National Nursing Home Week
MAY 8 - 14, 2016
“It’s a Small World with a Big Heart”

Sunday, May 8
Happy Mother’s Day with corsages for the ladies, 2 p.m. Mother’s Day Social with Piano Music by Jenny Mecklenburg

Monday, May 9
Wear Red, Black, and Beads Day, 2:15 Coffee and Donuts, 2:30 p.m. Casino Day, 6:30 p.m. Wine and Painting

Tuesday, May 10
Wear Purple Day, 2:15 p.m. May Birthday Celebration with Music by Country Rose Band, 6:30 p.m. Bingo

Wednesday, May 11
Wear a Hat Day, 11 a.m. Dessert First, 11:30 a.m. Let’s Have a Picnic, 2:15 p.m. Ice Cream Social with Music by Tim Ray, 6:30 p.m. Bowling

Thursday, May 12
Wear Sports Attire Day, 2:15 p.m. Sports’ Day with Root Beer Floats, 6:30 p.m. Baking Club Apple Pies

Friday, May 13
Wear your WWV Shirt or Favorite T-shirt Day, 2:15 p.m. Happy Hour, 2:45 p.m. Bingo

Saturday, May 14
Wear your Favorite Color Day, 2 p.m. Cookies and Coffee, 2:30 p.m. Bingo

Our Volunteer Appreciation Social was held April 12, 2016 at 2:15 p.m. The Country Rose Band provided music.

St. Mary’s School came to sing Christmas Carols for the residents.

UMM Students played bingo and handed out fruit treat bags for Martin Luther King, Jr. Service Day.

ADVISORY BOARD MEMBERS
Paul Rentz, Carla Riley, Karen Long, and Steven Poppe
Greetings from West Wind Village. I am thankful for the beautiful winter that we have had and am hopeful that spring is finally here.

I would like to give you an update on what has been happening at West Wind Village. First, the West Wing (Pacific Avenue) is near completion – we are just waiting for furniture to arrive and for clearance from the State of Minnesota to occupy it. We are hoping to start moving into that beautiful area in May. We are planning an open house once we get moved and the residents have settled in; please feel free to take a peek at those rooms when you are here visiting.

The second noteworthy event is that West Wind Village had its Minnesota Department of Health Survey in March. During the survey, a team of surveyors come into the facility for approximately four days to inspect everything that we are doing and to make sure that we are complying with all of the Federal and State regulations. It is a very stressful time for staff and residents – the surveyors interview residents to see if they have any concerns and also watch resident cares. This year, we are very happy to report that we received only two deficiencies; the national and state average is eight. The first deficiency had to do with restraints – staff locked wheelchair brakes for some residents limiting their movement. The second deficiency was due to some doors (room, closet, bathroom) being scratched/scraped in the older parts of the building. During the survey time, the Fire Marshall also inspects for the Life Safety Codes; we received one tag since our five year sprinkler check was overdue. All deficiencies have been corrected and we will continue monitoring to ensure they stay corrected. We are very pleased with our survey results. A huge “thank you” to all the residents, families and staff for their help and cooperation during survey week!

I also would like to discuss quality of care and the many ways we monitor quality and resident satisfaction at West Wind Village. Medicare’s Nursing Home Compare rates nursing facilities throughout the nation and posts this data on their website for the public to view. They give each nursing facility an overall rating and a rating for each of these categories: survey results, quality measures (looks at clinical quality), nursing staffing and RN staffing. The State of Minnesota has a rating system called nursing home report cards which is similar. Also, each year resident satisfaction surveys are conducted by an independent agency to see how we are doing. In addition to this, West Wind Village monitors these areas and sends out additional resident satisfaction surveys. We sent out these questionnaires to residents or their responsible party in the beginning of May. Please watch for this survey and help your loved one complete it and return it to our corporate office (a self-addressed, stamped envelope will be included for your convenience).

Below is West Wind Village’s current 5 Star Rating from Medicare. As you can see, we are doing well in many areas including the dozens of quality measures and indicators that we are rated on. However, there is always room for improvement; therefore, we are working on areas such as weight loss, falls, food, activities, behaviors, missing laundry and a few others.

