

A Newsletter
of the
Pigeon falls
Health Care
Center

Pigeon Flyer

Easter Season

The 2012 Easter Season was a busy one. This year we started out by making bird nest treats out of coconut and M & M's. We also spent time coloring Easter eggs for all our of residents and staff to have during their Easter meal. The residents had an Easter egg hunt on Saturday and woke up on Sunday with a special treat! We want to thank all of the family members who came in and visited with their loved ones during this holiday season. Another special thank you goes out to the kids who grew and donated the Easter lilies for our residents to enjoy!



The ladies and gentlemen coloring Easter eggs

Country Ridge Head out to Eat!

On April 18th the tenants from the Country Ridge Apartments went out to eat in Black River Falls at Perkins. While we were there the staff gave us a box full of cookies, we want to thank the staff for always being so accommodating and for the yummy cookies! We all had a great time talking with one another and are looking forward to our outing next month. If you would like to come a long on the outing please contact Lauren Filla at 715-983-2293 ext. 4025.



The cookies that the Perkin's in Black River donated to us!



Mary Beth Johnson and two kindergarteners working on their bird feeders.

Mrs. Shepherd's Kindergarteners were here!

On April 16th Mrs. Shepherd's kindergarten class was here to do a project for Earth Day. The kids used pine cones, peanut butter and bird seed to make a bird feeder for the kids to hang in their trees home for the birds to enjoy! We had a great afternoon of fun stories and laughter. We are looking forward to the kids coming to sing in May as well as Mrs. Ausderau's class who will be doing a craft with us!



Our Greenseth Team who took 3rd in Mondovi

Greenseth 2012!

On March 27th our 2012 Greenseth season started. We took a trip to Mondovi to compete against 6 other teams. The residents who competed in the first tournament were, Peggy Steinke, Bonnie Nelson, Pam Humphrey, Sheila Olson and Elaine Berg. We took third place with a team total of 540. We are looking forward to our next tournament which will be at the end of May in Black River Falls.

Adult Day Service Brings Peace of Mind to Caregivers

About 66 million Americans are now part of the Sandwich Generation, meaning they are responsible for the care of a spouse, relative or another loved one. According to the National Alliance for Caregiving, nearly a third of these people are also still caring for their children. With women having kids later in life, and the life expectancy increasing, experts say more people are now pulling double-duty caregiving.

It was a typical evening stop for Janice Rombalski. After a full day of work with the Pigeon Falls Nursing Home, she picked up her 82 year old mother, Dorothy Ryan, from Church Street Community Club, located at Pigeon Falls Health Care Center. That's where she attends an adult day services program 5 days a week while Janice is at work.

"The fact that I don't have to worry all day long about mom being home alone is great," Janice commented. It's been a daily routine for almost 9 months for Dorothy. Though she notes that she "can't wait for Saturdays so she can sleep in", she enjoys her time at CSCC.

Sandy Leighty, a daughter of Maxine Johnson, cares for her 79 year old father and mother at home. While she was reluctant about leaving home and being with other people, Maxine has adapted well with the program. Sandy says, "I feel it benefits my mom greatly. She enjoys playing cards and dancing. Those are things she used to do. I feel it's so good for her and she looks forward to going a couple times a week."

"Having mom go to see adult day services gives me a chance to take a nap or run errands I usually can't do if she is with me," added Sandy.

Janice and Sandy aren't alone. Millions of Americans find themselves caring for aging parents, while still raising their own children. That's why agencies like the Church Street Community Club at Pigeon Falls Health Care Center have programs to help.

"Our whole goal is to make as much of a home-like environment as we possibly can so when people come here, they feel

comfortable," said Julie Booth, Program Director.

The agency is currently the only State certified Adult Day Services provider in the area, averaging 5 participants daily.

Besides lightening the load for caregivers, Booth said it's "about giving participants independence, restorative care, and a routine which they feel comfortable with".

"We try to mix entertainment, fun & games, as well as get participants involved in projects of value for themselves and their community within our facility," explained Booth. "And, if a person needs to rest for a little while, we can accommodate that as well."

