

# IT'S A RIVERVIEW DAY!



Sam Wai and  
Ron Ellingson (seated)

## **Wine & Dine Around the World**

This November, CHI Riverview will host an affair to tantalize the taste buds. Featuring a five-course gourmet meal and a variety of the world's most celebrated wines, the *Wine & Dine Around the World* event is in the works, and you are invited! Discover the details on page 2.

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[www.chiriverview.org](http://www.chiriverview.org)  
FALL 2015

 **CHI  
Riverview**

*We make  
retirement better.*



# Wine, Dine and Support **CHI Riverview**

Our November *Wine & Dine Around the World* dinner is an opportunity to explore exotic food and wine while championing CHI Riverview.



*“What makes wine interesting is that it is reflective of humanity. This event will not just focus on the wine but also on the culture of different regions of the world where wine is made.”*

—SAM WAI,  
LIFELONG WINE ENTHUSIAST

On November 13 the CHI Riverview Dining Room will be transformed into a sophisticated bistro. Featuring a five-course meal and wines from France, Germany, Italy, Portugal, Spain and the United States, the *Wine & Dine Around the World* event is open to the entire Fargo community, offering guests an opportunity to travel through taste and participate in a philanthropic endeavor to benefit CHI Riverview.

At the helm of the event is Sam Wai, a self-described wine enthusiast and lifelong student of the world’s favorite drink. Sam has led wine classes in the Fargo community for more than 25 years and collaborated with CHI Riverview to host many Community courses. This is the first time the affair has been a fundraiser. He is delighted to share his knowledge with CHI Riverview’s guests at *Wine & Dine Around the World*.

“As much as we want to maximize enjoyment of wine, we also want to demystify the experience of appreciating it. Wine enhances the physical experience of food. This event will celebrate good food with good wine, served for a good cause,” says Ron Ellingson, a member of the Community teaching team who has assisted with wine courses for years.

## **ON THE MENU**

A five-course meal will include a flaky, melt-in-your-mouth crab cake appetizer, followed by velvety squash soup, fresh salad, your choice of salmon or beef tenderloin, a cheese course, and a rich, delicious bread pudding dessert. Each course will be paired with a different wine chosen by Sam and Ron to complement the flavors of the food and tell the story of different areas of the world.

“The better wines have characteristics of the place where they were made and are characteristic of the people who created them. We chose wines with a sense of ‘somewhere-ness.’ That is part of what makes them interesting,” Sam says.

**For more information about *Wine & Dine Around the World* or to purchase tickets, visit [www.chiriverview.org](http://www.chiriverview.org) or call CHI Riverview at 701-237-4700.**

## **Beyond Classic Pairings**

Many gourmet dishes are served with a specific wine to bring out the best flavor in the food. For instance, caviar is often served with champagne, Stilton cheese goes hand in hand with port wine, and oysters are frequently paired with Chablis. But as wine enthusiasts Sam Wai and Ron Ellingson will discuss at the event, food and wine are often mixed and matched outside of classic pairings with delicious results. Join us at *Wine & Dine Around the World* to discover more.

## Get to Know Chef Dennis

Chef Dennis Enno, Food Services Director at CHI Riverview, has enjoyed a long, varied career in the food service industry. But cooking wasn't always part of Chef Dennis' plan.

"I didn't go to school to become a chef. I started out in the food service industry as a dishwasher. Soon, I began working as a line cook and realized I had a talent for cooking," he says.

His talent evolved into a passion, and four years ago, Chef Dennis joined the team at CHI Riverview. He creates our menus and is committed to preparing fresh, healthy meals.

"My cooking philosophy is to always serve the best. I would never serve a dish that I wouldn't prepare for my own family," Chef Dennis says.



Dennis Enno

**Stop by to say, "Hi!" Chef Dennis has an open-door kitchen policy.**

## Putting Our Values Into Action

Each spring for the past 15 years, our senior management team has prepared a sausage and pancake breakfast for our 90-member staff.