Please let me know if you have any questions or concerns – my door is always open. I have enjoyed our move to Morris and am honored to work with the residents, families and dedicated staff at West Wind Village!

Enjoy the summer and its many blessings!

Paula Viker
Administrator

---

**Nursing Home Compare Five-Star Ratings of Nursing Homes**

**Provider Rating Report**

Incorporating data reported through 02/29/2016

<table>
<thead>
<tr>
<th>Overall Quality</th>
<th>Health Inspection</th>
<th>Quality Measures*</th>
<th>Staffing</th>
<th>RN Staffing</th>
</tr>
</thead>
<tbody>
<tr>
<td>*****</td>
<td>*****</td>
<td>*****</td>
<td>*****</td>
<td>*****</td>
</tr>
</tbody>
</table>

Please let me know if you have any questions or concerns – my door is always open. I have enjoyed our move to Morris and am honored to work with the residents, families and dedicated staff at West Wind Village!

Enjoy the summer and its many blessings!

Paula Viker
Administrator

---

Everyone wished Bill well as he retires.
EMPLOYEE PROFILE
SARAH GREEN

I was born: April 10, 1987 at St. Bernard's Hospital in Milbank, South Dakota.

My family: Parents are John Green and Gail Green of Chokio. Brother and Sister in law is Matt and Danielle Green (Walters) of Graceville.

My interests include: Spending time with family and friends, traveling, cooking, and gardening.

My favorite food is: Shrimp or Steak

Some of my favorite movies are: Any comedies

The most disagreeable thing I have ever eaten is: Pickled beets

A favorite show is: The Amazing Race or Dr. Phil

My favorite kind of music is: Country or Pop

My favorite season is: Fall

A perfect day for me would be: Spending time with family or friends

My first car was: 1994 Chevy Lumina

A favorite place I have traveled to is: In 2013, I took an amazing trip to Europe. We went to Dublin, Ireland; Germany; Athens, Greece; and Rome, Italy.

The person who had the greatest influence on me was: My mom, she is always there for me and is my biggest supporter and encourager.

One of my favorite childhood memories is: Sleepovers at Grandma Mary Louise’s house. We enjoyed playing card games, especially Kings Corner and going to Trevette’s Cafe for the Popcorn Shrimp.

Where I see myself in 10 years: Still working as a nurse and possibly furthering my education in nursing.

Happy Nurses Week

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 to May 12 during National Nurses Week. West Wind Village kicked off this special week with a nursing staff lucheon on May 6 in our very own Wells Park. A beautiful setting to give our nursing staff the appreciation they so much deserve. Once again, thanks Nursing Staff for all you do.

Jody Cunningham
RN Director of Nursing

Pastoral Care

I don’t know about you but to me spring sure has taken its sweet time coming. Maybe it was the early Easter and we just expected that warm spring weather would follow. It might have been a couple of warm days and we just thought that spring was here. We know it will come, just not on our timetable. When we think about it, isn’t that the way it is with most everything in life, on its own timetable. In spite of all our attempts to control and manipulate things, they happen when they are supposed to happen. When spring comes, and it will, we will be ready to enjoy it, to truly see the wonders that will appear.

What about the rest of our lives? Are we preparing and anticipating for that as well or do we just pretend that it will never come. I know some of our residents are looking forward to going to our Lord, but for many of us, it may seem morbid to even talk about it. It really shouldn’t be if we believe the words of Jesus Christ. He tells us that it will be far superior to anything on this earth. As to when death will come to us, we never know that either. We have no more control over that than we do with the coming of spring. We only have to look at the sudden death of Prince or our own Jeanette Moeller to see that the choice of the time of death is not ours to call, but to be prepared at all times. Like spring, it will come, but much more glorious and wonderful then anything on earth. The key is to enjoy each and every day as if it was our last. It is a gift from God, so make the most of it. Please enjoy today.

Deacon Stan Hennen
Chaplain

First Baptist Church did their Christmas program at West Wind Village on December 9, 2015

Retirement celebration was on April 14 for Sandra Torbert from Laundry/Housekeeping

Sandy was presented with a plaque from Paula Viker, Administrator.