For those pulling double duty, like Janice, it's a home away from home for a loved one. Our loved ones deserve this kind of loving care and socialization in a safe environment.

"I am very happy with the services offered my mother here," she added. "The day services has given me added peace of mind during my workday."

Please Help Out!

Please help! The Northfield Go-Getters have decided to put together a cook book and need your help. We are looking for any recipes that you would like to share. If you are interested please drop them off at Pigeon Falls Health Care Center attention Dakota, or call 715-984-2287. Thank you, 4-H youth.

Picket Fence Perennials Trempealeau County Health Care Center Annex Independence, WI

Open to the Public!

28 varieties, 3 varieties of clematis (white, red and pink).

The new one is the Hosta "Remember Me". It's a hosta to help support the fight against breast cancer. The funds raised through the sale of this plant will be donated to the Susan G. Komen for the Cure.

We also have a Clearance Room at 75% off, come and see what we have to offer!



The April Birthday Clan.

March and April Birthday Parties!

On March 29th we celebrated our March birthdays with Roger Ellis. Each time he comes he is always so entertaining and tons of fun. During the party we honored four of our residents birthdays, Eunice Lovlien, Pearl Mattson, Jerry Cacciato and Beverly Solberg. We also celebrated Melissa Youngbauer's 40th Birthday as well. On April 10th we had special music with Ed Wilbur in honor of our April birthdays. In April we had six residents who celebrated their birthdays, Marlotte Dascher, Dorothy Ryan, Maxine Johnson, Norbert Micke, Patty Reynolds and Erling Hanson. We had a great time dancing away the afternoon. We really enjoy listening to the groups that come in and share their talents with us.



Our March Birthdays!

APRIL BIRTHDAYS



Staff:

Jennifer Pientok 10th
Laura Leonard 26th

Residents:

Darryl Humphrey 3rd
Ed Resner 7th
Willy Sosalla 11th
Clara Hammer 24th
Fred Leer 29th
Avis Olson 30th

A Special Thank You!

We want to thank the Elk Creek Church Sew and Sews for donating four quilts for our resident beds. They turned out great and enjoy seeing them each day on their beds. You are a really special group of ladies.

**PIGEON FALLS
HEALTH CARE CENTER
AND COUNTY RIDGE
RESIDENTIAL CARE
APARTMENT COMPLEX**
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- Skilled Nursing Facility
- Institute For Mental Disease
- Facility For Developmentally Disabled

**FARNAM COMMUNITY
LIVING CENTER**

ADULT FAMILY HOMES

- Riverway North & South
- Hickory Ridge
- Appleway
- Cloverway
- Elmwood
- Maplewood
- Oakwood
- Pinewood

**CLOVERWAY
RESIDENTIAL CARE
APARTMENT COMPLEX**

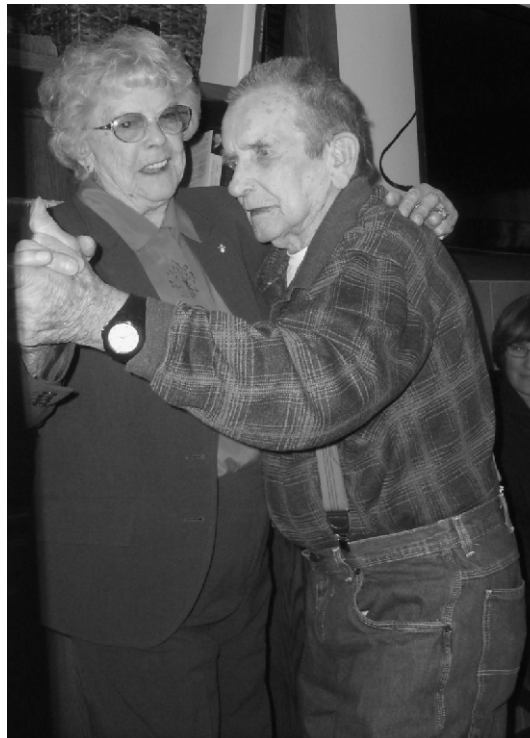
BLAIR APARTMENTS



Russ Scharlau enjoying the music of Roger Ellis.

