

Creating peace of mind; preserving dignity

NORTHFIELD, MN

The Link

and respect through choice and independence

SPRING EDITION, 2011

Save the Date!
2011 Three Links
John Falck Memorial
Golf Tournament
Thursday, August 4

Three Links

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Pat Vincent, CEO

From the Administrator

Making Seniors a Priority

Spring will certainly be welcome in Minnesota this year. This winter has been long, snowy and cold. It epitomizes

the grit that Minnesotans love to boast about. But enough is enough! I am looking forward to the joys of spring – warm breezes, birds chirping, flowers and trees blooming and being able to go outside without layers of heavy, warm clothes! I love the changes that come with spring!!

Minnesota has a new Governor, Mark Dayton. No matter what your political persuasion there is no doubt that Governor Dayton and all of the Legislators have a huge challenge ahead of them as they attempt to balance the State's budget deficit. Oh yes, the deficit was reduced by over a billion dollars in the February forecast but even a five billion dollar deficit is daunting. The Governor's budget addressed many cuts to older adult services. He spoke of cutting nursing homes by 2%. Although a thorough analysis of the fine print brings those cuts to nearly 6% at Three Links Care Center. The cuts to home and community based services through the Elderly Waiver program are projected to be 4.5%. This at a time when the focus is on keeping people out of the nursing home by utilizing home

and community based services.

I realize this is just a line being drawn in the sand and now the tough negotiations begin. Our staff and our Boards have begun to write letters to Governor Dayton, Lt. Governor Yvonne Prettner-Solon and the legislators. I am asking your help in doing the same. We need to ask our elected officials to support older adult services in Minnesota. In many communities older adult service organizations are a prime economic driver. Failure to fund those programs may cause many facilities to close thus creating further distress to their communities. I would be happy to further discuss the issues with you. Recently while attending the Aging Services of Minnesota Institute in Minneapolis I was proud of the many awards and recognition our organization received. Among them:

- Reflections and Cottage on Forest were honored with the Excellence and Innovation award for the beautiful building that was designed to serve end of life care and memory care.
- Pastors Janet and Howard White, our Chaplains, were honored with the District F Caregiver of the Year Award for their shared ministry at Three Links

—continued on page 3



A THREE LINKS COMMUNITY

Three Links Will Tee It Up

Three Links 12th annual John Falck Memorial Golf Tournament will be held on August 4th at the Northfield Golf Club. This tournament benefits the Three Links Foundation which supports the programs and services at Three Links. A much anticipated summer event, the tournament will be sponsored by the Grand Lodge of Minnesota IOOF. The day begins with an early morning golf clinic taught by the golf club pro. This is a chance for eager golfers to hone their skills before the shotgun sounds. Games on the course this year will include the always popular Hit-the-Boat contest as well as a chance to win a new Chrysler at the Hole-in-One contest. Maybe this will be the year for a winner. The day will conclude with dinner in the clubhouse and a chance to recap a wonderful day of golf. As this is a major fundraiser for Three Links, please consider participating in our event. There are many sponsorship levels to choose from including: Eagle, Par, Golf Cart and Hit-the-Boat.

For more information or to register your foursome, please call Deborah Carpenter at 507-664-8867. We look forward to seeing you on August 4th for a great day of golf.



“Spring is when you feel like whistling even with a shoe full of slush.” –Doug Larson

FOCUSonVOLUNTEERING — Loving Hands

Residents Volunteer with ‘Loving Hands’

Millstream Commons — Assisted Living and respite care apartments

The Activity Room at Millstream Commons is where the volunteers gather once a week to poke, stuff, cut, sew and tie for an organization called Loving Hands. The smell of fresh baked cookies, the sounds of instrumental music, the sunlit room with floor to ceiling windows, long tables aligned in rows all help set the tone for an amazing group of women who give back to their community.



Loving Hands, based out of Faribault MN, creates hand made blankets and dolls for seriously ill children in major hospitals throughout the state. In 2003, Loving Hands became a non-profit organization. During its first year members made 255 blankets. Last year the group created nearly 1,600.

Monica, Life Enrichment Coordinator at Millstream Commons, was looking for volunteer project like this for the active group of tenants. They drop off the fabric cut to size and the volunteers from Millstream tie the knots to complete the quilts. Loving Hand’s volunteers also make dolls by hand, each one taking on a personality of its own.

