

**Please send me more information about
Thorne Crest**

Independent Living - Customized Care - Health Center - Rehab Care

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Mail To : Thorne Crest Retirement Community
1201 Garfield Ave.

Albert Lea, MN 56007 - 507-373-2311

Email: kanderson@abhomes.org,

or visit our site at www.abhomes.net

New Recovery & Rehab Coming to Thorne Crest

Get some R&R this spring as Thorne Crest opening a New Recovery and Rehab Center.

- Fully Furnished Private Rooms
 - Private Therapy Dining Room
 - Newly Designed Therapy Room
 - Separate Therapy Entrance
- ...and much, much more !!



Tour Thorne Crest - VIRTUALLY ! www.abhomes.net

At Thorne Crest we make it easy for seniors and families to learn about Thorne Crest and senior living. Therefore we created the **Thorne Crest Virtual Tour**. Merely visit our website, www.abhomes.net go to the Minnesota section and click on "Virtual Tour link" on the right side of the page. Click the link, then on the different "room names" and the tour will take you around the community and show you all we have to offer. After your Virtual Tour just call **507-373-2311** to set up your in-person tour. We look forward to meeting you!

Thorne Crest Retirement Community
1201 Garfield Ave.
Albert Lea, MN 56007
507-373-2311
www.abhomes.net



Thorne Crest Retirement Community is owned and operated by American Baptist Homes of the Midwest, a not-for-profit provider of senior housing and healthcare since 1930.

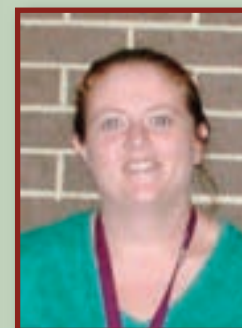


THORNE CREST

Winter 2010-2011

Retirement Community

Embrace Change - It is the Only Constant



Shanna Eckberg,
Administrator

Gazing out the windows of Thorne Crest, snow swirls around us and Summer seems far away. Our seasons are changing. It is that time of year when you wake up in the morning and see your breath outside and frost on the windows. The consistent change of the seasons makes me think of the changes we are experiencing at our campus. Change is one word with numerous meanings and definitions and the only thing that remains constant in our lives. How does the word *change* and its variety of definitions relate to Thorne Crest over the last few months? Let me share a few of these changes with you.

Webster's On-line Dictionary (1) states that Change "is an event that occurs when something passes from one state or phase to another". Thorne Crest is changing by applying more of its resources on Rehabilitation for residents. In November and December we opened a new Short Term Rehab wing with enough space for nine residents, along with a new therapy room and new rehab equipment. We are also using advancements in technology to improve the lives of residents and our business practices with tools such as the *SARA System*, a new nurse call system. In addition we have introduced the Nintendo Wii system to keep everyone active. In fact a few of our residents faithfully bowl every week to improve their "hooks", have some fellowship and get some exercise. It is a great way to meet other residents and hear the goings on of the neighborhood.

Another definition of Change from Webster's On-line Dictionary (1) is "the result of alteration or modification." In 2009 we made improvements to the heating and air-conditioning throughout the community. In doing so we now have five new energy efficient models that reduced our electric costs, decrease our carbon footprint and save almost \$10,000 annually. In the end the change has created a more comfortable living and working environment, cooler in the summer and warmer in winter.

Thorne Crest is continuously looking for ways to conserve energy and with help from our local energy company, Alliant Energy, we have made great strides. Recently, Alliant hosted their *Alliant Energy Summit*

"We need to go with the flow and do whatever we can to meet our residents ever-changing needs."

Awards where Thorne Crest was recognized for its ability to make positive improvements and reduce its energy consumption.

In closing, change is the only thing constant in our lives. We need to go with the flow and do whatever we can to meet our residents ever-changing needs.

Shanna Eckberg,
Thorne Crest Administrator

Thorne Crest Welcomes Karen Anderson to the Marketing Dept.



Karen Anderson,
New Marketing Director
at Thorne Crest

Thorne Crest is proud to welcome our New Marketing Director, Karen Anderson. Karen will be taking over the marketing role in March of 2011 after Kay retires. Kay has been with Thorne Crest for 36 years and is confident she is leaving Thorne Crest in good hands.

