



# NORTHERN LIGHTS

Newsletter of Grand Village  
 "Choices for Living on Hale Lake"



Dedicated to providing education and information to Grand Village residents, families, donors, and Itasca County residents, concerning issues related to long term care at Grand Village

## A Success Story



Left to Right: Mandi Seifert-Engeldinger, PTA; Kelli Barry, PT/Director of Physical Therapy; Joyce Sanders; Sherri Nesdahl, OT

Joyce Sanders came to Grand Village on February 27, 2009 from Grand Itasca Clinic and Hospital. After spending a few days at the hospital, it was decided that Joyce would benefit from rehabilitation. Joyce came to Grand Village, though she wasn't thrilled with the idea of spending time away from home.

The therapists who worked with Joyce during her stay were Sherri Nesdahl, OT, Mandi Seifert-Engeldinger, PTA, and Kelli Barry, PT. On several occasions, Joyce was insistent on returning home and we all know, "Home is where the heart is." Staff continued to work with Joyce and convinced her to stay, and to everyone's surprise she progressed to the point where she was able to take a few

steps. Her family said that she had not walked in three years.

Joyce commented, "I had a good time at Grand Village, and all the staff were great. Even though I wanted to go home, I am glad the staff convinced me to stay on as I continue to walk short distances since I went home."

After rehabilitation was finished, Joyce returned home on March 25, 2009 and continues to walk short distances.

When she goes shopping, she does use her motorized chair. Joyce needed some encouragement to remain at Grand Village, which was a blessing in view of her outcome. Grand Village wishes Joyce and others success as they return to their daily routines at home.

--Barb Olson

Director of Admissions/Social Services

## Stories from Our Family

Yesterday I had the pleasure of conversation with Eleanor "Ellie" Trnka in The Lodge. Ellie lives in 516, just up the block from her sister Teresa.

Ellie and Teresa grew up in New Prague, MN. They are proud to be 100% Czechoslovakian, as were most of the residents of the town during their childhood years. In fact, their elementary school, St. Wenceslaus, was named after a patron saint from Bohemia, Czechoslovakia. Both girls went on to attend the New Prague High School. Ellie's graduating class included 43 students. The 2009 graduating class for Ellie's high school included 222 students. How times have changed. Of course, she explained, many smaller towns now bus their students to New Prague.

Ellie and Teresa grew up on a farm. They milked cows and raised other animals. Ellie had a favorite cow named "Beauty". She would follow you if you came out of the house with a milk pail because she loved to be milked. She also loved dill pickles. Mom would make pickles and keep them in a large barrel and "Beauty" would nudge you to get her a pickle.

The family also had ducks, pigs, and cats. Ellie remembers catching and feeding flies to the ducks!

Ellie and Teresa's great-grandfather immigrated to the United States for farming opportunities. He considered Texas before settling on New Prague, and marrying his neighbor. Ellie and Teresa's parents met the same way, having known each other as neighbors first before husband and wife.

Ellie's father was not only a farmer, but an accomplished musician. Ellie says "Dad could play anything." He traveled around the country playing in a big band. The family listened to a lot of big band music for enjoyment and attended a lot of dances. "In those days, you could go to any wedding dance. And we went to all of them!" Ellie describes her Dad as "very progressive."

Ellie's mother loved to help the children with their schoolwork. She was particularly interested in helping with grammar.

Nonetheless, with her Czech background she was stuck on "did saw" and refused to budge from this rendering of the phrase.

The family had two homes during Ellie's childhood. The

first was a log home with an updated interior. Water was pumped in but warmed in a reservoir. They had an outdoor toilet and indoor toilets that had to be emptied outside. Electricity was provided by a generator in the house. A new home was built during her childhood, complete with modern electricity, plumbing, and hot water.

Ellie was the oldest of four children, two years older than Teresa, and five years older than the twins. She did most of the cooking per her mother's instructions. The family called her "Queenie" (Czech for Queen) because she ran the house as if she were the queen! Her favorite memory of Mom's cooking was her pies. She made pineapple pies, all sorts of pies, and always with lard for the crust.

The family loved taking rides to surrounding towns in Dad's Buick. And, of course, the radio would be tuned to big band music!



Sister Teresa and the twins.

A favorite holiday was the 4th of July. The kids would each get money and would go to town to watch the parade, fireworks, and to buy ice cream. Ellie says, "I can still remember people oohing and aahing, just like today."

When Ellie was in high school her Dad bought her a Chevy Coupe. Once she took a few cousins and siblings out for a drive. Her cousin Dorothy said, "I have a lot of money so we can do what we want." There were 14 bars in the area and they decided to go to all of them!

I asked Ellie if she had a philosophy in life, something she would like to leave for the next generation. She answered promptly, "I like pub night. It's good to have a beer once a week. I mean it. I live my life foot loose and fancy free. I like to be happy."

I asked Ellie who her best friend was growing up. Without hesitation she said, "Marcie Tupy. We went to a lot of wedding dances. We continue to send cards to each other." Today Ellie has a lot of friends. Stephanie Scibo, Karlyn Kajer, Harriet Ohlan, Harriet Hedlun, Bonnie Carleen, and Pat Landstrom to name a few!



Ellie Trnka

You might find it interesting to know that Ellie and her two sisters became school teachers. Ellie taught grades K through 8 in a one room schoolhouse in New Prague. She will never forget the "smell of sweeping compound."