“// The Loving Hands project has been magical for us at Millstream Commons. During the long winter and a cold spring we gathered together for hours each week tying knots on the quilts and bringing the dolls to life with lots of love and stuffing. Sitting next to each other as we worked provided lots of wonderful chat time too.” —Monica, Activities Director //



For more information about Loving Hands, contact Ruth Gillen at 507.334.3155.

"You know your children are growing up when they stop asking you where they came from and refuse to tell you where they're going." —P.J. O'Rourke



A THREE LINKS COMMUNITY

From the Administrator -

continued from page 1

- Mary Pecore, RN accepted a certificate of achievement for our "Falls Reduction Program"
- Holly Preslicka, Cottage Coordinator, graduated in the first class of Aging Services Leadership Academy and was awarded a beautiful certificate during the opening ceremony at the Institute



Pat Vincent - 2nd from left: Aging Services of Minnesota Institute in Minneapolis

- Kathy Olson, Executive Director of Millstream Commons, was recognized for her work as a Coach and Mentor in the Leadership Academy
- Pat Vincent, CEO was presented an award for serving on the Aging Services of Minnesota Board of Director for fifteen years

All of these recognitions remind me that our staff is an essential influence in the fine reputation of care that Three Links has achieved. We are here to serve our residents and their families and in doing so we have a desire to serve you well.

As I work on establishing a balance between the funding challenges and the good work our staff is doing everyday, I pause to recognize that we as an

organization cannot rely so heavily on government funding. We need to work through our Foundation to seek charitable donations to sustain us as we go forward during the uncertain times of healthcare reform. We appreciate the support of so many of you through the years and we look forward to working with you to get through the many challenges coming our way.

I am reminded of just how effective a group of people can be when they work together to accomplish a common goal. About ten months ago our staff at The Villages of Lonsdale recognized a need to get their tenants out in the community more. They set a goal of raising money to purchase their own bus. Early in December nearly \$60,000 was raised and the new bus was ordered. We received the new bus in mid-March through the generous support of the community of Lonsdale. Wow! Hats off to the power of people!!

Elsewhere in this newsletter you will read about the Grow Our Green Campaign established by our own staff. Together this group raised over \$3400. Their creativity and enthusiasm was awesome. Their "can-do" spirit was contagious. They have demonstrated their commitment to Three Links and the people we serve.

It is my hope that you will add to our momentum and keep our organization going forward in our quest to better serve the seniors of our community. Together we can make it happen!

Happy spring!

Patricia J. Vincent CEO

Here Comes the Bus

Villages of Lonsdale Hits the Road in Style

The "Wishing for Wheels" campaign was a huge success for the tenants at Villages of Lonsdale. They now will be transported in style to their favorite local venues and attractions.

Amanda Bartusek, Community Enrichment Coordinator and Phil Brandt, Maintenance Supervisor, both pictured below, will be the drivers of the Villages of Lonsdale bus.



The Villages of Lonsdale, managed by Three Links, consists of three senior housing options; Independent Apartments; Assisted Living Apartments and Memory Care Suites. For more information call Marilyn Pint at (507) 744-3453.





"To the world you may be one person, but to one person you may be the world." - Bill Wilson

A THREE LINKS COMMUNITY

Sweet 'n' Savory –

Three Links Catering Service

Whatever your event, we can help plan your family's birthday, graduation, business meeting, funeral, anniversary, baby shower, bridal shower, brunch, or any special occasion from the linens to final bite of dessert!

We are committed to providing you with beautiful, delicious food and service with ease.

Our staff has had many years of creating delicious food and personal presentation.

Remember us for your next occasion — we cater to you!



Please call 507-650-7994 to discuss your special occasion and pricing.

Grow Our Green for Three Links

First Employee Annual Appeal

The cold wind of winter was blowing over Three Links but the air inside was filled with excitement as the first Employee Annual Appeal got underway. As part of the year long Annual Appeal, this first phase was truly a labor of caring and commitment. A committee of staff had begun meeting in late fall to plan the campaign which was to kickoff January 17, 2011. They chose the theme Grow Our Green for Three Links. The committee decided that all eight departments would be given \$50.00 seed money to grow the green. So on January 17th the fun began. There were bake sales, a potato and deli bar, a book and pizza sale, a Super Bowl board, a breakfast in the conservatory and a silent auction that included a Mexican Fiesta dinner hosted by Millstream Commons. The dollars, quarters, dimes and pennies poured in and when the campaign ended \$3,400.00 was raised by a staff during difficult economic times and from those who have endured a pay freeze for two years. The staff at Three Links is truly amazing and has set the bar for the Community phase of the Annual Appeal which will launch in May. It is my hope that the community as well will rise to the occasion to Grow Our Green for Three Links.

