

Villa Maria Lifetimes



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You are invited...

*Villa Maria's Christmas Tea,
Wednesday, December 10th*

1:00-2:30.

*3:00 Mass officiated by
Most Reverend John T. Folda
Bishop of Fargo*



Upcoming Events

November:

- 4th Special Music with Tracy and Jan-11:15am
- 6/7th Photo Booth
- 11th Service of Remembrance-11:30 am
- 11th Veterans Day Program-3:00 pm
- 13th Packing Shoe Boxes- 11:15 am
- 14th Special Music with Irene and John-2:00 pm
- 18th DL Cloggers-11:15 am
- 18th Performing Fiddles-2:00 pm
- 18th North Couples Dinner-4:00 pm
- 19th South Couples Dinner-4:00 pm
- 21st Monthly Birthday Party
Rockin 60's-2:00 pm
- 23rd Blue Moon-2:00 pm
- 27th Thanksgiving Service-11:30 am

December:

- 2nd Special Music with Jerry Jacobson-2:00 pm
- 4th Barber Shop Quartet-6:00 pm
- 5th Country Auggies:
Mr. & Mrs Claus -2:00 pm
- 8th Moorhead High School Carolers - 2:00 pm
- 9th Slew Foot Family Band-11:15 am
- 10th Christmas Tea-1:00-2:30
Apollo Strings-1:45 pm
- 10th Mass with Most Reverend John T. Folda,
Bishop of Fargo-3:00 pm
- 16th FM Notables-11:15 am
- 16th North Couples Dinner-4:00 pm
- 17th South Couples Dinner-4:00 pm
- 19th Monthly Birthday: Brian & Collin - 2:00
- 24th Christmas Eve Service-11:30 am

(Check weekly activity schedule for holiday events.)



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)



Red Hat Group

We will be collecting non-perishables food items for the Dorothy Day food Pantry during the week of Nov. 17th.



Music bingo with Sheyenne cheerleaders.

Merry Christmas from the Dietary Department!!

We are all looking forward to the upcoming holiday season and the frequent visitors that will be coming to the Villa. Please feel free to join your loved ones for meals. Both breakfast and dinner meals are available and we also offer a soup & sandwich of the day for something a little lighter. We also 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 also remember to check with staff before sharing with residents who may have a therapeutic diet.



Have a wonderful holiday season!!!



Photo Booth



We will again be having a s Photo Booth Nov. 6 & 7 with Thanksgiving, Christmas and New Year's Props.

Safety Reminder

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

Evergreen Allergies:



We will be watching arrangements and asking floral shops to replace any evergreens that are in arrangements.

FirstLink's Giving Tree of Hope



Villa Maria is participating in the Giving Tree of Hope. 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 12th. If you have questions, please call Vickie Ness.

Operation Christmas Child



Villa is participating in Operation Christmas Child again this year. We hope to fill 100 shoeboxes with toys and gifts for children in the world's poorest countries. Most of these are children have never received a Christmas gift before and it is a joy to show God's love to them in this simple way! We will have shoeboxes available on the counter across from the front desk. Feel free to pick one up and fill it with items that a child would like as well as necessities. There are pamphlets by the boxes that have a list of suggested items to put in the boxes. Please have your filled boxes or donated items to the Villa by November 13th. Please join us in this great project!!

From the Administrator

As you visit Villa Maria you may notice a few changes. We have just completed concrete work on various areas of our sidewalks. Some were cracked and sinking due to frost and wet/dry conditions. In a few areas we installed more handicap accessible ramps to accommodate residents and visitors to get on and off the side walk areas.

In the coming weeks, you will notice that we are updating the furniture in the rooms starting on the north side of the building. We will be replacing the dressers and night stands with new ones. As well, we will be putting some new chairs in many of the rooms. When we did our initial construction and renovation a few years back, we did not replace or upgrade the furniture and chairs. It has always been intended to be part of our overall upgrade and we are pleased to move forward with it. In the coming months we are intending to do the same on the south side of the building.

We have had an issue with bird feeders that we now find the need to address. Many residents enjoy the bird feeders around the building and many were placed by families and friends. Because the feeders have created issues with wild turkeys and deer droppings, we are going to be only allowing bird feeders that will be overseen by Villa Maria in specific areas to ensure sanitary conditions and that sidewalks are free of droppings. We will work to place feeders in areas so that the majority of residents can enjoy wildlife. Unfortunately, there may be areas that your loved one does not have a direct view of the feeder. As of October, only Villa Maria feeders will be allowed.

We have finished with our outside patio areas that families and residents can use to visit and enjoy the outdoors.

Influenza and Resident Protection

The residents and staff at Villa will be offered influenza vaccinations this fall. Employees will receive their shots during the month of October. The resident “Flu Shot Day” is November 4th. Residents over the age of 65 receive the newer “High dose” version as recommended by the CDC. Influenza activity in our community usually does not start until around the Christmas holidays and increases by late February. That is why we wait to give the vaccine until November- in the hopes that the resident’s immune system will retain a high enough titer level to resist influenza into the spring. We also encourage the residents to be immunized for Pneumonia. Pneumonia is the complication that often happens when an elderly person contracts influenza.

We encourage you to have a flu shot to help protect the residents at Villa from becoming exposed to Influenza.

Influenza 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. This is different from a stomach virus. There is no vaccination available to reduce the risk of a stomach virus that causes vomiting and diarrhea.

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

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” John 14:27.

What exactly does Jesus mean when He speaks of peace in John 14:27? I wonder this sometimes when I watch the news and see a world filled with ISIS terrorist activity and hear about Ebola spreading across several countries and killing thousands in a short time. Is it really possible or even realistic to have peace in the face of such threats? How can we not have at least some measure of fear?

