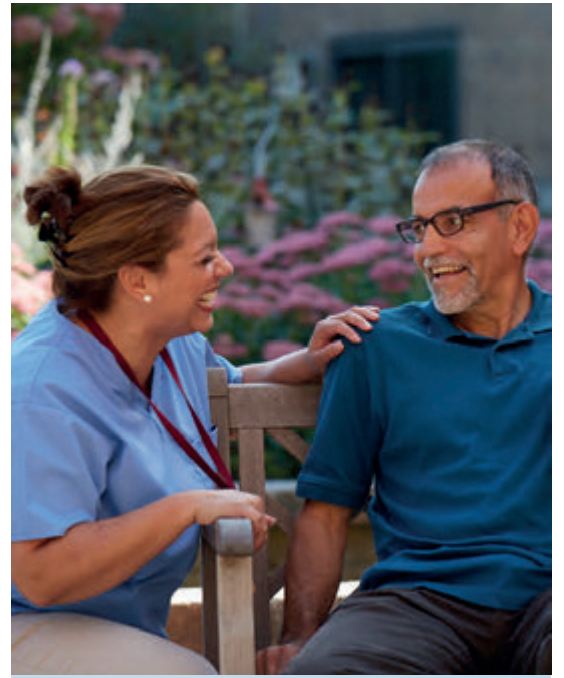


# GOOD Life News

at Old Main Village

NOVEMBER 2018

www.oldmainvillage.com



## News from the Executive Director

Greetings and Happy November from Old Main Village! The leaves are so pretty right now and we've even seen a few snowflakes today. I know I'm in the minority at Old Main Village, but I love to see the change of seasons and that includes WINTER! Life has been very busy around here with the thirtieth anniversary celebration and other fun events like the Medicare presentation for our residents. In addition, we've had some wonderful new residents make the move to OMV the past several months, and recently one of the family members said the nicest thing to me. She said they looked at several places, but at the end of the day, the reason they chose us is: "You know you're HOME when you walk into Old Main Village!" What a testament to the culture we have worked so hard to create and the wonderful residents and staff we have at Old Main Village. I know I am very grateful to work with such a wonderful group of people, and you have made my life very full.

Wishing you a wonderful November and Thanksgiving holiday with your families, friends and loved ones.

— Holly

## Cranberry Crop

Turkey, dressing and potatoes are the stars of a traditional Thanksgiving dinner, but a tart red berry deserves attention for its supporting role.

Cranberries grew wild in North America, and early Native Americans used them for food, medicine and as a garment dye. The Pilgrims called the fruit a "cranberry" because the plant's blossoms resemble the head and bill of a crane. Over time, the name evolved into cranberry.

TV commercials and pictures often show cranberries floating in flooded fields, leading many to believe they are grown in water. The berries actually grow on low, trailing vines in sandy bogs or marshes. During harvest season from September to November, the bogs are flooded and machines knock the berries off the vines. Because cranberries have air pockets, they float in the water, making them easier to collect.

About 90 percent of the U.S. cranberry crop is harvested wet. These berries become products such as juices, sauces and dried cranberries. The rest of the crop is harvested dry by using mechanical pickers and is sold as fresh fruit.

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

**Platinum Service®  
Standard #4**

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

We use our Platinum Service Standards to measure our ability to serve our residents and each other. When we live up to the requirements of Platinum Service and fulfill our job duties in an exceptional way every day, we know that we are truly doing a good job. Measuring individual and team performance against standards allows us to identify areas of improvement. This is important for the residents who will always enjoy great service from us and for us as employees. In fact, understanding how to better serve our residents, and how to minimize mistakes and rework makes us more efficient, productive, and ultimately more satisfied in our jobs.

## Life Enrichment

With the waning of the fall colors comes a time of gratitude and thanks. Gratitude for all the blessings we have in our lives, big and small, near and far. Thanks for the sacrifices made on our behalf by our military, big and small, near and far. The month of November brings Veterans Day and we will recognize our armed forces for their enormous contributions to our country and, therefore, the freedoms we enjoy.

Thanksgiving Day gathers us together, remembering the bounties we share. Each day, there are many people and experiences surrounding us that give us pause to say, "Thank you."

**Here's a quick overview of what's to come for November:**

- MSU music department presents, "Twin Cities Hot Club." Come enjoy the music as a prelude to dinner.
- Our civic duty calls for voting on Nov. 6 and Bill will shuttle you to participate in the mid-term elections.
- Mindful Melodies with Kiara will be here twice with her beautiful voice and rousing group singing.
- A resident favorite, The Neverly Brothers, will be here to croon their smooth songs.
- Veterans Day recognition for service to our country. We are forever grateful. We will never forget.
- The monthly birthday party with Duke Zecco is Nov. 15. He puts on a good show with his singing and guitar playing. Come enjoy a treat and celebrate.
- Our pals Max and Janie will be here for their monthly visit and show us what a wonderful companion Max is (when he wants to be, but we love him anyway). He has that swagger and trots in like he owns the place.
- **Thanksgiving Day:** a day to reflect on the cornucopia of our blessings.

Stay tuned and watch those pink sheets for the current information.

With my gratitude and thanks for allowing me to assist you in your home.

*Barbara*  
Life Enrichment Director

## Marketing Minute

Gobble! Gobble! Gobble! It is hard to believe that November is already upon us. It is a month full of celebrating our veterans and taking time to be thankful for all of our blessings. Speaking of blessings, I want to give a huge thank you to everyone that helped to make our 30-year anniversary celebration a big success. We had over 300 people celebrate with us and I still hear compliments around town about how beautiful our Old Main Village community is.

