

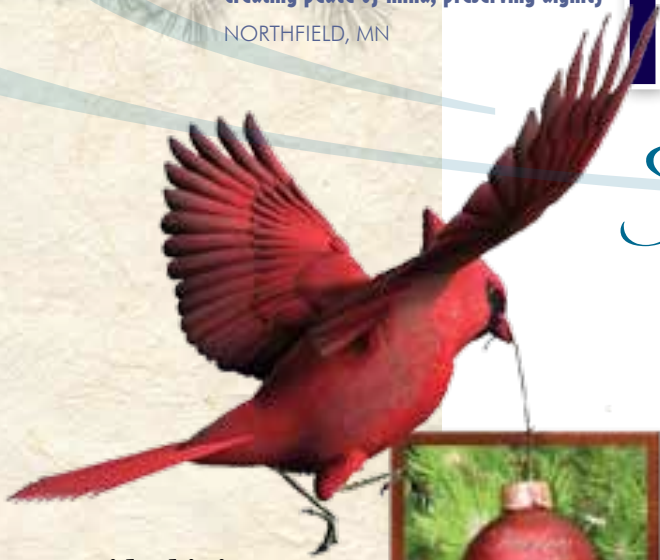
Creating peace of mind; preserving dignity
NORTHFIELD, MN

The Link

and respect through choice and independence

FALL EDITION, 2011

Three Links



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The Hoversten's Nisses - traditional Norwegian gnomes —page 3

A season for Giving

Giving Ornament Enclosed in Return Envelope

Join our residents and staff at our traditional **tree decorating ceremony** on December 20th at 2:30pm. The enclosed gift ornament may be used to support the purchase of a new campus bus while honoring a loved one. Consider a donation to Three Links Foundation so that we may continue our mission of caring for older adults. —see page 2

From the Administrator

Making Seniors a Priority

Autumn is one of my favorite times of the year. I love the cool, crisp air, the beautiful fall colors, trips to the apple orchard and the signs of major changes yet to come. I have several crab apple trees outside my office window. Every year for the past eleven years, the Cedar Wax Wings come to eat the abundant crab apples on those



Pat Vincent, CEO

trees. It seems they come just before there will be a major change in the weather patterns. It always amazes me how those little birds can know what is ahead and take action to prepare to head for warmer climates.

As I think about what lies ahead for older adult services I only wish we could have the

sense of what is to come so that we could better prepare. For years we have heard about the baby boomer demographics. As a young nurse I taught classes about aging and spoke of the huge bubble of older people that would hit in 2015. Now that date is almost here and leaders everywhere are scrambling to deal with the increased budget pressure that will result from these demographics. There is a lot of activity regarding older adult issues on both the State and the Federal level. It certainly warrants watching

—continued on page 2

"Maybe Christmas, the Grinch thought, doesn't come from a store." –Dr. Seuss

A THREE LINKS COMMUNITY

From the Administrator continued from page 1



Saving for the New Bus

Growing Our Residents Outings

Our Three Links bus is a very special vehicle. It provides our residents with a ride into the world. In 2005, it was determined that our current bus was huffing and puffing and could no longer provide the safe and comfortable ride for our residents so it was retired as a backup bus. A fund raising effort was mounted, "Buy a Seat on the Bus" and in 2006 thanks to the generous spirit of our families and friends, a beautiful new bus rolled up to the doors of Three Links. Now our backup bus is no longer viable and we would very much like to replace it so we can continue and grow our resident outings.

Every Tuesday, residents line the Care Center lobby looking forward to an adventure to Dairy Queen or to the apple orchard. It is our hope that with your help this holiday season, we can begin our quest for another beautiful new bus. Remember a loved one or friend in this season of giving with a gift to the Three Links Foundation and your generosity will assist in that beautiful bus.



and involvement so that budgets aren't balanced on the backs of our parents, grandparents and yes, even us.

I am just back from the Leading Age conference in Washington, DC. As Leading Age celebrated their fiftieth anniversary, they combined the conference with the International Association of Aging group. It was interesting to hear that the age-wave is a global issue and has risen to one of the top concerns around the world. The increasing number of older adults leads to increased costs and multiple care-giving issues. It is also occurring at a time when there are decreased numbers of younger people to provide care. It is estimated that Africa alone has predicted a shortage of 800,000 caregivers as they not only deal with decreased younger people; but also are victims of the mass exodus of caregivers to other parts of the world where the future looks brighter.