Deborah Carpenter
Fund Development Director



Grow Our Green for Three Links

First Employee Annual Appeal

New at Three Links Care Center — **SHELBY**

Paula Plank, Director of Nursing, at Three Links Care Center, brings to work with her each day, her dog Shelby. While Paula is busy with the residents Shelby is too. She spends her day socializing in the hallways with staff and residents.



"An onion can make people cry, but there has never been a vegetable invented to make them laugh." –Will Rogers

MEET **Sam Hruza**Making a Difference

Three Links Provides Opportunities for Northfield High School Work-Based Learning Program

By definition, the Minnesota Department of Education describes Work-Based Learning as a learning opportunity for students that occurs at an off-school worksite or at an in-school worksite where goods or services are produced. The program involves teaching and learning experiences such as: jobshadowing, worksite field trips, structured cooperative work experiences, internships, youth apprenticeship, and career mentoring. Students learn to take responsibility for the decisions, working under the pressure of a timeline, problem solving, developing a positive attitude with a good work ethic, following directions, and the experience of working with a variety of people.

It is a tradition for Three Links to form partnerships like this in the community. And it is often the individuals behind the scenes that make these partnerships so successful. Sam is a student at the Northfield High School, and is one of those people... making a difference.

He comes to Three Links four times a week to work with staff and residents in a variety of tasks. The staff appreciate Sam's hard work and eagerness to help out where needed. Some of Sam's jobs include helping residents to and from their morning activities. He assists the Activity Director with group activities demonstrating exercises and stretches. Though Sam is a busy guy when at Three Links, he always takes the time to say hello and connect with the people he meets.

When it's time to leave it is most often the case that the bus is loaded and waiting for Sam to finish up with one last task.

// Three Links Care Center provides teaching and learning experiences, for the Work-Based Learning Students, that will likely develop into transferable skills for their future. The students are able to observe the "respect for all individuals" at Three Links.

—Dan Burns, Special Education teacher, Northfield High School //

Burns invites businesses to contact him if they would like to learn about becoming a WBL work site. He can be reached at Northfield high School, 507.663.0615 or Daniel.Burns@nfl.d.k12.mn.us



Baby Spinach with Roasted Strawberries

Serves 6

- 2 pints of strawberries
- 8 T olive oil or combination of canola & olive oil
- 1 T plus 2 tsp sugar
- 1 ½ tsp sea salt
- Freshly ground pepper
- 6 T red wine vinegar
- ¼ cup orange juice
- 4 tsp fresh tarragon, minced
- 1 cup roasted blanched almonds
- 9 cups baby spinach
- 5 oz. pecorino romano cheese, shredded

DIRECTIONS:

Hull strawberries and cut them in half lengthwise. Spread the berries on a rimmed baking sheet. Drizzle with 2 T olive oil, 2 tsp sugar, and ¼ tsp sea salt.

Toss to coat the berries evenly and spread out. Roast until softened, about 10 minutes at 400°

Whisk vinegar, orange juice, tarragon and 1 T sugar, ¼ tsp salt. Slowly add 6 T olive oil and emulsify. Adjust seasonings

Toast almonds with ¼ tsp salt.

Dress spinach with ⅓ cup vinaigrette and reserve remaining dressing to pass. Use toasted almonds as garnish after topping spinach with strawberries and sprinkling of cheese.

