Events held during Nursing Home Week May 10-15, 2015

An Ice Cream Social held on May 12 was enjoyed by all!

Garden Day May 13

Hawaiian Day May 14

UPCOMING EVENTS FOR WEST WIND VILLAGE

May 26 - Music by Scott Beaumont-Wells Park Atrium-1:30 p.m.
June 1 - Cyrus Pageant serving floats-Wells Park Atrium-6:30 p.m.
June 10 - Fashion Show by Donnelly Threshing Bee Royalty-Main Dining Room-2:15 p.m.
June 21 - Father’s Day with music by Sonny Bartell-Main Dining Room-2:00 p.m.
June 22 - June Birthday Party with music by Steve Samek-Main Dining Room-2:15 p.m.
July 4 - Independence Day Celebration with music by DC & Hawk-Main Dining Room-2:15 p.m.
Ruling in his place

God’s kingdom consists of God’s approval and peace, as well as the joy that the Holy Spirit gives.

~Romans 14:17 God’s Word

The ship had sunk quickly, and they’d been lucky to get off in time. Still, afloat in an open raft on the ocean wasn’t the best place to be. All around them was water, but none to drink. The waters swarmed with fish, it seemed ironic that they might die of thirst and hunger in the midst of such plenty. Try to find peace and joy anywhere else except in God is much the same: You will be kept busy, but you will always be hungry. Peace and joy are the characteristics of a life lived in God’s presence; they are not things you acquire. Seek God, and you will automatically have the peace and joy your spirit craves.

A big thank you to all of those who came to the Wells Park open house! We have over half of the new addition occupied at this time!

Our next construction project will begin summer 2015. The project will include a new employee parking lot, a remodel and renovation of the west hallway including flooring, and wardrobes, and a new bathing suite in our Rossberg Center.

We are pleased to announce a new partnership with Morris Area High School and Stevens Community Medical Center! Through this partnership, West Wind Village will be offering on-site certified nursing assistant classes beginning in May! We can provide the education you need to obtain your certificate. Start or advance your career with us today! Please contact Human Resources at 320-589-7901 for more information.

FORE! The 5th Annual West Wind Village Golf Tournament will be held Monday, June 15, 2015 with a shotgun start at 1 p.m. For registration information, please contact Michael Syltie at 320-589-7900 or email msyltie@sfhs.org.

Wishing you the best this summer and remember to Like us on Facebook!

Michael Syltie
Administrator
West Wind Village

Celebrating Martin Luther King Day by playing bingo with UMM students

May 15 was National Chocolate Chip Day!
Chocolate chip cookies were baked and thoughts were created into a poem.

Chocolate Chip Cookies

One cup of sugar
Some kids like them very well
I get the biggest one!
I’ve been a good girl, too
Bake them for ½ hour, depending how
thick you make it

Betty Crocker type
No cookies until after dinner!
Be sure you have the cookie jar filled when I
come home each weekend
The neighbor kids came and looked for cookies
They don’t last very long
They’re good!

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~Reminder~
Families and friends who bring in clothing to West Wind Village for a resident are asked to please bring the item(s) to the attention of the nursing staff so that they can be labeled for the correct person.
Thank you

Volunteer OPPORTUNITIES!
Do you like to... read aloud?  Play cards?   Go for walks?
Have coffee with friends?

Volunteer opportunities are endless at West Wind Village!

Contact Jenny Mecklenburg,
Activity Director/Volunteer Coordinator, for more information, 320-589-7902.
I was born: in Saint Paul, Minn.
My Family: 2 children
My Pets: 2 dogs, 1 cat
Some of my favorite movies are: Pitch Perfect & Grease
My favorite food is: Chicken
The most disagreeable thing I’ve ever eaten is: Pot pie (bad crust - old shortening!)
A favorite book is: Any Nora Roberts
My favorite kind of music is: Oldies, pop
My favorite season is: Summer
A perfect day for me would be: On the pontoon
My first car was: ’65 Oldsmobile
A favorite place I’ve traveled to is: Scenic state park
The person who had the greatest influence on me was: My grandfather
When I was younger, I remember paying: $.50 for bread
One of my favorite childhood memories is: Going camping with my family

Pastoral Care
By Deacon Stan Hennen
Spring is finally here. Warm sunshine, warmer temperatures, hopefully less wind and enough rain to give everything a fresh new start. We are experiencing a rebirth of our country-side, including a return of the song birds, new plants for our flower beds and gardens, new birth in the herds and flocks, and hopefully a new spring in our step. As we see all this happening, let us not take it for granted, but take time to see the true beauty of it all.

It is so easy to get ourselves so busy and fly through life at a frantic pace, basically missing it. If you think that can’t happen to us, just ask our residents how fast the time has gone by for them. Ask them if they wouldn’t like to have a do over.

Each spring God gives us a gentle reminder to see the beauty of what He created. Everything is special in its own way, yes, even the dandelions. If you don’t believe that, look at the gleam on a child’s face as they pick that first bouquet especially for mom or someone they love. God only asks us to appreciate what He has given us, and that includes the gift of life and whatever it brings to us. He gives it to us to use, but not abuse, but to cherish it. We must do so with grateful hearts to him who created it all and us all.

Enjoy each day for the special gifts it brings, make the most of every day for who knows, it may be the last one God gives us.

