

Villa Maria Lifetimes

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You are invited.....

*Villa Maria's Christmas Tea
December 13th 1:00-2:30,
with the Apollo Strings
performing at 1:30*



Upcoming Events

- Nov. 22nd Thanksgiving Service 11:30am
- Nov. 26th Old Time Social Hour 3:00pm
- Nov. 27th Special Entertainment 11:00am
- Nov. 30th Monthly Birthday: Steve K 2:00pm
- Dec. 3rd Mark and Amy Miller 2:00
- Dec. 4th Mr. And Mrs. Santa Claus 3:00pm
- Dec. 9th Blue Moon Group 2:00pm
- Dec. 13th Christmas Tea 1:00-2:30
- Dec. 18th Christmas Bake Sale 11:00am
- Dec. 20th Moorhead High Carolers 11:15
- Dec. 21st Monthly Birthday 2:00pm
- Dec. 24th Christmas Eve Service 11:30am

Ongoing Activities

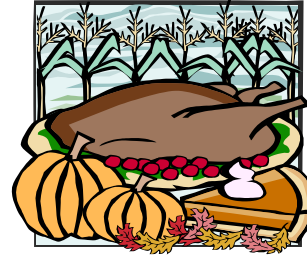
- Regular Bingo 2:00 (Tues, Sat)
- Card Bingo 2:00 (Fri, Sun)
- Catholic Mass 2:00 (Weds)
- Protestant Services 2:00 (Thurs)
- Communion Service 12:00 (Mon, Fri)
- Singing 11:15 (daily)

Supporting Our Veterans

On November 11th, we had a special service to honor our over 30 veterans! We also have a special veterans gathering every other month where veterans can receive support. If



you have questions please contact Deacon Jim or Tray Alin.



Happy Holidays from the Dietary Department!!

We have just recently started our winter menu, which means it is soup and casserole season!!

We are all looking forward to the upcoming holidays and the frequent visitors that will be coming to the Villa. Please feel free to join your loved ones for meals! We do offer different dining areas within the facility to accommodate our residents and their guests so they are able to socialize comfortably.

We would also like to remind those bringing in food items to share that they are kept sealed properly to avoid any infestation of unwanted pests. Please remember to check with staff before sharing with residents who may have a therapeutic diet.

Have a wonderful holiday season!!!

Operation Christmas Child

Safety Reminder

Due to fire safety codes, we cannot have extension cords in resident rooms. If you are in need of a surge protector, we will provide one for the room. They do have a longer cord and can extend enough for most needs.

Please do not bring extension cords into the facility. Thank you.

Basket Fundraiser

Thanks to everyone who helped make the basket fundraiser a huge success. We raised over \$4,000. This money will go towards the purchase of 2 blanket warmers. We are continuing to raise money to purchase 2 more warmers, which would give us one for each lane.

Bake Sale

On December 18th we will be having a bake sale from 11:00am until gone. Proceeds will go to Resident Council and the Villa Memory Walk Team. If you would like to donate items for the sale, please contact Julie Frovarp at 293-7750. Items for the bake sale need to be brought in by 9:00am that morning

For more than fifteen years, families across the United States, Canada, United Kingdom, Germany, the Netherlands and other countries have had a wonderful opportunity to impact the lives of less fortunate children across the globe. Operation

Christmas Child has delivered near 100 million shoeboxes filled

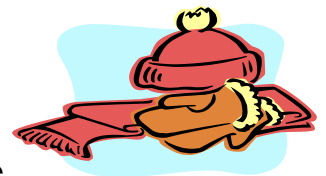


with toys, personal hygiene items, booklets, school supplies, and other items not readily available locally to many of the recipients.

Villa Maria is proud to once again be a part of this event.

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.



Family and Friends Night

Please join us for a family and friends night at Villa Maria. We will meet in the Game and Garden Room at 5:00 pm for conversation and education on the below topics. Our family and friends night will be held 5:00 to 6:30 pm.