Co-workers and friends posed for one last picture with Sandy.
RESIDENT PROFILE

BETTY KVALE

I was born: In Bowman, North Dakota, in 1932, to Jay and Clara Goodnough. They were ranchers but were forced to leave when there was no rain. We moved to Bagley, Minnesota, in 1936, and that’s where I grew up and went to school. I had two brothers and two sisters. I have one living sister who’s in California. I graduated from high school in Bagley in 1950 and I worked at the Goodnough Grill, my father’s restaurant.

My occupation was: I worked in food service all of my life. I had cooked at the school in Herman for 26 years when I retired. I just loved the job, loved the kids. At that time we made most things from scratch, all the baking was from scratch. We served more of a meat and potatoes menu than they do now.

Length of stay at WWV: I’ve been here for about a year and a half.

My family: Ray Kvale and I were married on Ground Hog’s Day in 1951, probably not the most romantic day of the year, in Bagley. We moved to Herman in 1954 and that’s where we raised our family - 3 sons, Paul, Scott and Kurt, and a daughter, Sue. Ray passed away 10 years ago. Now we have 9 grandchildren and 10 great-grandchildren.

Pets I have enjoyed: I loved dogs. We had mostly black labs but we also had 2 Lhasa Apsos, a poodle mix and terrier mix. I really enjoyed the dogs.

My interests include: I love to read the best, and I like to do puzzles in the Minneapolis paper. I’m thankful I can do that. I’ve also enjoyed singing and I used to sew quilt tops for church.

Favorite movie: It would have to be “Gone With the Wind”. It’s an old movie now.

My favorite stars: Clark Gable, Ingrid Bergman. But I’d also say the big bands of the 1940’s, like the Tommy Dorsey and Glenn Miller bands. A favorite performer would be Judy Garland.

My favorite food is: Pasta, any kind. Also I like good homemade bread.

The most disagreeable thing I’ve eaten is: Asparagus, mushrooms, black olives.

A favorite book: Jane Eyre, Wuthering Heights, Lorna Doone are several favorites.

My favorite kind of music: I really like all kinds of music, not one in particular.

My favorite season: Fall, the change of the season and leaves changing color. It is too short though.

A perfect day for me would be: To be with my family, to see the grandchildren and great-grandchildren. I know they are always so busy.

My first car was: I bought my first car after my husband died, that was truly my first car. It was a sporty 4 door Dodge and I really liked it.

A funny or unusual event in my life: When we moved from North Dakota to Minnesota I remember riding in the back of the truck with the mattresses and blankets. I was only 3 or 4 years old. We must have looked like hillbillies. When we left it was very dry and thistles were blowing around. Then we got to northern Minnesota and it was green and I thought it was the Garden of Eden. I remember my grandma giving me horehound candy when we arrived but it tasted terrible. I was so disappointed.

A word or phrase I’d use to describe myself is: Compassionate and a weird sense of humor.

A favorite place I’ve traveled to: San Francisco. I loved the hills, row houses, winding roads and Chinatown. I went twice to visit my sister.

A person from history that I admire: Eleanor Roosevelt

The person who had great influence on me: My mother was gone too soon, she never complained about anything. I wish I could say things to her now. But I’d also have to say I admire my daughter, Sue Amundson. She handles everything so well and I am very proud of her.

One thing I marvel at is: How strong women are, they really are the heart of the home.

One of my favorite childhood memories: I remember the smell of my mother’s bread baking at home and I think of how she made homemade noodles that were hung up on a string to dry. Cooking really was a sign of love in a home. One time my mother and my grandma each gave me a doll and they were the very same. I cried. We didn’t have many dolls like they do today. My grandma said they could be twins so I felt better. I didn’t feel like I was really grown up until I turned 80! I have made many new friends here among the caregivers. You couldn’t pay me enough to do this kind of work. Finally, God has truly blessed me with 4 wonderful kids.

Length of stay at WWV: I’ve been here for about a year and a half.

