

The Maple Lake MESSSENGER

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Park Terrace: caring for others with a servant's heart

By Brenda Erdahl

"Serving all by following one."

That is the philosophy at Park Terrace Assisted Living & Memory Care in Buffalo.

Located on the shores of scenic Buffalo Lake, this homey senior apartment complex has been home to hundreds of senior citizens over the years looking for a faith-based environment where their needs and comforts come first.

The mission statement is new, created by the recent merging of two Minnesota based senior housing organizations, Augustana Care and Elim Care, but the mission at its core remains the same as it has been since Park Terrace opened its doors 12 years ago and that is to make faith, compassion, hope, love and kindness the basis for everything they do.

In 2018, Elim Care, the organization that operates Park Terrace, joined Augustana Care and now goes by the name Cassia.

According to Jill Pingel, the assisted living director at Park Terrace, the name has biblical reference and is said to symbolize a servant's heart. It's a fitting name for the Buffalo facility where employees and staff are fully dedicated to the often difficult work of caring for others.

"I am so very grateful for them and the job they do," Pingel said. Since employees are such an integral part of what Cassia does, the organization has developed a new program called "stand-up" to remind and encourage staff to be "Cassia every day in every way." At the beginning of every shift, employees get together for five or

10 minutes to acknowledge birthdays, work anniversaries or accolades.

"It's an opportunity to give praise to employees who are doing great things," Pingel said.

Such compliments and accolades are then posted for every one of Cassia's 6,000 employees across the five states it has facilities in to read.

"Everyone in all of Cassia can read every day about the good things our employees are doing," Pingel said.

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Employees can also make prayer requests at these "stand-ups" or share positive happenings in their lives. Every week there is a theme, such as "excellence, innovation" and a bible verse to go with it.

"This helps us to support one another and grow together. We're not management and staff, but one team working together toward our goal which is taking care of our residents," Pingel said.

Residents and their families in turn, have expressed their appreciation of the care and dedication the staff display at Park Terrace.

"We get a lot of positive feedback from families," Pingel said.

Park Terrace employs about 50 dedicated professionals from RNs and LPNs to an activity coordinator, a part time activities aide, part time chaplain, office



Pictured at front right, Neola Peterson, a resident at Park Terrace Assisted Living & Memory Care in Buffalo looks up from her fall craft to smile at the camera. Busy making crafts with her are Mae Westbrook, Bernice Ward, Merna Kramer and Mary Steinle.

coordinator, dietary aides and care attendants who are available to residents 24 hours a day. Housekeepers take on light housekeeping tasks for the facility and a maintenance staff performs necessary duties.

Pingel is currently seeking a few more part time friends for day and evening shifts. Administration will consider anyone who displays the caring, faith-based attitude that is the organization's foundation.

"We're looking for compassionate people. We can train someone to do the job, but we can't train compassion," Pingel said.

Because Park Terrace is

home to its residents, staff work hard to help them feel comfortable and have a good experience. That includes both spiritual and social activities. Earlier this month, residents and staff honored Chaplain Harry Maravelas on Pastor Appreciation Day. Maravelas leads morning worship and helps with other social activities.

Crafting and baking opportunities are plentiful thanks to Maravelas, Activity Director Susan Oie and volunteers, but Park Terrace also offers clubs like the sewing group. These residents meet twice a month and regularly donate quilts to organizations such as The Nest in St. Michael (a maternity and hospitality home for women facing an unexpected pregnancy) and the Monticello Cancer Center.

Residents can also take part in Bible studies, movie nights, bingo, card clubs including 500 and men's poker, and a senior fit program where they can get a light workout to strengthen their muscles for better mobility and to reduce falls.

Shopping trips are commonplace and special field trips are looked forward to. Earlier this month residents enjoyed an outing to a local apple orchard.

Residents are also treated to "spa day" once a month where they can enjoy special treatment from a licensed massage therapist.

"This is their home and we want them to feel comfortable here and have a good experience," Pingel explained.

"When people walk in our

front door, we want them to feel that this is a warm and welcoming place where they might want to live. I think we do that."

The residents appear to feel that way too. Based on a national survey, Park Terrace rates high in overall satisfaction, personal care and customer experience.

For individuals in need of more enhanced assisted living due to memory loss, Park Terrace offers 14 safe, secure memory care apartments, and its compassionate staff are specially trained to care for those with memory loss.

Park Terrace also offers an adult day care program as an alternative to long-term care. Activities and outings in the

program offer social opportunities and stimulation for older adults, as well as respite for care givers.

"We have an incredible staff that provides great care and services to our residents, but we get a lot back from our residents too," Pingel said. "Working with the residents is so gratifying. It's not always easy to care for others, but we get so much more back than we ever give."

Anyone interested in starting a gratifying career as a caregiver can contact Pingel at 763-951-7859. Care attendants are unlicensed staff who are always in high demand.

