

IT'S A RIVERVIEW DAY!



Jeannie Nagel enjoys geraniums in the greenhouse.

Greenhouse Renovation Debuts

Thanks to the generosity of two former residents, the CHI Riverview greenhouse is filled with plants again! Turn to page 2 to learn how this special couple's enthusiasm for the years they spent here breathed new life into our community garden.

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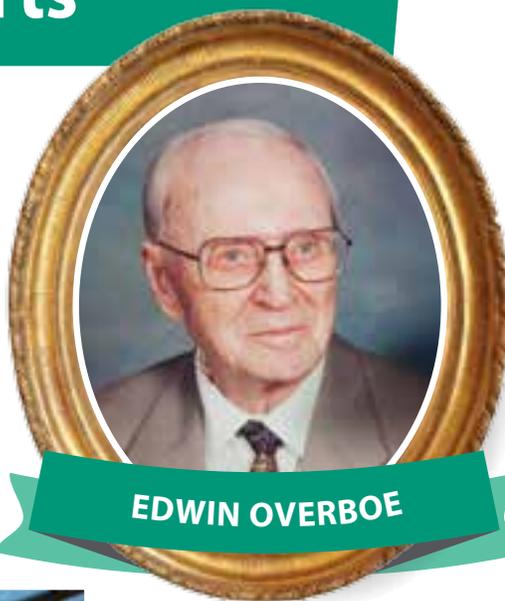
www.chiriverview.org
SPRING 2016

 **CHI
Riverview**

*We make
retirement better.*

Greenhouse Renovation Warms Hearts

In January, the doors of the greenhouse at CHI Riverview were once again opened, welcoming residents back to its soothing confines following several much-needed updates.



Joyce Overboe, daughter-in-law of Edwin and Helen Overboe, with Jeff Pederson, CHI Riverview President

What visitors may not know is that the road to this modernized greenhouse began in 1915, when an enterprising young man started using an irrigation system to boost his potato crop.

“Dad had an interest in growing things all his life. He was just 16 when he rented a spot by the river near Kindred. He pumped water to his potatoes and did so well that year he bought his parents a brand new Model T,” says Lynn Overboe, son of the entrepreneurial potato farmer, Edwin Overboe.

Edwin’s love of green things and green spaces continued to be a theme throughout his life. He raised crops, grew roses and geraniums, and later enjoyed spending time among the plants at CHI Riverview’s greenhouse. He and his wife, Helen, moved to CHI Riverview in 1993 where they lived out their lives. Their love of this place and of green space made the greenhouse renovation possible.

A FRESH START

“A generous donation from the Overboe estate allowed us to paint and repair the greenhouse. The open wall extending into the hallway is now enclosed with glass, new tables were installed, the pathway was paved with concrete, heaters were added and the plants were replenished,” says Jeff Pederson, President of CHI Riverview.

Additional funds from the Overboes’ gift will go toward the renovation of the dining hall and the small chapel, where Helen spent much of her time.

Generous gifts like the one made from the estate of Edwin and Helen Overboe help ensure that CHI Riverview stays true to the special spirit of growth and scenic beauty that make it home.

To learn more about how you can leave a lasting legacy like the Overboes’, visit www.chiriverview.org and select “Legacy Society” from the “Giving” menu.

Making Green a Priority

The newly renovated greenhouse is just one of the spaces dedicated to living things at CHI Riverview. Plants are a recurring theme throughout the grounds. Nearly 40 different varieties of trees can be found on our 20-acre campus. Flowers and greenery dot the common spaces, resident patios bloom with personal gardens, and in 2015, rose and peony gardens were planted.



Celebrating a Legacy

After more than 28 years of service with CHI Riverview, three of the Presentation Sisters are retiring.



Retiring Presentation Sisters (L-R): Sister Mary Beauclair, Sister Josephine Brennan and Sister Agatha Lucey

As dedicated members of the order that founded Riverview Place in 1987, Sister Agatha Lucey, Sister Josephine Brennan and Sister Mary Beauclair have been with CHI Riverview since the beginning. Their service has been invaluable to our residents throughout the years.

