



Summer 2018

SKAALEN HEIGHTS

Residential Care Apartment Complex (RCAC)

Skaalen Heights, the new Residential Care Apartment Complex (RCAC), is nearing completion! We had our final walk-through with the builders and the state on June 6, and we are awaiting the final approval from the Division of Quality Assurance. We have contacted and given tours to those who had expressed interest in the apartments and have a number of individuals who have completed their application for an apartment.

Are you, or your loved ones, ready for this level of care? Residential Care Apartment Complexes provide a level of care between independent living and assisted living. Meals, laundry, housekeeping and medication administration are included, as needed. Residents may also receive up to four hours per day of personal cares like bathing, dressing, etc. Skaalen Heights is a great choice for couples or singles, as the rooms are spacious, different levels of care are available, and there's a choice of amenities - including those on the entire Skaalen campus.

If you would like additional information, or would like to tour Skaalen Heights, please call Tara Heuer, Director, at (608) 205-3800, extension 7793, or (608) 369-3227. Email: theuer@skaalen.com.



Skaalen Heights located at 950 Ridge Street, Stoughton

Pastoral Perspectives

**James S. Koza,
Chaplain**

"...The pots are breakable, but God's Spirit inside is not."

Several weeks ago I spent a good part of my day off cleaning out our garage. I recently sold a few of my canoes, so with this newly opened space in the back of the garage, I decided to quickly do a good cleaning. My wife and I also do quite a bit of gardening, and all the gardening stuff, all the tools and rakes and seeds and hoses and fertilizers, and watering cans, have long been neglected and simply shoved off into one corner. That was entirely my doing; the messy garage was my fault. So I decided to surprise my wife and clean it all up. Well, it was actually a very productive morning, and I was rather pleased with the results. And in the sorting process, I was most surprised to find out how many different pots we had stacked up in the corner and tucked away on our shelves. We had little pots, and medium pots, and big pots, and huge pots; we had small plastic pots saved from seedlings we had bought; we had huge metal pots we bought for the ficus fig tree we have in our living room; we had medium-sized terra cotta clay pots for all the various plants we have started through the years. My favorite pots are the huge plastic ones that I use when I am weeding in the garden. You just toss them around, throw them in the wheel barrow, and I never worry about breaking them. The ones I dislike the most, are the clay pots. It seems like I always end up dropping one or two each year, and, of course, they shatter instantly. Clay pots are great for moisture absorption, and for natural settings, but they are very fragile.

So keep that image of my fragile, clay pots in mind, then hear again these words from the Apostle Paul's second letter to the Corinthians. "But we have this treasure in

earthen vessels, to show that the transcendent power belongs to God and not to us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed."

In Paul's day, there were no plastic pots or jars; and there were probably very few metal pots or containers; but instead, everyone had clay pots; they were easy to make; they were formed out of local clay and baked in the hot sun; and they were cheap... almost free. Everyone knew exactly the image Paul was portraying when he said "earthen vessels." They were the clay pots, and clay water jugs that everybody had. They were fragile... temporary... breakable... impermanent... This was the perfect image for Paul to use when talking about our human bodies. So he reminds us that the earthly vessels carrying the gift of God's Spirit deep within these human bodies, these earthen vessels, these clay pots are fragile; they are not permanent.

But in contrast to these fragile pots, we also hear about God's strong and indestructible Spirit. Our bodies, our lives, are challenged with limits and problems, but God's spirit will not be destroyed or lost. We will suffer affliction, confusion, persecution, and troubles; but through all of this we will not be crushed, despairing, forsaken, or destroyed. God's love and support is stronger than any challenge that may come upon us.

May your summer days of vacationing, traveling, or just working in your garden, remind you of God's strong and invincible Spirit within us. Even though our earthen vessel bodies may be thin and fragile, remember that "the pots are breakable, but God's Spirit inside is not."

Find us on 

www.facebook.com/SkaalenRetirement

Skaalen is now on Facebook!
Please "like" our page and give us a review.

Administrative Intern

Hi, I'm Caroline Carter. I am the new administrative intern at Skaalen and will be here all year. I'm originally from a suburb called Woodbury, Minnesota. It is right outside of the Twin Cities. I have a passion for serving and spending time with residents, which is what brought me here to Skaalen. I'm majoring in health care administration at University of Wisconsin – Eau Claire and will graduate in the spring. In the past, I worked as dietary aid for two summers at an assisted living home where my Grandma Fern lived. I also volunteered every Saturday with her opening up the gift shop in high school. When I am not studying or working, I enjoy playing tennis, playing cards with my family, reading and drinking coffee with friends.

