

IT'S A RIVERVIEW DAY!



Ruth Hedman

Your Community, Your Kitchen

Dig up your favorite recipes, residents! Soon, we'll have a grand opening of the new display kitchen and community cooking space located in the social center. Outfitted with a new stove, oven, kitchen island and utensils, the display kitchen will be a gathering space where residents can learn new recipes and prepare delicious food together. Learn more about the display kitchen and other activities at CHI Riverview on page 2.

www.chiriverview.org
FALL 2016

 **CHI
Riverview**

*We make
retirement better.*



CHI Riverview Residents (L-R): Maxine Torgerson, Jean Bey, Marie Rheault and Ruth Hedman

Join Us for Indoor Fun!

When the weather is too cold for a daily stroll, it's important to find other ways to stay active. Take part in the CHI Riverview indoor village to play games, forge friendships and learn new skills that will leave you feeling refreshed and may help elevate your physical, mental and spiritual health.

Winter Outings & More

Off-site events help make the holiday season merry. Consider signing up for one of these upcoming outings:

- Visit the old-fashioned general store in Sabin
- Listen to the Concordia Christmas Concert
- See the Lindenwood Park holiday lights
- Shop at Moorhead Center Mall and West Acres Mall
- Attend the monthly Ladies' Lunch Outings and Men's Lunch Outings

At CHI Riverview, we want you to view your retirement as a time of enrichment. To enhance the lives of our residents, we work to create an environment for that by hosting classes, games, arts, crafts and other activities, including:

- **Cooking demonstrations**—The new display kitchen and community cooking space located in the social center provides you an area to cook with staff members and other residents and learn more about preparing healthy foods from visiting presenters.

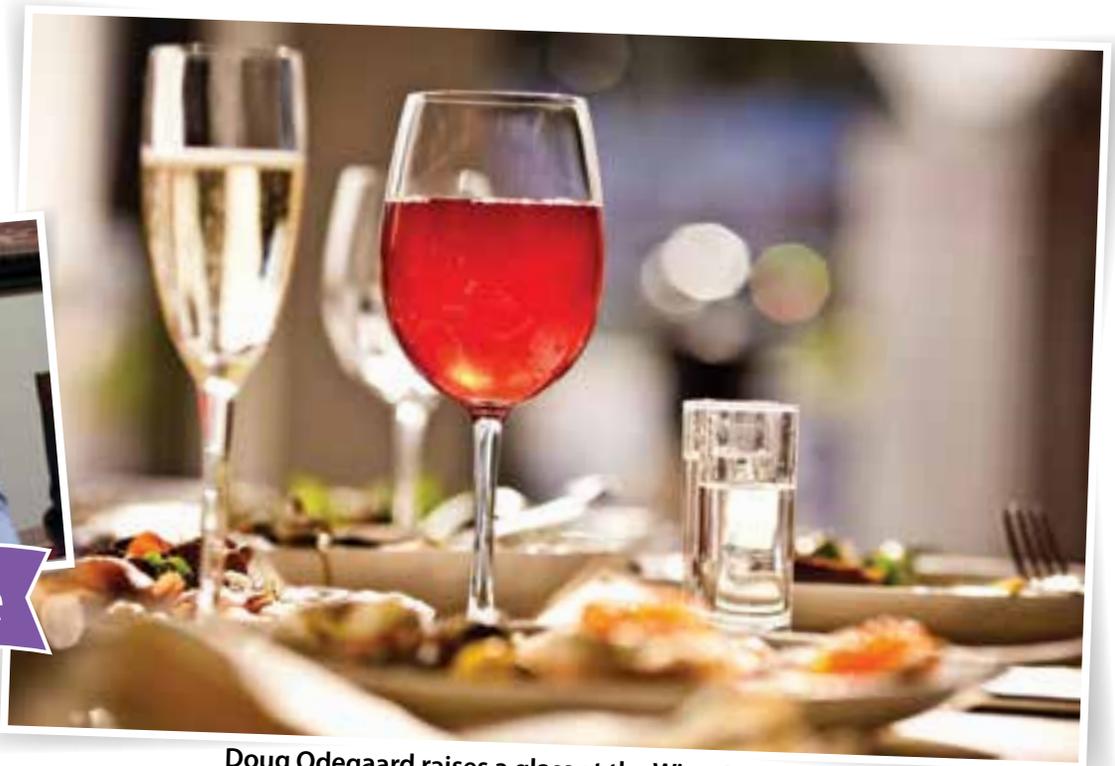
"Making food comes from the heart. We are so excited to see the culinary creations our residents will craft together and help everyone learn about preparing and eating healthy meals," says Kelly Brekke, Activities Director for CHI Riverview.

