

Villa Maria Lifetimes



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Merry Christmas!!!



You are invited...

*Villa Maria's Christmas Tea,
Friday, December 13th
1:00-2:30.*

Upcoming Events

December:

- 2nd Red Hat Group – 1:00
3rd Special Music: Bill B.-2:00
4th Wood Carver - 11:15
5th Moorhead High School Carolers – 2:30
6th Lincoln Elementary – 9:30
9th Moorhead High Apollo Strings – 2:00
10th Country Auggies:
Mr. & Mrs Claus – 1:30
11th Library Outreach – 3:00
13th Christmas Teas: 1-2:30
Silver Follies- 1:30
17th Special Music: Inez Rath – 11:15
17th Library Outreach – 3:00
18th Tree of Lights – 3:00
20th Carols with Daycare – 11:15
20th Monthly Birthday: Rockin 60's – 2:00
23rd Special Music: Steve K. – 2:00
24th Christmas Eve Service –11:30
(Check weekly activity schedule for holiday events.)

January:

- 8th Library Outreach – 3:00
8th Square Dancers – 5:30
10th Special Music: Allen D. Accordion – 2:00
13th Red Hats – 1:00
15th Clay County Historical Society:
History Along Highway 10 – 11:15
22nd Library Outreach – 3:00
31st Monthly Birthday: Country Auggies – 2:00

Ongoing Activities

- 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)

Merry Christmas from the Dietary Department!!

Happy Holidays from the dietary department at Villa Maria! The holiday season is always full of sweet treats and great food! Residents LOVE getting special food items brought to them especially this time of year. Please do not hesitate to treat your loved ones with these great treats! Just remember to mark their name and date on it. Generally food is kept for five days before we would consider disposing of it for food safety reasons. 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. Have a great holiday season and a Happy New Year!!!



Meal group.....

Christmas Photo Booth



Villa staff had a Christmas photo booth where many residents had their photo taken. Casemanagers will be sending a photo out to the family. If you have others who would like the photo, talk to the casemanager and they will e-mail you the photo.

Wreath Sale



Resident Council is making artificial wreaths that they will be selling in the Garden/Game Room on Saturday, December 7 from 1-2:30 as long as supplies last.

Safety Reminder

- We cannot have extension cords in resident rooms. Talk to a staff member and they will get maintenance to help you.

Operation Christmas Child

Villa Maria participated in Operation Christmas Child again this year and put together 113 boxes.



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. 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.

FirstLink's Giving Tree of Hope



Villa Maria is sponsoring a Tree of Hope and will have tags available on the tree by the receptionist. If you would like to purchase a gift for a child or an adult with special needs, stop by receptionist and pick up a tag. All gifts need to be returned to Villa Maria by Friday, December 13th. If you have questions, please call Vickie Ness.

Influenza and Resident Protection

The residents and staff at Villa were offered and given flu shots the beginning of November. 128 residents were able to have the flu shot. 73% of the staff have been vaccinated. We encourage you to have a flu shot to help protect the residents at Villa from becoming exposed to Influenza.

The flu is spread through respiratory droplets that come out of your mouth and nose when you cough or sneeze. It usually spreads from person to person. Sometimes, you can get the flu if you touch something with the virus on it – like the hands of a person who has the flu - and then touch your nose or mouth.

Always cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands. Put your used tissue in the nearest wastebasket. Wash your hands

with soap and water or clean your hands with alcohol-based hand cleaner.

If you are ill, instead of a face-to-face visit, the loving thing to do is to call, to send a card or an e-mail, or send another, healthy family member or friend to visit in your place. Face masks will be available at the front desk if you have symptoms and must visit.



NDLTCA Awards

Resident 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.

A nomination form is included with this newsletter. All entries must be postmarked by the first Friday in February and mailed to:

North Dakota Long Term Care Association

1900 North 11th Street

Bismarck, ND 58501



Spiritual Corner

Are you a thankful person? Would you consider yourself to be a person who is content with what you have? I have been asking myself these questions lately and I think they are good to reflect on, especially as Thanksgiving approaches. I was recently spending time in a book that greatly interests me titled *He Walks Among Us* by Richard and Renee Stearns. It is full of stories of peoples' lives from all around the world. All of the people in the stories live in extreme poverty where mere survival is a huge struggle. Here is a snapshot of one such story.