This Core Value Breakfast provides a way for President Jeff Pederson—the official pancake flipper—and other senior leaders to thank our employees for their hard work. It also offers a chance to renew our commitment to the values that guide our service.

"CHI Riverview is founded on four core values: reverence, integrity, compassion and excellence. These values shape our culture and how we treat not only our residents, but also each other. The Core Value Breakfast allows us to share stories about how we bring these values to life in our everyday actions," says Jeff.



Jeff Pederson, President

**To learn more about CHI Riverview's mission and values, visit [www.chiriverview.org](http://www.chiriverview.org) and select "About Us."**

# The Apple Dumpling Gang

### INGREDIENTS

#### Dumplings

1 cup brown sugar  
1 cup white sugar  
¾ cup raisins  
1 ½ teaspoons cinnamon  
½ teaspoon nutmeg  
¾ cup pecan pieces  
1 egg  
1 teaspoon milk  
12 3-inch-diameter baking apples, peeled and cored  
12 4X4-square puff pastries, uncooked

#### Caramel Sauce

1 cup butter  
1 cup heavy cream  
1 cup brown sugar

#### A la Mode (Optional)

vanilla ice cream or frozen yogurt

### DIRECTIONS

#### Dumplings

1. In a mixing bowl, combine 1 cup brown sugar, white sugar, raisins, cinnamon, nutmeg and chopped pecans to create your apple filling.
2. Lightly beat the egg and milk to form an egg wash.
3. Place one apple on each pastry square. Brush the edges of the pastry square with egg wash. Fill the center of each apple with filling. Fold the corners of each pastry square over the center of the apple and pinch the folds shut.
4. Brush the top of each pastry-wrapped apple with egg wash and place them on a sheet pan covered with wax paper. Bake at 350 degrees until the crust is golden brown and the apple is tender—usually 50 minutes.
5. Remove apple dumplings from the pan while they are still hot and serve with caramel sauce.

#### Caramel Sauce

6. While the apple dumpling is baking, prepare the caramel sauce. To get started, melt butter in a mixing bowl.
7. Add heavy cream and 1 cup of brown sugar. Stir in any remaining filling. Blend well.

#### A la Mode

8. For added indulgence, top the warm apple dumplings with a scoop of vanilla ice cream or frozen yogurt.

Nothing says autumn like the leaves changing colors and an apple dumpling. This delightful recipe from Chef Dennis Enno makes a dozen apple dumplings—enough to satisfy your sweet tooth and those of your friends and family, too!





Fran and Dick Bergantine

## Why We Chose CHI Riverview

At CHI Riverview, our residents are from many different backgrounds and places. Yet, they all find something here that helps make this home.

### THE BERGANTINES' HOME AWAY FROM HOME

"My wife, Fran, and I moved to CHI Riverview in January. We needed a place that could support Fran's medical needs and help her get to dialysis. Though we plan on eventually moving to an independent home in Fargo, CHI Riverview is a great place for us to live during this transitional time.

There's always something to do, whether it's beanbag horseshoes, which Fran plays with friends, or bingo, which we play together and sometimes even win. The staff is wonderful, and I can't say enough about the quality of care Fran has received."—Dick Bergantine

### MARCELLE BUCK'S WINTER RETREAT

"Nine months out of the year, my 93-year-old mother, Marcelle, lives alone in a condo. She loves her home, and we live close-by, so it's easy to check in frequently and make sure everything is all right. But in January, February and March of each year, my husband and I go to Texas.

During that time, Mom heads south, too, making the four-mile trip from her condo to CHI Riverview. It's so convenient that with a little advanced notice, she can temporarily move in and take a vacation of her own. The staff is amazing and happy to welcome her back each year. She gets to do all kinds of activities, and I feel confident that she's safe while I'm away."—Laurie Oberg



*"There's always something to do ... The staff is wonderful, and I can't say enough about the quality of care Fran has received."*

—DICK BERGANTINE

### THE BEST PLACE FOR LOUISE STOFFERAHN

"As a mother and a nurse, my mom, Louise, spent her whole life caring for others. When we toured CHI Riverview, it was obvious to her that the people there care about the residents and love what they do. As soon as we finished the tour, we knew this was the best place for Mom.