For more information visit www.Buffalo.parkterrace.org or see them on Facebook.



Every month residents gather together to celebrate birthdays. Above, from left, Leona Yoder, Hertha Dixon and Margaret Bachman turned 100 years old.

(Photos by Brenda Erdahl and Bob Zimmerman)



Volunteers Richard and Janice Hanson (standing) help residents bake cookies. Participating in the fun are, from left, Darla Grohshens and Nancy Dart. Besides baking and crafting, residents can take part in Bible studies, movie nights, bingo, card clubs, a senior fit program, shopping trips and other outings.

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Celebrate Thanksgiving with foods from the first feast

Thanksgiving is celebrated each November in the United States and each October in Canada. People traditionally gather around the dinner table flanked by friends and extended members of their families to give thanks for the blessings they enjoyed throughout the year as they dig into a delicious feast.

Turkey is typically the centerpiece of the Thanksgiving meal. Although turkey can be a delicious and nutritious addition to the table, individuals looking to expand their culinary horizons may want to borrow from the other foods believed to have been shared among the Plymouth Colony Pilgrims and Wampanoag natives during the 1621 feast that inspired Thanksgiving.

Waterfowl

Wild turkey were available in

abundance in the New World, but historians believe that, during the first Thanksgiving meal, participants likely feasted on waterfowl instead of turkey. In fact, turkey wasn't common Thanksgiving fare until after 1800. Waterfowl, according to National Geographic, includes ducks, mallards, swans, and geese. Those looking to experiment can take a break from turkey and make duck the centerpiece of their meals this Thanksgiving.

Seafood

Plymouth, Massachusetts, is located where Cape Cod Bay and the Atlantic Ocean meet. As a result, indigenous people and the pilgrims likely relied on the bounties afforded by the ocean for their sustenance. Documentation of the first Thanksgiving by pilgrim chronicler Edward Winslow indi-

cates lobster, fish and clams were likely served. People who enjoy seafood or those who prefer to abstain from meat or poultry can embrace seafood at their Thanksgiving gathering.

Fruits and vegetables

Fruits native to the region where the first Thanksgiving took place included blueberries, plums, grapes, gooseberries, raspberries, and cranberries. Cranberry sauce was an unlikely menu option because sugar that traveled over on the Mayflower was probably depleted by November 1621, according to History.com. Also, cooks didn't begin boiling cranberries with sugar until about 50 years later. To recreate the first Thanksgiving, enjoy raw fruit as a tasty dessert, which can be healthier than sugar-laden sauces.

Vegetables to enjoy include

onions, beans, spinach, cabbage, carrots, and corn. Corn was likely turned into commel and pounded into a thick corn porridge. Experimenting with a commel recipe can live up this year's festivities.

Turnips

Plant roots found in 1621 included parsnips and turnips, and not the popular potatoes that often accompany turkey at modern Thanksgiving gatherings. The potato was not yet popular enough among the English to warrant space on the Mayflower as it made its way to present-day North America. Purées of parsnips and turnips can be delectable on their own or used as a basis for a Thanksgiving soup.

Pumpkin custard

Although pumpkins and other gourds were available in the New World, baking was not yet popu-



Chances are lobster and other seafood made an appearance when pilgrims and Native Americans broke bread together in 1621. (Photo submitted)

larized because of the lack of wheat flour. Instead, it is possible pilgrims would hollow out gourds, add spices with milk and honey, and then roll the gourds in hot flames to form a sort of custard.

Home cooks can replicate a pumpkin custard in their kitchens and serve it in lieu of pumpkin pie.

Borrowing foods from the first Thanksgiving can expand menu possibilities this November.

Coping with fewer hours of daylight

Daylight saving time comes to an end each fall, at a time when the hours of available sunlight already are beginning to decline.

Some people are more accustomed to darkness than others. Nor-

wegians, Swedes and people living in Alaska and the upper reaches of Canada near or above the Arctic Circle may go through a period when winters can be especially dark. Fairbanks, Alaska, gets just three hours

and 42 minutes of sunlight on the winter solstice. Those in Barrow, Alaska, will endure a period of 67 days of darkness, according to Alaska.org. Residents of Seattle, which is even further north than cities such as Fargo, North Dakota, or Portland, Maine, deal with more darkness than those living outside the city may know.

Although much of the rest of North America doesn't experience such profound periods of darkness, when the darkness of fall and winter arrives, it can be difficult to maintain a positive outlook. Borrowing some of the coping mechanisms relied on in northern latitudes can help many people to see the dark in a different light.

- Be aware of SAD. Seasonal affective disorder, or SAD, is defined by the Mayo Clinic as a type of depression that's related to changes in seasons, beginning and ending at about the same times each year. Symptoms tend to start in the fall and continue into the winter, sapping energy and making a person feel moody. As with other types of depression, SAD can get worse and lead to severe problems if left untreated. Light treatment, talk therapy and medication can help people who are susceptible to SAD.
- Make daylight hours count. Spend time outdoors while the sun is bright in the sky. Make an effort to switch your schedule if work interferes with getting outdoors, even if

all that can be managed is an outdoor walk at lunch. Sit by a bright window and soak up rays whenever possible.