My family: Ray Kvale and I were married on Ground Hog’s Day in 1951, probably not the most romantic day of the year, in Bagley. We moved to Herman in 1954 and that’s where we raised our family - 3 sons, Paul, Scott and Kurt, and a daughter, Sue. Ray passed away 10 years ago. Now we have 9 grandchildren and 10 great-grandchildren.

Pets I have enjoyed: I loved dogs. We had mostly black labs but we also had 2 Lhasa Apsos, a poodle mix and terrier mix. I really enjoyed the dogs.

My interests include: I love to read the best, and I like to do puzzles in the Minneapolis paper. I’m thankful I can do that. I’ve also enjoyed singing and I used to sew quilt tops for church.

Favorite movie: It would have to be “Gone With the Wind”. It’s an old movie now.

My favorite stars: Clark Gable, Ingrid Bergman. But I’d also say the big bands of the 1940’s, like the Tommy Dorsey and Glenn Miller bands. A favorite performer would be Judy Garland.

My favorite food is: Pasta, any kind. Also I like good homemade bread.

The most disagreeable thing I’ve eaten is: Asparagus, mushrooms, black olives.

A favorite book: Jane Eyre, Wuthering Heights, Lorna Doone are several favorites.

My favorite kind of music: I really like all kinds of music, not one in particular.

My favorite season: Fall, the change of the season and leaves changing color. It is too short though.

A perfect day for me would be: To be with my family, to see the grandchildren and great-grandchildren. I know they are always so busy.

My first car was: I bought my first car after my husband died, that was truly my first car. It was a sporty 4 door Dodge and I really liked it.

A funny or unusual event in my life: When we moved from North Dakota to Minnesota I remember riding in the back of the truck with the mattresses and blankets. I was only 3 or 4 years old. We must have looked like hillbillies. When we left it was very dry and thistles were blowing around. Then we got to northern Minnesota and it was green and I thought it was the Garden of Eden. I remember my grandma giving me horehound candy when we arrived but it tasted terrible. I was so disappointed.

A word or phrase I’d use to describe myself is: Compassionate and a weird sense of humor.

A favorite place I’ve traveled to: San Francisco. I loved the hills, row houses, winding roads and Chinatown. I went twice to visit my sister.

A person from history that I admire: Eleanor Roosevelt

The person who had great influence on me: My mother was gone too soon, she never complained about anything. I wish I could say things to her now. But I’d also have to say I admire my daughter, Sue Amundson. She handles everything so well and I am very proud of her.

One thing I marvel at is: How strong women are, they really are the heart of the home.

One of my favorite childhood memories: I remember the smell of my mother’s bread baking at home and I think of how she made homemade noodles that were hung up on a string to dry. Cooking really was a sign of love in a home. One time my mother and my grandma each gave me a doll and they were the very same. I cried. We didn’t have many dolls like they do today. My grandma said they could be twins so I felt better. I didn’t feel like I was really grown up until I turned 80! I have made many new friends here among the caregivers. You couldn’t pay me enough to do this kind of work. Finally, God has truly blessed me with 4 wonderful kids.

RECIPE

SUMMER COOKOUT

Now that it is grilling time, here are tips to cooking grilled vegetables perfectly.

1. Oil them up, vegetables dry out when they hit the heat without a little oil. Before grilling, toss with a light coating of oil, not too much. It only adds calories or too much causes flare ups. Tossing them with oil helps the seasonings stick too.

2. Know your vegetable to prevent burning. Denser veggies like potatoes take longer. To prevent burning, sear over high heat and then move to cooler part of grill to finish cooking or precook them slightly and finish on the grill.

3. Use a skewer or grill basket. Cherry tomatoes are great on the grill but need to be skewered or in a basket. You can make your own basket out of heavy duty foil by crimping the sides up.

4. Look at the size. Cut your vegetables in an uniform size for uniform cooking times. Cut round vegetables into rounds for more surface area, which allows for a crispier outside, and will cook quicker.

5. Try cooking your vegetables in foil packets. Put prepared vegetables in foil by crimping the sides up.

6. Don’t be afraid to be creative. Asparagus with lemon and garlic, potatoes, carrots, celery, onion or do onions and mushrooms in a foil basket to put on your fresh grilled steaks.