As I put all of this information into a perspective that applies to Three Links I am aware that the future holds additional challenges related to the need for more services with less available resources to provide those services.

It makes me keenly aware that the support of people like you is going to be critical to the future of Three Links.

The Three Links Foundation is pivotal to insuring that we are able to provide excellent care and services to the older adults in this community.

I would like to share a brief story with you about how our Foundation recently made a huge difference in the lives of our staff. For the past three years

our staff wages have been frozen due to reimbursement freezes and cuts at the State level. In discussions with our Board of Directors we recognized that taking care of our staff helps insure they take good care of our residents. The Board authorized a bonus for all staff that would be funded through our Foundation. That is a big departure from the previous history of our Foundation. We typically use those funds for program growth and building projects.

By taking this action our Board made a significant statement as to the value of our staff in the success of our organization.

Our staff responded with immense gratitude for feeling appreciated for the sacrifices they have made during these difficult economic times. I was very moved by their stories and comments following the surprise announcement.

As 2011 comes to a close I would hope that you recognize the important services Three Links provides in our community. I would hope that you can appreciate the challenges we face to do our work each day. I would also hope that you recognize the wonderful team of workers we have to care for you and your loved ones throughout the year. As you reflect upon how Three Links makes a difference in your life, or how we may make a difference in your life in the future, I am hoping that you will open your hearts and share a gift with our Three Links Foundation so that we can continue to make a difference in the lives of so many.

May God richly bless you during this holiday season and always. ■

Patricia J. Vincent
CEO

"Families are like fudge - mostly sweet with a few nuts." —Author Unknown

CAMPUS LINKS — MILLSTREAM COMMONS

Millstream Commons *Assisted Living and Respite Care Apartments*

A TENANT PROFILE: *Chester and Phyllis Hoversten, tenants at Millstream Commons, share Holiday memories with Kathy.*



Chester Hoversten, a retired Lutheran pastor and his wife, Phyllis, have celebrated 66 Christmas' together-Norwegian style. Chester's roots are found on the Island Bokna Fjord and Phyllis hails from Singas Valley in Norway. For this couple and their six children, Christmas has always been the most cherished holiday they celebrate. One of the strongest Hoversten traditions revolves around the meal on Christmas Eve. It begins with the family gathering together around the candle

filled table, each person also having an individual candle at his or her place. As a small boy Chester remembers having to sit at the table until their candles burned out, once taking so long he wet his pants! Before Roosevelt's project to electrify the country, the light from all the candles at this meal made for the brightest one all year. The meal was prepared to imitate the poverty of Jesus including rice porridge, lefse, and gingersnap cut out cookies. Phyllis' family included ribs and that tradition has carried over to their children. When Chester was a boy church services were held on the Second Day of Christmas on December 26th and did not include Santa Claus.

Chester and Phyllis have been to Norway three times as they each have 1st and 2nd cousins still living there outside of Trondheim. When visiting the Hoversten's home at Millstream Commons, one is greeted by their two Nisses at the door. These traditional Norwegian gnomes bring you luck if you're good but if not, they'll play tricks on you Phyllis shares with a chuckle. When asked what their most memorable Christmas was, Chester quickly recalled the cast iron automobile he received when he was a young boy. "That was a big deal!" Phyllis remembers fondly all the cooking and baking she's done, "Lots of donuts, lefse and krumkaka". Chester and Phyllis smile as they share that most of their kids have carried on these Norwegian traditions. "It's a nice feeling, a real compliment, when your kids do the same things we did growing up." The Hoverstens are looking forward to another Christmas together with warm memories and a familiar anticipation. ■



Kathy Olson,
—Executive Director
For more information about
Millstream Commons, call
507.650.0141.

210 West Eighth Street,
Northfield MN 55057



Spiced Nuts

—Makes a great holiday gift!

Ingredients

- 1 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon dried ground orange peel (available in the spice section)
- 1 pound pecan halves
- 4 tablespoons unsalted butter
- 1/4 cup packed light brown sugar
- 2 tablespoons packed dark brown sugar
- 2 tablespoons water

Directions

Line a half sheet pan with parchment paper and set aside.

Mix the salt, cumin, cayenne, cinnamon and orange peel together in a small bowl and set aside.

Place the nuts in a 10-inch cast iron skillet and set over medium heat. Cook, stirring frequently, for 4 to 5 minutes until they just start to brown and smell toasted. Add the butter and stir until it melts. Add the spice mixture and stir to combine. Once combined, add both sugars and water, stirring until the mixture thickens and coats the nuts, approximately 2 to 3 minutes.

