

# NEWS



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“No one can go back in time to change what has happened. So work on your present to make yourself a wonderful future. Happy New Year 2016.”

January/February/March 2016

## News From Mendota Heights

Happy New Year from Mendota Heights! We hope you all ended 2015 in great spirits! We had a wonderful last quarter with lots of fun, happiness, and joy! We had a fantastic Oktoberfest party that was a huge success with lots of loving families and friends! All the fall colors outside our building this year were so fun we felt like we had an extended fall. December was so fun as our residents were kept busy right along with us to decorate and be festive! Our Holiday party was a hit. With eyes bigger than our stomachs we were stuffed with joy by the end of the night. December was jammed pack with fun music, carolers, and more to celebrate the season! We sincerely hope you all have a wonderful 2016 and stay warm!



## News From Frederic

Hello from Frederic – many things have been going on! We were honored to celebrate Veterans Day with three of our own – we thank them along with all Veterans! We held a Job Fair the opening day of Wisconsin Deer Season – and look forward to expanding our COH family! Dec. 6 was a fun and festive day as we hosted a “Meet and Greet” Holiday Party with the residents, the families and the community. It was a day filled with laughter, holiday treats, hot cider and a time to meet the new House Manager/RN – Dawn Wicklund. Dawn has been a member of the COH family since 2012. We hope everyone had a great Holiday Season and we are excited to see what 2016 brings for our residents and staff!

If you would like to submit anything for the Newsletter, please call us at 800/920-4725.



## News From Maplewood

Happy New Year! We have had so many fun times at Gracewood of Maplewood this year, and look forward to many more for the upcoming year of 2016. The residents loved dressing up for Halloween and enjoyed our party and passing candy to the daycare children, they also painted/decorated pumpkins to make our community more festive. December was a very busy month here at Gracewood because of the new community outings. With the help of a family member we became in contact with Newtrax, a transportation company. They are able to help us get our elders into the community one to two times a month. The first place they visited was the Maplewood Mall where the residents were able to do a little shopping.



The second outing was to Phalen Park to see the Christmas Light Show, which they loved. To end our year we had a successful Christmas Party where we had families and friends join us to have a nice dinner, music, an appearance by Santa Claus, and live entertainment. The employees at Gracewood Assisted Living also took the initiative to provide gifts for each resident to show our appreciation. We are looking forward to another happy, fun, and exciting New Year at Gracewood!

We would like to welcome our new recreation director – Nina Hasse. She has been an asset to our team and the residents really enjoy her activities.

## News From Fridley

The holidays have been wonderful at White Pine Fridley and the residents have enjoyed decorating, baking, music and classic holiday movies. We have had visits from the church choirs, The Genesis Bell Ringers and Bob the One Man Band this December to help us celebrate the season. Throughout the months of November and December we have celebrated with family and friends, great music, entertainment and fabulous feasts! Residents, their families, friends & staff celebrated Christmas with a holiday party on December 16th and enjoyed a night of Christmas carols with Scott Gordon at the piano and a delicious buffet feast! It was a wonderful evening for all!



## News From Hugo

The past couple of months have been a flurry of activity with many special guests and volunteers sharing their talents with the residents at Hugo. We are so thankful for everyone willing to give of their time.

Gracewood of Hugo is excited about two new additions to the monthly calendar. The first is Messiah Lutheran church bringing a service to the residents the first Sunday of the month. The second is Art with Nicole. Nicole brings a different form of Art once a month to the residents. Nicole brings all the Art supplies and has the residents really show their creative side.

St. Croix Hospice was gracious enough to have a Veteran's Day program for the veterans at Gracewood. They performed a program, had certificates for all the veterans, and brought treats for everyone.

The Christmas party was a wonderful start to the holiday season. Upper Lakes Food representatives assisted our kitchen staff to prepare a fantastic meal for the residents and family members. Sonda Jacobson played piano during dinner and had everyone gather around the piano for a festive sing-a-long of all our favorite Christmas carols.

We are looking forward to Back to the 50's day in January. An Elvis will be here to sing all his hits. We wish everyone a Happy and Healthy 2016!



