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Resident spotlight: Lois May



Our Resident spotlight this month is the lovely Lois May. Lois was born May 9<sup>th</sup>, 1935 on the Iowa Minnesota Stateline. Her birth certificate says Minnesota and her address says Iowa. Lois' parents are Clifford and Gertie Wills. Lois is fortunate to have had two sisters; Mary who has passed and Myla who lives with her husband in Seattle.

Growing up Lois attended Country School for eight years. She then went on to complete high school in Sibley, IA. Lois was a member of Trinity in Sibley up until the church's closing. She is currently a member of 1st Reformed Church of Sibley.

April 18, 1953 Lois and Art

May were wed. They have three girls; Dawn, Brenda and Tami. After 26 years of marriage Lois and Art parted ways. Lois has been blessed with nine grandchildren and many wonderful great grandchildren.

In 1970 Lois was approached to help set up the local Upper Des Moines Office. Lois poured her time and talents into this rewarding job for 25 years. After that Lois worked for the Sheldon Unemployment Office. Lois offered assistance and employment guidance to Promise families. In 2005 Lois was asked to begin and manage the local Second Beginnings Thrift Store. She enjoy this position for five years. Lois has also worked in Sheldon and for the Rock Valley Rotary as a Senior Companion.

Along with her other involvements Lois also worked at the Osceola County Fair as the open class coordinator. She served in this capacity for

40 years.

Some of Lois' fondest memories center around her many trips to Seattle via Amtrak to see her sister, Myla and her family. Lois also remembers making silk flower arrangement, and corsages for weddings of family and friends.

Lois continues to be an avid card and game player. She especially loves to play as this gives her the opportunity to enjoy the company of her friends and family.

Lois continues to volunteer at Country View Manor. Her major roll as a volunteer here is wrapping silverware for the dietary department. Lois is also very willing to assist with games and crafts for the activity department.

Lois loves to visit and you often find her on the telephone making connections with friends and family. Stop in and chat with Lois, she is just delightful to visit!

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## Care Conference Highlights

Brenda Wassman RN MDS/Care plan/Social Services Designer



### Housekeeping tip

Microwave cleaning trick: Put a coffee cup of white vinegar in the microwave and “cook” for 2 ½ minutes. Remove coffee cup and wipe down inside of microwave with dish towel or paper towel.

“I hope you will be smelling the scents of pumpkin, maple, cinnamon, apples, and among others filling the air from the kitchen!!”

We have had several new residents and families join us here at CVM and so I would like to update all of you regarding how and when Care Conferences are held.

We try to hold them on Tuesday mornings between 10 AM and 12 Noon. This is the time that is set aside for each of our departments to be available to visit with you regarding your family member.

We realize this is not always possible for you. If for some reason this

does not work please feel free to contact me and I will do the best we can to make other arrangements. If the Care Conference is scheduled at a different time it is very possible that all of the departments may not be able to attend. We will try to be able to give you an update from each department as available.

If you are unable to attend in person we do offer the option of a phone conference if that works better for you.

We would also like to

remind everyone that this Care Conference involves your family member and we do invite them as well to attend. They may not always desire to attend but it is their choice. If there are concerns you desire to discuss without your family member present you may need to set up a separate meeting time.

Thanks so much and please feel free to contact me with any questions you may have.

## Dietary Ditties by Sara Strouth

Another month has passed and we are about to begin enjoying the signs and smells of fall. I hope you will be smelling the scents of pumpkin, maple, cinnamon, apples, and among others filling the air from the kitchen!! Soon, apples will be ready; if you know someone who has too many, please send them our way!! We have an apple tree in front of the building, but the apples seem to be disappearing!! Our apples are not ready, as they will be red when they are ready for consumption!! Speaking of apples, they will be perfect for September 17th— Apple Dumpling day. I have an easy, yet super delicious recipe that I have made and they have been a hit!!

Some other exciting food holidays that we must celebrate in September are Cheese Pizza on the 5th; Crème de Menthe on the 15th; and Strawberry Cream on the 28th, we will celebrate with the recipe included in the newsletter!!

I should probably quickly review August’s requests and fulfillments! We had lasagna, chicken alfredo, creamed peas, and bread pudding; if there are more, please let me know!!!! I was unable to attend the August resident council, but I should be there in September!! (I don’t think I will be on vacation again!) It’s nice to get suggestions from you!! Sometimes we run out of ideas!!

My salesman from our main food distributor in-

formed me last week that the fall/winter menus should be available soon! Now is the time to get requests in!! It was difficult for me to believe, but we actually added LIVER to the last menu!! I guess “to each his/her own”!! Sometimes we have comments made about a certain meal, wondering why we serve it when half of our population doesn’t like it. The best response I have is that if I moved somewhere that didn’t serve one of my favorites, I wouldn’t be happy. We want your happiness!! Don’t be shy!! Let us know what you’re hungry for!!!!