- **Volunteering**—Many CHI Riverview residents are passionate about giving back. Resident volunteers participate in local food drives, the Coats for Kids drive and Bras on Broadway, which raises money for the Roger Maris Cancer Center.
- **Continuing education**—Essentia Health and Sanford visit CHI Riverview to provide health and wellness education to residents. Additionally, the North Dakota State University Archives program visits CHI Riverview three times a year to discuss Fargo history. The internet provides even more learning opportunities through multimedia webinars, which have focused on Faith, the Science of Happiness, and the Science of Stress—all taught by well-educated professionals from institutions around the country.
- **Physical activity**—Daily exercise programs with Sister Faith Wanner, Activities Department Assistant at CHI Riverview, continue year-round, and the indoor pool makes it easy to keep moving when it is freezing outdoors.
- **Resident showcase**—This year's variety show will be a 1950s themed affair, showcasing your skills to the delight of your fellow residents and loved ones.
- **Spiritual enrichment**—Residents can participate in Bible studies, attend a service in our Chapel or visit local parishes. See page 4 for more information.

To view a calendar of upcoming activities and events, visit www.chiriverview.org and select "Activities & Events" from the "Resident Life" drop-down menu.



Wine & Dine



Doug Odegaard raises a glass at the Wine & Dine Around World event.

Back by Popular Demand

CHI Riverview is excited to invite the Fargo community to the second annual Wine & Dine Around the World fundraiser.

On November 11, join us as we convert the CHI Riverview dining room into a five-star bistro—the perfect setting to enjoy five courses of gourmet delights prepared by our culinary team.

During this evening of fine dining and friendship, guests will enjoy a meal with soup, salad, cheese, entree and dessert courses. As it was during last year’s inaugural event, the highlight will be an opportunity to sample wines from France, Germany, Italy, Greece and Spain, each of which is selected to pair with a dish that provides a unique tasting experience. Diners will also learn about each wine, courtesy of lifelong wine enthusiasts Sam Wai and Ron Ellingson, our event sommeliers.

“As much as we want to maximize the enjoyment of wine, we also want to demystify the experience of appreciating it,” Sam says. “Wine enhances the physical experience of food.”

“This event will celebrate good food with good wine, and it’s for a good cause,” Ron says. “We invite everyone to join us!”

CHAMPIONS OF ENRICHMENT

The monies raised by Wine & Dine Around the World fund our Volunteer Coordinator position. CHI Riverview provides a variety of activities and special events throughout the year to enrich the lives of our residents, and the Volunteer Coordinator plays a key role in making these possible.

“Our Volunteer Coordinator connects residents with activities that help them thrive at CHI Riverview. This results in better health and well-being for our residents,” says Bonnie Peters, Director of Marketing and Resident Relations for CHI Riverview.

Tickets for the second-annual Wine & Dine Around the World event are \$125 per person. To purchase tickets, visit www.chiriverview.org or call 701-237-4700.



“Wow! I loved learning about the countries and the wines.”

—DOUG ODEGAARD,
2015 WINE & DINE AROUND THE
WORLD PARTICIPANT

You’re Invited!

