

# Villa Maria Lifetimes

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*You are invited ...  
Villa Maria Christmas Tea  
December 9<sup>th</sup> 1-2:30pm*

## Upcoming Activities

- Dec 2<sup>nd</sup> 1:30pm  
MHS Carolers
- Dec 3<sup>rd</sup> 2:00pm  
Daryl and Duanne Hanson
- Dec 4<sup>th</sup> 3:00pm  
Christmas Carolers
- Dec 5<sup>th</sup> 2:00pm  
Every Day People
- Dec 6<sup>th</sup> 1:00pm  
New Resident Coffee Hour  
Inez Rath
- Dec 7<sup>th</sup> 2:00pm  
MHS Apollo Strings
- Dec 9<sup>th</sup> 1:00pm  
Christmas Teas  
Tracy Alin
- Dec 13<sup>th</sup> 3:00pm  
Resident Council
- Dec 17<sup>th</sup> 2:00pm  
Monthly B-day Party
- Dec 20<sup>th</sup> 2:00pm  
Gene Overland  
Golden Oldies
- Dec 22<sup>nd</sup>  
Tree of Lights
- Dec 23<sup>rd</sup> 2:45pm  
Christmas Program  
Frazer Hull
- Dec 24<sup>th</sup> 11:30pm  
Christmas Eve Service

## Entertainment

As you can see there are many special events and entertainment for this holiday season. See the special events calendar in the entry, the weekly newsletter, and the monitor outside of



the dining room to stay up to date on upcoming events.

If you know of a group that would like to come out to the Villa or if you have ideas for activities or special events, please contact Vickie Ness or Julie Frovarp at 293-7750.



### Bake Sale

Villa Maria will be having a bake sale on December 21, from 11:00 am-1:00 pm. Proceeds will go to the Villa Memory Walk team. If you would like to donate items for the sale, please contact Julie Frovarp at 293-7750.

## Evergreen Allergies:

The Christmas holiday is soon to be among us and we are asking families and friends not to send holiday arrangements with evergreens in them to residents. We have people who have a severe allergy to pine; we will be watching arrangements and asking floral shops to replace any evergreens. Thank you for your assistance.



## Giving Tree

Once again, we will have a giving tree in the lobby at Villa Maria. If you select a tag, the gifts will need to be wrapped and returned to the Villa by Monday Dec. 13<sup>th</sup> at 3:00pm. This is a great way to celebrate Christmas and the season of giving.



## Villa Changes

2010 is quickly coming to an end. It seems that it was just the New Year 2010 and I guess the saying time flies has meaning. Villa Maria has been continuing to make changes throughout this year in the areas of electronic medical records, equipment, and programs. Of course, the changes are not as noticeable as the construction project but never the less the changes continue. One item that will be more noticeable will be the new bus that Villa Maria will be utilizing. We were able to be able to purchase the bus using grant funds from the Bremer Foundation in the amount of \$30,000; along with budgeted capital funds. With the new bus, we will have more dependable transportation for resident outings and be able to provide more transportation services to meet resident needs. One other added benefit is that the new bus is gas powered versus diesel, which will eliminate the odor issue. The old bus will be going to continued use at St. Aloisius Medical Center in Harvey, which is part of the SMP Health System.

As we are coming quickly to the Christmas time, I know that many families wish to show appreciation to staff who care for their loved one by giving a gift or money. While the intent is for the best the outcome is not. It is a violation of state regulations and Villa Maria policies for an employee to accept any type of gift or money from a resident or family. I am asking residents and families to not put employees into a situation that can cause them to not be employed. If you wish to show appreciation please tell the employee of your gratitude and if you feel the need to do more you can visit with the Unit Manager who may be able to give you some suggestions on how to express your feelings. I hope that each of you has a Merry Christmas and a Happy New Year and that your travels will be safe. Michael Pfeifer, CEO

## Holiday Gift Ideas

If you are having a hard time coming up with gift ideas for your loved ones here are a few ideas; anything soft and comfy (blankets, pajama pants, sweats, slippers, or nonskid socks).

These items do need to be labeled, but we suggest waiting to label clothing until after your loved one has tried it on. Gift certificates to the Villa Beauty shop for those who like to have perms, sets, or cuts. A subscription to a newspaper/magazine or puzzle/word finds books are great for those that can read. Snacks and treats can be a resident favorite but please check with nursing to make sure your family members diet allows this. A special lotion during this dry season can be great for residents. But remember the best gift of all is the company of family and friends during the holidays and all year long



## Family Meals

With the holidays upon us, we would like to invite family to dine with their loved ones. As always, spouses eat free. Other family/friends that eat with our residents are requested to reserve time and space for meals with the front desk. You may pay for your meals at the front desk at the time of your reservation. Cost for breakfast is \$4.50, dinner is \$5.50 and holiday meals are \$6.00. We have alternate areas, other than the dining room, for you to have your meal with the resident to assure adequate space for you and the other residents at the table. Meal times are approximately 10:00am for breakfast and 4:00pm for dinner.



# Spiritual Corner

## O Come, O Come Emmanuel

*We have also a more sure word of prophecy;  
Where unto ye do well that ye take heed,  
as unto a light shineth in a dark place,  
until the day dawn,  
and the day star arise in your hearts.*

2Peter 1:19

First written in Latin in the twelfth century, this song was sung in monasteries during vespers, one of the seven services held on seven consecutive days during Advent. The carol prays of the advent of Christ, calling upon Him in five verses using five names. Each name embodies and represents one aspect of Christ.