The Sisters had a role in almost every aspect of CHI Riverview. Sister Agatha worked as an assistant administrator before becoming Assistant Director of Health Services. A registered nurse, she often covered night and weekend call shifts. Sister Josephine was Director of Dining Room Services and covered everything from training new staff to doing the laundry. Sister Mary was Director of Environment and Hospitality. She tended the flower gardens and created beautiful table decorations for the evening meal.

"They lived here and considered Riverview their home," says Jeff Pederson, President of CHI Riverview. "Over the years, both residents and family members have adored the Sisters and all they've done in providing outstanding, compassionate care. One resident told me, 'The closest you can get to heaven on earth is at CHI Riverview,' and that's because of the work the Sisters have done."



"I'm often asked how we are going to replace the Sisters. The truth is that we'll never be able to replace them and all they've done. They have been here day in and day out, 24 hours a day, for decades. They have been wonderful role models and mentors for all of us in regards to servant leadership and our core values. They have set the standard incredibly high, and we endeavor to continue in their tradition to provide excellent services for all our residents."

—JEFF PEDERSON, PRESIDENT OF CHI RIVERVIEW

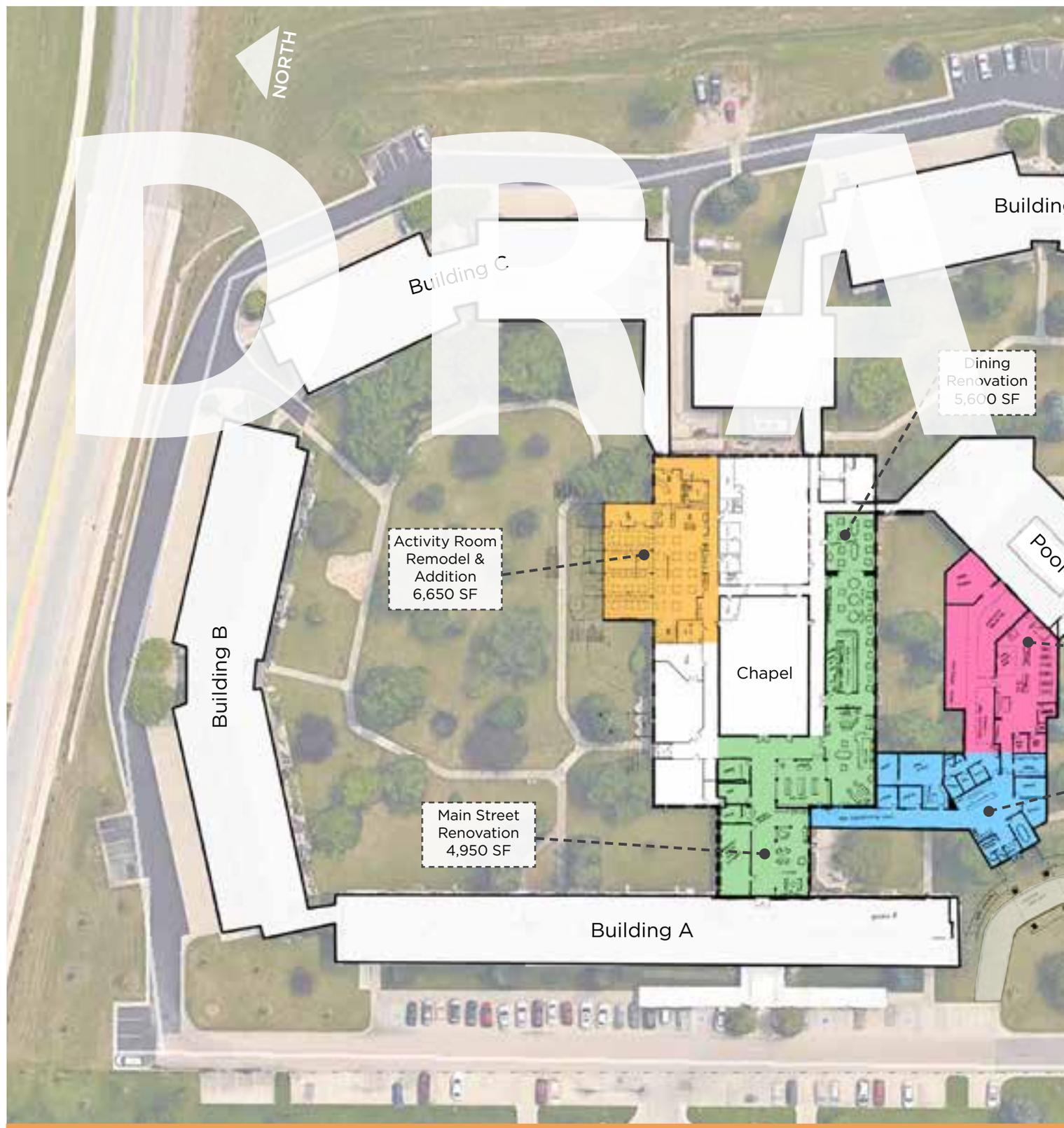
A TIME FOR CELEBRATION

On March 10, CHI Riverview held an ecumenical service to honor the Sisters, complete with a pictorial overview of their time here. Afterwards, a luncheon and conversation were held to further celebrate the Sisters and their contributions.

As a token of our gratitude, the small chapel was dedicated in their honor. With our chapel bearing the names of the Presentation Sisters—Sister Agatha, Sister Mary and Sister Josephine—we hope all residents and employees who come after them will recognize the hard work and dedication they provided to CHI Riverview.

To learn more about CHI Riverview and our history with the Presentation Sisters, visit www.chiriverview.org.

A Vision *for* Delivering Revitalization and Innovation to CHI



December 2015–March 2016: Through a series of Round Table gatherings, more than 175 people offer their insights and suggestions on the draft Revitalization and Innovation Plans for CHI Riverview.

