

IT'S A _____ RIVERVIEW DAY!



Making the Most of Every Moment

For CHI Riverview resident Lynn Prom, every day is a gift.

Flip to page 2 to learn more about Lynn's inspirational approach to growing older and how she's motivating her friends and neighbors at CHI Riverview to adopt the same mind-set.

www.chiriverview.org
SUMMER 2017

 **CHI
Riverview**

*We make
retirement better.*



CHI Riverview resident Lynn Prom



“Every day is a gift. How you respond to that gift is what matters most.”

— LYNN PROM, CHI RIVERVIEW RESIDENT

Changing the Aging Conversation

A book changed how CHI Riverview resident Lynn Prom thinks and feels about aging. Now she’s spreading the word.

Eight years ago, Lynn Prom came across Sister Joan Chittister’s book, *The Gift of Years*. Lynn saw Sister Joan speak several years previously, so she decided to give it a read. The book changed her entire perspective on aging.

“All I could think while reading the book was, ‘What an inspiration!’ I had never thought of aging as a gift of years,” Lynn says.

Four years ago, Lynn moved to CHI Riverview. At the same time, her husband moved into a nursing home. She looked around at her friends and neighbors—many of whom lived alone—and it brought back memories—both of the book and when Lynn, a retired teacher, gave speeches years before. The focus of those speeches, which Lynn delivered to local churches and mental health and social service agencies following the death of her first husband, was living alone and adjusting to life without a partner. She was asked if she’d like to give a talk at CHI Riverview, and she agreed to give a speech inspired by *The Gift of Years*.

TREASURING NEW EXPERIENCES

About 40 CHI Riverview residents attended part one of Lynn’s three-part series “Responding to *The Gift of Years*.” The afternoon, which featured vibrant conversation and a lot of laughter, focused on adjusting to getting older. Instead of lecturing, Lynn handed out an interactive true-false quiz that residents completed in groups of two or three. The questions spurred an engaging dialogue about aging, age-related limitations and living life well.

“One of the things we discussed and challenged is the saying, ‘You only have one life to live,’” Lynn says. “Things change dramatically throughout our lifetimes—we have many lives we’ve already lived. My life changed dramatically when I married and also when I started my teaching career. Now, my life has changed dramatically again. I’m living alone for the first time without a roommate, spouse or my kids. This is a new life, and I’m excited to live it well.”

Lynn says part two of the series will focus on the positives of getting older.

“Older people have a lot of wisdom that we don’t always relay to others. I plan to talk about the wisdom that we have and how we can share it with our grandchildren, great-grandchildren, friends and family,” Lynn says.

Be on the lookout for the next session of Lynn’s three-part presentation, “Responding to *The Gift of Years*,” which is coming soon.

Welcome, New Team Members

CHI Riverview brings new faces on board.

A SHARED VISION

When Wendy Buth, LSW, Marketing and Resident Relations Director, and Jessica Aasen, RN, BSN, Director of Health Services, saw a passion for senior health care anchored in integrity, compassion, reverence and excellence, they knew they had found a new home at CHI Riverview.

Both women now carry forward the mission of nurturing the healing power of Christ through their respective roles.

"When I stepped onto the CHI Riverview campus and met with team members and residents, I knew this environment was enveloping, inviting and everything I was looking to invest my time and energies toward," says Wendy. "I have worked decades in hospice and long-term care and wanted to continue pursuing my passion for senior advocacy. My new role allows me the best of both world—time spent with residents learning their rich histories and time spent educating the community about their options for retirement living."

Working in a helping profession is worth its weight in gold, agrees Jessica.

"When you get a sense for the atmosphere at CHI Riverview, you immediately understand the unspoken reality that this is where compassion meets quality, combining to provide residents a renewed sense of life," Jessica says. "I oversee health and nursing for CHI Riverview and can say with confidence this team is incredibly skilled in offering health and wellness support to residents."

To get to know more members of the CHI Riverview team, visit our website at www.chiriverview.org, hover over the "About Us" tab and click on "Meet Our Team."



Wendy Buth



Jessica Aasen



Kelly Brekke

Great Work, Kelly!

Kelly Brekke, who started at CHI Riverview in 2016, has made quite an impression in her short time here. Staff and residents alike are excited to have Kelly's energy and enthusiastic spirit working daily to make life more enjoyable for everyone who calls CHI Riverview home.

Best Wishes, Bonnie

Serving as Director of Marketing and Resident Relations for 24 years at CHI Riverview, Bonnie Peters established a tradition of service and excellence by streamlining her communication skills to champion the cause of senior advocacy for all residents.