I'm looking forward to meeting and working with all of you at Skaalen.

Resident Email

The resident email address is
resident@skaalen.com

Please be sure to include the resident's name in the subject line. Our Leisure and Support Services Staff print and deliver resident emails every day. Residents have an opportunity to send email messages, with the assistance of a staff member, at various times during the week.

Wellness News

The Skaalen Wellness Center is a unique place to improve your fitness and quality of life. The Wellness Center is not a typical gym. Our members are focused on making positive, healthy and lasting lifestyle changes. Our variety of programs includes those for medical conditions and are especially geared toward senior citizens.

This past February the Wellness Center brought on John Pulera, who has taken over as Wellness Coordinator. Some small changes will be implemented coming up this summer where residents and community members will have the option to increase their wellness membership option. There are various things going on currently within the Wellness Program. Individuals can participate in anything from:

- Independent Wellness Center Memberships
- Assisted Wellness Center Memberships
- Warm Water Therapy Pool Memberships (Daily access available)
- Water Aerobics
- Personal Training
- Strength Training Classes

What makes the Skaalen Wellness Center a unique place is that there is a team of individuals with various skill sets who are able to provide care with individuals from all walks of life. Our team of Physicals Therapists, Occupational Therapists, Speech Therapists, and Personal Trainers are all working together with Skaalen residents and community members to provide a level of care that is geared to specifically to each individual. For more information regarding the Wellness and Therapy Clinic feel free to reach out to John @ extension 7372.



Gifts & Memorials

January 1 – March 31, 2018

In Memory of Florence Allen

Ruth Kamrath
Charlene Stelzer

In Memory of Betty Colden

Anonymous
Sally BaDour
Janet Blimling
Harlan & Suzanne Elvekrog
Shirley Erdahl
Jeanne Gilbertson
Jerry & Michelle Gorman
Agnes Grefsheim
Lucinda & Paul Hagen
Marion Heggstad
Ann Nelson
Daniel & Mary Richardson
Myron & Mary Sime
DuWayne & Marno Stellmacher
Harley & Barbara Stokstad
Erma Sundby
Inez Toepfer

In Memory of Ron Halverson

Betty Elsner

In Memory of Delores Hellum

Edna Cloutier
William & Karen Koch
Robert & Janice Niblo
Alvin & Leanne Menninga
Gladys Thompson
Peter & JoAnn Thorpe
Bruce & Kristi Wehr

In Memory of Jennie Jensen

Ann DeBrabander
Rosie Fay
Ellen Huck
Marcia Huck

Thomas Jensen
Kate Jones

Don & Meta Larsen

Sandy Menarek

Tom & Debbie Peterik

Keith & Denise Thousand

In Memory of Lehmann

Anonymous
Louise Beckwith
Gloria Carpenter
Betty Elsner
Karen Lien
Ellen Sawyers & Ella Reinel
Agnes Schmid

In Memory of Nathalie Rausch

Anonymous
Wilma Furseth
Family of Nathalie Rausch

In Memory of Caroline Steva

Anonymous

In Memory of Phyllis Wolf

Anonymous
John & Mary Onsrud
Barbara Sperle

In Honor of Dawn Zaemisch

Wilma Furseth

Trusts

Doris Sundt

Corporate Congregations

Central Lutheran Church, Edgerton
Cooksville Lutheran Church, Evansville
First Lutheran Church, Stoughton
McFarland ELC, McFarland
Our Savior's Lutheran Church – Women of
the ELCA, Beloit
St. Paul's Liberty Lutheran Church, Deerfield

Business & Organizations

Compass Group
Employee Artisan
Madison Coffee & Vending LLC
Skaalendal, Inc.
Skaalen Spirit Team – Candy Bar Sales
Skaalen Spirit Team – Casual Dress Day
Skaalen Spirit Team – Cinnamon Roll Sale
Skaalen Spirit Team – Frito Sales
Skaalen Village Inc.
Tricor
Vennevoll Inc.

