

# *Villa Maria Lifetimes*

## **In This Issue**

Upcoming Events  
Memory Walk  
Spiritual Corner  
NDLTCA Awards  
Dietary Update  
Resident Rights

### **Paperless**

We are trying to move to paperless newsletters for those who have internet access and email. If you would like to receive your newsletter by email instead of a paper copy please inform your case manager so we can add you to the paperless list.



**Welcome Summer!**

## Upcoming Events

### June

- 21<sup>st</sup> Memory Walk Fundraiser 11-1PM
- 22<sup>nd</sup> Men's Group 12:45PM
- 24<sup>th</sup> Virgil Melo 2PM
- 27<sup>th</sup> Terry Edwards 2PM
- 28<sup>th</sup> Red hat group 1PM

### July

- 11<sup>th</sup> Resident Council 3PM
- 12<sup>th</sup> Cloggers 2:00
- 15<sup>th</sup> Rockin 60's 2PM
- 18<sup>th</sup> Western Day with  
Special entertainment  
Ruthi from Texas at 11:30
- 20<sup>th</sup> Mens group 12:45
- 25<sup>th</sup> Daryl and Duanne 2:00
- 26<sup>th</sup> Red hat group 1PM
- 29<sup>th</sup> Steve K 2PM

### August

- 2<sup>nd</sup> Bill Bosh 2:00  
More Events to Come!

### Family Picnic

Mark your calendars for the annual Villa family picnic. The picnic will be September 8<sup>th</sup>. More information will be coming at a later date. Hope to see you all there!

## **Memory Walk** **We're on the move to end** **Alzheimer's**

The Alzheimer's Memory Walk will be Saturday September 17th at Rendezvous Park in West Fargo. Registration will be at 8:00am and the walk begins at 9:00am.

Walk to End Alzheimer's is the nation's largest event to raise awareness and funds for Alzheimer care, support and research. Since 1989, this all age, all-ability walk has mobilized millions to join the fight against Alzheimer's disease, raising more than \$347 million for the cause. Events are held annually in the fall in nearly 600 communities nationwide.

All Walk to End Alzheimer's donations benefit the Alzheimer's Association, the leading voluntary health organization in Alzheimer care, support and research. The mission of the Alzheimer's Association is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

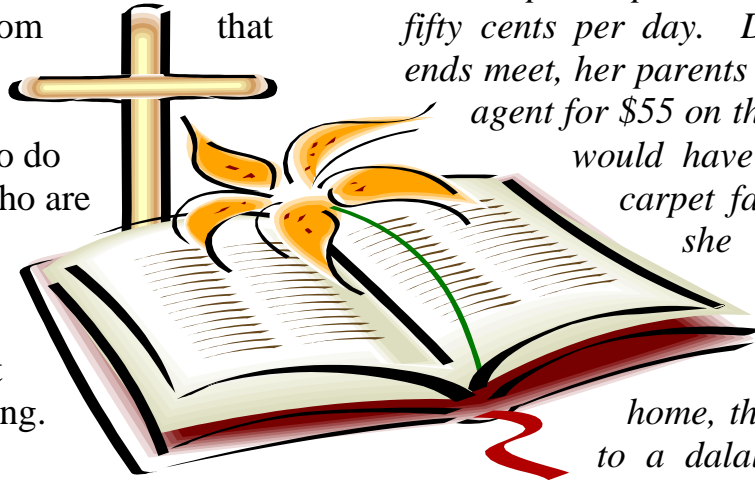
To sign up to be a part of the Villa Memory Walk team or to make a donation go to: <http://www.alz.org/walk/overview.asp> If you do not have computer access or would like to help with fundraisers for the Villa Team call Julie Frovarp at the Villa 293-7750.

## Spiritual Corner

Having celebrated Easter, we think of the journey from the Cross where there is pain and suffering, to the empty tomb where there is resurrection and hope for the future. This transformation takes place in our lives as we struggle against sin and put our hope in Christ for our salvation and future. When I think of the freedom that God wants us to have, I can't help but think of so many in this world who do not experience this and who are in fact, in chains to sin. This is true of women and children who are in the slavery and abuse that makes up human trafficking. Human trafficking is the "recruitment, harboring, transportation, provision, or obtaining of a person for labor or services through the use of force, fraud, or coercion for the purpose of involuntary servitude, peonage (payment of debt), debt bondage or slavery"(Carlson, Powerpoint, 2009). "Sex trafficking, a major part of human trafficking, is a massive global enterprise based upon force, coercion, and deception. Traffickers transport or detain their victim for the purpose of exploitation and profit through acts of sexual violence. This trade in rape for profit victimizes thousands of women and children every year"(www.ijm.org-International Justice Mission, 2011 ).