Transfer the nuts to the prepared sheetpan with parchment paper, and separate them with a fork or spatula. Allow the nuts to cool completely before transferring to an airtight container for storage. Can be stored up to 3 weeks.

Joyce – Director of Dining Services,
Millstream Commons

A THREE LINKS COMMUNITY

Sweet 'n' Savory –

Three Links Catering Service

The holidays are a time to celebrate with family and friends. Let us help make this festive time of year easier and more fun. Our assorted holiday cookies will please any crowd. From sugar cookies to peanut butter blossoms and of course frosted cut-outs to name just a few. We also offer a wide variety of appetizers for that special party.

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

Remember us this holiday season!

We cater to you!



Please call **(507) 664-8884** to discuss your special occasion and pricing.



“Drawing on my fine command of the English language, I said nothing.” — Robert Benchley

MEET **Pastor White** — The Gift of Yourself

My grandmother spent the last years of her life in a home much like Three Links Care Center. We travelled to Fargo, North Dakota, to visit with her at least once or twice each year. She loved our visits and would often remark, “I wish I had something to give you. I can’t do anything for you. I just feel so useless.” I remember telling her,

“Grandma, I don’t need you for what you can give me. I don’t need you for what you can do for me. I need you because you love me.”

Isn’t that true for us all? We all need people in our lives, people who love us. That is without a doubt the best gift of all. As we enter this holiday season, we would do well to remember the most important gift we can give: the gift of ourselves, our time and our love.

During the 30+ years of our marriage, my husband and I would often travel on Christmas Day to visit my parents in Illinois. Our churches had Christmas Eve services the night before, but on Christmas Day we would drive several hours to my childhood home. We learned that not even McDonald’s was open on Christmas Day. There were only truck stops available to us. When we arrived at my home the tree was waiting with lots of presents underneath its branches. More important than the presents was the joy on my parents’ faces as we arrived. My mother would exclaim, “They’re here! They’re here!” And, we were. These are powerful memories for our children, and for my husband and me.

When our children were nearly grown, I remember feeling a sense of urgency. If I

was going to establish holiday traditions, create special memories, I had better hurry. Soon they would begin leaving the nest, and it would be too late. I feared I hadn’t done enough. I remember mentioning this to my children. Much to my surprise, they told me how wrong I was. We had all kinds of traditions and memories that they remembered. They didn’t feel the need to change anything or add anything. They liked the way we did things. They remembered and would carry wonderful memories with them as they left our home to make homes of their own. What a relief! Again, the most important gifts to our children weren’t the presents of Christmas, but it was the time we had spent together.

As we enter this holiday season, we would do well to remember the most important gift we can give: the gift of ourselves, our time and our love.

My mother is now in the Mennonite Home in Illinois. She suffers from dementia, but she still knows who I am. She still recognizes her grandchildren. I go to visit her as often as I can, because it is important. I am sure that in just a few minutes after I have left her she will not remember the visit at all. I do know that she enjoyed my visit during the time I was there, and that makes the visit worthwhile to me. I will continue to visit her as long as she recognizes me. I will continue to visit her even after she does not recognize me. I will continue to visit because I love her and because she has always loved me. ■

Pastor Janet White — Three Links and Millstream Commons

"Age is an issue of mind over matter. If you don't mind, it doesn't matter." —Mark Twain

A THREE LINKS COMMUNITY

CAMPUS LINKS — Village of Lonsdale

Christmas Memories — From Germany to America

Anneliese Cassidy is a resident of Lonsdale's senior living facility, The Villages of Lonsdale.



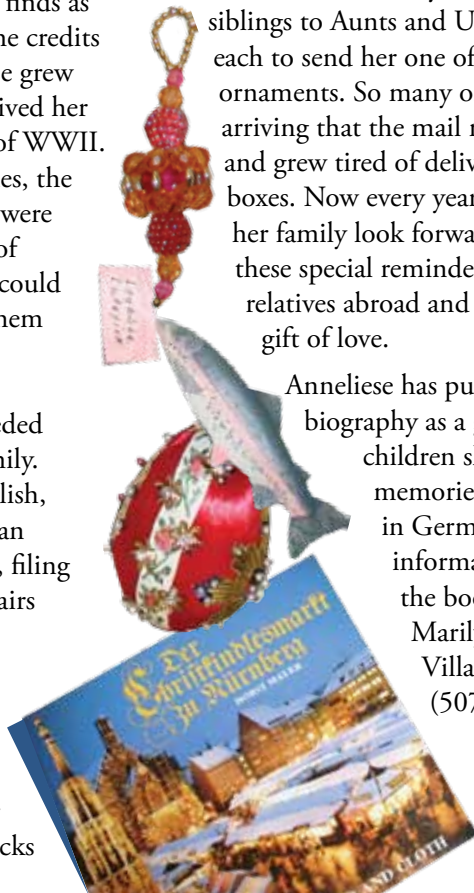
When meeting Anneliese, it is the gift of humor one finds as her first endearing quality. She credits her mother for this. Anneliese grew up in Bavaria where she survived her teen years through the span of WWII. Getting past the difficult times, the day-to-day worries and fears were eased by her Mother's sense of humor. She and her siblings could always count on this to get them through.