As a child, Ellie most admired her mother. She was a city girl living in the country and she knew how to make beautiful hats for her girls. Ellie met her husband at a wedding dance and the two settled in the Twin Cities downtown just blocks from the Guthrie Theatre and the Arts Center. Ellie loved the city and lived there for 55-years in the same apartment complex downtown. Her husband was a good dancer. He was particular about dancing form and critical if a woman was not light on her feet. Ellie was of course, "light as a feather"!

Of changes and innovations that occurred in her lifetime, Ellie most enjoys television. She regrets that music has changed so much and young people are missing out on the experience. You don't hear the quality of music and they don't have the beautiful dancing.

I asked Ellie if she could live her life over would she change anything. With a big smile she simply said "No." The brevity of her answer did not surprise me. Ellie is one of the most fun-loving and cheerful people I know. In fact, as I am indoors on a beautiful day writing this article, she is out fishing on Pokegama! You go, girl!

- Jake Goering  
 Executive Director



Ellie's Wedding Day

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# Best Kept Secrets



**Corine Buechner**



**Judy Garshelis**

Grand Village is very privileged to have two exceptional nurse practitioners, Corine Buechner and Judy Garshelis. Corine and Judy visit us multiple times a week from Itasca Clinic & Hospital. The dictionary describes a Nurse Practitioner (NP) as a registered nurse who has completed specific advanced nursing education (generally a master's degree or doctoral degree), and training in the diagnosis and

management of common as well as complex medical conditions. Corine and Judy visit us several times each week from Itasca Clinic & Hospital.

Corine Buechner graduated from the University of Minnesota in 1979 with a Bachelor of Science degree. She worked as a registered nurse at the Veterans Administration Medical Center in Minneapolis, for a public health service hospital in Alaska, and at the Red Lake Indian Health Service Hospital in Red Lake. In 1987, she attended the University of North Dakota for additional schooling. Corine works in our long-term communities and has great interest in quality of life for all Residents. Besides being a caregiver and friend to the Residents, she is a tremendous support for our staff.

Judy Garshelis is a certified family nurse practitioner and visits our Residents in the Lodge. Judy graduated from the University of Ver-

mont and has a master in nursing from the College of St. Scholastica and a master in public health from the University of Minnesota. Before becoming a nurse practitioner, Judy worked as a registered nurse and authored and directed a Maternal and Child Health grant program in 13 Northwestern Minnesota counties. Judy has a comprehensive outlook on Resident health care and gives support, encouragement, and education to our staff.

Both Corine and Judy bring something special to our Grand Village Residents and staff. We deeply appreciate their talents and contributions and are fortunate to have these "NP-Neat People" work with us. A big thank you to Judy Garshelis and Corine Buechner for being instrumental in making our Village "Grand."

**-Deanna Olson-Eddy  
Director of Nursing**

# AUXILIARY NEWS



The Auxiliary is grateful to all who came to the Activity Center at Grand Village for their annual Spring Salad Luncheon. Amid a setting of spring flowers, those who came enjoyed a wide variety of salads and good fellowship. All of the salads were prepared by Auxiliary members and a number of Grand Village staff members. Our thanks to everyone.

On Saturday, June 13, the Auxiliary held a bake sale in front of Wal-Mart. We have done this for a number of years and are grateful to Wal-Mart for providing funds to

match or contribute to our sales that day.

There will be no Auxiliary meetings during July and August, but we will be ready to go again in September. We will be happy to welcome any who would like to join our group and help in our stated purpose of being of service to Grand Village. The net proceeds of all of our fundraisers go toward projects which benefit Grand Village residents. Please come see us!

**--Dorothy Ganoung  
Grand Village Auxiliary Secretary**

**If you are interested in becoming a member of the Grand Village Auxiliary, please fill out the card below and return it to Wendy Griese, Activities/Volunteer Director. The Auxiliary will get in touch with you.**

**Grand Village Auxiliary**

Yes, I am interested in the Auxiliary  Full membership  
 Associate membership

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_



## Veteran's Services - Randy Carlson

Veteran's Services representative Randy Carlson visits Grand Village monthly to offer diverse services to Grand Village Veterans. These services include:

- ★ Medical benefits
- ★ Pensions that address numerous physical conditions, including homebound assistance for veterans and their spouse, or their surviving spouse.
- ★ Service-connected disabilities
- ★ Dental/optical benefits/income constraints
- ★ Special needs—catastrophic loss grant
- ★ Adult Day Services

Veterans, and Veterans' families, if you have questions, Randy Carlson visits Grand Village every third Wednesday of the month from 8:30—11:00 AM. For more information, please call Barb Olson, Director of Admissions/Social Services at (218) 322-4750, or Randy Carlson at (218) 327-2858.



Grand Village is going green! The Green Committee at Grand Village is comprised of Mary Augustyn, Sally Cummings, Nancy Sura, and Chris Reed. They are committed to finding ways that Grand Village can reduce waste, conserve energy, and reuse materials whenever possible. In the effort to be stewards of the environment, the Green Committee is working to educate Grand Village employees on how to be "green" at home as well.

The committee is currently encouraging employees to turn off lights, recycle, and reduce waste. They are researching grant opportunities to purchase equipment that turns food waste into useable dirt. Through donations from members and local businesses, the Green Committee is rewarding Grand Village employees that are caught being green with weekly prizes. All of these projects will help the environment and create a "greener" Grand Village!

-Chris Reed, Director of Dietary Service

## Join Our Team!

If you are interested in becoming a Grand Village Team Member, please contact Bonnie McBride in the Grand Village Human Resources Department at (218) 322-4644, or visit our website at [www.ecumengrand.org](http://www.ecumengrand.org)