## News From Hudson

The Hudson campus has had a lot of festive activities over the last 3 months. At our Halloween party Residents, families, and friends enjoyed eating pizza while participating in a costume contest, painting pumpkins, and many other festive activities! In December, we celebrated the holidays with several different activities. From a visit from Santa to numerous caroling groups, our Residents stayed busy with many guests throughout the month! We'd like to give a special thank you to EP Rock, Houlton Elementary, Hudson High School, 3M Clowns, and Classical Conversations Home Schooling for making our holiday season so joyful! Here in Hudson, we've had a wonderful 2015 and are excited for everything to come in 2016!



## News From North Branch

Happy New Year greetings from North Branch Gracewood! Things were so busy in December, we are actually happy to get back into a normal swing of things and ready for a little winter calm. Calm however, does not mean boring! Our Christmas gathering was such a huge success. The building was full with family and friends joining us in celebration of Jesus' birth. Music was provided by Reminisce and we had some toe tappin' Christmas songs and then switched over to a couple Bluegrass tunes so a few of our residents could dance. Yesterday, we were happy to welcome the High School kids back from their Christmas break. We had craft time together. Everyone made a collage of things out of magazines that represented things they like. It was fun getting to know different things about each other and connecting the age gap. We would like to thank our community clubs, churches and families for volunteering their time and talents to bring special parties and gifts to our residents throughout the holiday season. The Lion's club, VFW and Auxiliary, North Branch Legion and Auxiliary, Harris Legion, Trinity Lutheran Church, Quilters Club, Rockensock Family, Gabby Stepp, Cheryl Clawson, Children's Connection, Brownie Troop, Cub Scout Troop and many more all participated in events and donations for us. What a blessing!!!! We hope that your year of 2016 will be also be full of blessings!



## News From White Bear Lake

Our residents have been enjoying the holiday season with many activities and holiday events. We enjoyed a traditional Thanksgiving meal and enjoyed our time with family and friends. On December 15 we had our annual holiday party with delicious seasonal treats including Christmas Cookies and bars and our favorite...herring along with many other delicious holiday treats. During our party we also enjoyed the amazing music of Ken Wanovich playing seasonal songs on his trombone and saxophone. Fun was had by all and got everyone in the holiday spirit! During the month we also enjoyed the musical talents of the LaVelle Jazz group and their "7 Cat Swing" and Rockin' Tony as Elvis with some great Christmas classics such a Blue Christmas. The Larko Group joined us as well as a great piano recital from Kathy Martinez. We also enjoyed a visit from the Girl Scouts they worked with the residents making hand print wreaths so that every resident had a wreath on their door. We even had a visit from Saint Nick himself! We are excited to bring in the new year with some amazing appetizers and entertainment from Scott Beaumont for everyone to enjoy!



## News From Menomonie



Welcome to 2016 from Menomonie! We have had a busy holiday season here at our Campus as we are sure you all did too! We have had many social events, holiday treats and visitors the past few months. We would like to thank our many volunteers and staff for making these events possible and successful. We had a great performance by the Boyceville Band and Choir and many other wonderful groups that were gracious enough to come carol for us. Our annual Thanksgiving and Christmas dinners went very well, Thank you all for coming. We hope to see you all again next year!

We held our sit down with Santa this year in our assisted living building with the local daycare. They loved it as usual! Thank you to Reggie Anderson for your very convincing performance. To finish off 2015; we brought in the New Year with a big celebration. Treats and refreshments were enjoyed by all! We wish you all health and happiness for 2016 and hope the flu season passes you by without any trouble.



## News From Lino Lakes

As we say goodbye to 2015 and welcome 2016, it is important that we reminisce and share all the memories we have made together. Some of the best memories made are during the holidays. Together we enjoyed our 1st Holiday party which was a great success – good food, good conversation and entertainment! We had an amazing Christmas holiday party as we invited all of the families and had a small intimate gathering with plenty of chatter between the families and residents. We had John T. Burry perform and he did a fantastic job. We are proud to have such a tight knit group and how they feel and sense of community has really bonded all of the residents and their families together. Now we will ring in the New Year together. We wish you nothing but peace and joy this holiday season and throughout the upcoming year!

