

GOOD Life News

at Old Main Village

DECEMBER 2017

www.oldmainvillage.com

News from the Executive Director

Greetings to you all at this festive time of year! As I am writing this to you, it's hard to believe Christmas will be just around the corner, as the weather today is bright and sunny. Hey, we'll take it, right? What a whirlwind the past few months have been for everyone. We have hosted many events including the Moments Matter series, education with the Senior Provider Network, Greater Mankato Growth Business Before Hours and of course, our usual monthly events. What will this year bring for everyone at Old Main Village? It is so hard to predict the future, but there are a few things I know for sure when it comes to life at Old Main Village. We will continue to provide the highest quality care when it comes to the health and well-being of our residents. We will honor the incredible employees we have who provide that care. We will be, as always, humbled that you have chosen Old Main Village as your home and the home for your loved ones.

Blessings to you and yours during this holiday season!

— Holly

Marketing Minute

Oh, the weather outside is frightful, but the smiles are so delightful! 2017 has been such a wonderful year. Old Main Village has welcomed new residents, new staff and new friends. As I reflect back on 2017, there is not a thing I would change. We have hosted a wide array of events, which welcomed our community and friends to see how truly beautiful Old Main Village is.

I would like to thank every individual who played a part in the Blood Drive on Nov. 8. We were able to collect 19 pints of blood to share with people in need!

As a reminder, we will be hosting our annual Holiday Treasures Open House on Sunday, Dec. 10, from 1 until 4 p.m. The event will take place throughout Old Main Village. We would like to invite all friends and families to attend this event. There will be an abundance of vendors to choose from. Who knows, you may even find a last minute Holiday gift you were longing for!

I wish you all have a very Merry Christmas and a Happy New Year. I can't wait to see what 2018 has in store for us all!

Blessings,

Nicole Kleinow, Director of Sales and Marketing



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"I am committed to my ongoing development. Knowledge and skills are essential in creating a great experience for our residents."

We use this Platinum Service mission in all we do to create a wonderful, safe and friendly community for our residents to call home. When we live up to the mantra of "Putting you at the heart of everything we do," we know that residents, families and team members are enjoying a positive, enriching experience each day. Understanding how to better serve our residents and families is very important to us. It helps make us contributing and supportive members of the community we serve!

Hospice Care: Comforting the Terminally Ill

By Mayo Clinic Staff

If you or a loved one has a terminal illness and you've exhausted all treatment options, you might consider hospice care.

What is hospice care?

Hospice care is for people who are nearing the end of life. Hospice care services are provided by a team of health care professionals who maximize comfort for a person who is terminally ill by reducing pain and addressing physical, psychological, social and spiritual needs. To help families, hospice care also provides counseling, respite care and practical support.

Unlike other medical care, the focus of hospice care isn't to cure the underlying disease. The goal of hospice care is to support the highest quality of life possible for whatever time remains.

Who can benefit from hospice care?

Hospice care is for a terminally ill person who's expected to have six months or less to live. This doesn't mean that hospice care will be provided only for six months, however.

Where is hospice care provided?

Most hospice care is provided at home — with a family member typically serving as the primary caregiver. However, hospice care is also available at hospitals, nursing homes, assisted living facilities and dedicated hospice facilities.

Who's involved in hospice care?

If you're not receiving hospice care at a dedicated facility, members of the hospice staff will make regular visits to your home or other setting to provide care and other services. Hospice staff is on call 24 hours a day, seven days a week.

A hospice care team typically includes:

- Doctors
- Nurses
- Home health aides
- Spiritual counselors
- Social workers
- Pharmacists
- Volunteers
- Bereavement counselors

How is hospice care financed?

Medicare, Medicaid, the Department of Veterans Affairs and private insurance typically pay for hospice care. While each hospice program has its own policy regarding payment for care, services are often offered based on need rather than the ability to pay. Be sure to ask about payment options before choosing a hospice program.

Activity Highlights

Hello! The last month of 2017 has arrived, and what a wonderful year it has been. Here are some activities you can look forward to this month.