With an unstoppable energy for life, Bonnie pursued her role diligently and faithfully, and she

will be remembered for gifts of quality time and compassion she gave to CHI Riverview residents.

"Bonnie took it upon herself to make CHI Riverview a community that seniors wanted to be a part of, and that's quite a legacy. It has been wonderful!" says Jeff Pederson, President and Chief Executive Officer at CHI Riverview. "We wish her well as she transitions into retirement after many years of service."



Windows of **Grace**

The recent addition of stained glass windows in CHI Riverview's Presentation Prayer Chapel is pleasing to the eye and uplifting to the soul.



"I hope the stained glass windows in the prayer chapel are reminders of the love and service that generations of residents and their families have received at CHI Riverview."

— STACEY ASP

Installed last winter and dedicated in April, the collection of 35 stained glass panels, each measuring approximately 14" x 28", is the work of Harwood Liturgical Designer Stacey Asp and Michael Orchard Studio of Fargo. The windows are in honor of the Presentation Sisters—Sister Agatha Lucey, Sister Josephine Brennan and Sister Mary Beauclair—who established CHI Riverview 30 years ago. The theme is based on Christ's commandment to "love one another, as I have loved you," from John 13:34.

The windows are rich in symbolism. The oak tree base with acorns represents the strength and reach of the Sisters' ministry. Symbols of love and salvation are present throughout—an open Bible symbolizes the Sisters' discipleship, while doves, baptismal waters and flames evoke the Holy Spirit. A golden ribbon ties the entire installation together with the main chapel windows.

"The Sisters wanted to include native flowers and grasses, so I incorporated prairie roses and daffodils, too," Stacey says. "These windows will represent the efforts of the Sisters in their faith and the beauty of their service for years to come."

The windows would not be possible without the generous support of Lynn and Joyce Overboe, who funded the Presentation Prayer Chapel remodel in loving memory of Lynn's late parents, Edwin and Helen Overboe. The couple moved to CHI Riverview in 1993 and lived out their lives here. Helen was especially fond of the small chapel.



Spirituality Thrives Here

Worship services at CHI Riverview enrich the lives of our residents. Services include Catholic Mass and Protestant services, which are open to the public (see asterisk notations). We also hold special services throughout the year, including Stations of the Cross and Advent prayer services. People of all faiths are welcome to participate.

- **Mass***—Sun. 10:30 a.m., Tues. through Fri. 9 a.m.
- **Protestant Services***—Tue. 10 a.m. with Communion service every second Tuesday of the 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***—Tues. 8:30 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



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



The Ministry of Presence



CHI resident Lois Hutchinson and BeFriender Sandy Eggermont find companionship and fellowship in their time together.

The practice of active listening does not go unnoticed at CHI Riverview, as the BeFriender Ministry continues to create space for life shared between residents and volunteer lay ministers.



“Those who have a BeFriender note the program is a positive experience for them. As each friendship continues to grow over time, residents find their BeFriender relationship an investment worth making.”

— JENNY RHEULT, DIRECTOR OF SPIRITUAL SERVICES, DIRECTOR OF BEFRIENDER MINISTRY, CHI RIVERVIEW

Drawing on the Presentation Sisters’ dedication to emotional and spiritual wellness, the BeFriender Ministry, a national organization with a local presence at CHI Riverview, partners with the Sisters and associates to bring trained volunteers dedicated to offering a nonjudgmental presence motivated by friendship. BeFrienders are trained extensively to enhance their understanding of complex topics, such as aging, loneliness, grief and loss, spirituality, and emotional support.

If a resident is looking for a trusted person to share their stories with and relate to, they can find a rich companionship through meeting with a BeFriender.

A BEFRIENDER TALE: LOIS AND SANDY

For a year now, resident Lois Hutchinson, who spends her time welcoming new residents as a Building Coordinator, has met every two weeks with her volunteer BeFriender, Sandy Eggermont. The relationship has blossomed.

“I was invited to consider having a BeFriender, so after thinking it through, I signed up and was paired with Sandy,” says Lois. “I trust her completely and consider her my friend. With her in my life, I do not feel as alone, especially when she listens to me speak about what is important to me. Those moments bring clarity to thoughts that were once confusing to me.”

Sandy joined the BeFriender team two years ago with a desire to be a prayerful presence to others.

