

Good Life

NEWS

at Old Main Village

SEPTEMBER 2019

NEWS FROM THE EXECUTIVE DIRECTOR

Greetings everyone — welcome to September at Old Main Village! Change of season is always exciting, and fall always makes me think of back to school, no matter how old I am. It was always such a fun time with my kids, picking out their school supplies, especially a new box of crayons. Who doesn't love that? August was a busy month as we welcomed many new residents and families to Old Main Village. In addition, we completed a lot of work around the building, including giving a face-lift to the original entrance off of 5th Street. This month we will be celebrating Grandparents Day on Sunday, Sept. 8, with a fun Taco Bar with our residents and families. In addition, we will be kicking off Assisted Living Week that day and planning some fun activities during this time for our residents and staff. As always, watch your pink sheets for details and times for the upcoming events. Have a wonderful September and I look forward to what next month has to bring!

Holly

GRANDPARENTS DAY

Connecting With Grandkids

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations. Whether your loved ones live near or far, there are a variety of ways to connect with them and create lasting memories.

Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits or phone calls, or sending “just because” cards by mail. With technology such as email, text messaging, video calls and social media websites, it's even easier to stay in touch.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences. Your loved ones will treasure reading about those memories now and for years to come. Creating these keepsakes can be a fun hobby and help you feel closer to your family, even when you're apart.

You've probably heard the saying, “They may forget what you said, but they will never forget how you made them feel.” What grandchildren will value most from you is love and support. Showing interest in their lives, offering a listening ear, and saying “I love you” are all simple yet shining ways of being a great grandparent.

MARKETING MINUTE

“Try to remember, the kind of September ...” Where did the summer time go? It is back-to-school time, once again. August was a very busy month. We have four new residents who moved in and we will have a new resident joining us this month. We will be trying a new idea to bring in new prospects to Old Main Village called the “Tour and Take Out.” It will be fun to have several people coming by to take a tour. It will be on Sept. 24, between 4:30 and 6:30 p.m. I know it will go well. Sometimes, we just need others to see what a wonderful community we have at Old Main Village. This is one more way to show off. We are filling up OMV with new residents. Fall is an exciting time. It will be nice to see the leaves changing and to welcome more new residents. Please keep in mind, we do offer a terrific referral bonus! If you refer someone to OMV, and they decide to make Old Main Village their home, after the third month, YOU will receive a \$1,000 rent discount. I wish you all a very spectacular September!



Nancy Goettl

SEPTEMBER LIFE ENRICHMENT UPDATE

Labor Day and the Minnesota State Fair bring thoughts of summer waning. Yet we can delight in what's to come, still savoring the sun's warmth, while knowing fall is just around the corner. Let's take a peek at what's shaking at Old Main.

Coffee and Rolls will be on Tuesdays, Sept. 3 and 17, at 9:15 a.m., in the First Floor Living Room. Come start your day visiting with your neighbors and have a pastry, or two, to boot. Donuts have zero calories, don't they?

On Thursday, Sept. 5, is the Chronic Pain Support Group Meeting at 11 a.m., in the Craft Room and the monthly Village Meeting at 2:30 p.m., in the Club Room.

The Hot Breakfasts will be Fridays, Sept. 6 and 20, starting at 8:30 a.m., in the Heritage Dining Room.

Catholic Communion will be at 1:30 p.m., on Sept. 6, in the Craft Room and Kate will conduct a craft project at 2:30 p.m., in the Craft Room.

Due to a function scheduled in the Club Room during the day, Saturday, Sept. 7, will have some changes. Breakfast will be in the Craft Room. Quarter Bingo will be in the Craft Room at 2 p.m. Prayer Circle will be in the Private Dining Room at 3:15 p.m. The evening meal will be at 5:15 p.m., in the Heritage Dining Room.

Happy Grandparents Day on Sunday, Sept. 8. We will have a Taco Bar at the noon meal along with decorations, music and fun. Please sign up to bring up to four family members. Grandparents play a very special part in our lives and we appreciate the wisdom they pass along to the younger generations.

We can't finish off the summer without going to the Farmers Market. This time it will be to the North Mankato Farmers Market on Monday, Sept. 9, at 3:30 p.m. Please sign up to pick up homegrown items to delight your tummy.