Karen is a lifelong resident of Albert Lea and in her younger years she worked in a retirement community. After graduating from college she moved into the Sales, Marketing and Management field. Karen said "Thorne Crest really is the perfect fit, I've always wanted to work with Seniors again and I love the creativity and challenges of the Sales and Marketing world, so I'm excited to be here at Thorne Crest!" Karen and her family live in rural Albert Lea. If you have not met Karen please feel to stop in and say hi!

Thorne Crest Wellness: Extraordinary Outcomes for Residents



Weston Hulst,
Wellness Director

We have experienced some extraordinary outcomes with our wellness program at Thorne Crest. The residents and the community classes have been going on for several months now and we are really changing the way people feel and the way they age.

The Wellness program at Thorne Crest is a very holistic in its approach. We focus on a number of aspects, physical wellness, social, mental, emotional, spiritual and environmental factors that contribute to overall wellness. These are the six dimensions of



wellness. It is the blending and balancing of these six dimensions of wellness that promote and improve ones health and quality of life. More simply stated, what you do, think and believe has an impact on your health and well being?

A great example of residents making extraordinary strides is Laura, a resident here at Thorne Crest. Laura never misses a class. She rides the NuStep everyday, and just works hard to better herself. She can't say enough about how this program has changed her life for the better.

When Laura first started the new wellness program back in March, she could not stand up on her own from a sitting position. Weston Hulst, Wellness Director stated "In our recent assessment, Laura was able to do 3 chair stands and all of her other test results improved significantly as well. She's an amazing lady and continues to work hard everyday." Laura said "I don't even need to use my walker in my apartment anymore. I feel so much better, physically and mentally." The wellness program at Thorne Crest is open to all residents,

and to the public. Classes are available for those just beginning, and those who are currently active. Call Weston Hulst, Wellness Director at 507-373-2311 and find out more about how you can change the way you age!



Thorne Crest residents have these comments about the Wellness Program.

"When I'm backing up my car I can turn my head so much better to see what's behind me" -C.W

"I started the NuStep machine doing 10 minutes on #6, I'm now doing 35 minutes on #10" -D.H

"I have so much more strength in my legs and arms. I think everyone in class has improved in one way or another. It has really made a difference in my life, I can do so much more" -L.M

Floyd "The Entertainer" Wombolt Brings Music to Thorne Crest

Sing, Sing a Song, make it simple to laugh the whole day long.... Thorne Crest resident Floyd Wombold just makes you feel like singing, (and maybe a little dancing!) Not only is his laughter contagious, when he starts to hum a tune, you'll want to join in.



Floyd singing a solo

Floyd's been leading his local Golden K Kiwanis club for many years with a joke and a song or two. He does the same at Thorne Crest for sing alongs. Floyd captures attention when he tells the stories of how he got started in music. He recalls walking down the halls at school back in the 1930's. The Band instructor stopped him and asked; "do you

play basketball?" When Floyd answered no, the band instructor said "good, you'll be my drum major" and he's been leading people in music and song ever since.

Floyd tells of the times when he and his friend Doc Wilcox would entertain people in the community including those at Thorne Crest with music. Kay Goodmanson, Marketing Director at Thorne Crest and friend of Floyds, commented on what a great entertainer and singer he is. Floyd just laughs and said, "I used to have positive pitch, now its positively lousy!" All we know is that Floyds song and laugh are positively Joyous!



Floyd up front leading the group

Marilyn Claassen, a Truly Active Activities Director



Marilyn Claassen

Marilyn Claassen isn't one to sit around and watch TV, well, unless the TWINS are playing and she isn't at the game, then she might slow down long enough to watch it on television.

Marilyn is the Activities Director at Thorne Crest, that's a big job considering all she does in a day, but it doesn't end there! Marilyn also works part time for Albert Lea medical center in EMS (Emergency Medical Services) and part-time for Bonnerups funeral home. In her spare time you will probably find her volunteering at St. Theodores Cemetery taking care of the grounds or conducting a CPR training class.

