

GOOD Life News

at Old Main Village

AUGUST 2017

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! Last month, I shared with you the customer satisfaction scores and feedback from our residents and families. This month, I'd like to focus on our employee satisfaction scores to show you how we are doing in ensuring that Old Main Village is a great place to work. Below are all areas that were scored as "Excellent" on the recent survey:

- Overall Satisfaction: 50% — Increase of 18%
- Recommendation for Job: 50% — Increase of 6%
- Recommendation for Care: 68% — Increase of 10%
- Work Environment Domain: 54% — Increase of 15%
- Training Domain: 34% — Increase of 14%
- Supervision Domain: 65% — Increase of 3%
- Management Domain: 51% — Increase of 14%

Keep in mind that when we pull the "excellent/good" responses the numbers skyrocket — this is a reflection of the total percentages that were ranked "excellent." What does this mean to you? It means that when our employees give us feedback, we listen. We want to know how we are doing and what we can do to make the work experience at Old Main Village a better one. As always, if you have suggestions for us on how we can improve life at Old Main Village, please let me know.

— Holly Schoettler

Welcome to Old Main Village!

All the way back in June, we welcomed Jean F. into apartment 311 and in July, Mary Lou moved into apartment 114.

The staff hopes you feel at home here. Thank you for choosing historic Old Main Village for your new residence.

Our Talk. Our Walk. Every Day! 29 Years Recognizing Senior Citizens Day

The U.S. 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.

Fall Prevention: Simple Tips to Prevent Falls

Fall prevention may not seem like a lively topic, but it's important. As you get older, physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, consider simple fall-prevention strategies.

1. Make an appointment with your doctor

Begin your fall-prevention plan by making an appointment with your doctor. Be prepared to answer questions such as:

- What medications are you taking?
- Have you fallen before?

2. Keep moving! Join one of the FIT classes offered at OMV!

Physical activity can go a long way toward fall prevention. With your doctor's okay, consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

If you avoid physical activity because you're afraid it will make a fall more likely, tell your doctor. He or she may recommend carefully monitored exercise programs or refer you to a physical therapist. The physical therapist can create a custom exercise program aimed at improving your balance, flexibility, muscle strength and gait.

3. Wear sensible shoes

Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall, and so can walking in your stocking feet. Instead, wear properly fitting, sturdy shoes with nonskid soles. Sensible shoes may also reduce joint pain.

4. Remove home hazards

Take a look around your apartment. Your living room, kitchen, bedroom, bathroom, hallways and stairways may be filled with hazards. To make your apartment safer:

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape, tacks or a slip-resistant backing — or remove loose rugs from your home.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food. Call for OMV care staff assistance with these tasks if needed.
- Use nonslip mats in your bathtub or shower. Use a bath seat, which allows you to sit while showering.

5. Light up your living space

Keep your home brightly lit to avoid tripping on objects that are hard to see. Also:

- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of your bed for middle-of-the-night needs.
- Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches.
- Store flashlights in easy-to-find places in case of power outages.

6. Use assistive devices

Your doctor might recommend using a cane or walker to keep you steady. Other assistive devices can help, too. For example:

- A raised toilet seat or one with armrests
- Grab bars for the shower or tub
- A sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle for bathing while sitting down. If you feel you need a different shower head or additional grab bars in your shower, please let the nursing staff know so proper measures can be taken to ensure you have the safety devices you need.

If necessary, ask your doctor for a referral to an occupational therapist. He or she can help you brainstorm other fall-prevention strategies. Always have your emergency pendant with you. This is the absolute best way to call for OMV care staff to assist you in the event of an emergency.

Marketing Minute

This summer is just flying by! I suppose it helps when you stay busy.

On July 17, Nicole and Holly represented Old Main Village at the Minnesota Twins game. Old Main Village and The Goodman Group were being recognized for their work with the Beyond the Yellow Ribbon program. Beyond the Yellow Ribbon is a program that creates awareness for connecting Service members and their families with community support, training, services and resources.

Thank you to all the residents, friends and family who attended The Gift of Hospice on July 26. It was an absolutely wonderful and educational presentation.

