



Issue 4 • Winter 2018

## Safe Trick or Treat 2018

In 1998 an idea was born to offer our local community an opportunity for children to trick or treat in a safe and secure environment, with the thought that this event would not only benefit all the little ghosts and goblins looking for some free candy but our residents as well who love the interaction with the kids.

Twenty years later Pine Valley's Safe Trick or Treat event is still going strong and on Saturday, October 27th when our doors opened the interest was high and the enthusiasm was contagious.

Pine Valley's halls filled with children of all ages dressed in any assortment of costumes; from puppies, lambs

and princesses to firemen, dinosaurs and teenage mutant ninja turtles. Although the children were the stars of the show most staff, family and residents got into the Halloween spirit and showed off their creativity. It was hard to keep track but at the end of the day approximately 300 plus children participated in the safe trick or treat event and that is not counting all of their parents, siblings, cousins, aunts and others who chaperoned.

Pine Valley would like to thank the community and many business for their support of our annual event, which would not be possible without there generous donations and Pine Valley would also like to thank all of our wonderful residents and families for all your help in making safe trick or treat a huge success.

## Pine Valley Employee's Holiday Celebration

Pine Valley Community Village employees took time out of their busy schedules on Thursday, December 13th, to come together and celebrate the holidays with an all facility potluck. A wonderful meal was enjoyed with hot ham sandwiches and punch provided. Employees shared some of their favorite dishes to add to the potluck. We truly have some amazing cooks/bakers. Employees were able to win various door prizes and cash prizes.

Back by popular demand was "Spread the Christmas Cheer" event. Employees wrote positive comments about Pine Valley, what they like about Pine Valley and especially about their coworkers. It was heartwarming to see the many wonderful comments. There were over 100 comments. Here are just a few:

"It's wonderful to see how much the staff cares for the Residents like family.

Pine Valley is a nice place to work. It's been a great experience working here. Thank you to everyone that has trained me and who I have worked with.

Something wonderful about Pine Valley is that everyone is super nice and accepting. I love the environment here.

I love the new building and working with the world's greatest staff."

Numerous employees were recognized for their years of service. Employee's years of service are recognized in 5 year increments. This year 17 employees were recognized for a combined 250 years of service! The following employees received pins in honor of their years of service:

**35 years** - Diane Hrubes; **25 years** - Mary Killian, Rachel Johnson, Dorene Arnett, Stacie Hemling; **20 years** - Michael Glass, Brenda Mueller; **15 years** - Karla Vignieri; **10 years** - Susan Anderson, Tammy Fritz, Jade Walmer; **5 years** - Lisa Ziech, Wanda Frye, Mark Menne, Jesi Towne, Sandy Turner, Jamie Ludwig.

The following employees were recognized for having perfect attendance for an entire year: Liz Kloehn, Whitney Copus, Ryan Elliott, Jennifer Ewing, Marilyn Jensen, Donna Johns, Steve Alexander, Barb Bauman, Angie Alexander, Jim Unbehaun.

2018 Retirees: Kathy Cianci, Irene Walmer, Tom Perry, Grace Walsh, Ursula Strait, Trudi Perry, Rosie Coy, Cindy Studnicka, Sandy Bailey, Patsy Wilson, Ellen Conner.

Funds are limited so the party is self-funded. Due to the generosity of many staff we had a wonderful party with lots of delicious food and numerous door prizes. Many staff commented how much they enjoyed the party, food, and honoring their fellow employees.

Pine Valley Community Village is so fortunate to have such a dedicated team; we feel employee longevity contributes to the excellent care for our residents. Each employee plays an integral part of everyday life in our homelike environment. Tom Rislow, administrator, thanked the staff for their involvement in the lives of the residents and giving of themselves everyday while caring for the residents.

## Calendar of Events

### February 14

- **Valentines Party & Bake Sale**

*Jim Gorman Band plays at 2*

### March 24

- **Brass in the Pines**

### April 10

- **Volunteer Luncheon**

### April 13

- **Meet the Easter Bunny & Coloring Contest**

### May 12

- **Mother's Day**

## Holiday Season

The holiday season is a busy time of year for residents at Pine Valley. This year we welcomed eight different caroling groups, three 4-H groups who played games and visited with residents, Ithaca School brought their K-5 graders in for a program, Mrs. Pam Peterson-Kintz brought in the Middle School Jazz Band, we had Dave Brock lead us in karaoke, a New Year's celebration with Monty Berger, and numerous generous gifts by Richland Electric Cooperative, Walsh's ACE, Ithaca School, and many other generous donors. December 23rd was the resident Christmas party when all the gifts were passed out. Pine Valley had a wonderful Christmas season because of all the generosity our community thank you to all of our supporters!