Spring 2016: Planning Group formed to determine priorities for new renovation plans based on input from Round Tables participants.

Spring 2016: Board of Directors authorizes renovation feasibility study.

CHI Riverview 12/11/2015
Integrated Construction Services · Healthcare Division
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Preliminary Budget Summary

Drop-Off Canopy	\$ 150,000
Entrance Lobby & Offices	\$ 517,500
Administrative Suite	\$ 450,000
New Connecting Link	\$ 210,000
Main Street Renovation	\$ 775,000
Dining Renovation	\$ 850,000
Therapy	\$ 650,000
Wellness	\$ 990,000
Activity Room Expansion ¹	\$ 750,000
Crosshaven II Remodel ¹	\$ 1,300,000

Budget Total² \$ 6,642,500

¹ Activity room expansion and Crosshaven II designs and budgets provided to CHI by Zerr Berg Architects.

² Budgets for preliminary planning only based on 2015 construction costs. Anticipate 2% to 3% inflation to these budgets per year.



Summer 2016: Face-to-face interviews with 40 people to gauge interest and commitment to the Revitalization and Innovation plans.

If you'd like to receive a copy of the newest design plans or talk with us about the project, please contact Jean Anderson, CHI Riverview Chief Development Officer at 701-237-4700 or jeananderson@catholichealth.net, Bonnie Peters, Marketing/ Resident Relations at bonniepeters@catholichealth.net or Jeff Pederson, CHI Riverview President, at 701-271-7504 or jeffpederson@catholichealth.net.

Smart Giving

The ability to donate funds tax-free from an IRA to a charity is not new, but its status as a permanent option is. It's part of the Protect Americans From Tax Hikes (PATH) act enacted in December.

All adults age 70 ½ and older are eligible to make this kind of contribution. The maximum annual donation you can give from your IRA remains \$100,000, and this kind of giving carries both personal and financial benefits.

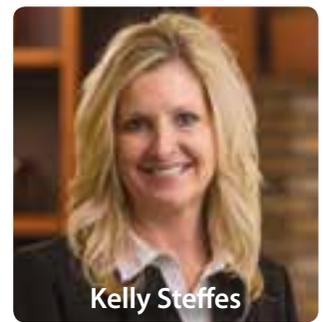
"These donations count toward your required minimum IRA distributions. As long as they go directly to the charity, you can meet the distribution requirement and avoid taxes on funds that are intended for the charity," says Kelly Steffes, JD, co-founder of Thoreson Steffes Trust Company. (Note: You wouldn't, however, be allowed to also deduct the gift on your income tax return because that would be double dipping.)