When you meet Marilyn she always seems to be simply doing what she enjoys. You will find her shopping with residents, calling Bingo, introducing the coffee time musician or at a Church fundraiser with a group from Thorne Crest.

"We do what the residents want to do, we try to keep them involved in their Church, the activities they enjoy and general community activities" said Marilyn. She's quick to point out that her staff, really help to make her department run so smooth. "They are the most caring, trusting, involved people who will truly go out of their way for the residents here"

"We do what the residents want to do, we try to keep them involved in their Church, the activities they enjoy and general community activities."

Marilyn is a natural when it comes to creating lasting relationships with resident. She talks about one resident in particular, Ethel. Throughout her life Ethel had been an avid golfer, a sport Marilyn had once enjoyed.



Residents working on a quilting project.

However with a number of other things consuming her time, Marilyn had let golfing go by the wayside. Through their conversations Ethel rekindled Marilyn's interest in golf and she picked it up again. Despite the fact that Ethel was no longer able to golf, she knew the course inside and out and was able to re-live the sport through Marilyn. She coached Marilyn from her home at Thorne Crest and helped her to once again enjoy golfing on a regular basis.

Marilyn has been part of Thorne Crest for over 34 years she has become a Thorne Crest icon. Her co-workers and residents describe her as a person who cares about everyone and has a "just do it" attitude. Marilyn simply says "I take ownership, and it's important to me that Thorne Crest looks greatfeels great. I want the resident and their families to know that we will take good care of them and cover all their needs."

Marilyn is truly an asset to Thorne Crest, she touches so many lives with her kindness, her care, creativity and knowledge. We are blessed to have her as our Activities director, and part of the Thorne Crest family.

A Cold or the Flu?



How do you tell the difference?

Did you get your flu shot?

The change in seasons means its time to help ensure Wellness by getting your flu shot! Residents and staff can get a flu shot right here at Thorne Crest.

What is the flu?

- The flu is a respiratory illness caused by the flu virus.
- The virus is spread from person to person in respiratory droplets of coughs and sneezes.
- Senior Citizens and young children are at high risk of complications from the flu.

What are the Symptoms of the flu?

- Fever (usually high)
- Headache
- Muscle aches
- Chills
- Extreme tiredness
- Dry cough
- Runny nose may also occur but is more common in children than adults
- Stomach symptoms, such as nausea, vomiting, and diarrhea, may also occur but are more common in children than adults.

Preventing the Flu: Good Health Habits Can Help Stop Germs

- The single best way to prevent seasonal flu is to get vaccinated
- Practice good health habits like covering your mouth when coughing and washing your hands often.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Avoid touching your eyes, nose or mouth.
- Use hand sanitizer when soap and water is not readily available.
- Practice other good health habits such as: get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Remember, if you have symptoms of an illness, or you are sick, the loving thing to do is to avoid visiting your loved ones and instead make a phone call. REMEMBER get your flu shot, for yourself and those you love!

The Wellness Experience - A Great Way to Start the Day



Weston helps residents with resistance training.

As I enter the bright energy filled room I hear the excitement and the congratulatory comments from the early risers class.

much softer smile and the friendliest eyes you'll find. I found the exercise to be fun, challenging and it felt fabulous to work those muscles! Everyone worked at their own level, with reminders from our leader to listen to our body. After 15 minutes of strengthening we went back to the chairs and started doing cool down and stretching. Weston begin to tells us about some interesting Minnesota facts. Did you know that the official muffin of MN is Blueberry? The State Bird? No Dale, it's not the mosquito, it's the Loon. The group was divided between those choosing beer or milk for the official drink; okay actually it was mostly choosing milk. The music became softer now, a very relaxing sound as we were instructed to breathe deeply, relaxing as we breathe in and let go of tension as we breathe out. I felt like a million bucks! I was ready to take on the challenges of the day.

From now on this writer will be joining Weston's early riser class more often. The early risers are a group of people who are at different activity and ability levels, but they all enjoy the health benefits from being active and focusing on Wellness. They are adding years to their life and life to their years. I know that after joining them for an early risers class, I am ready to change the way I age!