We also had a very informative educational seminar about Medicare and the changes that are happening. Many questions were asked and answered by Tammy Phillips-Kruger from Midwest Insurance Group, Inc. Homemade pie by Buffy The Pie Peddler was enjoyed by all. There will be some follow-up; more on that in the near future.

November will be host to a couple of fun activities. We plan on honoring our veterans with a hot breakfast open to the public on Nov. 12. We are also sharing our Heritage Dining Room with Lutheran Social Services for their Recognition Luncheon on Nov. 8 from 11:30 a.m. to 1:30 p.m., and also with VINE to host Arn Kind for his presentation of "Minnesota in the Great War" on Friday, Nov. 9, 1-2:30 p.m.

Thursday, November 22 is Thanksgiving. I hope all of you have the chance to give thanks for all the many blessings you have in your lives. Oh, and the food is great, too. I wish each of you a blessed November.

— Nancy Goettl

## An Honor to Veterans

On Veterans Day we honor all,  
Who answered to a service call.  
Soldiers young, and soldiers old,  
Fought for freedom, brave and bold.  
Some have lived while others died,  
And all of them deserve our pride.  
We're proud of all the soldiers who  
Kept thinking of red, white and blue.  
They fought for us and all our rights,  
They fought through many days and nights,  
And though we may not know each name,  
We thank ALL veterans just the same.



## De-Clutter for Safety: Tips from OMV Nursing

Following is an article I found very interesting and helpful. At Old Main Village, the staff is always on the lookout for possible safety concerns and situations that could increase the risk of falling. — Krista, RN

A common safety concern I hear often from family caregivers is that their aging parents are falling because of clutter in the home. For example, people often have piles of books and magazines blocking walking paths, boxes stored on steps and stairways and old, unused items stacked throughout the house. As a result, individuals can't safely navigate their home without tripping or losing balance. Hoarding can cause chaos and safety concerns in the homes of seniors.

### What is hoarding?

Basically, hoarding is a condition in which a person keeps thousands of things that they don't need or use. It's thought that about 5% of the older population are hoarders (exhibited by excessive accumulation of things and difficulty with discarding them). The behavior may focus on one type of item — such as books, papers or clothing — or encompass anything and everything.

### What motivates hoarding?

There are complex reasons behind hoarding. Some may include:

- An aging parent who has lost a lot in life (family members, items carrying meaning, etc.) and may feel compelled to hold onto things out of fear of future loss.
- A person who is suffering from depression, anxiety or dementia may be comforted by hanging onto things.
- Hoarding can be associated with grief. The person wants to "hold on" to a deceased person by keeping objects that the loved one gave to them.
- Hoarders have a tendency to exhibit indecisiveness, perfectionism, procrastination, disorganization, and avoidance. Some individuals have neuropsychiatric disorders such as schizophrenia, dementia, and obsessive-compulsive personality disorder.

### What are the dangers of hoarding?

Excessive clutter in the home can pose a serious safety concern.

- Hoarding becomes harmful when it prevents a hoarder from living a normal life. Eventually, clutter in the home becomes a barrier to normal activity, and for people with poor balance, a high fall risk situation! Some older people with hoarding problems cannot use necessary equipment, like canes or walkers, because there simply isn't room.
- Flammable materials such as stacks of newspapers, magazines, etc., present a fire hazard.
- Difficulty with home cleaning. This increases the risk of allergies and other health problems.
- Hoarding can put the person's health at risk. For instance, individuals may need a home health aide but may not feel comfortable letting anyone into their home.
- Medication errors can occur when old drugs are hoarded and confused with current ones.

### What can be done to help a hoarder de-clutter?

Managing aging parents who hoard involves both understanding and, above all, patience! Massive clean-outs of the home generally don't work. Typically, the hoarding behavior resumes after several months. Here are a few more effective suggestions:

- Seek out a professional organizer; some offer services targeted at helping people with hoarding issues.
- Start small. Are there a few reasonable goals that can be achieved? Such as clearing enough of a walkway to get to the bathroom safely? Or widening pathways so that the person's cane or walker can pass through more easily?
- People don't have to get rid of everything to make a room safer; it can be done by organizing or stacking things in a different way. Provide storage space for objects that individuals don't seem to be able to part with, such as magazine racks, cupboard space, plastic bins, etc.
- Discuss whether or not there are some items that the individual would be willing to part with — not like family memorabilia, but old newspapers, magazines, clothing, etc. Letting a person be part of the discussion and decision process gives them a sense of control.

Rein Tideiksaar, Ph.D., PA-C (or Dr. Rein as he is commonly referred to) is the president of FallPrevent, LLC, Blackwood, N.J., a consulting company that provides educational, legal and marketing services related to fall prevention in the elderly. Dr. Tideiksaar is a gerontologist (health care professional who specializes in working with elderly patients) and a geriatric physician's assistant.



**OLD MAIN  
VILLAGE**

Senior Living

301 South Fifth Street, Mankato, MN 56001  
507-388-4200 | [www.oldmainvillage.com](http://www.oldmainvillage.com)



MANAGED BY  
 The Goodman Group

## Staff

**Executive Director**

Holly Schoettler

**Director of Nursing**

Krista Gowans

**Life Enrichment Director**

Barbara Bormaster

**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 Bormaster

**LPN**

Rhonda Zimprich

## Resident Birthdays

Joyce S., 6th

Jennifer W., 17th

Jim M., 22nd

Doris B., 28th

## Employee Birthdays

Jeff M. (Chef), 5th

Abigail D. (Wait Staff), 7th

Veronica B. (CNA), 22nd

Tianna H. (Wait Staff), 25th

Krista G. (Director Of Nursing), 28th



## Like Us on Facebook

@oldmainvillage

Visit [facebook.com/oldmainvillage](https://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!