- Celebrate winter activities. Go skiing, snowboarding, outdoor ice skating, or snowshoeing. Look forward to winter for what can be done, rather than what can't.

- Socialize more often. Instead of holing up indoors alone, frequent the places that become indoor gathering spots for locals. These can include coffee houses, breweries, restaurants, or even the local church. Plan more social occasions with friends and families so everyone can collectively shoo away the winter blues.

- Exercise more. Use the darker hours as an excuse to exercise more, be it at the gym or outside. The Mayo Clinic says that exercise and other types of physical activity can relieve anxiety and depression, lifting an individual's mood as a result.

- Light a fire. Set the kindling ablaze in a fire pit, fireplace or wood-burning stove, or just light a handful of candles. Flames can be soothing and less harsh on the eyes than artificial light.

Fall and winter darkness does not have to send a person into the doldrums if he or she embraces the right attitude.

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Many veterans in need are not just in need of medical attention. Learning that their efforts and sacrifices are recognized and appreciated by the ordinary citizens they protect can make a world of difference to veterans as they recover from their injuries. Men, women and children who want to help veterans in need can do so in various ways.

• Visit a veterans hospital. Contact a local veterans' hospital to inquire about their volunteer programs. The U.S. Department of Veterans Affairs notes that each year more than 75,000 volunteers spend

more than 11 million hours in service to America's veterans. Visiting veterans at the hospital to hear their stories can lift their spirits and aid in their recoveries. In addition, veterans' hospitals may have volunteer opportunities that make it easier for hospitals to operate at optimal capacity.

• Help a neighbor. Unfortunately, many veterans return home with injuries that affect their ability to make it through a typical day without assistance. Disabled veterans may be unable to do their own grocery shopping or maintain their homes. If a neighbor or nearby veteran is facing such hurdles, offer to do his or her shopping or mow his or her lawn. Such tasks won't take much time but can make a world of difference to veterans.

• Offer professional services free of charge. Professionals who want to

help veterans can offer their services free of charge. Accountants can offer to prepare veterans' tax returns for free, while attorneys can provide legal advice to veterans who need it. Contractors can help disabled veterans by offering to make alterations to their homes for free or at cost.

• Employ social media to help local veterans. Many people who want to help local veterans might not be able to do so more than one day per week. But some veterans may require daily assistance. Men and women can start a locally-based Facebook group for fellow members of their community who want to pitch in to help local veterans. Such a group can make it easier to share



Learning that their efforts and sacrifices are recognized and appreciated by the ordinary citizens they protect can make a world of difference to veterans as they recover from their injuries. Men, women and children who want to help veterans in need can do so in various ways. (Photo submitted)

information and arrange help for veterans in need.

Many veterans return home from serving overseas in need of help. Of-

fering such help can improve veterans' lives while letting them know their efforts and sacrifices are appreciated.

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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|----------|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | | <ul style="list-style-type: none"> Silver Creek Township Meeting, 7 p.m. Corinna Township Meeting, 7 p.m. | <ul style="list-style-type: none"> Maple Lake Chamber of Commerce meeting at the The V by HH, 12 p.m. | | | |
| 10 |  <p>Happy Veterans Day Honoring All Who Served</p> | 12 | 13 | 14 | 15 | 16 |
| | | <ul style="list-style-type: none"> Chatham Township Meeting, 7 p.m. American Legion Meeting, 7:30 p.m. Late Start | <ul style="list-style-type: none"> Hasty-Silver Creek Sportsman's Club Meeting, 7 p.m. | <ul style="list-style-type: none"> Sons of the American Legion, 8 p.m. Lions Club Meeting, 7 p.m. at The V by HH Legion Riders Meeting, 6:30 p.m. at Legion Club | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | | <ul style="list-style-type: none"> Maple Lake City Council Meeting, 7 p.m. Albion Township Meeting, 7 p.m. Corinna Township Meeting, 7 p.m. Maple Lake Township Meeting, 7 p.m. | | <ul style="list-style-type: none"> Wright Saddle Club Meeting, 7:30 p.m. Maple Lake Legion Auxiliary, 7 p.m. | | |
| 24 | 25 | 26 | 27 |  <p>Happy Thanksgiving Day</p> | 29 | 30 |
| | | <ul style="list-style-type: none"> Wright County Snowmobile Assoc. Meeting, 7:30 p.m. at Legion Club | | <ul style="list-style-type: none"> Thanksgiving Day - No School Knights of Columbus Meeting, 7 p.m. at St. Timothy's Church | <ul style="list-style-type: none"> Thanksgiving Break - No School | |

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