Individuals

Anonymous
Debra & Daniel Bingham
Al Carroll
Carolee Emmel
Betty Holmes
Roger Lehmann
Alvin & Leanne Menninga
Christine Otterstatter
Leann Peart
Barbel Ramthun
Edward & Susan Sadowski
Susan Sadowski
George & Eileen Tincher

A Message from Food & Nutrition Services: Bringing Food In to Skaalen

Residents are able to accept or decline foods from outside sources as they choose, even when knowing that Skaalen cannot monitor how safely food is prepared outside this facility. This includes home-made items as well as restaurant-made items.

*Residents who choose to accept items not cooked/prepared within this facility are at higher risk for food borne illnesses and subsequent consequences such as, but not limited to, severe illness and even death. We are providing education to help prevent such illnesses.

Foods from the outside are not allowed to be reheated or stored in the Food & Nutrition department. Raw meat and eggs are not allowed in the facility.

All re-heated foods must be reheated to an internal temperature of 165 degrees and hold temp for 15 seconds or more. This is done with a microwave on the unit.

All open food must be covered, labeled (resident name/item) and dated with an expiration date. This requires that we know the date that it was made on. We can keep items in the central resident refrigerator on the residents unit. This does not include items that are prepackaged/unopened or that do not require refrigeration (eg: pudding or fruit cups, cookies, chips).

Food is only kept in the refrigerators for **5 days** and will be thrown away. If it appears to be spoiling sooner than 5 days, it will be thrown away. Day one is the day it was made on, not the day brought in.

Condiments such as salad dressings must also be dated and only be kept for **30 days** once opened or if unopened, will be kept until the "best by" or expiration date on the package.

It is very important that anyone bringing food in to Skaalen be aware of safe food handling practices in order to keep our residents healthy and safe from food borne-illnesses:

- Wash and sanitize all counter surfaces/prep areas before, during and after cooking.
- Wash hands thoroughly before cooking. Wash hands frequently during cooking process.
- Do not cough or sneeze onto foods, utensils, dishes or preparation surfaces.
- Do not smoke while cooking foods.
- Do not cross contaminate raw and ready-to-eat foods.
- Use separate utensils for preparation and serving.
- Avoid bare-hand contact during preparation and serving.
- Keep animals out of preparation area.
- Do not use expired food/goods (example: check the date on the eggs for the cookies).
- Do not use items from containers that are bulging, leaking or dented (cans, jars, packages).
- Store raw meat on lowest level of refrigerator.
- Thaw meats in the refrigerator or under cool *running* water.
- Cook foods thoroughly and refrigerate immediately after cooking, use a thermometer.
 - Danger zone 41-135 degrees, keep food temperatures out of the danger zone
 - Keep hot foods hot and cold foods cold, including during transport
 - Reheated items must be cooked to an internal temperature of 165 degrees for 15 seconds
 - Refrigerate leftovers immediately
 - Do not use foods that someone has already started eating and avoid "double dipping"

We strive to keep our residents healthy and safe. Please be cautious when preparing, storing, reheating and serving foods. If you have any questions, please contact Renee Taylor or Lori Turk in Food & Nutrition Services or visit www.fsis.usda.gov. Thank you for your understanding and cooperation.

SKAALLEN IS NOW HIRING!

Skaalen is looking for dedicated and hardworking individuals who have a passion for helping others. We have many different opportunities available, and we will work to figure out a position that is the best fit for each person! Interested individuals can apply directly on our website, in person at the front desk or Human Resources department, or fax their resume to Brynna Prellwitz, Recruitment and Retention Specialist at 608-873-0696.

Looking to see what we have open? Please take look at our Employment Opportunities Page on our website at: <https://www.skaalen.com/apply/positions.asp>

Questions? Please contact Brynna Prellwitz at 608-873-5651 extension 7205 or, through email at BPrellwitz@skaalen.com

Looking to get your CNA License? Do it for FREE!



Skaalen is excited to announce we are participating in the WisCaregiver Careers Program. Work for Skaalen for at least 6 months after completing your training and testing receive a \$500 bonus!

What is the Wiscaregiver Career Program?

The WisCaregiver Career Program allows individuals to complete a nurse aide training program, nurse aide competency testing and potential to earn \$500 dollars for working at a WisCaregiver Nursing home all for free!

For more information please go to the following:
<https://www.dhs.wisconsin.gov/caregiver-career/cna.htm>
or contact Brynna Prellwitz (contact information is above).

*** \$500 bonus is only available to those completing their CNA license through WisCaregiver Careers Program.