## News From Champlin

Here in Champlin, we have been celebrating the holidays with wonderful entertainment and our Christmas party! Enjoying our days by the fireplace while carolers come to sing. The beautiful snow has begun to fall as we drink our hot chocolate and do arts and crafts. For New Year's we will be having appetizers and sparkling juice with some trivia. Coming up we have aromatherapy, catholic and non-denominational services, and we are looking forward to our sweetheart dinner in February. Happy Holidays from us to you!



## News From Highland Park

Now that the snow is here, we have been keeping warm snuggled with our new member of the family, Honey Bunny, our new little bunny we have for the residents to hold and enjoy! We celebrated our annual Holiday Party with family and loved ones while dancing, eating many treats and filling our bellies with egg nog, cider and cocoa!! The residents performed a candle light dance which was a delight. We enjoyed live performances from a Choir group that sang lovely Christmas tunes to get everyone in the spirit. We're keeping our monthly Birthday tradition by celebrating all resident's and staff members Birthdays on the first Tuesday of the month. Which has been such a lovely turn out with good music by Jim Roth playing his accordion. It's safe to say that Highland Park knows how to have a good time! Now that our patio is filled with snow, our next project is to bring our raised beds indoors and start planting again! As we grow with more staff and residents, we will continue to bring more ideas to the table to keep an upbeat spirit while we stay indoors these next few months. Soon we will be taking down all Christmas décor and adding lovely hearts around the facility as we plan our sweetheart dance coming up in February! I hope everyone is enjoying this lovely season and we wish you all well from Highland Park!



## News From Chippewa Falls

We have had a very busy past couple of months. In October we had our End of the Summer Annual Picnic, complete with live Bluegrass music by the “River City Ramblers”. Tenants and families enjoyed grilled chicken and all their favorite summer time treats!

We continue to enjoy live music by Music Mary, Rich Schroder, Music Jack and Jean Swoboda. Our recently retired Activity Director, who accompanies Pastor Lucy for our monthly church and communion service. Monthly Joy Day outings and Bingo with fabulous Dollar Tree prizes!

In mid-November our CBRF buildings, CHIP1 and CHIP2 were demolished. It was sad to see them go, but we look forward to a new CBRF building in the spring.

Winter and that little four-letter word, SNOW, has finally arrived at Comforts of Home-Riverside in Chippewa Falls but not before Santa arrived on his Honda Goldwing trike and was welcomed with hot chocolate and Christmas cookies! He read “Twas the Night Before Christmas” and had packages for everyone! Thank you Santa!

We fondly remember the lives of Willie, Barbara, Shirley and Avis.

We are all looking forward to 2016!



## News From River Falls

River Falls RCAC had an exciting December! Staff planned a formal dinner for the Tenants and their families that was a great success! Rocky Branch students came for an afternoon of making gingerbread houses and visiting with the Tenants. December was also filled with music! We had performers come at least once if not twice a week to fill out building with the joyous sound of the Holidays. The Tenants all had a wonderful Holiday and New Year and are happy to see what 2016 hold for them.



## News From Baldwin

Hello from our staff and residents in Baldwin! This last year we have said goodbye to a few members of our family and hello to some new. We have done many fun activities throughout the year such as live music, picture day, and making Christmas cards for the families. We are ending the year with amazing staff that provide excellent care for our residents. We are looking forward to celebrating the new year and hoping it brings health and happiness.



## News From Inver Grove Heights

We have lots of exciting changes happening at IGH1 and IGH2. Both buildings have recently hired two new Activities Coordinators that have a lot of experience and enthusiasm and our residents and families are loving it. At IGH2 – there are many new decorations throughout the facility including the new flooring along with a brand new House Manager, Liz Roger. Liz started as a caregiver within White Pine and has great experience with our residents. Liz has hit the floor running and is doing a great job! IGH1 has been in the process of many new renovations with the new Memory Care unit scheduled to open in January, 2016. Both buildings had a great turn out for our holiday parties – we both offered live entertainment and great food while enjoying good conversations with residents and their wonderful guests. IGH1 has had many Activities going on – we had a bake sale, built gingerbread houses, and we are taking our residents on a tour of Christmas lights throughout the St. Paul area. Both of our buildings have started building great relationships with the local schools, churches and daycares. We had some great choirs and bands come to our buildings to entertain our residents. We are very excited to build many new partnerships with many local businesses within our community. Our plan and goal going into 2016 is to invest a lot of time in community outreach and the marketing of both buildings.