On Aug. 17, Old Main Village will be hosting the "Paint for a Cure" fundraiser for the Walk to End Alzheimer's. Laura Doyen, of Design and Wine, will be leading this class. The event will take place beginning at 6:30 p.m. in Old Main Village's Club Room. Cost for the event will be \$35. All proceeds from this event will be donated back to the Mankato Walk to End Alzheimer's. To sign up, please contact Nicole at 507-388-4200.

Old Main Village will be hosting monthly educational events beginning in October. If you have a suggestion for a topic you feel is important to be discussed, please contact Nicole at 507-388-4200 or nicole.kleinow@oldmainvillage.com.

The Over 90s Party



Food and Beverage/ Dining Services

Tomato Talk

Nothing says summer quite like the taste of a fresh tomato. Easy to grow and full of vitamins and other nutrients, tomatoes are popular picks at farmers' markets, in home gardens, and as an ingredient in a variety of dishes.

The hundreds of tomato varieties are categorized according to their use:

Globe tomatoes — These are typically what people picture when they hear the word "tomato." Large, round and red, globe tomatoes are ideal for sandwiches, which is why they're often called slicing tomatoes. They're also commonly known as beefsteak tomatoes because of their meaty texture.

Salad tomatoes — This is the name for any medium-sized tomato, about 2 to 3 inches in diameter, with a juicy, intense flavor. There are more cultivated varieties of salad tomatoes than any other type of tomato.

Cherry and grape tomatoes — These tiny tomatoes are shaped like the fruits they're named after. They're very sweet and juicy, so they make a perfect snack or salad topping.

Roma tomatoes — These are the tomatoes you want if you're making a sauce or stew. Also called plum, paste or Italian tomatoes, Romas feature a thick skin and less moisture, so they have a long shelf life. Sweet and firm, they're easily recognized by their egg shape.

Activity Highlights

Happy August, everyone! Let's enjoy this month with these fun activities, outings and parties.

Keith's Retirement Party: Don't miss out on this opportunity to wish Keith a happy retirement. We are hosting an open house in his honor on Aug. 3, from 2:30-4:30 p.m., in the Club Room. Everyone is welcome!

Meet & Greet with Jeff: Meet OMV's new chef, Jeff, during this short and sweet get-together.

Outing to the Nicollet County Fair in St. Peter: The fair has a wonderful 4-H building, along with animal barns, food stands and other exhibits. There is time for you to explore the fairgrounds and eat lunch, if you like.

Additional Outings: Farmer's Market in Mankato, Good Thunder Bar for lunch, Rapidan Dam Café and Schmidt's Meat Market in Nicollet

Ukulele player Hanna Cesario will be back this month. She was a crowd favorite at her OMV debut in June. Oliver Krause will also be here for a "Beat the Heat Social," and Duke Zecco will offer entertainment during the August birthday party. Another crowd pleaser at his OMV debut, Johnny Bird, will be back for entertainment during our annual Watermelon Feed. There will be plenty of watermelon for everyone, as well as some salt shakers for those who like a little salt with their melon.

Like always, I wish you and your loved ones a happy and healthy month.

— Jenny

Resident Birthdays

Helen M., 20th Arlys S., 29th

Employee Birthdays

Tom B. (Front Desk), 5th
Keith K. (Chef), 14th
Mariah C. (CNA), 25th



OLD MAIN VILLAGE

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Business Office Director

Tom Bolstad

Housekeeping Director

Annette Crane

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Coordinator

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LPN

Rhonda Zimprich

Resident Spotlight: Pat R.

Patricia R., who joined our Old Main family in March 2017, is a homegrown lady. Even though she calls Mankato home, she has lived in such places as Colorado and even spent three years in South America. She truly feels it was a great experience. Her offspring are a son and daughter who both live away, but she has siblings who live in Mankato. Since family has always been very important to her, their activities and travels were always inclusive of her children. During her working career, she was employed for 20 years in the drugstore business and found great satisfaction in helping the elderly and widowed. In addition, as an employee of Evergreen Industries, she was proud to say she made her required quota of Christmas wreaths; 3,500! Over the years, her family had a variety of dogs whose companionship she enjoyed a lot, and to this day, she likes watching animal shows. When it came to baking and cooking, she was game for anything and everything to the point she was trying new recipes most of the time.

"Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them." — Dalai Lama

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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!