BENEFITS OF GENEROSITY

"Making qualified charitable distributions from an IRA can save on healthcare costs. Married couples filing taxes jointly with an adjusted gross income greater than \$170,000 and individuals with an adjusted gross income greater than \$85,000 can end up paying higher premiums on their Medicare Part B and prescription drug coverage. When IRA disbursements go directly to charity, they don't count toward adjusted gross income, and so they don't impact Medicare costs," Kelly says.



Jean Anderson



Kelly Steffes



"It's gratifying to see the generosity people show to CHI Riverview. In the past year, we've been graced by financial gifts in memory or honor of others, and Legacy Society (estate plan commitments), Giving Hearts Day, and other designated gifts to underwrite our volunteer program and enhance our activities and spiritual care programs. Here, trust professional Kelly Steffes shares thoughts on IRA gifting."

—JEAN ANDERSON, CHIEF DEVELOPMENT OFFICER, CHI RIVERVIEW

What matters most are the emotional and spiritual gifts received when donors see their generosity benefit others. If you've decided to make CHI Riverview the beneficiary of an IRA, giving an annual contribution from your IRA will provide the opportunity to direct how your gift will be used.

Visit www.chiriverview.org and select "Giving" to learn more about ways to support CHI Riverview.



CHI Spiritual Services (L-R): Don Kercher, Assistant Director; Pastor Wayne Quibell, Chaplain; Jenny Rheault, Director; Father Duane Pribula, Catholic Chaplain

Spirituality Thrives Here

- **Mass*** – Sun. 10:30 a.m., Tues. through Fri. 9 a.m.
- **Protestant Services*** – Tue. 10 a.m. with Communion service every other Tuesday
- **Bible Study*** – Wed. 10:30 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)*** – Fri. after mass or by appointment
- **Special Ecumenical Prayer Services*** – Throughout the year
- **Communal Sacrament of Anointing*** – Four times a year. Individual upon request
- **Community Building Activities:**
 - Community Club – Third Sat. 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/discussion with Fr. Duane

*Open to the public

Our Secret to Good Eats!

The delicious dishes served from the CHI Riverview kitchen are prepared through a team effort that starts—and finishes—with our residents.



At CHI Riverview, we are fortunate to have Chef Dennis Enno, Food Services Director, and a talented food services staff to create fresh, healthy, made-from-scratch meals for our residents, but these professionals have some help when it comes to determining what to put on the menu.

“Six residents meet monthly to discuss the evening meals offered here, as well as to provide suggestions for the lunch menu and cafe offerings,” says Bonnie Peters, Director of Marketing and Resident Relations at CHI Riverview. “The Menu Planning Committee is the liaison between the residents, the chef and the food service staff.”

In addition to reviewing the recipes used at CHI Riverview, the Menu Planning Committee reads and discusses comments left by other residents on comment cards available at every meal, which lends great insight into helping serve foods everyone enjoys.

SERVING UP SPECIAL EVENTS

The Menu Planning Committee also works closely with Chef Dennis and the food service staff to prepare for special days at CHI Riverview.

On Apple Dumpling Day, more than 3,000 homemade apple dumplings are served to residents and the community. Close to 1,000 people visit annually to enjoy these delectable treats. Another annual event, Wine and Dine Around the World, features a six-course meal made by Chef Dennis, which is paired with six wines chosen by wine experts. Thanksgiving, Christmas and other holiday meals are planned with care, too, with insight from the Menu Planning Committee.

To learn more about food at CHI Riverview, visit www.chiriverview.org, then click “Dining Experience” under “Resident Life.”

CHI Riverview Menu Planning Committee – Back (L–R): Lynn Prom, Sherman Hoganson, Hilde Howden; Front (L–R): Bea Reichmuth, Jeannie Nagel, June Rauschnabel



Chef Dennis' Bacon-Wrapped Meatloaf

INGREDIENTS

1/4 cup minced onions	2 tablespoons chopped parsley
1/4 cup minced bell pepper	1 tablespoon Dijon mustard
1 tablespoon chopped garlic	2 tablespoons ketchup
1 tablespoon olive oil	2 teaspoons hot sauce
1 pound ground beef	2 teaspoons kosher salt
1/2 pound ground pork	1 teaspoon pepper
2 eggs	4–6 strips uncooked bacon
1/2 cup fresh breadcrumbs	
2 teaspoons Worcestershire sauce	

DIRECTIONS

Preheat the oven to 350 degrees. Sauté onions, bell pepper and garlic in the olive oil for 3–4 minutes over medium heat. Let cool completely, then combine all ingredients except the bacon in a mixing bowl and mix well.