Topics

- December 11th: Holiday Stress Christmas Light tour after (optional)
- January 8th: Retreat night... taking care of yourself
- February 12th: Coping with losses

Yummy refreshments will be served. This is a time to offer support, unwind and relax with family, friends and staff that can relate to you! Please join us!

Evergreen Allergies:

The Christmas holiday is soon to be upon us and we are asking families and friends not to send holiday arrangements to residents



that have live evergreens in them. This is because we have people who have a severe allergy to pine. We will be watching arrangements and asking floral shops to replace any evergreens that are in arrangements. Thank you for your assistance.

Volunteers -Thank you

Do Good Volunteers

Happy Holidays! I want to take time out to thank all of our volunteers for their time and dedication. No matter what your volunteer goals or expectations are, we have a spot for you. We know your time is limited, but here are a few opportunities that are one hour or less!



5 volunteer opportunities that are 1 hour or less at Villa Maria

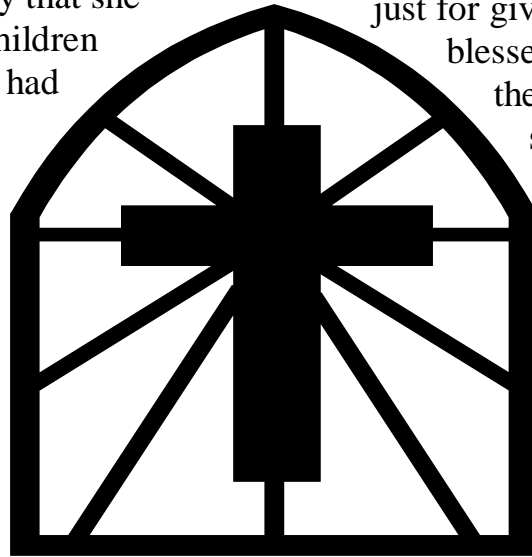
1. Visiting with a resident
2. Helping with Bingo
3. Helping out with a meal group
4. Polishing nails
5. Delivering the mail

If you are interested in learning more about volunteering opportunities at Villa Maria please contact Heather Smith 701-293-7750.

Spiritual Corner

Did you know that you cannot out give God? In other words, when you give to others, God will give back to you, even beyond what you gave. This may be in the form of money or other abundant blessings in our lives. I recently heard an inspiring true story that drove this truth more deeply into my own heart.

It starts with a woman named Connie from Miltona MN. About 8 years ago, Connie lost her husband to cancer. He left her with a life insurance policy that she decided to use to bless poor children somewhere in the world. She had spent her life taking care of children in a daycare in her home and knew how precious and vulnerable they are, especially if living on the streets. So after a time of searching and prayer, Connie found a pastor in India who was taking in children-the poorest of the poor, feeding and clothing them at his own expense. He was also feeding widows and bringing blankets to lepers. What really amazed Connie is that he was very poor himself yet had a way of making a little go a long way. So she decided to write him a check and leave India feeling good about her act of kindness. But the pastor stopped her and asked her if she would please consider going back to the US and finding sponsors for the kids he was taking in and he would start an orphanage. Well, despite not being a fundraiser or public speaker, Connie took the challenge and today there are almost 200 kids in Mercy Orphanage because of her efforts! Connie visits India once a year and is always quick to say that the kids give her more than she could ever give them. Many of them call her



“mom.” I know Connie personally and she also shared that one day as she was speaking at a church, a woman approached afterwards and said she wanted to send her a check later as she did not have a checkbook with her. Connie said that was fine and did not think much of it until a check for \$10,000 showed up in her mailbox! A few months later, the generous donor became ill with lung cancer. Some friends from her community put on a fundraiser for her. One day as she opened her mailbox, there was a check for \$10,000 waiting for her!! She was blessed in her heart just for giving the money away and doubly blessed as it returned to her! I have the privilege of helping Connie find sponsors for these kids and I too feel the joy in this work!