What: CHI Riverview’s second-annual Wine & Dine Around the World

Where: CHI Riverview Dining Room

When: Friday, November 11, 6 p.m.

The Menu: Soup, salad and dessert courses will feature ginger carrot soup with a skewer of grilled shrimp, a BLT wedge salad, and chocolate flan topped with candied hazelnuts and salted caramel sauce. Diners can choose from two entrees, one of which will be swordfish with mango and risotto.

The Evening: Five-star cuisine paired with exotic wines, live auction and Wine Wall Lottery



Dave Solberg and Altha Johnson

Spiritual Services Welcomes All

CHI Riverview invites you to attend one of our many spiritual services activities designed to nurture the body, mind and spirit of our residents and community members.

Relationships are at the center of our spiritual services ministry, which includes religious services, Bible study and community-building activities. Whether you are a new resident transitioning to life at CHI Riverview or are simply looking for more ways to get involved, you will find a variety of opportunities for worship and fellowship.

AN ECUMENICAL SPIRIT

The worship services held at CHI Riverview are cornerstones of our residents' spiritual lives and include Catholic Mass and Protestant services open to the public. Throughout the liturgical year, we also hold special services, including Stations of the Cross and Advent prayer services. The goal of our Spiritual Services Department is to ensure all residents feel welcome. People of all faiths are invited to participate.

"We have a true ecumenical spirit at CHI Riverview. As a community, we try to focus on the things that religions hold in common. Because of the larger community, residents from one denomination will often attend a service of another denomination. We are fortunate to have Catholic and Protestant Chaplains who support sharing in life, worship and prayer," says Jenny Rheault, Director of Spiritual Services at CHI Riverview.





In addition to worship services, Father Duane Pribula, Catholic Chaplain at CHI Riverview, hosts a weekly round table discussion on Thursday afternoons. These discussions are hubs for learning and have featured guest speakers who have spoken on such topics as Jewish faith traditions, Islamic faith traditions and homelessness in the Fargo area.

HELPING NEW RESIDENTS ADJUST

Moving to a new home at CHI Riverview is often a time of tremendous change. Some residents may be moving to a new city and facing changes in their social network. Others may have recently lost a loved one or are experiencing health and wellness challenges. Because this transition can be overwhelming at times, we have several support programs in place to help new residents feel valued and heard.

One such program is our BeFriender Ministry. Dave Solberg, member of the CHI Riverview BeFriender Leadership Team, meets with new residents as soon as they arrive. Dave's job is to lend a confidential, listening ear. Depending on individual preference, Dave may meet with residents for a period of several weeks to one month and then connect them with another member of our 14-volunteer BeFriender Ministry team. BeFrienders typically visit with residents once every week or every two weeks for one hour, and residents can continue these visits for as long as they choose.



"I'm in good health and very self-sufficient, and because of the chapel and spiritual offerings at CHI Riverview, it was an easy choice to come here. I'm a very religious person and spend a lot of time in prayer each day, and I love the amount of activities they have here."

—MARGUERITE HAMMERSCHMIDT, CHI RIVERVIEW RESIDENT

"The BeFriender Ministry helps new residents come to the realization that someone cares for them and is willing to attend to their stories from the past. Our BeFrienders are available to walk with them through their remembrances of joy, as well as their stories of grief," Dave says.

In addition to the BeFriender Ministry, the Spiritual Services and Activities Departments have partnered to host an informal New Resident Coffee Gathering where residents can get to know one another.

"Spirituality is basically about living a rewarding and meaningful life. Each resident is a unique person, and our Spiritual Services Department focuses on building a relationship with residents in the way that is most helpful for them," Jenny says.

For more information about spiritual services at CHI Riverview, call 701-237-4700.



"Every one of us has a spiritual hunger. The spiritual side of our life deserves nourishment, care and the support of others who are like-spirited."