# Lola Bristol's Life Story

I was born on January 1st, 1919 in Crawford County in an old log cabin; just like the one Abraham Lincoln lived in. My family and I moved to Richland County when I was in first grade where I attended a school near the fairgrounds by Bowen's Mill until I was in fifth grade. Then, we all moved, again to a larger farm not far away, where my mother, Bertha helped my father, Lawrence with all the daily farm chores.

I remember my father always saying how he wanted to live where he could see the sun rise and the sun set – he really was the best father! Some of my greatest childhood memories were of my mother writing and reading poetry to all us six children every night; I had two older sisters, a younger brother and two younger sisters. We would even sing songs together while my mother played the organ. We all got along so well, and never fought; not even my parents – I really had the happiest childhood.

After fifth grade, I then attended Putman's school until I was in 8th grade. I wonder if anyone remembers that school!

Once I started my 9th grade year, first year of high school, my siblings and I would walk to school to Boaz – 4 miles there, and 4 miles home. No matter the weather, we walked every single day; we thought nothing of it! I remember my teacher, Mr. Jacobson who taught me in 9th and 10th grade. I got all straight A's! He was definitely an inspiration

of mine to become a teacher. My mother and I wrote a poem together one evening by our kitchen stove called, 'Boaz, The Town of My Dreams.' Mr. Jacobson is mentioned in our poem. I can still speak the poem from memory.

I attended Richland Center high school for my 11th and 12th grade years before graduating in May of 1938. It was a perfect, sunny, warm, Sunday afternoon the day of my graduation. I remember wearing the most beautiful dress. That day, was the day I met the love of my life, Grant Bristol. You know, I truly believe it was love at first sight! Grant asked me on a date shortly after, so he and another couple of our friends went down town in Richland Center to have a coke together. Grant kept looking at me from across the table; I thought to myself, 'Oh, he must really think I look nice.'

Though, the year 1938 was an exciting time of my life; graduating high school, and meeting Grant; it was also the year my caring father passed away at only 45 years old. I sure do miss him.

In 1940, I finished earning my qualification to become a full time teacher after attending Richland Center Normal School. Grant and I also decided to marry that same year on November 28th. We were married for 80 wonderful, and happy years together!

Nobody hired married teachers at that time, so I was unable to teach anywhere. So, Grant and I chose to start our family. He was drafted in the Army in 1941 for a few months, but because he had a heart murmur,

they sent him home- that was okay with me! I remember that was when Franklin D. Roosevelt was our president.

Together, Grant and I have five amazing, bright and happy children – Sandy, Sherry, Kathy, Nick, and Greg whom we raised in our beautiful home Grant built for us in 1946. We are so very proud of them all! I stayed home with them until our youngest, Greg was a 6th grader; that's when I thought, "I think I want to start teaching, again." I wanted to also take the financial worry off of Grant, because our girls wanted to attend college. So I immediately started substitute teaching full time in Yuba with a class of 36 students ranging of all grades. I remember seeing a rubber hose in the teacher's top drawer thinking 'what is this?' One of the students said, "That's for when we aren't listening." When the teacher I was filling in for came back she asked me where the rubber hose went from her top drawer – I told her I didn't know what she was talking about.

I was contacted by the school board of West Lima soon after I finished in Yuba, as they had an overflow of 2nd and 3rd graders. A total of five teachers, including myself, taught grades K-12. I specifically taught a 2nd and 3rd grade combination class for three years. One day while I was outside with the children during recess, I had accidentally hurt my leg from the merry go round. I went to see my doctor, Dr. Housner, and he encouraged me to take a year off to allow my leg to heal.

After a year off from teaching, I decided to start back in the Richland Center school district. I began with teaching 5K for six years, then taught 1st and 2nd grade at the middle school for one year. I, then transferred over to Jefferson school for two years teaching kindergarten. Then a wonderful opportunity came to me from Lincoln school – This is where I stayed for 15 amazing years teaching kindergarten before retiring. I still loved teaching so much that I couldn't stay away after retirement, so I decided to substitute around the Richland School district for the next seven years. I stopped my career of teaching after Grant had a heart attack and ended up being rushed to Madison to have bypass surgery – I remember that day so well; I was so very scared!