When you're helping your parents move, you want to choose somewhere you know they'll be comfortable. CHI Riverview was the right choice for us. Mom lived there for a year and a half before she passed. She loved her apartment, the beautiful courtyard, the chapel, the delicious meals and especially the people who live and work there. We will always be grateful for the care and comfort they gave my mom and us."—Scott Stofferahn

**Could CHI Riverview be the right place for you or your loved one? Independent living and assisted living apartments are available. Please call 701-237-4700 to schedule a no-obligation tour.**



# Pooling Our Resources

In May 2015 the Fercho YMCA began demolition of its old pool, which had served local residents for more than 50 years. CHI Riverview is one of several local groups to partner with the YMCA in making aquatic facilities available to local residents until the new YMCA pool opens in May 2016.

## **MAKING WAVES WITH NEW PROGRAMS**

In exchange for use of CHI Riverview's pool, the YMCA is offering 10 aquatic exercise programs open to YMCA members and to any CHI Riverview residents who wish to participate.

"Our classes are warm-water exercise classes focused on seniors. Most lap pools have a deep end, but this pool is flat and shallow, which provides people taking the class more opportunities to move around. It's much more comfortable and invigorating," says Britt Selbo, Director of Aquatics at the YMCA of Cass and Clay Counties.

Classes are available twice a day on Mondays, Wednesdays and Fridays. Classes include the Silver Splash program, which is designed to boost cardiovascular endurance and flexibility, and another class is designed especially for people who have arthritis.

## **AN ADDED BENEFIT FOR NON-RESIDENTS**

"We have a lot of YMCA members thinking about moving into a senior living center in the next five to 10 years, and it's nice for them to be in the building, see the facility and use the workout area. This relationship is mutually beneficial for everyone involved," Britt says.

An ongoing partnership with the YMCA is bringing local residents and new exercise programs to CHI Riverview's heated indoor pool.

## ***Splash Your Way to Improved Health***

Swimming is great exercise in general, but time in the pool offers even more benefits to seniors.

"It's really low impact. Because the exercise is conducted in a warm-water setting, it's also really good for joints and arthritis. Warm-water stretching is fantastic, too," says Britt Selbo, Director of Aquatics at the YMCA of Cass and Clay Counties.

Since aquatic exercise is less stressful to joints, it makes it easier to spend more time being physically active without pain, improving whole-body health. Water-based exercise improves heart, lung and bone health, as well as muscle tone. By strengthening flexibility and agility, working out in the pool also reduces the risk of injuries from falling.

Swimming may also offer benefits for the mind as well as the body. Studies have shown that water exercise can improve mental health and mood, and decrease stress.



# The Gift That Keeps Giving

Charitable giving provides a bevy of benefits: It allows individuals to be a part of something greater than themselves; It makes a difference in the lives of others; and it even increases the giver's sense of well-being and contentment.

In 2007, the North Dakota legislature introduced a 40 percent state tax credit to make it easier for individuals and businesses to support charities that have a qualified North Dakota endowment. Any donation over \$5,000 is eligible for this credit. Plus, the federal tax credit also applies if you use the itemized deduction method, which may increase your tax savings. For example, a donation of \$5,000 would be granted a North Dakota tax credit of \$2,000 and a federal tax credit of \$1,650. This means the net cost of your \$5,000 donation would be only \$1,350.



Jean Anderson

Only a few states offer charitable tax credits, and only one other state has benefits that rival those of North Dakota.

Individuals are eligible for up to \$10,000 in tax credit, and married couples are eligible for up to \$20,000.

**If you want to make a notable difference in the lives of the residents at CHI Riverview, please remember CHI Riverview in your estate plans. Contact Jean Anderson at 701-237-4700 or [jeananderson@catholichealth.net](mailto:jeananderson@catholichealth.net). For more information on the 40 percent income tax credit, please consult with your own attorney, accountant or financial advisor for advice on your particular situation.**

## A Community Wellness Leader

Giving back to the community we serve is a priority at CHI Riverview.

