

Fall 2019



Thanksgiving Worship at Skaalen

Wednesday,
November 27
3:00 p.m.
Pastor Marsha Swenson

Save the Date

Skaalen Auxiliary Quilt Faire
Saturday, April 18, 2020
10:00 a.m. – 3:00 p.m.
Christ Lutheran Church, Stoughton

If you would like information on exhibiting
a quilt, please contact Dawn Zaemisch
(608) 873-5651, extension 7240.

Food & Nutrition Services News

We are excited to announce that Lisa Bloedel is our Nutrition Courtesy Coordinator. She started, August 5th. Lisa is already playing an essential role in both the clinical and food services aspects of the department and her primary hours will be 10:30 a.m. – 7:00 p.m.

Lisa sent the following personal information to share with everyone:

“My name is Lisa Bloedel and I am from the Beloit and Janesville area. I am excited to begin my career here at Skaalen in the nutrition office! I come to Skaalen with over 25 years of customer and personal care experience. I look forward to continuing my love of caring for others in my role as Nutrition Courtesy Coordinator. When not working, I enjoy spending time with my three adult children, working in my yard and kayaking.”

Welcome Lisa!



Profiles in Caring

Dawn Zaemisch, Director of Church & Community Relations joined the Skaalen Staff in March 1994 and has served as the Director of Church & Community Relations since October 1994.

Dawn and her husband Kevin, have two children, Natalie and Jacob. Natalie and her husband, Andrew Hoyos, live in McFarland with their two daughters, Layla (9 years-old) and Claire (7 years-old). Jacob lives in Stoughton with his son, Ethan (7 years-old).

Dawn enjoys spending time with her family and friends, attending dance recitals and sporting events for her grand-children, camping (especially in the spring and fall), reading and cooking.

After 25-years, Dawn has many memories of her co-workers, the residents (and their families) and volunteers. Dawn says, "I have been blessed to meet and work with so many kind, caring and compassionate individuals." One of her favorite memories of a resident is of an interview she did for a reminiscing article in the *Scribe* many years ago. The article was on Easter and Easter hats. "I went up to interview Siri. Siri was a gracious lady who was very friendly and enjoyed visiting. We talked about going to Easter Services and the hats ladies wore to Church. Nearing the end of our visit, Siri leaned in a little closer and whispered, *you know, there were some ladies who would make sure that they arrived right before the start of the service so they would have to walk all the way to the front of the Church to be seated and everyone would see their new hat.* I couldn't resist, I had to ask Siri if she had ever done that and she replied, *oh no, never!*"

When asked if there was a person who had influenced her decision to pursue a career in long-term care. Dawn said, "Not specifically. When I was growing up, I was very fortunate to have my Grandparents and Great-Grandparents in my life. I remember going to visit a great-uncle and one of my Great-Grandmothers in a nursing home. I was always comfortable visiting and interacting with the elderly. While in high school, I decided to take the Nursing Assistant Course at Blackhawk Tech. As part of the course, we trained in a hospital and a nursing home. I really enjoyed working with the elderly and after completing the course, I worked as a Nursing Assistant for a number of years. After working in clerical positions for many years, one Sunday at Church, our Pastor announced that Skaalen was looking for an Administrative Assistant to work with the Chaplain and Director of Church & Community Relations. I was working in Sun Prairie at the time and hated the drive. I decided to apply and when the position was offered, I jumped at the chance to work closer to home and to have the opportunity to work in long term care. It was definitely the right move for me."



Happy Thanksgiving

Gifts & Memorials

April 1 – June 30, 2019

In Memory of Bill Eversol

Louise Beckwith
Betty Elsner

In Memory of Mary Ann Johnson

Louise Beckwith
Betty Elsner

In Memory of Betty Larson

Betty Larson Family

In Memory of Marv Levy

Levy Family
Marion Heggstad

In Memory of Jennie P. Lien

Janice Everett
Linda Halverson
Cheryl Heiliger
Paul Jolly

In Memory of Joyce Murkve

Murkve Family

In Memory of Maury Price

Lynne Novotnak
Lynette Pauls & Ron Price
Marge & Jim Roh

In Memory of Roger Schmudlach

Anonymous

In Memory of Barbara Sperle

Carolyn Inabnit

In Memory of Francis Swiggum

Irene Sherman
Francis Swiggum Family

In Honor of Faithful Employees

Wilma Furseth

Burnham Family Fund

Duane & Susan Burnham

Frederick L. & Doris E. Rickleff Trust

The Kathryn L. Schroeder Fund

The Estate of Jack T. West

Business & Organizations

Compass Group
Employee Artisan
Madison Coffee & Vending
Network for Good
Skaalen Spirit Team – Basket Raffle
Skaalen Spirit Team – Candy Bar Sales
Skaalen Spirit Team – Father's Day Raffle
Skaalen Spirit Team – Milk Moola (Kwik Trip)
Skaalendal, Inc.
Thrivent Choice Dollars
Vennevoll Inc.
Walgreens of Oregon