Spray a large baking pan with nonstick spray, then form mixture in a long loaf of even thickness and length. Place the bacon evenly over the meatloaf. Bake at 350 degrees for one hour or until meatloaf reaches an internal temperature of 150 degrees. Remove from the oven and let rest for 10 minutes before slicing.

Mark Your Calendars!



Don't miss the:

> **Fall Festival Apple Dumpling Day on Sunday October 9**

> **Wine & Dine Around the World on Friday November 11**

Plan to join in the fun evening for a gourmet meal paired with wines from around the world.



Wine & Dine Around the World on Friday November 11

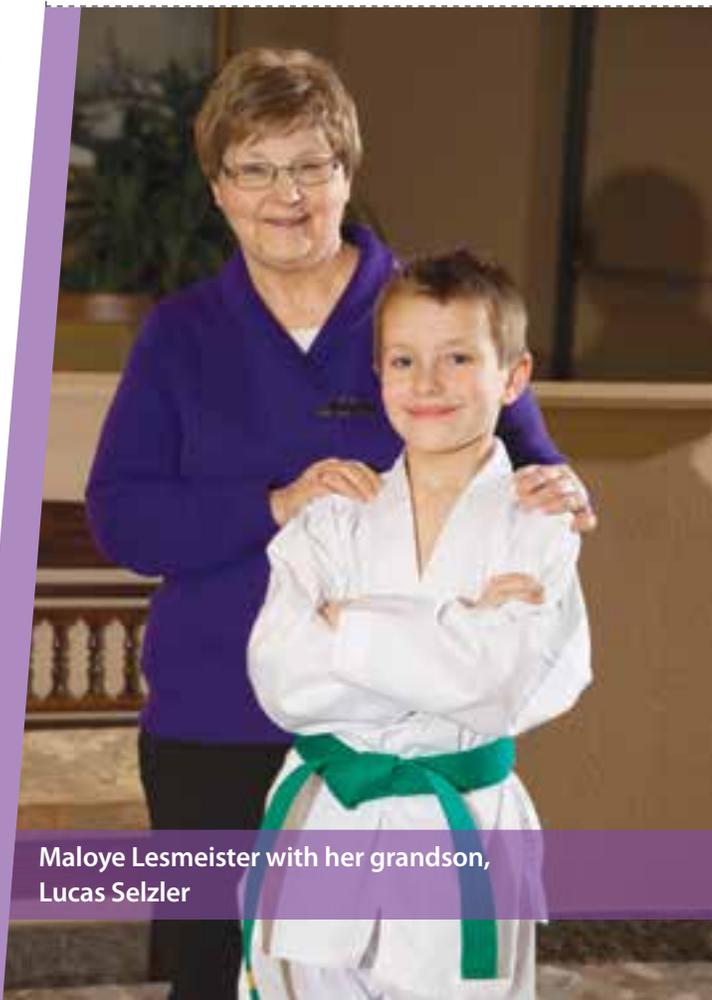
Why I Chose CHI Riverview

Resident Maloye Lesmeister shares her passion for living at CHI Riverview.

"Since moving to CHI Riverview, my life has been enriched. The residents and staff have become a loving and caring extended family to me. **I have been blessed with both companionship and solitude.** Some activities I enjoy are concerts, movies, exercise classes, card games, Bible studies, playing chimes, reading in the extensive library and attending on-site church services; also, the meals are wonderful.

"Medical help is available 24 hours a day, seven days a week. I have needed that often, as well as van rides to appointments. Yet, everyone respects the times when I want to be alone.

"The best advantage of living at CHI Riverview is being able to advance my relationship with my precious grandchildren, who are always welcome here. They often join me for worship services, swimming, meals or just to 'hang out.' They are especially fond of the Sisters, who always enjoy visiting with them. I have also been able to go to the kid's sporting events, concerts and awards banquets, and join them for shopping and dinners out. When cousins come to town, we all get together to celebrate birthdays and holidays. Could I ask for anything better? No! I love living at CHI Riverview!"—**Maloye Lesmeister**



Maloye Lesmeister with her grandson, Lucas Selzler


CHI Riverview

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