Once Grant had recovered from heart surgery, he and I spent our retirement years with all our family and friends. Traveling all over as we really enjoyed camping with our motorhome,

**Continued on Page 3 ...**

## Kitchen Creations

### CROCK POT BEEF STEW

*By: Candi Johnson*

#### Ingredients

- |   |                                    |
|---|------------------------------------|
| 1 medium yellow onion finely chopped                        | 2 large carrots peeled and chopped |
| 5 medium gold potatoes peeled and chopped into large chunks | 4 cloves garlic minced             |
| 2 teaspoons Italian seasoning                               | 3 pounds beef stew meat            |
| ½ teaspoon paprika  | 1 teaspoon dried oregano           |
| 1 teaspoon sea salt to taste                                | Pinch cayenne pepper               |
| 1 cup canned or frozen peas                                 | 4 cups beef broth                  |
|   | 1/3 cup all-purpose flour          |

#### Instructions

1. Add all of the ingredients except for the peas and flour to a crock pot and stir well. Cover and place on the lowest setting. Cook for 8 to 10 hours, until meat is very tender and shreds easily with a fork. Once stew has finished cooking, add the canned or frozen peas and stir.
2. Add 1/3 cup of all-purpose flour to a small bowl. Ladle about 1 cup worth of broth from the stew into the bowl, stir well. Pour the flour mixture into the crock pot with the stew and stir well. Allow stew to sit at least 30 minutes to thicken before serving.
3. Serve with bread and butter.



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**Please check our Facebook page and website for upcoming holiday events!**  
**[pinevalleycommunity.org](http://pinevalleycommunity.org)**

*If you do not wish to receive this newsletter, please contact Activities at 647-2138.*



## Lola Bristol's Life Story, continued . . .

and boating and fishing on the Mississippi river. Sometimes just riding to La Crosse with our friends was some of our most fun times together. Our children and grandchildren were scattered all throughout the United States. Grant and I did everything together.

I was 97 years old finishing up some laundry at home. I reached up onto a shelf to put something away, and accidentally slipped on a rug and fell to the ground. I yelled for Grant upstairs, and he called 911. The ambulance took me to the hospital and that's when the doctors told me I had a broken spleen and also ended up having a stroke. Ryan Elliott, director of social services from Pine Valley came to visit me while I was in the hospital. He shared with Grant how Pine Valley now has an assisted living and he can choose to live there while I was recovering from my injuries on the healthcare side. I remember having therapy in the old building when I had a compression fracture and I had such a great experience with them. Grant cherished the idea of being able to be with me night and day, as was I. Even though he was quite a ways down the hall from me, we found comfort knowing we were still close by each other. Grant and I loved Pine Valley so much, that once I had regained my strength, we both

decided we wanted to live at Pine Valley assisted living.

Grant would come to my room every single morning and push me out to breakfast, and then again for lunch, and supper. It was nice not having to cook, clean, or even do laundry anymore. I am so thankful for everyone who cares for me. They are very special to my heart.

My beloved husband, Grant Bristol, passed away on August 5th, 2018, just shy of 99 years old. The hardest day of my life. It helps me to remember all of my blessings, and beautiful family that I am so very proud of. I could not ask for more! I am so very grateful and happy for all of the memories. I wear a heart locket around my neck every day that holds some of his ashes and his wedding band.

I just celebrated my 100th birthday on January 1st at Pine Valley with so many friends and family. I never thought I'd live to be 100 – I don't even feel 100! Actually, I don't feel any different than when I was 70 years old. I was still driving when I was 95, can you believe that? You're



really only as old as you feel. I told my children I didn't want a big fuss over my birthday and to keep it simple, but I did have the very best time seeing everyone who came to visit. 120 people in total, I believe. I remembered all of my previous students who visited and telling them, "My, you sure have grown up, and I sure have grown down." I received so many cards; I couldn't even lift up my tin box that's holding them – and I keep getting more every day.

I am so immensely blessed and proud of all of my five children, 12 grandchildren, 20 great-grandchildren, and four great-great-grandchildren! You know, one of my great-great-granddaughter's name is Harley. When I first learned of her name, I laughed, and laughed – my family wondered why I had laughed. I shared with them how special that name is to me as I never told anyone, other than my parents and siblings, that my nickname growing up was 'Harley.'

