Family Council interest Questionnaire:
We are asking that you fill out the questionnaire on the attached self-addressed post card and return it to BVHC. Thank you.

Family council is an independent, self-determining group of long-term care residents’ families and friends. It is geared to family or friends needs and interests, democratically governed by family members of residents, and would be sponsored by BVHC and the Social Service Department. Officers are elected from the participants, with a staff member serving as a supportive adviser who participates, when requested.

Goals:
- Support for families
- Education and information (knowledge about the Residents’ Bill of Rights guaranteed by federal legislation)
- Action on concerns and complaints
- Communication with staff
- Service and activities for the residents
- Legislative actions

NEWSLETTER INFORMATION
Starting next quarter the newsletter will be found on BVHC Facebook and on the BVHC Web Site www.bvhc.sfhs.org
If you are interested in a paper copy of the newsletter, please contact the facility to request a copy. Thank You!

Dates to Remember: February - March
Mark Your Calendar!!

February:
12th Resident will decorate Valentine’s cookies
12th King and Queen will be announced (12:00 noon)
15th DC & Hawk (2:00 p.m.)

March
10th Bob Arndt (11:00 a.m.)
17th St. Patricks Party (2:00 p.m.)
21st Terry Nelson (2:00 p.m.)

April
10th – 16th National Volunteer Week
14th Bob Arndt(11:00 a.m.)
28th DC & Hawk (2:00 p.m.)

Check out Browns Valley Facebook Page
VIM and Vigor is what best describes Tilford

His first band was with Tilford Kroshus, former director of music at North Dakota State College of Science in Wahpeton, North Dakota. The artist history includes playing with a group called The Farafina Blues Band from 1999-2000. Reverse Flow has been performing and recording as a solo artist in Fargo since age 18. Recently, Reverse Flow's songs "Still Be The Same" and "How Long Must I wait" have been featured in the film "The New Girls," written and directed by Sonny Fernandez.

Currently, Tilford Kroshus is retired and loving every minute of it. He has plenty of gigs playing with his band Kroshus & Krew, which consists of a variety of people — anyone he can get to play with him. He also dabbles in music therapy, not professionally, but on the side. He took workshops at the University of Minnesota to learn more. Basically, music therapy can be done one-on-one or in a group.

For example, Tilford likes to go into nursing homes and get the residents involved by having them sing along. One particular moment really struck Tilford. As he and his band played "In the Mood" at a Fergus Falls, Minn., nursing home, a woman who hadn't spoken for weeks shouted, "My husband and I used to dance to that!"

**BVHC is opening their door for the community to listen to Tilford Kroshus**

**DATE:** February 27th, 2016  
**Time:** 2:00 p.m.  
**Place:** BVHC Coliseum

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**Resident of the Quarter**

Q1 Resident of the Quarter is Dorothy Douglas

We cannot wait to see what Dorothy’s dream will be! Make sure to watch for Dorothy’s bulletin board that will be put on display.

Leo's wish was to go out for a meal with his family. Leo requested to dine with his family at Rosalie's in Sisseton. Rosalie sponsored Leo's event.

_A big thank you to Rosalie's!!_

**Resident’s Email Address to BVHC**

Families are encouraged to send e-mails to their loved ones by using bvhcresidents@bvhc.sfhs.org  
In the subject box please type your loved ones name.

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**BVHC Web Site**

[www.bvhc.sfhs.org](http://www.bvhc.sfhs.org)
Greetings from the Big Stone Therapy Staff! We are so happy to be a part of the health care team at the Browns Valley Health Center. We currently have five regular therapy staff who treat patients in BV – Allison Homan, OT; Sara Adelman, COTA; Pam Neugebauer, PT; Kelsey Mohs, PTA; and Kristen Pearson-Ash SLP. We treat patients both in the facility, as well as patients from the community who need therapy and prefer not to drive to another town.

This month I would like to talk about pain and arthritis. Arthritic pain is something that affects many people as they age – often in the joints of the body including the hips/knees, shoulder, and the fingers. Movement of these joints (in a painfree range) is very important to keep the joints lubricated and to keep the mobility in the body as needed for dressing, bathing, and daily cares.

If you have arthritic pain and would like to learn more about therapy options or exercises that may benefit you – please don’t hesitate to talk to one of our therapists!

Pam Neugebauer, PT, DPT, CEEAA

Regional Contract Manager: Milbank SD, Sisseton SD, Rosholt SD, Browns Valley MN, Thief River Falls MN

Big Stone Therapies, Inc
Phone: 605-228-8077

Candi Duffield and Kathy Serocki honored Richard Heck with a Present for Veterans Day!

Fine Dining
New Years Eve Party!!

To the left: Henry made a New Year’s Toast. To the right: dining together are Elaine, Dorothy, Lorretta, and Lorraine.

The kitchen staff did a wonderful job cooking for the Fine Dining.
Our Mission

We are committed to express Christ’s message of love and hope by providing for health, residential, community and allied service in a holistic, competent and caring manner that recognizes the value and dignity of every human life.

BVHC Core Values:
Integrity, Commitment, Respect, Excellence, Service, Stewardship