Thank you to nursing staff
I would like to take this opportunity to thank all the dedicated nursing staff at West Wind Village who give their time, energy and talents to care for our residents. Nationally we recognize nurses May 6-12 during National Nurses Week. West Wind Village nursing staff celebrated this special week with a luncheon in our very own Wells Park. A beautiful setting to give our nursing staff the appreciation they so much deserve! National Nurses Week was first observed in 1954. Nurses Week runs May 6 through May 12. Nurses’ week ends May 12 in honor of Florence Nightingale’s birthday. Florence Nightingale was an English nurse who is known as the founder of professional nursing. Once again, Thanks Nursing Staff for all you do.

Looking for a rewarding career?
Certified nurse assistant training is offered. If you are looking for a rewarding career with a future, this may be the program for you. Contact us for information on this great opportunity!
West Wind Village is also looking for good people to help our residents. Full and part time CNAs, full and part time RNS/LPNs/TMAs, part time Activity Aides and part time Dietary Aides are needed. A casual cook position is also available.
If you are looking for a solid working environment, please apply online at www.sfhs.org/employment
Resident Profile
Marlos Bacon

I was born: on May 17, 1930, on a farm at Herman, Minn., to my parents Henry and Anna Schwensohn. I was their first child and I had a brother.

My occupation was: a bookkeeper. I worked for my husband and also for the City of Morris.

Length of stay at West Wind Village: I’ve been here since September, 2013.

My family: In 1948 I married Walter Bacon in Elbow Lake and we raised three children – Diane Werk, Kevin Bacon and Marilyn Underwood. Now of course the family has grown to include grandchildren and great-grandchildren. We lived in Herman and that’s where our children grew up.

Pets I have enjoyed: We had a dog, a Pomeranian, for quite a few years. She was killed by the neighbor’s dog.

My interests include: I really enjoy reading. And I liked to play bridge, paint with oils, visit with friends and family, and played with my grandchildren when they were young. I like to see my family.

Favorite movies: “Gone With The Wind.” I first saw it at the Herman theatre.

One of my favorite performers: Clark Gable.

My favorite food: I guess I like to eat most anything, but chicken might be a favorite.

The most disagreeable thing I’ve ever eaten: A fish that we caught, cleaned and put in the freezer. We cooked it later and it was just awful. We weren’t sure what kind of fish it was, but it tasted really bad.

A favorite book: My Several Worlds by Pearl Buck.

A favorite kind of music: Waltzes.

My favorite season: Fall.

A perfect day for me would be: A day all to myself.

My first car: A 1948 Chevrolet to go on our honeymoon. I didn’t own a car before we were married.

A funny or unusual event in my life: I wore a lovely picture hat when we were married. I thought it was quite special. Several years later I wore the hat to church. While we were walking to church with our children on a windy day, Walter said to me, “If it blows off – don’t chase it.”

A favorite place I’ve traveled to: I would say Texas. We took quite a few bus trips and car trips to different places. I thought Texas was hospitable and beautiful. It goes on forever!

A person from history that I admire: Eleanor Roosevelt.

A person who had great influence on me: Elaine Cosh, my high school English teacher. She mentored me.

One thing I marvel at: Space travel and exploration.

When I was younger I remember paying: There were rings for sale at the grocery store for 10 cents. I thought they were so beautiful and wanted to buy them. If I had $1.20 I could buy all 12 of them. They were birthstone rings but I didn’t care. I just wanted to buy them.

One of my favorite childhood memories: Going swimming at the dam in Norcross. We had so much fun there.

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Many fun events throughout the year planned for residents, guests & employees

Valentine party hosted by Federated Church members.

Wells Park Open House on March 14

Cinco De Mayo fun for residents and staff

~ RECIPE CORNER ~

RASPBERRY-RHUBARB SLAB PIE

3 1/4 c. flour raspberries, thawed & drained
1 tsp. salt 3 c. sliced fresh or frozen rhubarb, 
1 c. butter thawed & drained
3/4 c. plus 1 to 2 tbsp. 2% milk VANILLA ICING:
1 egg yolk: 1 1/4 c. confectioners sugar
2 c. sugar 1/2 tsp. vanilla extract
1/3 c. cornstarch 5 to 6 tsps. 2% milk
5 c. fresh or frozen unsweetened

1. In a large bowl, combine flour and salt; cut in butter until crumbly. Whisk 3/4 c. milk and egg yolk; gradually add to flour mixture, tossing with a fork until dough forms a ball. Add additional milk, 1 tbsp. at a time if necessary.
2. Divide dough in two portions so that one is slightly larger than the other; wrap each in plastic wrap. Refrigerate 1 hour or until easy to handle.
3. Preheat oven to 375 degrees. Roll out larger portion of dough between two large sheets of lightly floured waxed paper into an 18x13 in. rectangle. Transfer to an ungreased 15x10x1 in. baking pan. Press onto the bottom and up the sides of the pan; trim pastry to edges of pan.
4. In a large bowl, combine sugar and cornstarch. Add raspberries and rhubarb. toss to coat. Spoon into pastry.
5. Roll out remaining dough; place over filling. Fold bottom pastry over edge of top pastry; seal with a fork. Prick top with a fork.
6. Bake 45-55 minutes or until golden brown. Cool completely on a wire rack.

FOR ICING: Combine confectioners sugar, vanilla and enough milk to achieve a drizzling consistency; drizzle over pie. Cut pie into squares.

Nutritional Facts: 1 pc. equals 247 calories, 8g fat (5g saturated fat), 29mg cholesterol, 159 mg sodium, 42g carbohydrate, 2g fiber, 3g protein.