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Fall 2011

www.villamariafargo.com

Upcoming Events

November

10th 3:00 Veterans Service

15th 2:00 Don Sannes

18th 2:00 Monthly Bday – Gerry Jacobson

21st 2:00 Daryl and Duane Hanson

December

5th 2:00 Steve Semek

7th 7:15 Metropolitan Carolers

8th 1-2:30 Christmas Tea with

Apollo Strings at 2:00

Check out the activity schedule and monitor for more special events.

Ongoing Activities

Regular Bingo 2:00 Tues, Sat

Card Bingo 2:00 Fri, Sun

Catholic Mass Weds 2:00

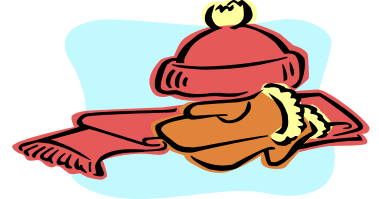
Protestant Services Thurs. 2:00

Communion Service Mon, Fri 12:00

Singing Daily 11:15

Closet Clean Up

We are now in the Fall/winter season and it is time to make sure your family members have season appropriate clothing. Due to limited closet space it is a good time to change out spring/summer clothes for fall/winter clothes. It is also important that your family has warm clothing if they are going to be leaving the building for appointments or activities. Please make sure your loved one has shoes, hats, winter coats, gloves etc. to keep them warm when they leave.



Resident Safety

Reminder, please do not have your loved one sit on their wheeled walker as you push them. Wheeled walkers are not made to support a persons weight when being pushed and could tip over. Rolling walkers are a very common and helpful type of walking aid used by many people. The walker will give adequate support as a walking aid and will allow for a place to rest if your loved one becomes tired. However, rolling walkers are not intended for transport.

Save the Date



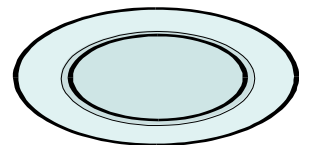
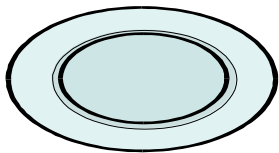
Annual Christmas Tea

December 8th 1-2:30

with the Apollo Strings at 2:00

Today's Good News:

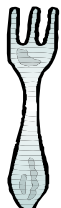
“Who is my neighbor?” was a common question to ask of a rabbi. Some rabbis restricted the word “neighbor” to fellow Jews; others gave a wider definition. But Jesus turned the question inside out. Not “Who is my neighbor?” but “To whom should *I* be a neighbor?” These two questions may look the same, but they are quite different. The first question is about other people and how they are to be classified; the second question is about myself and how I should behave toward others. The good news is that everyone is my neighbor if I treat them as such.



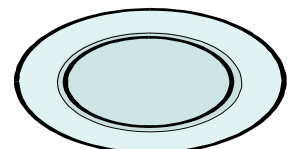
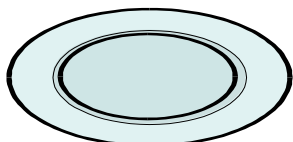
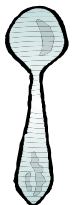
New news in Dietary!



The new winter menu started October 1st. New insulated mugs are in so that more residents are able to have water in their rooms! Please use disposable straws w/these and throw away any plastic reusable straws that you may come across. (It will hopefully help prevent any spreading of unwanted germs.)



Any and all suggestions are welcome on new menu/snack items. Holiday/special meals are planned at resident council meetings each month so please bring your suggestions and input. It is all greatly appreciated!