—FATHER DUANE PRIBULA, CATHOLIC CHAPLAIN AT CHI RIVERVIEW

Our Spiritual Services Events

- **Mass***—Sun. 10:30 a.m., Tues.–Fri. 9 a.m.
- **Protestant Services***—Tues. 10 a.m., with Communion service on the second Tuesday of each month
- **Bible Study**—Wed. 10 a.m. from September–November and January–May
- **Protestant Weekly Communion Service***—Thurs. 4 p.m. (No service on second Thursday of the month)
- **Rosary***—Mon. 9 a.m., Fri. 8:30 a.m., Sat. 4:15 p.m.
- **Sacrament of Penance (Reconciliation)***—Fridays after Mass or by appointment
- **Special Ecumenical Prayer Services***—Throughout the year
- **Communal Sacrament of Anointing***—Four times a year. Individual appointments available upon request.
- **Community Building Activities:**
 - > *Community Club*—Third Saturday of the month, 7 p.m.
 - > *Men's Club*—Fri. 9:45 a.m.
- **Support Groups:**
 - > *Grief Group*—Meets as requested
 - > *Round Table Discussion Group*—Thurs. 12:30–1:30 p.m., featuring questions and a discussion with Father Duane

*Open to the public

A River of Giving, A Legacy of Grace

The River of Giving Donor wall provides an artful celebration of CHI Riverview supporters.



CHI Riverview River of Giving Donors (L-R): Hilda Wanner, Doug Odegaard, Helen Diemert, Ron Kaeslin, Marian Saunders, June Rauschnabel, Sherman Hoganson

Our River of Giving Donor wall recognizes donors who have made cumulative gifts of \$1,000 or more, represented by donor plaques featuring fish. This year, we added 30 new fish to the wall.

“We are so grateful to our donors and pleased to honor them on the River of Giving Donor wall, which symbolizes the blessings that the donors’ contributions provide residents today and well into the future,” says Jeff Pederson, CHI Riverview President.

REASONS TO GIVE

“It’s amazing to see the ways people are moved to make a gift to CHI Riverview. Some make a gift because they see a particular need. Others may want to honor a loved one. Still others are grateful for the spiritual programs, or they’re happy that CHI Riverview is such a presence in the community,” says Jean Anderson, Chief Development Officer at CHI Riverview.

This past year, Willard and Lorene Lee gave generously for the purchase of new patio furniture that all the residents are enjoying. The concrete setting where the furniture was installed is thanks to Lynn Prom, whose husband owned a concrete business for many years. Lynn and the current owner of the company shared the cost of the setting in honor of her husband.

Maxine Torgerson’s gift, in memory of her husband, Lyle, purchased a stove and oven for the new display kitchen and community cooking space at CHI Riverview (see page 2 for details about the display kitchen). Maxine’s generous gift will provide residents with yet another reason to gather together for years to come.



(L-R): Lynn Prom and Lorene and Willard Lee on the patio funded by their donations.

To learn more about giving opportunities at CHI Riverview, visit www.chiriverview.org.



“We believe in tithing, and we’re fortunate to have a good income. When we found out my company increased matching funds for charitable donations, we decided to donate. We’re starting to feel at home here. As a former member of a hospital board, I’m aware of the cost and things needed to operate a place like CHI Riverview.”

—WILLARD LEE

“My husband lived at CHI Riverview for many years, and I’m very fond of it—it’s a remarkable place for elderly people, a real community. The reason I made a donation, in one word, is because I am grateful.”

—LYNN PROM

“At CHI Riverview, you really feel like part of a family. My husband, Lyle, and I enjoyed that very much. I cared for Lyle for two years, and it meant so much to have help just a call away when I needed it. I felt strongly that CHI Riverview was where my donation should go, and my sons agreed with me.”

—MAXINE TORGERSON

Yoga for **Every Body**

Chair yoga reduces stress, improves flexibility and is great for people with mobility issues. To try a chair yoga move, sit straight up and lift your gaze to the ceiling, inhaling deeply. Bring your left ear to your left shoulder while exhaling. Inhale while rolling your head to the center, with your chin at your chest. Hold for a breath, then roll your head to the right, so your right ear is on your right shoulder.