We love Music!

On March 17th we had our annual St. Patrick's Day Party. We had a great time dancing and listening to the music of Gert, Dave and Viola. We want to thank Marvel Sesvold for coming in and spending the afternoon with us, we love when you are here to dance with us!



Harry and Ione Vold dancing during their 59th Wedding Anniversary.

Tuesday Games

The tenants of Country Ridge continue to enjoy playing games each Tuesday morning. Over the past month we have had many laughs and have enjoyed the visits we have with one another while playing Uno. This past month we would like to congratulate Melva Sagen who continues to dominate in our Uno games each week! If you are interested in playing please join us Tuesday mornings at 11:30 in Maple Heights.

From Our Administrator Mary Gullicksrud

Spring has arrived and we are beginning to plan outdoor activities that certainly include the use of the shelter that was new to us at the end of last summer. We hope to be able to build on the beauty of this building by adding garden areas and walking paths around it this summer. The Citizen's Advisory Board and administration are partnering to make this an area of peace and serenity and a space that will be useful to our facility as well as the community. Please watch for events to support that endeavor. If you have a group or event that would benefit from the use of the shelter, please contact Laruen Filla, Activity Director at 715-983-2293 ext. 4025 and she will be able to help you.

Beauty Shop News

We are so fortunate to have the services of Valerie Lorenz as the beautician at Pigeon Falls Health Care Center. Her normal days here are Tuesday and Friday. Due to the continued increase in cost of supplies there will be an adjustment on prices charged effective May 1, 2012. A shampoo/set and haircut will remain at the current \$10.00 charge. The charge for a perm will be \$40.00 and the cost for color will be \$30.00. Gift certificates continue to be available for the services in the Beauty Shop. Ask Janice or Valerie about those.

Upcoming Music Events Special Events



May Birthday Party w/ David Kiral
May 1st at 2:00 p.m. in Hickory Heights

Special Music w/ Ron Olson
May 9th at 2:00 p.m. in Hickory Heights

**Mother's Day Tea w/ Michaela
Becker**
May 11th at 2:00 p.m. in Hickory Heights

Special Music w/ Larry Heagle
May 14th at 10:00 a.m. in Hickory Heights

Triple Scooter Square Dancers
May 18th at 3:00 p.m. in Willow Heights

**Musical Devotions w/ Sue & Deane
Chase**
May 11th & May 27th in Hickory Heights

Special Music w/ Music Mary
May 29th at 2:00 p.m. in Hickory Heights

Thank You

March 16 - April 18

All the residents who contribute to activities on a regular basis by volunteering their time.

- Sue and Deane Chase for sharing your beautiful music and special talents with our residents during March and April.
- Joyce Cooper and Violet Rogstad for assisting with Poker Keeno.
- Violet Rogstad for coming in and assisting with Bingo.
- Mavis Jessie, Leona Larson and Dorothy Eimon for assisting with the worship services.
- Father Tim, Pastor Moe, Pastor Guthrie, Pastor Helstad, Pastor Lorenz, Pastor Galstad, Pastor Skroch and Scott Brown for facilitating worship services.
- Dietary Staff for all of their hard work and dedication to our residents.
- Nursing Staff for all of their hard work and dedication to our residents.
- Maintenance Staff for all of their hard work and dedication to our residents.
- Edie Johnson for assisting with morning coffee, exercises and playing Uno with the residents.
- Nancy Herbers and Molly the Therapy Dog for coming to spend time with the residents.
- Yvonne Shepherd for bringing in candy for bingo prizes.
- Kindergarteners for coming over and doing a craft with us.
- Elk Creek Sew & Sews for donating quilts for our resident beds.
- Leona Larson for donating fabric for our quilting group.
- Norma Bergerson for donating greeting cards for our residents to have.
- Perkins in Black River for the cookies!



A Special thanks to the Elk Creek Sew Sews for the quilts.



Bev Solberg and Bonnie Nelson working on Pizza Prep.

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