. Her birthplace is Blackwell, Okla., she lived in Overland Park, Kan., for 40 years and she moved here From Topeka, Kan. During her working years, she was a supervisor at Sprint and performed accounting duties at her other places of employment. Her pastimes have included bridge, water activities, watching ball games, water color painting, embroidery and sewing. Of those, she loves bridge. She is a voracious reader and says mysteries are her favorite, of which she enjoys on her iPad. Her passion for the water elicited many sailboat rides, 10 cruises and various trips across the pond to Europe. Her grandchildren were a part of some of those trips. She loves the outdoors but has never lived where it's cold, so she'll have her first experience with a Minnesota winter in a few months. Cooking brings her joy, and she is an adventuresome cook, usually trying new recipes with her family. Old fashioned food is what her taste buds like the best. Her cat, Penny, was with her for 13 years. She counts the people and the good food at Old Main in bringing her a lot of happiness.

Activity Highlights of the Month

Happy October to you all! I hope everyone is enjoying fall; it is such a splendid time of the year. Here are some activities on the calendar this month.

Bandwagon at the Kato Ballroom: Adam Sandhurst and the Jolly Jammers are performing this month! The cost is \$5.

Tasha From the Reach Drop-In Center: Tasha is the Program Manager at the Drop-In Center which provides a safe environment for youth to receive assistance in overcoming homelessness. She will be here to talk about the organization and the positive impact it has had on local youth. OMV will be collecting items to donate to the center.

Historical speaker, David Jones: The title for his presentation is “Apollo: Why We Went to the Moon — a Non-Technical Look at Mankind's Greatest Technological Achievement.”

Halloween Social: It's time to dust off your Halloween costume! Join everyone in the Club Room for a fun gathering to celebrate Halloween.

Joy Ride to Schmidt's Meat Market in Nicollet and Welsh Heritage Farm near Lake Crystal.

Entertainment this month is with Dick Kimmel and Bob Dickhudt.

Lunch Outings will be to Beantown Grill in Fairmont and the Henderson Roadhaus.

Enjoy the month!

— Jenny

Horse Drawn Trolley Ride

Last month, we were fortunate to have beautiful weather for the trolley ride. We rode along Broad Street and were gone for about an hour. It's always a fun experience, enjoyed by all.





OLD MAIN VILLAGE

Senior Living

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Jim Pettit

Resident Services Coordinator

Barbara Saba

LPN

Rhonda Zimprich

How About Them Apples?

Apple pie, apple butter, caramel apples — America's favorite fall fruit is as versatile as it is delicious. Autumn is when the crop is harvested and apples are at their freshest.

- More than 2,500 varieties of apples are grown in the United States, and more than 7,500 types are produced worldwide.
- After they are planted, apple trees grow four to seven years before producing fruit.
- Once established, an apple tree can live for more than 100 years.
- Apple varieties range in size. From as small as a cherry to as big as a grapefruit. The largest apple ever picked weighed 3 pounds.
- A mature tree can produce 400 to 800 pounds of apples per year.
- Apples are part of the rose family, just like pears, plums and peaches.
- China grows the most apples, followed by the United States, Turkey, Poland and Italy.
- The apple is the official fruit of six states: Illinois, Minnesota, New York, Vermont, Washington and West Virginia.

Sign up on the white board to visit Welsh Heritage Farm where you can purchase fresh apples from their orchard and other tasty treats.

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Go to facebook.com/oldmainvillage to see pictures and catch up on all the fun here at Old Main Village. This is a great way for family members and friends to stay connected!