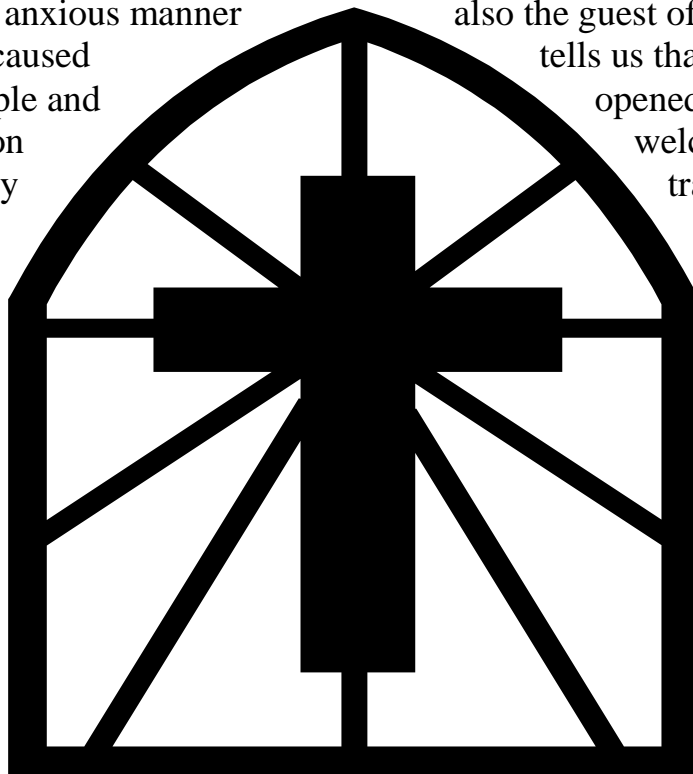
We appreciate the generous donations we receive from families and are excited when we can put these funds to good use for our residents. We recently purchased stained glass windows for chapel to add a beautiful touch in our chapel. We also continue to add chairs, tables, rockers and planters to our outdoor furniture. Please walk and look at the outdoor furniture; many families have donated items in memory of a resident and their names are engraved on these items. If you are interested in donating to the Villa, please contact us at 293-7750



Spiritual Reflection

Does the peace of Christ reign in your home and in your personal life? Jesus loved to visit the home of Martha and Mary and enjoyed their gracious hospitality. In this brief encounter we see two very different temperaments in Martha and Mary. Martha loved to serve, but in her anxious manner of waiting on Jesus, she caused unrest. Mary, in her simple and trusting manner, waited on Jesus by sitting attentively at his feet. She instinctively knew that what the Lord and Teacher most wanted at that moment was her attentive presence. Anxiety and preoccupation keep us from listening and from giving the Lord our undivided attention. The Lord bids us to give him our concerns and anxieties because he is trustworthy and able to meet any need we have. His grace frees us from needless concerns and preoccupation. Do you seek the Lord attentively? And does the Lord find a welcomed and honored place in your home?

The Lord Jesus desires that we make a place for him, not only in our hearts, but in our homes and in the daily circumstances of our lives as well. We honor the Lord when we offer to him everything we have and everything we do. After all, everything we have is an outright gift from God (1 Chronicles 29:14). Paul the Apostle urges us to give God glory in everything:



“Whatever you do, in word and deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him” (Colossians 3:17). When you sit, eat, sleep and when you entertain your friends and guests, remember that the Lord Jesus is also the guest of your home. Scripture tells us that when Abraham opened his home and welcomed three unknown travelers, he welcomed the Lord who blessed him favorably for his gracious hospitality (Genesis 18:1-10; Hebrews 13:2). The Lord wants us to bring him glory in the way we treat others and use the gifts he has graciously given to us. God, in turn, blesses us with his gracious presence and fills us with joy.

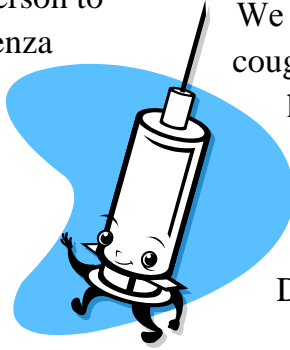
“Lord Jesus, to be in your presence is life and joy for me. Free me from needless concerns and preoccupations that I may give you my undivided love and attention.”

