

GOOD Life News

at Old Main Village

FEBRUARY 2019

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News From the Executive Director

Greetings to everyone as we begin the countdown to spring! By the time you are reading this, hopefully the weather is improving and we are able to leave our homes without dressing like Eskimos. As usual, some exciting things are happening at Old Main Village right now. Some of you know Leslie as our every-other-weekend receptionist, and now, you will get to see her on Mondays and Thursdays, as well as when she assists in covering the front desk. This is a much needed addition to our team to allow Mallory, our business office manager, time to focus on important tasks such as payroll, accounts payable and all other necessary aspects of her job. Having covered the front desk in the past, it is a very busy place, and juggling all of those duties in addition to answering the phone, greeting guests, fielding questions, etc., can be very challenging. Leslie is happy to be here more often, and we are happy to have her. In addition, we have hired a new cook to assist us in the kitchen. This is great news for Jeff and Amy, as they both put in many extra hours when we have weddings and other events in our Heritage Dining Room. Scott comes to us with many years of experience, and he is happy to be a member of the Old Main Village Team. Finally, we are implementing a new system for communication with our residents and staff called "Friday Forums." Specific time will be set aside one Friday each month for residents and staff to meet with me one-to-one to discuss any issues or concerns they have. While I always have an open door policy, sometimes meeting with someone spontaneously isn't as effective, as there may be meetings or conference calls I need to attend, or I may have another resident or family member scheduled to meet with me at that time. There will be a sign-up sheet posted for residents and staff to sign up and reserve a spot where they can have my focused attention.

Have a wonderful February — stay warm!

Holly

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

**Platinum Service®
Standard #7**

"I never say "no" to an opportunity to serve our residents and to improve their living experience."

Each day presents itself with the opportunity to serve others from the heart. We have the unique opportunity to enrich the lives of others and show our professionalism and genuine care. Listening to our residents' requests and practicing acts of kindness creates memorable experiences. We strive to place our residents at the center of everything we do.

*"A good head and a good heart are always a formidable combination."
– Nelson Mandela*

February Life Enrichment Update

As January melts into February, it gives way to thoughts of Valentine's Day. Our reflections may include those we love and hold dear in our hearts, as well as those we miss. We'll be celebrating the day of love and affection on Thursday, Feb. 14, with a Valentine Candlelight Dinner in the Dining Room. Come dressed in your Valentine finest, if you wish.

Speaking of red, Feb. 1 is National Wear Red Day. Please consider wearing red, in large amounts or small, as a symbol to show support for women's heart health.

Our monthly potluck will be on Feb. 8 at 12:15 p.m. in the Club Room, followed by Kitchen Chat with Jeff at 1:15 p.m. in the Private Dining Room and topped off with a visit from our dog pal, Max, with his human mom, Janie, at 2 p.m. in the Club Room.

A craft project related to Valentine's will be on Feb. 5. Let's "rock" it.

The two hot breakfasts will be Feb. 11 and 25. Don't forget to sign up.

Blood Pressure Clinic will be moved to Monday, Feb. 11, at 1 p.m., in the Club Room.

For those who love to dine out with the Lunch Bunch, we're offering a double header. On Feb. 12, we're going to Happy Chef, and on Feb. 26, to Charley's. Sign up to get a spot.

The monthly KFC picnic will be on Feb. 20. Be sure to sign up, designate white or dark meat and pay Mallory.

It's been a coon's age since we've had root beer floats, so we're going to indulge in the yummy afternoon treat on Feb. 19.

Our monthly birthday party will be on Feb. 21, and Hanna Cesario will share her talent on the ukulele.

For those of Norwegian descent or for those with a penchant for lefse, come take in the lefse-making experience with our very own staff member, Karissa. She will be making this delicacy on Saturday, Feb. 23, at 3 p.m. Mmm. I can taste it now! Stay tuned to your pink sheets.

Marketing Minute

It is Fabulous February! Goodness, where did the time go? I think I still have some leftover Christmas greetings to get out. This is my birthday month, so I guess you could say February is a special month for me.

"Noon" Year's Eve was a delightful celebration at Old Main Village. I cannot describe how fun it was with the decorations and the countdown to the celebration. We felt like we were in Times Square! We even had a ball on the chandelier virtually dropping.

Ring in my first New Year with Old Main Village will be a memory I will keep forever. I love the residents here, and it is exciting to begin a fresh start with all of you.

February is going to be very busy with lots-o-love. Valentine's Day is always a special way to recognize all of those whom we love and appreciate. We will be having a "Love Week" breakfast celebration for our 55-plus friends in the Mankato and surrounding areas. That will happen on Feb. 11. We will also be promoting our beautiful Heritage Dining Room for weddings and anniversaries at the winter Wedding Show at the Verizon Center on Feb. 24. Any reason to promote our wonderful Senior Living Community is always a joy to me.

Please remember my door is always open if you have any suggestions or comments. It is an honor to be here and to know I will celebrate my birthday as the Sales and Marketing Director of Old Main Village this year. I know I have found my calling.

Also, just a reminder, please do not forget we do offer a referral bonus. If you refer someone to OMV and they move in, after their third month of staying with us, you will receive a \$1,000 rent discount, not to mention, a new friend for all of us!

Have a fantastic February!

