

Fall Newsletter

Grove City Area Living at Home Program

Autumn is a second spring, when ever leaf is a flower!

We are all thinking about how fast summer has gone and that the fall leaves are already appearing. The soybeans are turning and the pumpkins are showing their color. Combining wheat is almost finished, 3rd or 4th round of hay is up. Sweet Corn is being picked and corn on the cob is a popular meal. Sugar beets are beginning to be topped and lifted. What happened? Life becomes a whirlwind, people are going in different directions, everyone is busy! Through various events that have happened in my life I have decided to take time to enjoy life a little more than I have in the past. Take time to enjoy nature and all that is around us.

Enjoy the company of friends and family. Sit and listen to the sounds of nature and let time slow down. Allow yourself to be happy. Many of us find it challenging to enjoy a calm, "normal" life. Give yourself permission to enjoy a drama-free existence and focus on finding pleasure in your daily experiences. Make time to nurture the positive relationships you have with friends and family. Identify the people who lift you up and focus your energy on them.

Meet new people! Community is one of the most important needs we have. Making a consistent effort to meet new people helps us fulfill that need and introduces us to new ideas and perspectives. Come out to community events, be it at church, fire station, community center, or the Care Program, sit and visit and take time to reunite old friendships. Give back! Spending time on activities that make a difference to others, through goals like volunteering. This helps instill a sense of meaning and purpose in our lives. Even though some of the activities might not be that enjoyable or exciting, the simple act of giving back is a reward in itself.

When I became program director I soon learned that helping others was such a blessing in my life. There is no better feeling than being able to help others. Take a few minutes out of your week and do something for a neighbor, friend, or just a total stranger. It can be as simple as helping someone reach an item off the shelf in the store, bringing the neighbors garbage can up to their house, or taking someone to town to get groceries. Andrea Dallmann, Program Director

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Six Common Hospice Care Myths

By Michaela Walz, Community Relations Manager

I think this is the perfect opportunity to share some common myths associated with hospice care. Here are the six most common myths:

1. "The day that I call hospice is the day that I give up on my loved one".
2. "Hospice is a place".
3. "My loved one has to have a specific diagnosis (usually cancer) to go on hospice".
4. "Once they go on hospice, my loved one will be forced to stop eating and drinking".
5. "Once they go on hospice, my loved one can't see their primary care doctor anymore".
6. "My loved one died because I called hospice".

Calling hospice may be the best call you ever make as it addresses the comfort of the ill, controls pain, and manages symptoms. Hospice is actually just a form of end-of-life-care; hospice care can come to wherever your loved one is living. There are two primary requirements that your loved one must meet to qualify for hospice: they have to have a life-limiting illness in which they are not expected to live longer than six months (this can include cancer, CHF, Alzheimer's, and so on). Just because your loved one goes on hospice doesn't mean they have to stop eating and drinking; they can continue to eat and drink what they want as long as it doesn't become a safety concern. Hospice care teams actively engage your loved one's primary doctor and want them heavily involved in their care. Hospice care will not kill an elder, in fact it has been proven that people who go on hospice tend to live slightly longer than those who don't.

Senior Dining

Senior dining is every day Monday-Friday at South Grove Square Oak Room. This program is from Lutheran Social Services. The meals are served hot at 11:30am. We also have "home delivered meals" for those who are home bound and cannot get out to the meal site. This service is for 60 years and older. If you are interested in joining us please call the Care office.

Walk or drive on over to our monthly **Foot Care Clinic**. It is every 3rd Tuesday from 8am — 12 noon, by a Registered nurse from Ecumen. Call the Care office at 857-2274 to make your appointment. Our feet are very important and need to be taken care of. Check your feet, wash your feet, protect your feet, and if you are diabetic it is even more important to take care of your feet.

Every Monday and Thursday from 9:45am to 10:30am we host **Bone Builders**: Be good to yourself and join us. Osteoporosis is no longer a worry just for women. Older men are at risk for developing this bone disease as well. Osteoporosis affects 28 million Americans and leads to more than 1.5 million bone fractures each year. (Everyday Health) Don't be a statistic!