## Administrative note:

We want to thank all of our wonderful family participation this past month in activities, events and socials at the facility. We enjoyed many festivities and fellowship together and want to continue encouraging 'creating valuable memories' at our facility with the residents! This is definitely achieved by your involvement and getting your local church, youth group, student organization, or neighbors involved! Please contact us and take the time to share a special interest, a unique antique or collection that you may have and share this in a presentation with the residents. Talk about your travels, show off your arts and crafts, share your talents! We welcome you! We were definitely obliged

when a retired teacher came out of retirement to share a presentation about animals and what a day of LEARNING we had!

On another note, I wanted to share that one of my focuses has been working with our team to refine our facility assessment. The purpose of the Facility Assessment is to determine what resources are necessary to care for residents competently during the daily operations and in emergencies. The intent of the Facility Assessment, as outlined by CMS, is to evaluate our resident population and identify resources needed to provide necessary person-centered care and services required by the residents. In working on this process, we are establish-

ing a list of facility contracts that we have in place and making sure they are current. These agencies include our contracted physical, occupational, and speech therapy agreements, hospice agreements, wound care, dietician and pharmacy contracts. We have confirmed with other facilities and organizations that we have an established mutual aide and temporary housing agreements with them in the event of an emergency. These additional organizations include Osceola Community Hospital, Sibley Specialty Care, George Good Samaritan, and Sanford Senior Care. As well as planning for external services, we have also inventoried all of our internal business resources and supplies needed and have on hand for the care and services of our residents.

We have compiled an organized list of which vendors we have worked with to provide ongoing needs and supplies.

As we continue to tackle components of the facility assessment and operations, we encourage you as the resident and as the family to help us plan and prepare for our organizations today and tomorrows! If you are interested in being a part of the planning and preparation committee, and would like to offer input and feedback to this assessment, please contact me by calling or email me. You can also visit our website for additional contact information. Thank you again for your ongoing partnership and participation in our community !!

Country Store wish List: small bottles of Coke, Sprite, Diet Soda, sugar free candy, small bags of chips, small bags of red and black licorice, lollipops, snack size candy bars, butterscotch candies, Efferdent, Poligrip, Listerine, perfume, lotion, womens body wash. Without these donations our Country Store cannot remain open.

Thank you to those who chose to donate: Marilyn Nienkerk, Mike and Lynn Doyle, Darcy Ney, Helen Schuck, Sara Strouth, Renee Pranger, Cindy Vande Hoef, Jo Calsbeek and those who gave anonymously.

**With Deepest  
Sympathy to  
the families of  
Kathryn  
Niswander**



Good Luck to  
Bob and Luella Pedley



**HAPPY BIRTHDAY:**

- 5-Janie Jobes
- 9-Geneva Petersen
- 9-Allynn Van Gelder
- 12-Helen Schuck
- 16-Richard Graber



REMINDER  
the Osceola  
Community  
Express bus  
is available to  
transport your  
loved one. It  
is a wonderful

service the community offers to give those who are shut in or wheelchair bound the opportunity to remain involved with their family and their community. So if mom or dad is wanting to get together for lunch or a shopping date give them a call at 712 720-0099 and set up a time to spend time with your loved one.

Permission is obtained to publish information in the newsletter. If you are not seeing something you think you should it may be in the newsletter. We may not have received permission to share the information. Thanks!

We're on the web [www.sibleycountryview.com](http://www.sibleycountryview.com)

**Unwanted guests!**

No one likes unwanted guests and that is true here at Country View too.

We have been experiencing creepy, crawly, unwanted guests...ANTS!

**PLEASE help us prevent more of these guests from visiting. Keep all food you have in your room in sealed containers or zip lock bags.**

**For safety and infection control reasons food not in sealed containers it will be discarded.**

**Strawberry Cream  
Dessert**

2-1/4 cups graham cracker crumbs (about 36 squares)

6 tablespoons sugar

10 tablespoons butter, melted

1 package (8 ounces) cream cheese, softened

1 cup confectioners' sugar

2 cartons (one 16 ounces, one 8 ounces)

frozen whipped topping, thawed, divided

1 package (3 ounces) strawberry gelatin

1/2 cup boiling water

1 cup (8 ounces) strawberry yogurt

**TOPPING:**

2 tablespoons graham cracker crumbs

1-1/2 teaspoons sugar

1-1/2 teaspoons butter, melted

**Directions**

In a large bowl, combine the cracker crumbs, sugar and butter. Press into an ungreased 13-in. x 9-in. dish. Refrigerate for 15 minutes.