"Finedia was seventy-two and caring for her seven-year old great-granddaughter, Maggie, when I met her in Zambia. Perhaps more than any other person I had ever met, Finedia had learned to be content in the midst of want. Why was this old woman caring for a child? Because everyone else -two generations of Finedia's family- had died. Elderly, homeless, hungry, and grieving, Finedia and her little Maggie soldiered on. They lived in an abandoned hut, and Finedia worked all day, when she could, for just a cup of cornmeal. I think what struck me most about Finedia was that she simply accepted her lot; she did the best she could without any sense of entitlement" (Stearns, 28).

As I have had the privilege of traveling overseas to poor countries 6 times myself, I have

seen this same amazing strong spirit among the people. I remember meeting one woman in India who was working at a sewing center to try to earn money to help support her three children. As a rickshaw driver, her husband earned 50 cents a day and it was not enough to feed the family. Despite her hardships, this young mom had taken in another homeless child who had no one to care for her. She smiled at me as she shared her story and seemed genuinely thankful for what she had in her life. In a Christian village in Chad Africa, I met some of the happiest kids I had ever seen wearing rags and playing in the dirt with sticks and stones. They ran barefoot and chatted happily with us whenever they had the opportunity. I think maybe they really know that true contentment comes from enjoying the simple things in life and taking nothing for granted. As the recent storm that hit the Phillipines teaches us, we are not guaranteed tomorrow. Life here is temporary.

There is a saying – Jesus plus nothing equals everything. This is profound yet so simple. If you have Jesus you are a child of a King!! He loves you beyond any love you have ever experienced on this earth and offers you hope now and a wonderful home with Him for all eternity. He came to earth and died for your sins to show you that love in terms you can understand. We all need a friend and Jesus is a "friend that sticks closer than a brother" (Proverbs 18:24). We are not promised a life free of suffering. When you think about it, anything else you have beyond Jesus is simply a bonus.

So I have reached the conclusion that like so many other things in life, contentment is a choice. Helen Keller who became blind and deaf at a young age, stated, "So much has been given to me I have not time to ponder over that which has been denied." I believe Jesus asks us to find contentment in Him alone. When we realize that He is our greatest treasure, which no one or nothing can ever take from us, how can we not be thankful?

By Tracy Alin, Pastoral Care

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

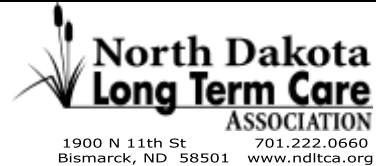
RELEASE: I hereby grant permission to the North Dakota Long Term Care Association to publish and distribute the following nomination form. I understand this nomination will be returned with a Certificate of Outstanding Achievement to the individual I nominate.

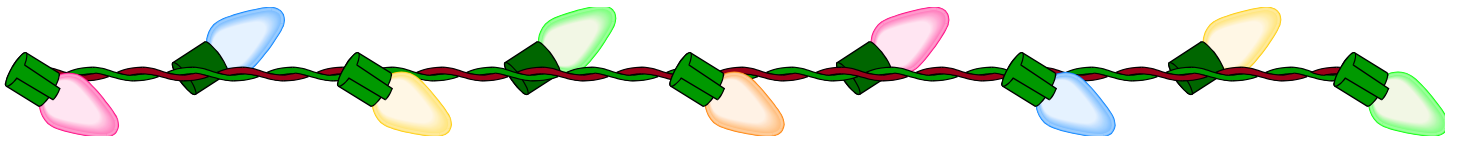
Signature

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 Wednesday, December 18th 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: _____

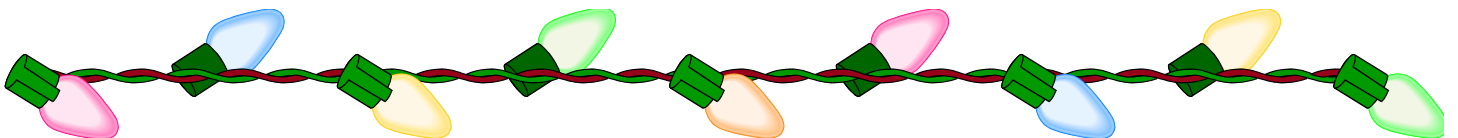
City: _____ State: _____ Zip: _____

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 South University Drive

Fargo ND 58103