Join us for yoga in the Scillely Room on Tuesdays at 2:30 p.m.



Chili Cook-off: **Green vs. Red**

Try these two chili recipes—each filled of healthy, hearty ingredients to warm you on a winter's day or as a prequel to a big game. Which variety tastes best? You be the judge!

CHICKEN GREEN CHILI

INGREDIENTS

1 tablespoon olive oil	with top core removed
1 ½ pounds boneless, skinless chicken breast cut into large pieces	1 tablespoon garlic powder
½ teaspoon salt	1 teaspoon cumin
1 teaspoon ground black pepper	1 teaspoon white pepper
1 cup chicken stock	15 ounces cooked white beans, drained and rinsed
1 white onion, diced	2 ½ cups water
2 cloves garlic, minced	1 cup plain nonfat yogurt (for serving)
1 jalapeño, seeded and diced (optional)	½ cup cilantro, chopped (for serving)
14.5 ounces of tomatillos, chopped	

DIRECTIONS

Heat olive oil in a Dutch oven. Season the chicken with salt and pepper, then sear it in hot oil until the outside browns. Add chicken stock, then stir in the onion, garlic and jalapeño. Cook until the vegetables are tender. Add tomatillos, garlic powder, cumin, white pepper, beans and water. Bring mixture to a boil, cover, then reduce the heat, simmering for 1 ½ to 2 hours.

Before serving, lightly shred chicken using a fork. Ladle chili into bowls and top with a spoonful of plain, nonfat yogurt and chopped cilantro.

BEEFY RED CHILI

INGREDIENTS

cooking spray	tomatoes, diced
1 ½ pounds lean beef, cut into 3/4-inch cubes	8 ounces of tomato sauce
½ teaspoon salt	2 tablespoons chili powder
1 teaspoon ground black pepper	15 ounces of cooked kidney beans, drained and rinsed
1 red onion, diced	2 ½ cups water
2 cloves garlic, minced	1 cup cheddar cheese (for serving)
1 jalapeño, seeded and diced (optional)	
14.5 ounces of	

DIRECTIONS

Coat the inside of a Dutch oven with cooking spray and heat. Season the beef with salt and pepper, then sear it in the Dutch oven until medium rare. Add onion, garlic and jalapeño. Cook until the vegetables are tender. Add tomatoes, tomato sauce, chili powder, kidney beans and water, and stir. Bring mixture to a boil, cover, then reduce the heat, simmering for 1 ½ to 2 hours.

To serve, ladle into bowls and top with a spoonful of shredded cheddar cheese.



Calling All Families!

Join us for our annual open house and Apple Dumpling Day on October 9.

A can't-miss event for the past 29 years, Apple Dumpling Day offers something for community members of all ages. Sample **CHI Riverview's famous homemade apple dumplings** and enjoy these activities:

- Bake Sale, Gift Shop
- Silent Auction
- Open House and Grounds Tour
- Myron Sommerfeld Orchestra

Apple Dumpling Day Is Sunday, October 9, 12:30–3:30 p.m.

We hope to see you there!




CHI Riverview
CHI Riverview
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Best Friends, Together Again



Serena Hejtmanek and Joyce Rivinius lived next to each other for five years in an apartment in Fargo. A knock or two on the shared wall between them meant it was time for a visit—usually with a meal or some coconut cream pie. Serena and Joyce's families were close, too, as more friendships resulted from the relationship between neighbors.

When Serena came to her new home at CHI Riverview in May 2016, she became busy and active right away. Only a month into her stay, she was telling Joyce all about her activities, including exercise, stitching, attending church and more. Joyce didn't want to be left out of the fun and fellowship, so in July 2016, she joined Serena at CHI Riverview. While they don't live next door to one another, only one floor separates them, and they are back to laughing and sharing life together.

To learn more about CHI Riverview, visit www.chiriverview.org.