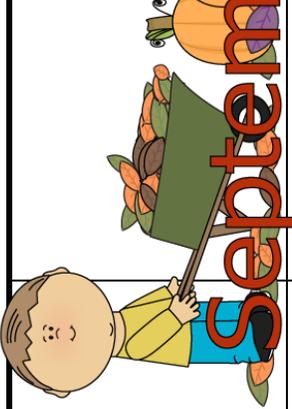
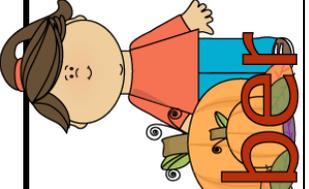
Meanwhile, in a small bowl, beat cream cheese and confectioners' sugar until smooth. Stir in 1 cup whipped topping. Spread over the prepared crust.

In a large bowl, dissolve gelatin in boiling water. Stir in yogurt and 6 cups of whipped topping until

blended. Pour over cream cheese layer. Refrigerate for 1 hour.

Spread remaining whipped topping over strawberry layer. Cover and refrigerate overnight. Just before serving, combine topping ingredients; sprinkle over whipped topping.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>*activities are subject to change</b> *towels available to fold *activity sup-</p>	<p>Birthdays: 5-Janie Jobes 9-Geneva Petersen 9-Allynn Van Gelder 12-Helen Schuck 16-Richard Graber</p>	 <p>4 9:30 Bright Beginnings 11:00 exercise Devotions music 2:00 puzzles 3:00 social hour</p>	<p>5 10:30 resident council 11:00 exercise Devotions music 2:30 CRC Ocheyedan 3:00 social hour</p>	 <p>6 10:30 Back 2 School 11:00 Exercise Devotions Music 2:15 Paper bag wreaths 3:00 social hour</p>	 <p>7 9:30-11 Beautiful hands 10:00 Men's Coffee 11:00 Devotions Music 2:30 Bingo 3:00 Social Hour</p>	<p>1 homework 2:30 card bingo 3:00 social hour</p>
<p>2 10:00 Church 3:00 social hour</p>	<p>3 <i>Labor Day</i> Homework 1:30 movie 3:00 social hour</p>	<p>4 9:30 Bright Beginnings 11:00 exercise Devotions music 2:00 puzzles 3:00 social hour</p>	<p>5 10:30 resident council 11:00 exercise Devotions music 2:30 CRC Ocheyedan 3:00 social hour</p>	<p>6 10:30 Back 2 School 11:00 Exercise Devotions Music 2:15 Paper bag wreaths 3:00 social hour</p>	<p>7 9:30-11 Beautiful hands 10:00 Men's Coffee 11:00 Devotions Music 2:30 Bingo 3:00 Social Hour</p>	<p>8 homework 2:30 card bingo 3:00 social hour</p>
<p>9 10:00 Church 3:00 social hour</p>	<p>10 10:30 bag toss 11:00 Devotions music 1:30 Country Store 3:00 social hour 7:00 sing w/CRC Ocheyedan</p>	<p>11 10:30 Patriot Day Program with Tracy 11:00 exercise Devotions music 2:30 piano with Marilyn 3:00 social hour</p>	<p>12 10:30 word games 11:00 exercise Devotions music 2:30 1st Baptist 3:00 social hour</p>	<p>13 10:15 Iowa Mammals with Dave Kuehl 11:00 Exercise Devotions Music 2:00 Bruce's music 3:00 social hour</p>	<p>14 9:30-11 Beautiful hands 10:00 Men's Coffee 11:00 Devotions Music 2:30 Bingo 3:00 Social Hour</p>	<p>15 homework 2:30 card bingo 3:00 social hour</p>
<p>16 10:00 Church 3:00 social hour</p>	<p>17 10:30 last letter 11:00 Devotion music 2:30 patio fun 3:00 social hour</p>	<p>18 9:30 Bright Beginnings 11:00 exercise Devotions music 2:30 Galen's music 3:00 social hour</p>	<p>19 10:00 Honey bee's with Beth 11:00 exercise Devotions music 2:30 1st Presbyterian 3:00 social hour</p>	<p>20 10:30 Matt's conversation 11:00 exercise Devotions music 2:30 Galen's music 3:00 social hour</p>	<p>21 9:30-11 Beautiful hands 10:00 Men's Coffee 11:00 Devotions Music 2:30 Bingo 3:00 Social Hour</p>	<p>22 homework 2:30 card bingo 3:00 social hour</p>
<p>23/30 10:00 Church 3:00 social hour</p>	<p>24 10:30 ring toss 11:00 Devotions music 1:30 Country Store 3:00 social hour 7:00 sing w/St. Andrew's</p>	<p>25 10:15 Pokeno 11:00 exercise Devotions music 2:15 baking 3:00 social hour</p>	<p>26 10:30 brain buster 11:00 exercise Devotions music 2:30 1st Reformed 3:00 social hour</p>	<p>27 10:30 Sing along 11:00 exercise Devotions music 2:30 bells 3:00 social hour</p>	<p>28 9:30-11 Beautiful hands 10:00 Men's Coffee 11:00 Devotions Music 2:30 Bingo 3:00 Social Hour</p>	<p>29 homework 2:30 card bingo 3:00 social hour</p>