These are just a few examples of many of how God blesses the giver. This Thanksgiving and holiday season, we need to remember how abundantly He blesses us, even when we are not deserving of it. He is a God of abundance! Psalm 23:4 states

that He makes our cup overflow. Ephesians 3:20 states that He “is able to do exceedingly abundantly above all that we ask or imagine.” In Luke 15:20-24, it is He who kills the fatted calf and calls for the finest robe when the rebellious prodigal son returns home. We can say with the Psalmist “How precious is your loving kindness, O God! Therefore the children of men put their trust under the shadow of your wings. They are abundantly satisfied with the fullness of your house” (Psalm 36:7-80). Praise God from whom all blessings flow!

Scriptures taken from Our Daily Bread Devotional

By Tracy Alin, Pastoral Care



Pumpkin Carving Contest

This year, Villa had a pumpkin-decorating contest for its employees judged by the residents. The McDonald's meal made by the Case Managers was voted the winner. Residents, staff and visitors enjoyed admiring the hard work and creativity put into all these creations



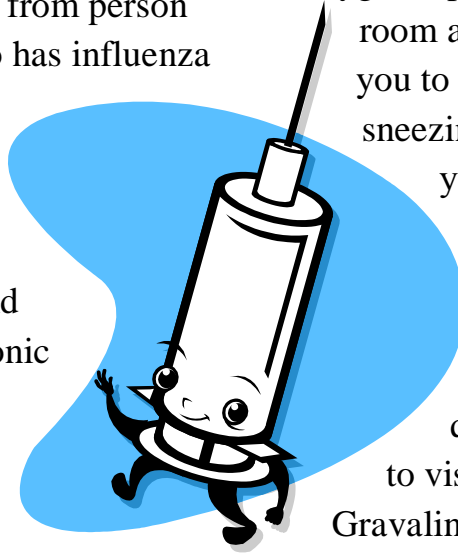
Influenza and Resident Protection

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. We will do the vaccinations on November 15th 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 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 a nurse or contact Deb Gravalin

NDLTCA Awards

Residents 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. All employees working in North Dakota long term care facilities are eligible for the award.

All entries must be postmarked February 1, 2013, and be mailed to:

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

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.

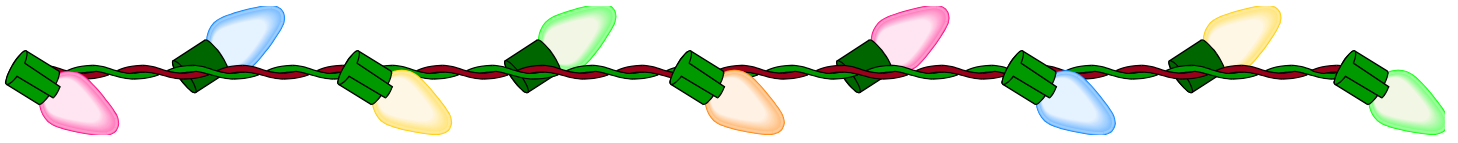
Signature

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?

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.**





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 19th at 3:00. We would like to take this opportunity to thank you in advance for your participation and generosity. **HAPPY HOLIDAYS!!!!**

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: _____

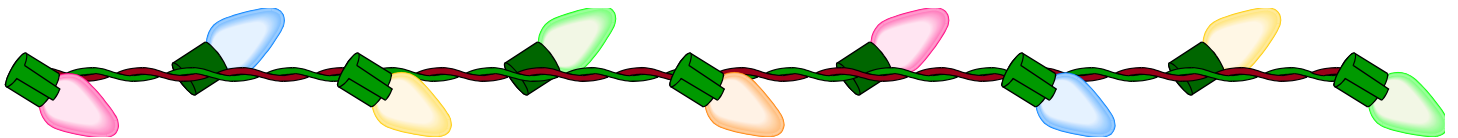
City: _____ State: _____ Zip: _____

Phone Number: _____

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

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

Additional forms are available at the front desk





Villa Maria

3102 University South

Fargo ND 58103