The carol first prays for the advent, or the appearance, of Emmanuel, a name meaning “God with us.”



*Therefore the Lord himself  
shall give you a sign; Behold,  
a virgin shall conceive, and bear a son,  
and shall call his name Immanuel.*

Isaiah 7:14

Advent means “coming.” The baby who was born in Bethlehem was the coming of the Lord of might who gave the law to Israel at Sinai.

*For unto us a child is born...and his name  
shall be called...  
The mighty God.*

Isaiah 9:6

Advent also means “arrival.” The song calls Jesus “the rod of Jesse.” He arrived like the shoot of a new tree that comes out of an old stump.

*And there shall come forth a rod out of the  
stem of Jesse.*

Isaiah 11:1

Advent also signifies an approach. Christ is the dayspring, the dawn of the approaching eternal day.

*Through the tender mercy of our God;  
whereby the dayspring from on high hath  
visited us.*

Luke 1:78

Finally, advent means “drawing near.” The song prays, “O come thou key of David, come....And open wide our heavenly home.” As the kingdom of God draws near, He is our key to eternal life.

*And the key of the house of David  
will I lay upon his shoulder;  
so he shall open, and none shall shut.*

Isaiah 22:22

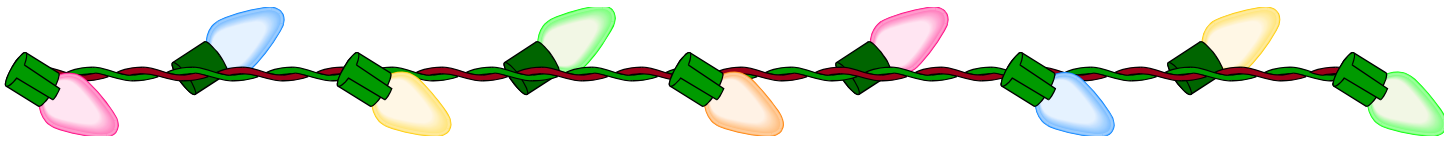
**Christmas can be a nostalgic time of  
recalling the past,  
even the far distant days of Christ’s  
birth**



## Operation Christmas Child

**The residents of the Villa helped again this year to make gift boxes for Operation Christmas Child. These boxes of Christmas cheer will bring joy to children in different parts of the World.**





## *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 gift for a family member, friend, or a loved one that has passed away or a way to honor someone special. The lighting ceremony will be on December 22<sup>nd</sup>. We would like to take this opportunity to thank you in advance for your participation and generosity.

**Merry Christmas!**

### **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: \_\_\_\_\_

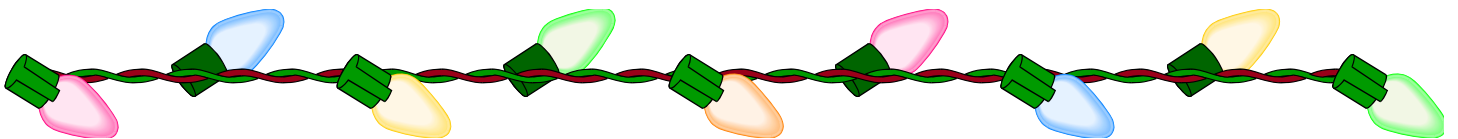
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

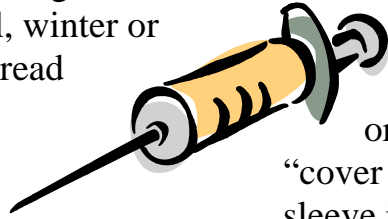


## Influenza and Resident protection

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 onetime 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 did the vaccination on November 4<sup>th</sup> and expect the vaccine will work through March. Student nurses assisted us to 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 at key common area locations 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 your loved ones nurse or contact Deb Gravalin.

## Extension Cord Reminder

No extension cords are allowed in the building. This is a fire code violation. See your casemanager if you have questions.



**Villa is starting  
an Auxiliary  
anyone  
interested  
should contact  
Julie Frovarp  
293-7750.**

# ***NDLTCA “CAREGIVER AWARD” NOMINATION FORM***

Residents/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 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 North 11th Street  
Bismarck, ND 58501

4. The judging of this award is based on how the caregiver substantially enhances the quality of life of residents/tenants.

A cash award will be presented to the recipient(s) during the annual NDLTCA Spring Convention in Bismarck. All nominees will receive a Certificate of Outstanding Achievement from NDLTCA and be listed in the Caregiver Booklet. For more information, contact your facility administration office or Bev Herman at 701-222-0660.



**NDLTCA "CAREGIVER AWARD" NOMINATION FORM**  
*If you have more than one caregiver that you would like to nominate,  
please make additional copies of this form.*

Name of caregiver nominated for recognition: \_\_\_\_\_

Name of facility where the caregiver is employed: \_\_\_\_\_

Caregiver's position/profession:

- activities    CNA/CMA    chaplain    dietary    environmental    housekeeping    nurse  
 office/financial    social services    therapy    unsure   other \_\_\_\_\_

Your name (name of the individual submitting the nomination): \_\_\_\_\_

Address: \_\_\_\_\_

City                      State                      Zip

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

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

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
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Feel free to attach additional pages of supporting documentation.  
Send completed forms to: NDLTCA, 1900 N 11th St, Bismarck, ND 58501  
**Nominations must be postmarked by the first Friday in February.**



*Merry*  
*Christmas*



Villa Maria  
3102 University Dr S  
Fargo ND 58103

**If you would like to be removed from this mailing please call 293-7750**