When the war ended she needed a job to help support her family. Because she could speak English, she was able to find work in an American switchboard office, filing paperwork for telephone repairs and installations. Often not sure the exact name of the intricate part she recorded, Anneliese used the word 'gizmo' in her descriptions. This landed her the nickname 'Giz' which sticks

today. It is at this office where she met her husband William, a Wisconsin native and together they moved to America in 1953.

Though Anneliese loved her life in Wisconsin, the perfect place to raise their three children, it was during the Christmas season filled with family and German traditions that she missed most. "We would celebrate Advent, starting four weeks before Christmas and look forward to shopping at the beautiful Christmas markets where we would buy special treats and hand made decorations from wood." After her first Christmas in the states, she wrote to each of her family members; from siblings to Aunts and Uncles and asked each to send her one of their tree ornaments. So many ornaments started arriving that the mail man took notice and grew tired of delivering the fragile boxes. Now every year Anneliese and her family look forward to unpacking these special reminders of her relatives abroad and the empowering gift of love.

Anneliese has published a biography as a gift to her children sharing her memories of growing up in Germany. For more information or to order the book 'OMA', call Marilyn Pint at The Village of Lonsdale (507) 744-3453. ■



Broccoli Cauliflower Salad

SALAD

- 2 quarts chopped raw broccoli
- 2 quarts chopped raw cauliflower
- 1 pint grape tomatoes halved
- ½ cup crumbled bacon
- 1 cup shredded cheddar cheese
- ¼ cup small diced red onion
- ½ cup diced red pepper
- ½ cup sunflower seeds

DRESSING

- 2 cups mayo
- ½ cup sugar
- ¼ cup cider vinegar
- 1 tablespoon Mrs. Dash
- 2 tablespoons lemon juice

Place all salad ingredients in large bowl. Mix all dressing ingredients in small bowl pour over salad, toss and serve.



Jeff Dols, Dietary Manager — Villages of Lonsdale

The Villages of Lonsdale, managed by Three Links, consists of three senior housing options; Independent Apartments; Assisted Living Apartments and Memory Care Suites.

"As a child my family's menu consisted of two choices: take it or leave it." — Buddy Hackett

A THREE LINKS COMMUNITY



We're honored!

Three Links, an advocate of quality senior care, recently received the 2011 Excellence in Action award for achieving outstanding customer and employee satisfaction.



Holiday Gift Shop

Your holiday shopping won't be complete without a visit to 'The Lily Pad' Gift Shop located in Millstream Commons assisted living. Hop over to see all the new items from jewelry, home décor, scarves, and much more!

Open 8:00–4:00p.m. M-F

**Unique. Affordable.
'Must-have' Gifts.**

210 W 8th Street,
Downtown Northfield

Santa never had it so easy!



FOCUSonEMPLOYEES — Sarah Dandl

Three Links Apartments — Independent Living

In the recent months Three Links Apartments have begun engaging residents in activities like never before!

We have started the following groups: current events, baking & crafts, book club and we've also added Beer with the Boys and Wine with the Ladies twice a month. Our residents are truly enjoying the new opportunities.



Sarah Dandl
Activities Director
—The Apartments

In addition to the activity groups, we are planning upcoming shopping trips and are looking forward to next summer when residents partake in an annual river boat ride. Three Links Apartments have added educational events for residents including a series "Your Aging Eyes" presented by River Valley Vision an Oktoberfest Celebration featuring the history and music of Bavaria, and many other guest speakers from the Northfield community.

We are always looking for more community involvement for our active, independent residents, if you have a special talent or skill or idea for our residents, please let Sarah at the apartments know!

The newly remodeled, Three Links Apartments is an attractive, affordable housing option for seniors, the handicapped and the disabled who seek a balance between privacy and companionship.