The Care Program would like to take this opportunity to **thank you for your support** you have shown our program throughout this past year. Many of you donated your time and/or money and we are ever so grateful for each of you. Through your help we can better meet the needs of our area older adults.

Thank you to the following businesses, organizations, and individuals for your donation March 2018 to August 2018:

Swede Grove Charities
Danielson United Fund
Rosendale Prayer group

Athwin Foundation

 Mardag Foundation

Walmart of Litchfield

 BNSF
RAILWAY

Contact Rosemary Dilley, Volunteer Coordinator,
if you are interested in volunteering — 320-857-2274

Congratulations to our Volunteers of the month:

- ♥ April — Paula Nelson
- ♥ May — Joyce Drange
- ♥ June — Allan Knutson
- ♥ July — Linda Mickelson
- ♥ August — Jo Celandier

Why I became a volunteer by

Arlene Johnson:

Because someday I might need the help!

Ardis Thorp in memory of Clarence Erickson
Evelyn Heil in memory of Roger Rusch
Lucille Sundahl in memory of Betsy Holmquist
Donna Rueckert in memory of Arlene Danielson
Ardy Johnson in memory of Arlene Danielson &
Roger Rusch
Allan Knutson — donation
Arlene Johnson in memory of Clarence Erickson
Don & Linda Mickelson in memory of Judy Schroeder &
Clarence Erickson
Paulene Truelson in memory of Loved Ones
Donna Rueckert in memory of Roger Rusch
Lois Rusch in memory of Roger Rusch
Gordon & Jane Czycalla In memory of Clarence Erickson,
Florence Mensing, David Bird, Marquicite Flanders,
Roger Rusch and in honor of Leroy Johnson 102nd
Birthday
Larry Knutson — donation
Richard and Carol Struthers — donation
Tom Quello in memory of Clarence Erickson

Caregiver Support Group — 3rd Tuesday @10am

Grief Care Support Group — Last Monday @2pm

Volunteer meeting — Last Tuesday @10am

Friendship Club — 2nd Thursday @2pm

Walking -8am to 3pm Monday-Friday -Gym

Movie Matinee — Check Calendar

Bingo — watch calendar for more info.

Card playing — Every Tuesday @1pm

Available activities: bean bag toss, chess, checkers, cribbage, dominoes, ladder ball, and so much more

Nursing Services: In home care, skilled nursing, home health aides, PT, SP, OT, Hospice care, foot care clinic, blood pressure checks.

Handicap equipment of all kinds is available for discounted price and tax free. If we don't have it we can get it!!

Volunteers are needed: You can volunteer as often or seldom as you prefer. Please call us @ 320-857-2274 —



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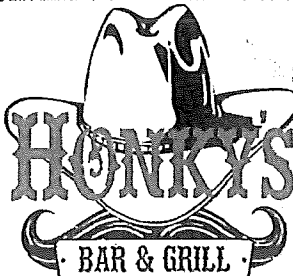
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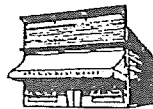


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Don't forget the bus runs through Grove City. We would like to see more people using this source of transportation. Contact the Care office and receive free tokens!



201

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Phone: 320-857-2031 / Fax: 320-857-2033

GROVE CITY AREA HISTORICAL SOCIETY

SEPTEMBER 2018

Time goes by fast and we are done with summer and now preparing for fall activities. The museum will be open whenever someone would like to visit. Some of us members are there once in a while to keep it clean and looking nice. We have a few new things that we received this past summer. If you or a group of people are interested in seeing the many wonderful things we have at the museum, please contact Dorothy Lindstrom at 320-693-9140, Ronald Drange at 320-693-2922 or Gordon Czcycalla at 320-857-2636 and we will have it open.