Corporate Congregations

Bethlehem Lutheran Church, Brodhead
First Lutheran Church Quilters, Stoughton
McFarland ELC, McFarland
Our Savior's Lutheran Church Quilters, Beloit
St. John's Lutheran Church, Oregon
St. Paul's Liberty Lutheran Church, Deerfield

Individuals

Anonymous
Roger Lehmann
Corinne & Howard Orloff
Kathy Trebac

***Thank you to the following individuals
for selecting Skaalen to receive
Thrivent Choice Dollars.***

Louise Beckwith
Ronald Henke
Homer Howard
Terry Niedfeldt
Georgene Kneebone
Susan Luellwitz
Stephen Peterson

Wellness Center Updates

Recently the Skaalen Therapy and Wellness Clinic made some minor changes to the Wellness Memberships to provide additional options for residents and community members to be a part of. With these changes current wellness members had the option to stay on their current membership or be able to upgrade to come an additional day during the week. New class offerings are now available as well to add on to Wellness Memberships. Personal Training is now offered for individuals looking for a progressive approach towards their fitness goals. Below are all of the new wellness offerings here at Skaalen.

Wellness Program

Campus Residents

- Individual Wellness Membership-\$40 per month
- Up to 4 classes per month (in addition to membership) - \$20.00
- Assisted Wellness Membership 2 x per week - \$45 per month
- Assisted Wellness Membership 3 x per week- \$50 per month

Non-Campus Residents

- Individual Membership-\$45 per month
- Up to 4 classes per month (in addition to membership) - \$20.00
- Assisted Wellness Membership-2 x per week \$50 per month
- Assisted Wellness Membership- 3 x per week \$55 per month

Warm Water Therapy Pool

Campus

- Unlimited Monthly Pool Pass- \$50.00
- Daily Pool Pass \$5.00
- 10 Daily Pass Punch Card- \$45.00

Non-Campus

- Unlimited Monthly Pool Pass \$55.00
- Daily Pool Pass-\$5.00
- 10 Daily Pass Punch Card- \$50.00

Add on Classes

Senior Strength Training - \$7.00/session (Friday – 12:15 – 1:00 p.m.)

Aqua Strength - \$.00/session (Monday and Wednesday 12:15 – 1:00 p.m.)

Skaalen Personal Training

\$500.00 - \$50.00 per session for 10 session (By appointment only)

For additional information or questions please call the Skaalen Therapy and Wellness Center at 608.873.5651, extension 7372.

Resident Email

The resident email address is
resident@skaalen.com

Please be sure to include the resident's name in the subject line. Our Leisure and Support Services Staff print and deliver resident emails every day. Residents have an opportunity to send email messages, with the assistance of a staff member, at various times during the week.



Merry Christmas

Holiday Gatherings

Skaalen has a number of conference rooms and areas that residents and families may reserve for holiday gatherings. If you would like to reserve an area for the upcoming holidays, please call Dawn Zaemisch at (608) 873-5651, extension 7240.

Holiday Menus

Thanksgiving



Roast Turkey
Savory Dressing
Sweet Yams
Mashed Potatoes
Gravy
Cranberry Relish
Harvest Coleslaw
Dinner Roll
Pumpkin Pie with Topping

Christmas Eve

Swedish Meatballs
Mashed Potatoes
Gravy
Rutabaga
Lefse
Fruite Soupe

Christmas Eve Supper

Oyster Stew or
Chicken Noodle Soup
Crackers
Cheese/Olive Spread on Rye
Jello Salad
Christmas Cookies



Christmas Day

Ham with Cherry Pineapple Sauce
Twice Baked Potato
Cascade Blend Vegetable
Dinner Roll
Fruit Salad
Coconut Cream Pie

Christmas Day Supper

Vegetable Beef Soup
Crackers
Turkey Salad Sandwich
Tomato Slice with Lettuce
Christmas Cookies

If you would like to join your resident for a holiday meal, please call (608) 873-5651, extension 0, to make your reservation.

Poinsettia Garden to Decorate the Skaalen Chapel

The Skaalen Auxiliary will once again be assisting in decorating the Skaalen Chapel for Christmas. They will be working with an area florist to purchase potted poinsettia plants. All plants will be delivered to Skaalen on December 23. The beautiful red poinsettias will decorate the altar area for our Christmas Eve Candlelight service.



You may pick up your plant following the Christmas Eve worship service or, have it delivered (by a staff person) to a resident or nursing unit (We are not able to deliver plants outside of the building). Plants may be purchased in memory of, or in honor of, a current or former resident/staff. All dedicated names and donor names will be listed on a special insert in our Christmas Eve Worship bulletin.

If you would like to join the Auxiliary in this project, please use the attached order form. We will accept orders through December 6. Each plant will sell for \$17.00. *Please make checks payable to the Skaalen Auxiliary and mail them to Dawn Zaemisch at 400 N. Morris St., Stoughton, WI 53589.*

Your Name: _____

Please order:

_____ Red Poinsettia (s)

_____ in memory of _____

_____ in honor of _____

Following the Christmas Eve worship service:

_____ I will pick up my plant

_____ Please deliver my plant to _____

If you have any questions, please call Dawn Zaemisch at (608) 873-5651, extension 7240.