Coffee and Card Bingo is a rousing time in the Craft Room. It's at 9:15 a.m., on Sept. 10 and 24. Take a chance and possibly win a sweet treat. Can you tell we like food around here?

Speaking of food, our Lunch Bunch excursions will be Sept. 10 and 24, with the bus departing at 11:30 a.m. Please sign up.

Mindful Melodies will be at 3:30 p.m., in the Craft Room on Tuesdays, Sept. 10 and 24. Kiara does a wonderful job planning and executing the musical program.

The Colonel's famous chicken lunches will be at 11:45 a.m., in the Club Room on Wednesday, Sept. 11. Please sign up and pay at the Front Desk.

Schwan's will take your orders and bring your items on Wednesdays, Sept. 11 and 25, at noon.

The Foot Care Clinic is Wednesday, Sept. 11, at 1:30 p.m. Please sign up at the Front Desk.

Returning after summer break is our monthly Blood Pressure Clinic brought to our residents by the South Central nursing students. From 2 to 3 p.m., it will be in the Club Room on Wednesday, Sept. 11.

On Thursday, Sept. 12, is the Low Vision Support Group Meeting at 11 a.m., in the Craft Room.

Hanna Cesario will have a return engagement to OMV. She'll sing and play her ukulele while delighting us for a mid-afternoon performance at 2:30 p.m., in the Club Room.

Friday, Sept. 13, Chef Jeff will provide the main entrée for our monthly Resident Potluck at 12:15 p.m., in the Club Room. Bring a dish to share, if you wish.

By request and to recognize Assisted Living Week, we'll have ice cream sundaes in the Club Room, at 2 p.m. We thank our Nursing staff for their dedication and hard work they provide to our residents.

We're happy to have Robert Bozaich back, as he was so well-liked at his last musical performance. Join us for "Music to Our Ears" on Tuesday, Sept. 17, at 2 p.m., in the Club Room.

Our veterans will have some time set aside to visit and share stories about their military experience at Veterans' Coffee and Chat, Sept. 19, at 2:30 p.m., in the Private Dining Room.

Our faithful, furry friend, Max, with his human mom, Janie, will be here to visit and show off his many talents on Friday, Sept. 20, at 2 p.m., in the Club Room.

Saturday, Sept. 21, a noon meal will be served. The three activities of Bingo at 2 p.m. Prayer Circle at 3:15 p.m., and Card Making at 4:30 p.m., will all be held in the Craft Room.

Let's party! Our monthly Birthday Celebration will be Thursday, Sept. 26, at 2:30 p.m., in the Club Room. Mary Ann Dundas will bring her music and talent for all to enjoy.

Kitchen Chat will be Friday, Sept. 27, at 1:15 p.m., in the Private Dining Room.

Our monthly Book Club will meet at 2:30 p.m., on Friday, Sept. 27, in the Club Room.

Autumn begins Sept. 23, but we have faith there's still a goodly number of sunny, warm days in our future. We offer so much more than the information above and hope to see you joining in our activities.

Happy Autumn,

Barbara

Life Enrichment Director

OMV NURSING NEWS

Lyme Disease: Good information to have!

Lyme disease is a bacterial infection often caused by the bite of a tick. This disease is often misdiagnosed because it mimics the symptoms of other serious health problems and illnesses. As a result of a misdiagnosis, patients are often treated with medicines that don't actually work with Lyme disease. The following information could assist with identifying the symptoms of Lyme disease and understand how to address the situation.

Symptoms of Lyme disease

- Small red circle at bite site followed by a larger white circle and a larger red outer circle (often resembles a bull's-eye)
- Does not itch and is not painful
- Rash disappears after four weeks
- Headaches
- Chills and fever
- Muscle aches
- Sore throat
- Fatigue
- Vision problems
- Swollen lymph nodes
- Large joint pain
- Limb numbness
- Brain fog
- Severe migraines

How Lyme Disease Affects Seniors

A senior's immune system is less effective the older they get. The body of a senior typically responds much slower to treatment. This presents a greater risk for them, especially if Lyme disease is misdiagnosed during the first stage. If Lyme disease is not cured with antibiotics, it becomes increasingly difficult for doctors to find a cure for seniors. Many of them already have symptoms from other diseases that mimic those of Lyme disease. The longer this disease remains within the body without proper treatment, the more likely it will become fatal.