The Grove City CARE Program will be having their annual Octoberfest Fundraiser Pork/Turkey Supper on Sunday, October 14th and we will have the museum open that day from 4-6:30 pm. They have a great meal and a wonderful cookie walk, and many other interesting things to buy. Everyone Welcome

What is an Historical Museum

The traditional role of museums is to collect objects and materials of cultural, religious and historical importance, preserve them, research into them and present them to the public for the purpose of education and enjoyment.

Grove City Historical Museum
205 3rd St. S
Grove City, MN. 56243

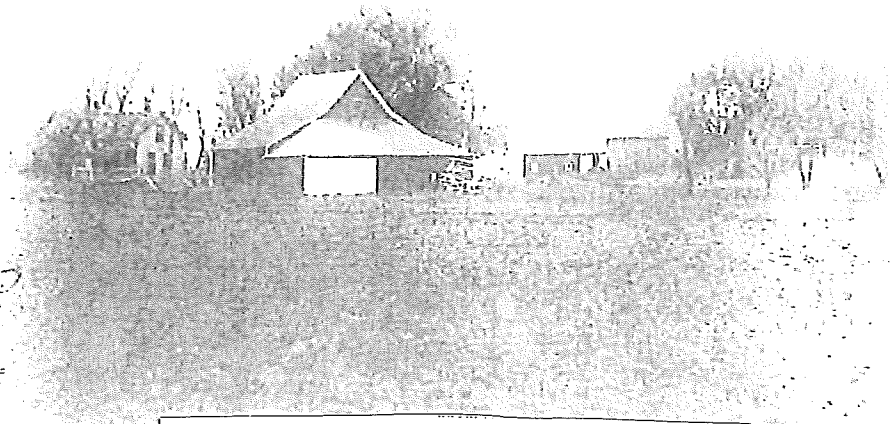
Gulbrand Johnson

From a beautiful farm named "Gudmundrud" in Modum, Norway came Gulbrand Johnson, James R. Johnson's grandfather. He came to America by way of Quebec and travelled to Wisconsin in 1858. There he met and married Karen Marie Ronning, who emigrated from Norway in 1861. In 1864, they came to Minnesota and settled in Section 14, Swede Grove Township, Meeker County. On March 20, 1873, he received a land patent from the United States of America under Ulysses S. Grant. Gulbrand and Karen were blessed with 3 sons, Christian, John and Sam.

During those early years many obstacles had to be overcome. Among those was the construction of a log house and a barn. The original three rooms are still a part of the Johnson home which stands empty today. The native grasses had to be converted into fertile, black soil for growing crops; also the constant threat of Indian uprisings and harassment. Language was also a barrier for the immigrants. Across the road from the Johnson farm stood School District #37, a place of training for U.S. citizenship, also for education and community activities. There Gulbrand and Karen studied English. There Christian, John and Sam studied; Sam's children – Florence, Chester and James attended school there also. Chester's and James' children were students until the school consolidated with the Grove City school about 1965. This school later became the Mennonite Believers church of worship.

Gulbrand was born May, 1829 and died January, 1879 and is buried in First Lutheran Cemetery at Grove City. Karen was born April, 1834 and died April, 1923, and is buried in Immanuel Lutheran Cemetery at Grove City. Their sons—Christian (1869-1918) married Emma Christenson (1867-1947), they had no children; John (1872-1923) never married; Samuel (1875-1954) married Mabel Caroline Johnson (1891-1965) from Iola, Wisconsin on 6-24-1915. All of the above are also buried in Immanuel Lutheran Cemetery. Sam and Mabel had 5 children, Florence, Chester, David, Doris, and James. David and Doris died in infancy. The remaining, Florence, Chester and James are also deceased.

James became the sole owner in 1957. James married Arlene Nelson of Grove City in 1957 and they made their home on the Johnson Homestead until James passed away in 2013 at the age of 81. He is buried at First Lutheran Cemetery in Grove City. James and Arlene were blessed with 3 children, David (1958), Marcia (1961) and Melissa (1964). The Johnson Homestead which became a Century Farm in 1976 is now in a Johnson Family Trust.



James & Arlene Johnson Farm
Meeker County



Sam and Mabel Johnson