Nancy Goettl

Happy Valentine's Day!

Just to let you know how special you all are to us at Old Main Village. You're all Valentines to us.

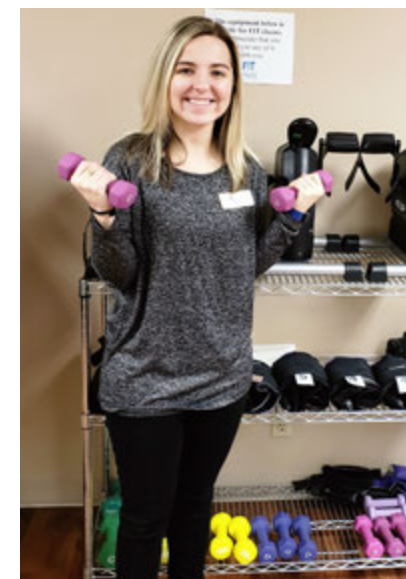


February Employee Spotlight: Kate Schroeder, L.E. Assistant/Resident Services Coordinator

Greetings, Old Main Village family! I started working here two months ago and would like to tell you more about myself. I was born and raised in New Ulm, which is 30 miles west of Mankato. I moved to Mankato in 2013 to attend college at Minnesota State University, Mankato, where I got my degree in Community Health Education. I've been engaged to my fiancé Scott since December 2017, and we'll be getting married in May this year! Scott and I have known each other since elementary school. Scott just recently graduated from Minnesota State University, Mankato, with a Business Management degree and a minor in Business Administration. He currently works part-time at UPS as a package handler and is hoping to find his full-time job soon. I currently do not have any children, but I hope to one day in the future. I do have two cats, and their names are Oliver and Fiona. They are very playful and affectionate kitties.

When I am not at work, you would probably find me in my kitchen cooking or baking something very delicious. I really enjoy cooking and baking. I am always looking online for new ideas and recipes to try. I have many different kinds of cooking appliances, and using them makes cooking and baking a lot of fun. I also really enjoy being outdoors and hiking. When I was growing up, my family and I would always go on hikes. Scott and I also enjoy hiking together, especially in Northern Minnesota.

I have really enjoyed my first two months working here, and I look forward to getting to know everyone even more in the future! I love to help people, so feel free to ask me for help anytime!



Kate helps residents stay strong in our FIT classes.

OMV Nursing News

Here are a few tips about hearing aids that may be helpful for individuals who wear them or for family members who are involved in helping those with hearing aids. Occasionally, individuals take hearing aids out and misplace them. It is possible to have the person's name put on the hearing aids. If you already have them, I am sure you can go back to the audiologist and have this done. There is something called an "otoclip" that can be attached to each hearing aid so that it clips to the back of the shirt. I'm sure you have heard of situations when hearing aids are missing and there is always the possibility they have been thrown out. The clips may help avoid this from happening. It is a good practice to automatically choose a day of the week and change the batteries each week on that day. This is especially important for individuals suffering from dementia who may not always make his/her needs known. The hearing aid battery may be dead and the individual may not alert anyone, therefore, his or her hearing is greatly impaired. If there is a dead battery, it is the same as having no hearing aid! It is best to keep batteries at room temperature. If they are kept in the refrigerator, they should sit out at least five minutes before putting them into the hearing aids to avoid condensation. Be aware that each hearing aid is marked by color: Blue is the left ear, and Red is the right. If you are assisting with putting the hearing aids in for an individual, cup your hand around the hearing aid after you put the battery in and before you place it in the individual's ear. You should hear a "humming" sound if they are working. If you have any questions about hearing aids or the nursing services Old Main Village can offer you or your family member, please see Krista or Rhonda.

Stay Healthy!

Krista, DON

Resident Birthdays

Carolyn M., 7th Kent B., 12th Doug O., 25th

Employee Birthdays

Gavin H. (Wait Staff), 16th Nancy G (Sales & Marketing Director), 26th
Shante M., 18th

Please Welcome Our New Residents to Our OMV Family

Please give a warm welcome to:

Darold R., Apartment 109

He enjoys playing the piano, so you may have heard him serenade us in the Heritage Dining Room.



OLD MAIN VILLAGE

Senior Living

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507-388-4200 | 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

Steve Csizmadia

Resident Services Coordinator

Kate Schroeder

LPN

Rhonda Zimprich

Dining Services

Power Up with Protein

Strategy: Stay satisfied until your next meal while you keep the carbs low.

Calorie Count: 150-250*

Snacks in a Snap:

- ½ cup cottage cheese topped with 2 tbsp nuts (mixed nuts or slivered almonds), dash of cinnamon
- 2 tbsp peanut butter or olive tapenade and 2 large thin (¾ oz.) whole-grain crackers

- 2 pieces (2 oz.) string cheese and ½ large apple or 5-8 cherry or grape tomatoes
- 1 hard-boiled egg sliced or chopped, mixed with 2 tsp mayonnaise. Eat on its own or use it as a dip with celery sticks or baby carrots
- 2 oz. lean turkey breast or 1 oz. turkey and 1 oz. sliced cheese on 1 slice whole-wheat bread (moisten bread with thin slices of avocado and/or mustard)
- ½ cup mixed nuts (make your own nut combo from the nuts you enjoy)



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