Wine & Cheese & Bing Social: Relax and enjoy a nice glass of wine while listening to Bing Crosby sing his heart out.

Resident Christmas Open House: If you'd like to share your apartment with other OMV residents, please think about signing up to be a part of the open house. More information to come.

The River Bend Bells will be performing on Saturday, Dec. 9, at 2 p.m. Invite your family and friends to this special Christmas performance.

Other special groups who will be here this month are: The Sweet Adelines, West and East High School orchestra, band and chorus, The Little Flowers singing group, a brass quartet and Oliver Krause. Watch your pink sheets carefully.

There will be two extra shopping days this month on Friday afternoons. Bill will drop you off and pick you up one and a half hours later.

The bus will also be going to Sibley Park to view the spectacular Christmas light display. Two nights have been set aside so everyone will be able to go.

Instead of having an evening New Year's Eve party this year, you'll have the opportunity to celebrate and have a champagne toast at 12 p.m. in the dining room; it will be New Year's Eve at noon!

I wish everyone a safe and happy month. Enjoy your time with family and friends.

— Jenny

Resident Spotlight: Elsie O.

Elsie O. hails from outside of the United States. She was born in Venlaw, Manitoba, Canada. She enjoys doing crossword puzzles on a daily basis. Her volunteer time is spent being very involved in her church with alter guild duty, baking and potlucks along with baking for the Salvation Army. Her other volunteer passion is the Echo Food Shelf. All three have benefited from her many years of selfless giving. Autobiographies are her favorite indulgence when reading. Her travels have taken her to Europe three times, Hawaii four or five times, Canada and Denver, Colo. She has enjoyed making a variety of foods and still finds time to bake cookies at Christmas. In the past, she tended flower and vegetable gardens and did a lot of boating and camping. Music could be found in her home growing up, with her mother playing the pump organ and Elsie doing Ukrainian dancing, and with her own family, with her husband and son. What moves her is classical and big band music. Adding to her cultural experience is attending theatrical productions of the Merely Players and MSU plays.

Halloween Party 2017



Pictures from our Halloween Party!



OMV's witch coven



Ada and Barbara

Wishing you a season of gladness, a season of cheer and it top it all off, a wonderful year!

Happy New Year from OMV

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. Note these health benefits of music:

Boosts mood — Ever notice 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 sing-along or drum circle encourages social interactions and reduces feelings of loneliness.

If you're a fan of music, consider coming to Mindful Melodies, our new music therapy program that started last month. It's twice a month on Tuesdays at 3:30 p.m. in the Craft Room. Hope to see you there!

Resident Birthdays

Maureen S., 3rd Marjorie B., 20th
Daisy Q., 8th Kathy S., 29th

Employee Birthdays

Kirby L. (CNA), 5th
Holly S (Executive Director), 21st
Rachel H. (Wait Staff), 26th
Nicole K. (Marketing Director), 28th
Breanna C. (CNA), 29th

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Old-Fashioned Festive Fare

Whether carried on by culinary tradition or celebrated in story and song, some foods from years past remain part of the season's festivities:

Chestnuts — The lyrics of a sentimental holiday song describe "Chestnuts roasting on an open fire." Roasted chestnuts have been a common street food for centuries in Europe and Asia. The brown nuts are heated over a flame or in an oven. Once cooled, peeling the hard shell reveals a meaty, sweet-tasting nut.

Sugarplums — The beloved Sugar Plum Fairy rules the Kingdom of Sweets in Tchaikovsky's popular ballet "The Nutcracker." A long-ago luxury, this confection from the 17th to 19th centuries was not actually a sugared plum as the name suggests, but a type of small, hard-sugar candy that resembled the fruit's shape.

Figgy pudding — The word pudding is a generic term for dessert in Britain, where a figgy pudding topped with a holly sprig ends a holiday meal. The dome-shaped, moist spice cake, loaded with dried fruit, is also called plum pudding and was most popular in the 15th to 19th centuries.

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