The following is a graphic but true story that needs to be told so that those who have been silenced can have a voice which hopefully will lead many to rescue and justice. This story was taken from a book by Siddharth Kara, the first Fellow on Human Trafficking at Harvard University. The book is *Sex*

*Trafficking: Inside the Business of Modern Slavery.*



*Maya was "born in the Sindhupalchok region of Nepal, one of the poorest stretches of land on the planet, with an annual per capital income of \$180, or fifty cents per day. Desperate to make ends meet, her parents sold her to a local agent for \$55 on the promise that she would have a good job at a carpet factory, from which she could send home up to \$10 per month. The night Maya left home, the agent resold her to a dalal (trafficker), who took her to Butwal, a border town with India, where they spent the night with another girl. The next day, Maya, the other girl, and the dalal crossed the border into India by foot. A few days later, they were in Mumbai"(Kara, 2). Maya tells what happened next: "the dalal sold me to a malik [brothel boss]. The malik told me I owed him thirty-five thousand rupees [\$780], and I must have sex with any man who chooses me until this debt is repaid. I refused and his men raped me and did not feed me. When I agreed to do sex, they gave me medicines because I had a urine infection. I was in that bungalow two years and made sex to twenty men each day. There were hundreds of girls, many from Nepal. One time I tried to escape. I complained to the police but they did nothing. A few days later the malik's men found me on the streets and took me back to the brothel. The malik put chili paste on a*

*broomstick and pushed it inside me. Then he broke my ribs with his fist. The gharwali [house manager, madam] tended my wounds for a short time, and after this time I went with clients again, even though my ribs pained very badly. After two years, the malik sold me to another malik on Falkland Road. During this time I lived in a pinjara [cage] with one other woman. It was very small and it was on the street, so it was very noisy at night. I was pregnant two times, and the gharwali gave me pills to kill the baby. The second time I became very ill. When I was strong I ran away. I went to a shelter. They told me I have HIV. They helped me contact my father, but he told me not to come home. He said I can never be married and because I have HIV, I can only bring shame” (Kara, 2).*



Part of our mission at Villa is to be good stewards of all God has given us by helping those in need both in our community and abroad. To do this, we take part in a number of charity projects each year. Currently, we are joining the fight against human trafficking by selling bags made by women and children who have been rescued from sex trafficking in India. Poverty is the main contributing factor that causes people to become enslaved because many have no employment opportunities. Buying a bag

helps keep someone employed so she does not have to sell her body and endure physical and emotional abuse to feed herself and/or her family. This is not a hand out but a hand up.

Sometimes the needs in the world can seem overwhelming. But here is a tangible way to make a difference and to bring freedom to the captives, the freedom God intends for every person. In Scripture, there are over 600 verses dealing with righteousness and

justice for the oppressed. God does hear the cry of the oppressed, he cares, and He wants to answer and rescue, through us. The bags will be

available for sale on Tuesdays and Thursdays in the Chaplain’s office. They cost \$15 for the large bags and \$5 for the small. They also have handmade cards available at the cost of \$3 each.

For Him,

Tracy Alin, Pastoral Care

“Speak up for those who cannot speak for themselves, for the rights of all who are destitute.”

Proverbs 31:8

“I know that the Lord secures justice for the poor and upholds the cause of the needy.”

Psalms 140:12

## **NDLTCA awards**

The NDLTCA Caregiver Award recognizes individuals working in the long term care profession who substantially enhance the quality of life for residents in North Dakota long term care facilities. These individuals care for you or your loved ones.

We are so proud to have had so many nominations for the NDLTCA awards and to have one of our caregivers receive the award. Below is a list of nominees and why they were nominated.

**Tracy Alin** Nominated by Margaret Euren  
“She comes and visits me and we have good talks. She prays with me”

**Barb Andel** Nominated by Rod Abrahamson, Pam Grove, Bonnie Walther “Barb is always taking the time to make sure my dad has everything he needs. She goes out of her way to make him feel secure and comfortable.”

**Carrol Anderson** Nominated by Leona Ehli  
“She is always ready to help. Carrol has outstanding compassion for all people.”

**Samantha Harshman** Nominated by Delores Amann, Mary Cavins, Arlene Payne  
“Samantha has a very cordial manner and makes everything pleasant. She is always smiling and caring. She always gives nice hugs.”

**Angel Langemo** Nominated by Fern Grandahl  
“Angel has adopted me as a mother. I have adopted her as my daughter. She is kind and caring.”

**Noelia Leyva** Nominated by Leah Paulson  
“Noelia is an amazing caregiver. While overseeing my mom’s care, she went above and beyond the necessary steps. She helped my mom have a brighter attitude despite the difficulties that would creep up.”

**Teresa Longbella** Nominated by Alice Kaldahl  
“Teresa is the one I know I can call and get the answers I need to know. She is also a very pleasant, caring person.”

**Katie Marcis** Nominated by Marjorie Norris, Lorraine and Andrew Wiedmeier, Margaret Euren “Katie has been an angel to us. She is always happy with a killer smile! She is a gift to all of our families.”

**Mona Mendez** Nominated by June Johnson  
“When I see Mona walk in, I know it’s going to be a good day.”

**Nancy Nathan** Nominated by Margaret Euren  
“Nancy is a good friend and listener. She cares about us and makes us feel wanted and special.”

**Jenny Neset** Nominated by Lorraine and Andrew Wiedmeier “Jenny takes good care of us, makes sure we are well and safe. She is very caring and makes us feel part of the family.”