“I have always been respectful of and interested in people who are older than I am,” says Sandy. “I love to hear about their life experiences and intuitively understand that this stage of life for them may be filled with the loss of a spouse, friend or home. This can cause sadness or deep loneliness. As a BeFriender, my training showed me how to sit with someone’s joy and sadness without attempting to solve anything.”

Both women agree this ministry adds substance to their lives. Their story champions unconditional love, filled with grace.

Interested in volunteering as a BeFriender? Call 701-271-7505 to speak with BeFriender Director Jenny Rheault.

You Helped Us Buy a Bus!

Thanks to fundraising efforts led in part by the residents, CHI Riverview is purchasing a brand new bus and van for resident travel.



Pictured (L-R) are CHI Riverview residents Ron Kaeslin, June Rauschnabel, Steve Gorman, Hilde Howden and Ron Kaeslin.

While CHI Riverview is home for its residents, the surrounding area is as well. Getting out into the community and exploring regularly is important for mental and social well-being, and it's even more enjoyable with top-notch transportation.

"Our old bus bounced me and everyone else all over the place, so we finally decided we had to do something. Jean Anderson (Chief Development Officer at CHI Riverview) worked with us to help us determine how to raise the money," says Hilde Howden, former president of the CHI Riverview Residents' Council.

EXPLORING THE WORLD

Through financial support from individuals and businesses in the community, as well as key critical support from the Otto Bremer Trust, CHI Riverview was able to purchase a new bus and a new wheelchair-accessible van.

"It's nice to be able to drive through town and see what's happening, and still feel part of the larger world. It was also heartening to see so many people here get behind our efforts, and take an interest in our community," Hilde says.

Giving From the Heart

Giving Hearts Day is an online program hosted by Dakota Medical Foundation, Impact Foundation and the Alex Stern Family Foundation. The charity day challenges people to donate to their favorite causes over a 24-hour time period. This year's event, held on February 9, was CHI Riverview's second year of involvement in Giving Hearts Day.

The funds raised this year are dedicated to expanding activity programming. Riverview residents participated in a survey and chose additional sound and display board equipment and education speakers and seminars as their top priorities.

"We are so grateful for the support from our community," says Kelly Brekke, Activities Director at CHI Riverview. "Everyone is excited about the additional opportunities we'll be able to provide for the residents here at Riverview."

The Legacy Society

In 2015, CHI Riverview founded the Legacy Society, providing a way for residents and friends to make deferred gifts to the facility. By including CHI Riverview in their estate plans, members of the Legacy Society help ensure this special place will be a beautiful, vibrant home for future residents through gifts that include:

- Cash bequests
- Life insurance benefits

- Property
- Retirement funds
- Securities
- Shares of an estate or portions of a trust

If you'd like to learn more or become a member of the Legacy Society, we can provide you with additional information. Call 701-237-4700 and ask for Jean Anderson to get started.

Are you interested in giving to help CHI Riverview and its residents?
Visit www.chiriverview.org and click on "Giving" to learn more about the many ways you can contribute.



CHI
Riverview

CHI Riverview

5300 12th Street South
Fargo, ND 58104

Schedule Time for Fun at CHI Riverview

APPLE DUMPLING DAY

AND FALL FESTIVAL

Sunday, Oct. 8, 2017

Apple Dumpling Day at CHI Riverview offers something for community members of all ages. Sample our famous homemade apple dumplings and stay for the Fall Festival and annual open house, featuring a bake sale, gift shop, silent auction, grounds tours and live musical entertainment.

Join us, won't you?



CHI Riverview resident Maxine Torgerson

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Why We Chose

CHI Riverview

Residents Pat and Art Beckman share their passion for living at CHI Riverview.

"I needed physical therapy, so I moved in to CHI Riverview while my husband, Art, stayed home to prepare our house for sale," says Pat. "CHI Riverview referred us to someone who went to our house to pack my belongings, and then unpacked everything for me once it arrived here, which was so helpful."

Pat immediately started physical therapy, and by week six, she was moving gracefully again, practicing aqua aerobics at the pool while she awaited her husband's arrival. In a few short months, Art made the move here, too, and the couple relocated to a two-bedroom, two-bath apartment.

"It's lovely and spacious," Pat says of their new apartment. "I spend my time staying social and attending weekly church activities. Art enjoys the exercise opportunities and reading. It's a balanced life."

With an apartment that feels like home situated in a vibrant community of friends, the couple is comfortable and happy.

"We cannot imagine a better place to spend our retirement than CHI Riverview," Pat says.