Joyce –Director of Dining Services, Millstream Commons



"Patience will come to those who wait for it." — Unknown

A THREE LINKS COMMUNITY

CAMPUS LINKS — MILLSTREAM COMMONS



Millstream Commons *Assisted Living and Respite Care Apartments*

A TENANT PROFILE: *Sallie Clark a 3 year tenant at Millstream Commons chats with Kathy about weddings past, present and future.*

Sallie reflects on the simple wedding she and her husband, Jack, had 70 years ago. Both of Sallie's parents were gone and she was living in Washington, DC. She and Jack were married in Foundry Methodist Church by the pastor and Chaplain of the US Senate. As we look at the framed wedding photo of the two of them she points out that Jack wore a suit and she a light blue dress, mentioning it was not the typical wedding attire of the time. Jack was an Electrical Engineer for the Navy and Sallie was working for a psychiatrist at the Washington Institute of Mental Hygiene. She smiles as she talks about her granddaughter, Katie Carlson, and her upcoming July wedding at Bethel Church in Northfield. "Katie's wedding will be very different than mine in many ways" she says.



Sallie Clark & Kathy Olson, Executive Director, Millstream Commons

there. I even saw him open his refrigerator door at one point! Others attending Rick's wedding via skype were her daughter, Nancy, from the beach in Florida and her son, Tom, from his home in Idaho.

When asked if she was going to watch the Royal wedding she said, "yes, definitely! I'm anxious to see it. I watched Diana's wedding and found it so intriguing. I'm akin to it as I'm English. My great-grandfather, Richard Talbot was born in England." She reflected on the recent Tribune article that said Kate's family has work ties to the coal mines and how Sallie likes that the media elevates the fact that Kate Middleton is a "commoner". "Such a difference from his parents, Charles and Diana" notes Sallie.



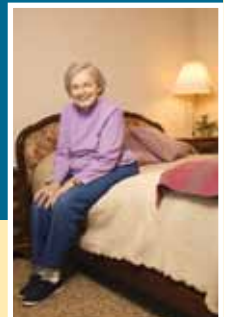
Thanks for Connecting with Millstream

We'd like to thank the following people and businesses for enriching our lives in so many ways:

- River Bend Nature Center for their presentations on Minnesota birding and Recycling in the 21st Century
- Just Food Co-op for their "Organic and Local, Why does it Matter" presentation
- The Lakeville Red Hat ladies for their afternoon entertainment
- River Valley Vision Clinic for Dr. Rudser's presentation on Dry Eyes
- Dr. Corbett for his Wellness presentation
- Village Drug for their Medical Equipment presentation
- Cheri Albers and her group for the St. Patrick's Day entertainment
- Paige Beenen, St. Olaf nursing student, for her Heart Healthy presentation

Warmly,
Kathy Olson, Executive Director

Featuring! Respite Care apartments. When you need to be well cared for outside your home. We're here for your short-term as well.



Call 507.650.0141 to arrange for a tour. Millstream Commons, 210 West Eighth Street, Northfield MN 55057



"The trouble with being punctual is that nobody's there to appreciate it.. -Unknown

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In memory of

Your Gift Changes Lives — Consider a Planned Gift

Rebecca Adams
Margaret Carlson
Sandra Carlson
Grand Lodge of Minnesota – IOOF
Virginia Johnson

Deloris Anderson
James and Donna May

Bayn Carlson
Margaret Carlson
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Jay and Kristen Johnson

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In kind donations

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2010 Fall Newsletter

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Mary Andrews Spilman
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Mark and Lavonne Young

Consider a planned gift to Three Links. "Planned giving" is a term commonly used to describe a wide variety of giving vehicles that allow you to give to charity during your lifetime and/or after your death, while meeting your current income needs and providing for your heirs. I would love to discuss the many ways you can make a profound impact in furthering the mission of Three Links.

Deborah Carpenter,
—Fund Development Director
Call (507) 664-8867 for more information.





815 Forest Avenue
Northfield, MN 55057

Creating peace of mind;
preserving dignity and
respect through choice and
independence

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Calendar

May 26th - 2:30PM

In the Three Links Dining Room - Celebrate Leading Age Homecoming Week. Come and enjoy the music of Joy Jump Productions and treats by Sweet and Savory

August 4th - 1:00PM shotgun

-John Falck Memorial Golf Tournament -Northfield Golf Club

The Link

THREE LINKS

815 Forest Avenue
Northfield, MN 55057

www.threelinks.org
(507) 664-8800

THE LINK is a quarterly publication produced for friends of the Three Links community.

Editor: Deborah Carpenter,
Fund Development Director

TO GIVE: For more information on supporting Three Links, please contact Deborah Carpenter (507) 664-8867

We're Here For You.



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- Adult Day Services
- Assisted Living
- End of Life Care with Hospice Services
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