**Caty Otto** Nominated by Linda Chelgren “Caty takes good care of me. She visits with me and is my best friend. She is like a daughter to me.”

**Sandy Possen** Nominated by Delores Pritchard  
“Sandy is a good listener and a good friend. She was there when I lost my daughter to cancer and helped me during a difficult time. She is very caring.”

**Peggy Schlauch** Nominated by Margaret Euren, Marjorie Norris “She is such a happy, loving person. I love her. She’s very special.”

**Debbie Sorenson** Nominated by Mary Cavins  
“Debbie is very knowledgeable and caring. It’s a pleasure to be around her”

**Margaret Tako** Nominated by June Johnson  
“She does a good job at getting me ready for bed”

**Grace Wendt** Nominated by Alice Kaldahl “I always appreciate when she answers the phone. She does her best to get my call to my husband.”

**All Memory staff** Nominated by Edward Prochniak “All the staff make me feel comfortable and make me feel safe. They take good care of me and treat me with respect.”



## **2011 NDLTCA Caregiver Award Sandy Bommersbach**

Nominated by Mary B. Bradford and Diana Griffin

“No one can possibly match the loving care that Sandy shines on all her residents. Her patience and smiling demeanor is unfailing. The residents under her care are loved by her in a manner that can’t be described.”

Sandy Bommersbach began her work at Villa Maria in April of 1975, beginning her 35-year career with Villa Maria. Sandy first worked as a CNA. In 1985 she became the first RA Coordinator and in 1995 became a Case Manager. She states that the resident are able to fill a void in her life and she in turn is able to fill a void in theirs.

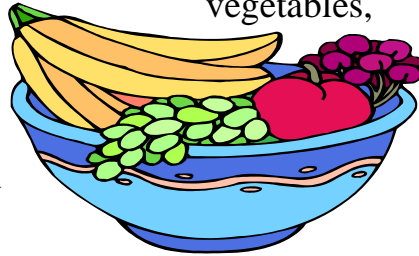
Sandy grew up in Hope ND. She graduated in 1972 and traveled to New Jerzey. She returned to ND in 1975 and

began her career as a caregiver. Sandy was married to Tom in 1983 and currently lives in West Fargo. Sandy’s husband refers to her as his “part-time wife” as she spends so much time at the Villa. She states “Villa is my life”. She enjoys riding her horse and caring for her 2 dogs and 1 cat, which “run her life”. Each year, Sandy and her mother each year make a huge assortment of cookies, candies and treats for the annual Christmas Tea for residents, their families and staff to enjoy. She enjoys working in her garden and canning items. She often brings in pickles, jellies and other items she has canned herself for residents and staff members to enjoy.

When asked about her long career at the Villa, Sandy states that she loves being here. “This facility is very supportive but yet gives me the freedom to care and advocate for my residents”. Sandy is a dedicated and compassionate caregiver to her residents and is thoughtful and generous to other staff. It is a challenge to get Sandy to take time away from the Villa or to attend conferences away from the facility. She misses the residents and they miss her. You may often see Sandy in the hall on one of her days off in to do someone’s hair or nails or run an errand for him or her. She states that many people need something away from work to replenish themselves but “my work replenishes me”. “I just hope someday when I need to come to a facility there will be someone there like me to advocate for me and take care of me as I do my residents.”

## Dietary Update

Summer feels like it has finally arrived! That means we now get to incorporate our summer menu, which consists of more fresh fruit and vegetables, variety of lettuce salads, and also more ice cream related desserts and snacks!



The residents love to receive special snacks from family and friends and it is encouraged! Just make sure to let someone know if you have brought food into a resident's apartment so that it can be stored properly in order to keep our bug and rodent population at zero.

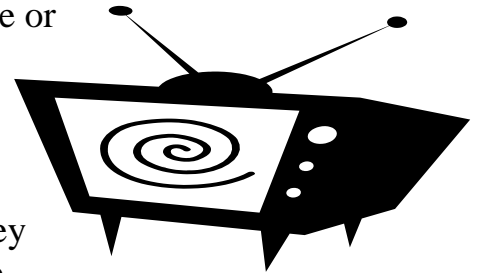
The dietary staff from the Villa wish you some warm summer fun!

## Resident Rights

As a facility it is our goal to protect residents personal property. As family you can assist by properly labeling your loved ones clothing. Please label clothing with **both the first and the last name**, in clear writing. This will help ensure that clothing is delivered to the appropriate apartment.

## Channel 2

We now broadcast our church services and special events on Channel 2. If your family member is unable or does not wish to come out to the Crary room but has a TV without cable they can use the cable connector in the rooms to access these events. These events can also be displayed on the parlor televisions. See your case manager with questions,,



Now that we are entering summer we wanted to offer a reminder to use sunscreen, hats etc on your family members when you are taking them outdoors to prevent sunburn. Use sunscreen, even on cloudy days, to keep your loved ones safe.



**Villa Maria**  
**3102 University Dr S**  
**Fargo ND 58103**