There are numerous opportunities to meet new friends and to socialize. Three Links provides its own transportation for local outings and offers a unique in-house banking feature through a local bank.

The Senior Open Features Millstream Commons Tenants

Pat Deering, a new tenant at Millstream Commons Assisted Living who will be exhibiting a paintings at the Senior Open through December 26th. Painting is one of Pat's life long passions along with her 7 children and 21 grandchildren.

Stop by the Northfield Senior Center and see the work of 25 area artists, all aged 50 or older. Each artist will have one piece in the show. There will be a mixture of media: oil paintings, pottery, wood carvings, photography, watercolor paintings, art books, jewelry, and more.



The Senior Open — Nov 21 - Dec 26
Northfield Senior Center, 1651 Jefferson Pkwy Northfield, MN 55057

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

Your Gift Changes Lives — Consider a Planned Gift

End of Life Endowment Fund

In memory of

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Nelson Christensen
Donald J. Kurtz
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Margaret Gjernerig
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Alan Britton
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Ted Swanson

Three Links Foundation

In memory of

Jadwiega Bielenski
Eugene Fox
David Campbell
Margaret Carlson
Sandra Carlson
Fran Evenson
Duane and Patricia Vincent
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Maxine Lindenfelser
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Sandra Carlson
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Unrestricted

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Ronald Dompierre

2011 Spring Newsletter

Beth Albertson
Lala Arneson
Donald Coffman
Kay Haugen
Marilyn Haugen
Elton and Doris Hill
Bardwell and Charlotte Smith

Here for You Appeal

Beth Albertson
William and Nancy Cantwell
Leonard DeWolfe
In memory of Marie DeWolfe
Mary Fanslow
In memory of Gertrude Fanslow and Helen Tschann
Patricia Forsyth
Frank W. Gery
Marvin L. Grundhoefer
Kay Haugen
Joseph and Jeanette Iverson
Jeff and Heather King
Beverly Mahachek
In memory of Roger Mahachek
Francis Mott
Dean and Dorothy Ostlie
Francis and Corinne Petricka
John J. And Greta L. Smith
Sid and Betty Sorbo

2010 John Falck Memorial Tournament

Tournament Sponsor
Grand Lodge of Minnesota IOOF

Eagle Sponsors

Community Resource Bank
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Johnson McCann Benefits
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P Hanson Marketing, Inc.
Shirley Falck
Spartan Promotional Group
Stanley and Linda Whitney-Whitney Farms
Sysco
William Talen

April 1, 2011 - November 1, 2011

*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 (507) 664-8867

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

Calendar

December 4th -2-4p.m.
Family Open House

December 20th - 2:30p.m.
Memory Tree Ceremony

**January 23rd through
February 10th** - Employee
"Grow Our Green" Campaign

Get to know us!

Visit our website, call for a tour,
we're ...**here for you.**
www.threelinks.org

The Link

THREE LINKS
815 Forest Avenue
Northfield, MN 55057
www.threelinks.org
(507) 664-8800

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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.

A season for Giving

Giving Ornament Enclosed in Return Envelope

We'd love to hear from you.

Your contribution will make a difference!

- ★ Consider a donation to Three Links Foundation so that we may continue our mission of caring for older adults
- ★ Think about honoring or remembering a loved one through this gift
- ★ Write a message of honor or remembrance on the ornament included in this mailing and return it along with your check to Three Links
- ★ Join our residents and staff at our traditional tree decorating ceremony on Tuesday, December 20th at 2:30 PM in the main lobby. We will read the messages from the ornaments, share a laugh or a few tears and remember the many special people we are honoring.

Do you know a senior living at home
in need of a helping hand?

We have a simple solution. **Home Companion Link**



*Serving people in Northfield,
Lonsdale, Montgomery,
Cannon Falls and surrounding
communities.*

**Call us today
(507) 664-8809**



Home Companion Link offers services unique to **your** needs. Whether you need an errand run or a meal prepared. **We're here.** Call us to find out about the variety of services we offer to keep you comfortable in your home.

Includes an individualized care plan to be followed by the home care aide. All staff is licensed and bonded.

- Services available up to 24 hours per day
- Companionship for clients who are independent with mobility
- Light housekeeping
- Meal preparation
- Errands
- Medication reminders
- Respite

Visit our website or call
for more services offered.
www.threelinks.org

Visit our Three Links Community | 815 Forest Avenue, Northfield MN 55057 | (507) 664-8800