This reflection is courtesy of Don Schwager. As we approach Thanksgiving and Christmas, two of our holidays that emphasize and bring a great amount of attention to love of family, family sharing, and sharing with friends, let us remember to put the Lord in the front of all else, and make a place at our tables and in our hearts, and give thanks to our most special guest

Influenza and Resident protection

Influenza or "flu" is an infection of the nose, throat and lungs that can affect millions of people every year. It is highly contagious and occurs mainly in the late fall, winter or early spring. Influenza can be spread from person to person. When someone who has influenza sneezes, coughs or even talks, the influenza virus is released into the air and may be inhaled by anyone nearby. For people who are 65 and older and those of any age who have chronic medical conditions such as diabetes, lung disease or heart problems, influenza can be very severe and even fatal. *Bacterial pneumonia* is the most common serious complication of influenza. This complication occurs because the body can be so weakened by influenza that its defenses against bacteria are low.

The CDC and CMS (federal agencies) recommend that anyone living in a nursing home be vaccinated for both influenza and pneumonia. At Villa Maria, we offer the pneumonia vaccination at admission. This is a one time shot for anyone over 65 years of age. Younger persons may need the shot repeated in 5 years. The Influenza vaccination is offered every fall and contains several strains of virus. This year's vaccine includes the H1N1 strain in the seasonal dose. We will do the vaccinations on November 10th and expect the vaccine will work through March. Student nurses will help give the vaccine to the residents so they all become protected in a timely fashion. We ask that you also consider getting an influenza shot this season. This will help protect you as well as help protect our residents from the illness being brought into the facility



from community sources. Please **do not visit** when you have active symptoms of a respiratory illness. There is alcohol hand hygiene product in dispensers in each resident room and in common areas for you to use to disinfect your hands after sneezing or coughing. We also ask that you "cover your cough" by coughing into your sleeve instead of into your hands. Help us to prevent the spread of infection to our very vulnerable residents! If you have questions or concerns please feel free to visit with a nurse or contact Deb Gravalin

Operation Christmas Child

This holiday season we are participating in a project called Operation Christmas Child. This is an outreach to children throughout the world who will not receive any presents for Christmas. All you have to do is pick up a red and green shoe box and fill it with items a child would like and bring back to the Villa. These boxes will then be shipped overseas and handed out to needy children. There are some items that are appropriate and some that are not so please read the brochure. If you would prefer you can purchase items instead and drop them off at the villa for us to fill a box for you. Please bring in items by Nov. 15.

Caregiver Awards

At the end of the year, you will have the opportunity to recognize staff that you feel deserve it with a caregiver award nomination. These forms are included in this newsletter and are due by the first Friday in February. Winners of this award are recognized at the NDLTCA spring conference in May.

NDLTCA's "Caregiver Award" Nomination Form

Resident/tenants and/or family members are invited to nominate individuals working in long term care facilities for the prestigious "Caregiver Award", a program sponsored by the North Dakota Long Term Care Association.

The Award recognizes employees who go above and beyond to substantially enhance the quality of life for residents/tenants. All employees working in North Dakota long term care facilities are eligible for the Award.

Criteria:

1. The caregiver must be nominated by a resident/tenant or his/her family member.
2. The caregiver must be employed in a North Dakota long term care facility.
3. All entries must be postmarked by the first Friday in February and be mailed to:

North Dakota Long Term Care Association
1900 N. 11th St.
Bismarck, ND 58501



4. All entries must be either typed or printed in legible handwriting.
5. The judging of this award is based on how the caregiver substantially enhances the quality of life of the individual residents and what unique things are done above and beyond the applicant's job description.

A cash award will be presented to the recipient(s) during the annual NDLTCA Spring Convention in Bismarck. Everyone nominated for the Award will receive a Certificate of Outstanding Achievement from the NDLTCA. For more information, contact Bev Herman at 701-222-0660.