"CHI Riverview is a center for good works and community well-being. Those benefits aren't just for our residents and their families. The work we do and opportunities we offer positively impact the lives of those in the surrounding area financially, physically, mentally and spiritually," says Jeff Pederson, President of CHI Riverview.

As an employer of 90 people, CHI Riverview helps support local financial stability and growth. We also offer financial help to residents who, through no fault of their own, have difficulty paying to remain at CHI Riverview. In total, six residents benefit from approximately \$72,000 of support from the Rental Assistance Program.

When the YMCA had to close its pool for renovations, CHI Riverview stepped in, offering our on-site pool as an alternate location for water activities, such as arthritis classes. CHI Riverview also works with local universities to offer ongoing educational opportunities to seniors through our Communiversities program.

To nourish the soul as well as the body, chapel services at CHI Riverview are open to the public. Our Spiritual Services department is rich in good works, hosting Bible studies, Catholic Mass and Ecumenical worship services each week.

**For more information about the activities and services hosted at CHI Riverview, visit [www.chiriverview.org](http://www.chiriverview.org).**





# Staying Well and Wise This Winter

## Have Fun, Keep Fit!

CHI Riverview offers many activity options to help you stay fit during the winter:

- **Swimming pool.** CHI Riverview's indoor pool makes it feel like summertime year-round. Enjoy participating in water fitness classes, swimming laps, or playing Marco Polo with other residents or visiting family.
- **Yoga.** One of our newest classes, this low-impact exercise increases flexibility and balance and helps lower blood pressure.
- **Sit and Be Fit.** A unique class that allows you to strengthen every part of your body through a variety of tools and techniques—all while remaining seated.
- **Activity Games.** Play indoor games like beanbag horseshoes, pool and indoor golf to be active while indoors. It's so much fun, you won't even realize you're exercising!

The temperature may be steadily decreasing, but that doesn't mean your activity levels have to. Reduce your risk of injury and continue to lead an active life by following healthy exercise recommendations.

The Centers for Disease Control and Prevention recommend older adults participate in at least two hours and 30 minutes of moderate physical activity every week. Exercise can lessen your risk of certain health problems, including stroke, heart disease and high blood pressure. Additionally, endorphins released during exercise promote good mental health and help prevent the winter-weather blues.

It is important to stay active all year, but perhaps it is more important during the winter, when the cold weather and seasonal comfort food may make it tempting to enjoy more sedentary activities. CHI Riverview offers residents many group and solo indoor fitness options to help you remain active year-round.

## FOUR AREAS OF FOCUS

Concentrate on these categories of exercise.

- **Build endurance**—Anything you can do to get your heart rate up strengthens your heart and circulatory system. Increase your cardiovascular endurance by going for a brisk walk, swimming laps or even dancing in your living room.
- **Build strength**—When you participate in strength training exercises like lifting weights two to three times weekly, your body benefits. Strength training with light handweights or resistance bands can help reduce symptoms of several chronic conditions, including arthritis, depression, diabetes, osteoporosis and more, and it makes bones more resilient.
- **Find balance**—To prevent falls, incorporate exercises that keep you in touch with your center of gravity. Try static yoga poses or hold onto a chair back to steady yourself while standing on one foot for 10 to 15 seconds at a time.
- **Stay flexible**—Add stretching exercises, such as pilates and yoga, to your workout routine a few times a week to improve your range of motion and help make everyday activities easier to manage.

To learn more about the ways you can stay active at CHI Riverview, visit [www.chiriverview.org](http://www.chiriverview.org) and click "Activities."



Edward and Elizabeth Clark

### ***Reimagine Winter***

A small dose of sunlight and foliage at the greenhouse can elevate your mood and promote a desire to be more active. Enjoy the sunshine and plants this winter at the CHI Riverview greenhouse—soon to be rebuilt!



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