## News From St. Croix Falls

Happy New Year everyone, glad to see little snow for a white Christmas. Many fun events happening here in St. Croix Falls, thanks to all the great entertainment and great music. Residents enjoyed decorating gingerbread houses for Christmas. Santa and Mrs. Claus came to our Christmas party residents enjoyed them so much, party was a wonderful time. Happy Birthday to the following: Ethel Hunter, Jeannette Bunde and Elizabeth Sewell. Our staff Brenda had made a quilt for resident Marion Davison out of her late husband clothing. Marion and her family just loved it, great job Brenda. Happy New Year everyone good health and happiness.



## News From Cottage Grove

Our residents are joyfully ringing in the New Year after a busy holiday season! In our Assisted Living building we have welcomed new Activities Director Jennifer. She is brightening our days with new things to do! We had visits with the local Cub Scouts and Girl Scouts; Lois serenading us with her piano playing as well as welcomed in several other musicians & groups singing Christmas Carols and filling the halls with laughter and holiday spirit! We hosted Christmas parties in both buildings with lots of food, music by Jim Furness & Santa & Mrs. Claus too! In Memory Care we have enjoyed many activities including weekly visits by Therapy dogs Cali Rose & Dempsey, local friends singing Christmas tunes, making gingerbread houses and other holiday goodies. We are settling in for the colder months & relaxing by the fireplace and enjoying the friends & families around us. Well wishes for a safe and happy winter to all!



“White Pine is such a positive place-all employees like each other which reflects positively on their work. It is so enjoyable to come and visit my mom and see all the pleasant, happy faces. My mom really seems to like White Pine and I have always said- she really doesnt like anything! You should be proud of the comradery-keep up the good work”-Family of Ruby Cox

## News From Blaine

Greetings and Happy New Year from White Pine in Blaine. We finished off 2015 with a bang. Santa and his Blaine firemen and women came on a firetruck to pass out candy canes and pick up Toys for Tots. Then we had our annual Christmas party with good food, music, friends and family made it a special event. The rest of the month was a whirl of visits from kids, choirs singing carols and even a visit from a guitar school. The kids from Blaine High School have become a big part of our White Pine family. The kids have been joining us every Thursday for Bean Bags, and on the weekend they come for two hours of activity. The kids made the residents day by dropping off handmade Holiday cards for each of the residents. We look forward to many adventures and activities with the kids coming in the months ahead.

Everyone is looking forward to what the New Year will bring here at White Pine. In January we be entertained by Elvis, or at lease someone that looks and sings like Elvis. We plan to dress in Hawaiian clothes and have a mini luau when he arrives. The men’s group is going strong with our new volunteer Don, it’s nice to have a guy to talk too. The kids from Prim Rose will be joining us again in the New Year with music and crafts, having the preschoolers visit is such a treat.

February will be an exciting month with a Valentine’s tea party, where we will crown our White Pine king and queen. Residents will vote for their favorite man and woman to become the next king and queen of White Pine. We will have a great time while a favorite pianist John Bury sings and entertains us while we snack on our mini treats. Hopefully Mr. Ground Hog will declare winter over and we can all celebrate the coming of spring.

March brings us two special days, St. Patrick’s Day and Easter. So get out your green hat and glasses and join us for the fun. The Yes You Can Clogger’s will be here to start off the celebration. The ladies have been a great hit in other buildings and now it’s our turn. We can’t wait to see their dance moves, as they join in the festivities. Hopefully the leprechaun will bring us luck in the New Year. This brings us to Easter and a time to remember our blessing especially friends and family. Soon we will be enjoying the coming of spring and the warmth of the sun. I don’t know about you, but we can’t wait until we can all sit outside in the warm spring air.