Nomination Information:

Name of caregiver nominated for recognition:

Name of facility where caregivers is employed:

Caregiver's position/profession: (check all that apply)

- | | | | | | |
|-------------------------------------|---|--|----------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Activities | <input type="checkbox"/> CNA/CMA | <input type="checkbox"/> Chaplain | <input type="checkbox"/> Dietary | <input type="checkbox"/> Environmental | <input type="checkbox"/> Housekeeping |
| <input type="checkbox"/> Nurse | <input type="checkbox"/> Office/financial | <input type="checkbox"/> Social Services | <input type="checkbox"/> Therapy | <input type="checkbox"/> Unsure | <input type="checkbox"/> Other |

Your Name:

Address: City/State/Zip:

Are you (check one): a resident a family member of a resident

RELEASE: I hereby grant permission to the North Dakota Long Term Care Association to publish and distribute the following nomination will be returned with a Certificate of Outstanding Achievement to the individual I nominate.

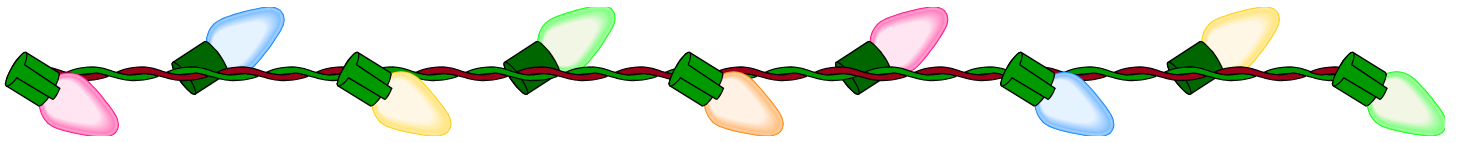
Signature

Date

NDLTCA "Caregiver Award" Nomination Form - page 2

What makes this person special to you? Please list specific examples of what they do to enhance the quality of life for you or your loved one.

Feel free to submit additional pages of supporting documentation.
Send completed forms to: NDLTCA, 1900 N. 11th Street, Bismarck, ND 58501
Nominations are due by the first Friday in February.



Villa Maria Tree of Lights

The Villa Maria's Tree of Lights is a fundraiser for Resident Council. The purchase of a light can be a wonderful remembrance for a family member, friend, or a loved one that has passed away or a way to honor someone special. The lighting ceremony and reading of names will be on December 21st at 2:45. We would like to take this opportunity to thank you in advance for your participation and generosity.

VILLA MARIA TREE OF LIGHTS

Please reserve a light(s) in Honor of _____.

Please reserve a light(s) in Memory of _____.

\$20-Orange _____ \$15-Blue _____ \$10-Green _____ \$5-Red _____

Donor's Name: _____

Address: _____

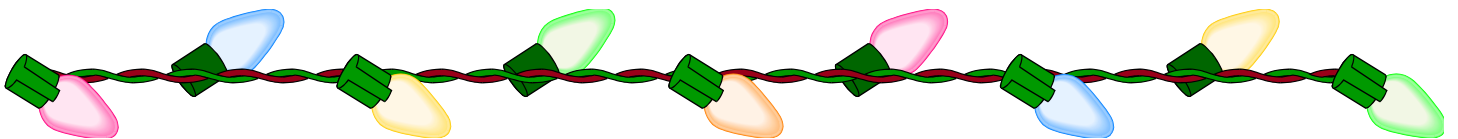
City: _____ State: _____ Zip: _____

Phone Number: _____

Additional names and amounts can be added to back of this form.

Please make checks payable to Villa Maria.
Villa Maria, 3102 So. University Dr., Fargo, ND 58103

Additional forms are available at the front desk





Villa Maria
3102 University Dr S
Fargo ND 58103