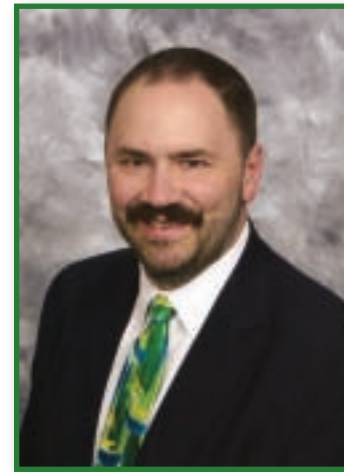
Karen Anderson,
Sales and Marketing Director

The hulky, smiling Wellness Director, Weston Hulst, is sharing his latest news with the group, complete with ultrasound pictures of the new addition - Weston and his wife are expecting! I can sense right away that this is more than just an exercise class. Being new to the class and the last to arrive, they all made me feel welcome right away.

To start the class Weston suggested I try the 3 lb. weights. Well, feeling a little bold, and thinking that being the only active fortysomething in the room, I felt I better go for 5 lbs. I later made a note to myself to not doubt Weston and to use the 3 lbs. next time!

The class was filled with smiling active seniors who have participated in the early risers class for several months. Some make it everyday; others only make it a few times a week. All were eager to share with me how the class has changed them for the better. I had heard of these early risers Wellness classes for quite some time now, but had never experienced it first hand. We began with warm up exercises and used a chair for support. It felt good to stretch the neck muscles and roll my shoulders. Next we moved to the balance bar and strengthening exercises. I had some flashbacks to my days of doing Richard Simmons exercise videos, although Weston looks more like our former Governor Jessie Ventura, with a

ABHM Welcomes New Director of Spiritual Services & Advancement John Sundquist



Rev. John Sundquist Thorne Crest and its' parent company, American Baptist Homes of the Midwest (ABHM) is proud to welcome Rev. John Sundquist as our new Director of Spiritual Service and Advancement. Sundquist's dynamic experience spans parish leadership on a number of different levels, all serving widely diverse people and congregations in their personal, professional and spiritual development. Most recently, he was the Great Plains Representative for the American Baptist Foundation, working with regional staff and local church pastors and lay leaders to encourage estate planning among members of their congregations. Sundquist states, "American Baptist Homes of the Midwest now provides me with an opportunity to broaden my ministry beyond the walls of any one church in any one community,"

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Sundquist noted. "I'm stimulated by the thought of touching people's lives in multiple ways that allows them to ignite their own personal ministries by supporting the work of the American Baptist Homes of the Midwest and the communities and ministries we offer throughout the Midwest."

In addition to his role as Director of Spiritual Services, John is also driven to renew, grow and strengthening the organization's financial positions through philanthropic activities. As a lifelong American Baptist, he is eager to encourage individuals to design their estate plans and make charitable gifts through the American Baptist Homes of the Midwest.

He says, "the American Baptist Homes of the Midwest have a long and proud history of touching people's lives. This is a unique opportunity to connect people who care, with the ministries that matter to them, ensuring ABHM a bright future."

Sundquist holds a Master of Divinity degree from North Park Theological Seminary, Chicago, Illinois and has also had international experience in Sweden.

Technology is Enhancing Care at Thorne Crest

BUZZ....BUZZ...BUZZ...It is the Room 200 pendant alarm. A certified nursing assistant (CNA) looks at her pager clipped to her pocket and sees a notification that the resident in apartment 200 has pushed her pendant and is near the gardens. The CNA hurries to *this* area, rather than the apartment and is therefore able to improve response time.

The "Locator" is a key feature of our new Nurse Call System installed in February of 2010. The system provides staff with the location of an Independent Living or Customized Care residents when they push their pendants. The new upgraded system can give us the location of the pendant within about six feet.

In the Skilled Nursing Wing, we also upgraded the nurse call system with pagers and walkie talkies for the staff. This has been a greatly improved communication between staff as they respond to residents

who pull a call cord or push their pendent button. The new system also enables us to track response times of resident call lights which allows us to monitor and when necessary make changes or improvement to our systems.

Adapting to the new technologies can create some issues and often takes more time than anticipated. In the end, however, we see change as a positive, and will continue to do what is best for the residents of Thorne Crest.

Shanna Eckberg
Administrator