I believe that scripture teaches us that it is possible to have peace in the midst of storms around us. I often think of the analogy of a hurricane and how, despite the powerful winds that rage, the eye or center of the storm is completely still and calm. This calm can only come when we fix our eyes on One who is unchanging and eternal. Psalm 102:25-27 states “In the beginning you laid the foundations of the earth, and the heavens are the work of your hands. They will perish, but you will remain; they will all wear out like a garment...But you remain the same, and your years will never end.” When Peter was able to walk on the water, it was only because he gazed directly at Jesus. The very moment he decided to take his eyes off the Lord and look at the waves and wind around him, he began to sink. This is true for us as well. We will not be able to overcome our circumstances unless we stay focused on our Creator, the very One who gives us life here and for eternity. Hebrews 13:8 reminds us that “Jesus Christ is the same yesterday, today, and forever.” Isn’t that what we all long for in such an unstable world where nothing is certain? We are warned in Luke 6:48 to build our house on rock not sand so

that when storms come, our house will not be destroyed.

As we see the holidays approach once again, we will be singing of peace on earth. As we long for peace throughout the whole earth, we must realize it has to start in the heart of each person. In Luke 10:38-42, there is a story of two sisters who choose different paths. Jesus is the guest of honor and Martha gives in to a hurried pace as she runs about trying to make sure everything gets done. Mary on the other hand, simply sits peacefully at Jesus’ feet. Martha gets upset that her sister is not helping more. But Jesus responds by saying “Martha, Martha...you are worried and upset about many things, but few things are needed-or indeed only one. Mary has chosen what is better, and it will not be taken away from her.” Martha was about “doing” but Mary was about simply “being” with Jesus. Imagine how different our lives might be if we took time to just “be with Jesus” even as we go about our necessary tasks.

Rather than allowing ourselves to be caught up in the hectic frenzy of the next months, why not slow down, and choose to stay close to Jesus, in the center of the hurricane that at times will rage around us. Read His Word, spend time in a quiet place in prayer, and allow the “peace that passes understanding” to fill your heart. Fix your eyes on Jesus who never changes, even as everything changes around you.

Tracy Alin, Pastoral Care





It doesn't matter where you live or how old you are-there's nothing like a cheerfully wrapped present to brighten your spirits...

Gifts to brighten up their room

Picture frames, plants (live or silk), paintings, a calendar marked with birthdays of family members, artificial gold fish bowl or water fall, sun catchers for the window, framed pictures of resident in the earlier days, a collage of pictures of families and friends-these make great conversation pieces-or an all-season wreath or decorative knocker to hang on their door.

Gifts for pampering

Basket of lotions and talcum powder (be sure to check with the nursing staff on what's best), shaving lotion, favorite perfumes, luscious bath towel and/or robe, gift certificates to the in-house beauty parlor or barber for their hair styling and manicures, grooming products.

Gifts for having fun

Buy a very simple-to-use DVD player and send new movies every month every month and videos of family events, large print books, a simple-to-use CD Discman so they can listen to their favorite music without disturbing roommates, low-vision playing cards, large print crossword puzzles or other games appropriate for their cognitive ability, a box of all-occasion greeting cards with a book of stamps, a digital picture frame, stuffed animals.

Gifts for staying warm

Lap afghans or fleece throws are very popular, cheerful holiday sweaters, sweat suits, no-skid slippers, fun socks that depict the holidays or interest of the resident (e.g. golf, flowers).

Gifts that touch the heart

Hand-made gifts, a framed poem or artwork from grandkids or from you, phone cards to stay in touch and pre-pay long-distance calls. The most cherished gift, however, is a visit from you. If the resident is able, you might offer to take him or her out for an evening ride to enjoy the holiday lights, along with a hot cup of cocoa. And one last idea: make it a New Year's resolution to volunteer at your local nursing home or assisted living facility. A friendly visit to a resident without family is a gift that will make you all the richer for it.

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.

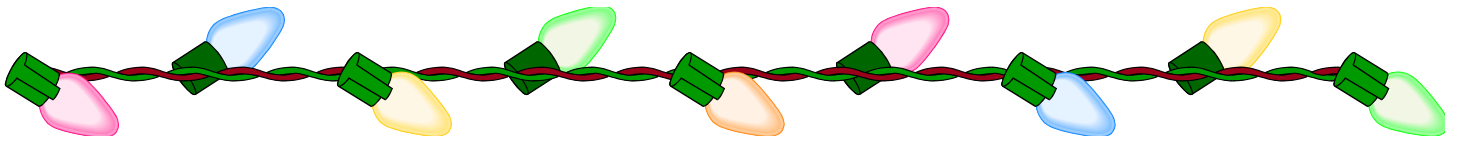
Signature

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 17th 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: _____

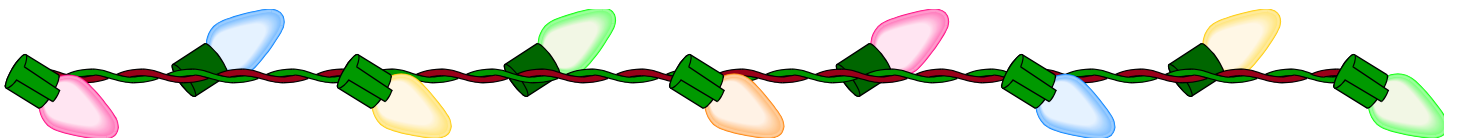
City: _____ State: _____ Zip: _____

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