Possible Treatments

The sooner a doctor properly diagnoses the disease and begins treating the individual with the recommended antibiotics, the more likely the person is to fully recover from Lyme disease. In later stages, the symptoms become more complicated and make it increasingly difficult for the individual to heal completely. Infection can be healed within two to three weeks with antibiotic treatment, while lingering symptoms are treated as they appear. If treatment is administered later, those with Lyme disease often exhibit lifelong symptoms including chronic muscle aches and pains, nausea, and fatigue.

Krista, Director of Nursing

SEPTEMBER EMPLOYEE SPOTLIGHT: BARBARA BORMASTER, LIFE ENRICHMENT DIRECTOR

Barbara hails from Mankato and calls herself alumnae of the Academy of Our Lady of Good Counsel and Minnesota State University, Mankato. She holds a degree in Business Administration. Her brother, Joe, is five years her elder and just married for the first time at the young age of 68 to Gail. They reside in Mankato. Her sister, Margaret, is two years younger, married, has three children and lives in New York. Previously, she co-owned a construction company for 22 years. She has been employed at Old Main for seven years and finds great joy in helping residents have a good quality of life. On May 5, 2018, she married Ron, whom she met on Match.com and dated for five years. She was very discerning during the dating process. After all, isn't that what dating is about ... discerning? With the marriage, she was blessed with a daughter, son-in-law and two grandchildren. Madison is 15 and Caden is 11. They live in Texas. Being so far away means Ron and Barbara help keep Southwest Airlines in business. She enjoys music, dining out, traveling and spending time with family and friends. She has done scrapbooking and has a camel collection. Being of Lebanese descent, years ago she took belly dancing lessons in an effort to pay homage to her heritage.

RESIDENT BIRTHDAYS

Jay W., 4th
Jennifer W., 17th

Pat J., 19th
Ruth W., 24th

Nadine S., 25th

EMPLOYEE BIRTHDAYS

Abby P. Wait Staff, 22nd

DINING SERVICES

An Abundance of Apples

Eaten as a snack or in a homemade dessert, apples are a favorite fruit, especially in autumn. You're sure to fall for one of these common varieties:

Gala — Small and sweet, Gala apples are ideal for snacking, and that makes them the top pick among consumers and the most-grown apple in America. Galas can be creamy yellow to red, and are often striped.

Red Delicious — Until recent years, the Red Delicious was the country's most popular apple. This variety is known for its crimson skin and mild flavor.

Granny Smith — Bright green and tart, Granny Smith apples are prized for their versatility. They're often featured in pies and baked goods.

Fuji — Developed in Japan and named after Mount Fuji, this very sweet apple is firm and crisp. Its skin is similar to the Gala.

Honeycrisp — The name of this apple says it all — it's sweet, juicy and crispy, perfect for eating raw. Honeycrisps are also good baked or cooked in both sweet and savory recipes.

Braeburn — Bite into a Braeburn, and you'll taste the subtle spices of cinnamon and nutmeg in addition to the classic apple flavor. This variety's colors range from yellow to orange to deep red.



REMINDER

OMV has a beautiful venue for special events such as receptions, anniversaries, etc.



OLD MAIN VILLAGE

Senior Living

301 South Fifth Street, Mankato, MN 56001
507-388-4200 | oldmainvillage.com



MANAGED BY



The Goodman Group

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Nancy Goettl

Resident Chauffeur

Mel Crane

Business Office Director

Mallory Shetka

Housekeeping Director

Annette Crane

Maintenance Director

Steve Csizmadia

Resident Services Coordinator

Kate Jacobs

LPN

Rhonda Zimprich



WELCOME NEW RESIDENTS

We are delighted to roll out the OMV welcome mat for our new residents:

- Aleeta K. in Apartment 125
- Bob S. in Apartment 213
- Marie T. in Apartment 224
- Benita H. Apartment 306

Don't forget the referral bonus that awaits you if you assist in bringing a new resident to Old Main. Ask Nancy or Holly about the details.



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