Looking back on these incredible, happy and blessed 100 years that I have lived, I couldn't be more grateful for my unforgettable memories. I am the luckiest 100 year old woman.

## WALSH'S ACE GIVING TREE

### The Spirit of Giving, Alive and Well in the Store

We are so very thankful to Walsh's Ace Hardware for sponsoring the resident giving tree and to the community for picking names off the tree in the store and purchasing gifts for the residents again this year! On Monday, December 17th, members of the Walsh's staff appeared with bin after bin of beautifully wrapped and decorated presents to be delivered to the residents of Pine Valley Community Village. This marks another year in the tradition that our local hardware store started several years ago of partnering with the community to make the lives of the residents at Pine Valley a little brighter during the holidays. The giving tree goes up at Walsh's in November with suggestions for gifts. Customers, visitors, employees, etc. pick a card and purchase the items listed. The unwrapped item is then returned to Walsh's

where employees wrap and purchase any items not provided by the community. Two Ace employees then delivered over twenty totes of beautifully wrapped gifts for the residents. The gifts were distributed to the residents during their annual Christmas party on Monday, December 23rd. Many residents were touched by the generosity of members of the community and Walsh's for thinking of them!

Walsh's also donated over 500 lbs. of bird seed for the many bird feeders surrounding Pine Valley, and a check to help fund the resident celebration. The staff and residents wish to thank everyone who purchased items for the residents and Walsh's for sponsoring the activity and their kind and generous donation!

## Richland County Alzheimer's Walk

Alzheimer's disease is a progressive brain disorder that gradually destroys a person's memory and ability to learn, reason, make judgments, communicate and carry out daily activities. As Alzheimer's progresses, individuals may also experience changes in personality and behavior, such as anxiety, suspiciousness or agitation, as well as delusions or hallucinations. Although there is currently no cure for Alzheimer's, there have been many discoveries about the disease in recent years and promising new drugs and treatments that are giving society greater hope.

For individuals of Richland County, interested in finding a cure for Alzheimer's disease; participating in the annual Richland County Alzheimer's Walk is a great place to start. The Alzheimer's walk provides an opportunity for friends, co-workers, and family to get together, raise money, and walk to help raise money for a cure for Alzheimer's disease with the majority of money raised going directly to support local programs and services.

The 2018 Alzheimer's Walk was held on Sunday, September 23, 2018. The walk was held at UW-Richland, had over 100 walkers

## Wellness Fair 2019

On September 19th Pine Valley hosted the 1st Annual Richland County Nurse Health and Wellness Fair. Public Health nurses, Rose Kohout and Brandie Anderson were here to provide flu vaccines. Brandie administered Richland County's first flu vaccine for this flu season to one of our assisted living residents. Pine Valley also offered free blood pressure and blood sugar screening as well as information regarding Advanced Directives. We also had Aegis Therapy attend to provide fall risks assessments. Healthy snacks and refreshments were served as well as free giveaways at each station and drawings for 2 mums. Thank you to our Richland County nurses, Aegis Therapy and all that attended! Our hope is to continue this fair yearly in the fall in conjunction with our public health nurses to provide another opportunity to people of our community to take advantage of promoting wellness to each individual.

participate and raised over 13,000.00 dollars.

Pine Valley continues to be a strong supporter of the Alzheimer's Walk and of the Alzheimer's and Dementia Alliance. If you or your family would be interested in joining Pine Valley's team or sponsoring the team please contact Ryan Elliott at (608) 647-2138. We hope to see everyone at the walk in 2019!!



Pine Valley Community Village  
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## Pine Valley Foundation Gifts

The Pine Valley Foundation serves and commits its donations to Pine Valley Community Village Residents and the ones who care for them to help serve their needs. With your generous gifts of money, the residents' lives are enriched with the items purchased for them. Thank you for your gifts and your continued support.

- I would like to donate my/our gift of money \$ \_\_\_\_\_  
towards the Pine Valley Foundation for resident items.
- I would like to donate my/our gift of money \$ \_\_\_\_\_  
towards upcoming major purchase projects.
- I would like more information on the following:  
\_\_\_\_\_ Volunteer opportunities  
\_\_\_\_\_ Upcoming fund-raising events

In Memory Of donations \_\_\_\_\_  
In Honor Of donations \_\_\_\_\_

Mail To:  
Pine Valley Foundation Inc.  
25951 Circle View Lane  
Richland Center, WI 53581