

Villa Maria Lifetimes



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Mission Statement:
“Villa Maria inspired by the Sisters of Mary of the Presentation, serves those in our care with respect and compassion as we strive to fulfill the healing mission of Jesus.”

**Celebrating
Sr. Margaret Rose’s
90th Birthday.**

(Check out the pictures throughout the newsletter)



Upcoming Events

October:

- 5th Special Music: Inez Rath - 11:00 am
- 7th Dog Show – 2:00 pm
- 13th Rummage Sale - 8:00 am to 3:00 pm
- 14th Oktoberfest Coffee Hour - 1:00 pm
- 14th Special Music: Leo Keifer - 2:00 pm
- 19th Special Music: Raw Sugar – 5:00 pm
- 24th Special Music: Gene Okerlund- 2:00 pm
- 25th Filling Shoe Boxes – 11:00 am
- 26th South Couples Dinner: - 4:00 pm
- 28th Monthly Birthday Party – 2:00 pm
Country Auggies
- 31st Trick or Treat Trail-1:00 pm

November:

- 1st Special Music: Larry Charon-2:00pm
- 4th Special Music: Betty & Larry - 2:00 pm



- 8th
- 9th Square Dancers - 5:30 pm
- 11th Veterans Day Service - TBA
- 15th Special Music: Rick & Loretta- 2:00 pm
- 16th Special Music: Depot Singers-11:00 am
- 18th Monthly Birthday Party –2:00 pm
Clark Gable
- 22nd Service of Remembrance – 11:30 am
- 24th Thanksgiving Service – 11:15 am

Watch activity calendar and television
Monitor outside the dining room for
additional activities.



Breakfast in Rollag

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)
- Library Outreach 3:00 (2nd & 4th Weds)
- Veterans Coffee Hour 9:00
(2nd & 4th Tues.)



West Fargo Fire Station

Mark your Calender:



Christmas Tea
Thursday, December 8th
1:00 pm -2:30 pm



Ruth and Viviette with Bunny.



We will be having a Rummage Sale on Thurs., Oct. 13th from 8:00 am-3:00 pm. All funds will go towards redecorating the Family/Supportive Care rooms.

Did you know...

- There's a phone in the front vestibule that you can use after hours to get in the building.
- October is Resident Right Month.
- We are accepting donations of Candy for our annual Trick or Treat Trail.
- It's time for Operation Christmas Child. Residents will be packing shoe boxes on October 25th. If you would like to donate, there will be a box by reception.
- We cannot use extension cords. See Roger if you have questions.
- Sr. Mary Ann Schmidt recently celebrated her 70th year of being a Sister.

CEO Update

What Does the North Dakota Budget Reductions Mean to Villa Maria?

The following is a brief explanation of the North Dakota state budget cuts affecting Long Term Care facilities. It is not known if these cuts are temporary, permanent, or a variation of both.

1. How much are the cuts? The cuts as of January, 2017 will amount to a little over 4%.
2. What does that mean for nursing facilities? Nursing Facilities are required by state law to charge Medicaid and Private Pay residents the same rates based on the North Dakota nursing facility case mix payment system. Each facility's rates are set by the state and determined based on costs incurred by that facility. The budget cuts will reduce the rates allowed to be charged by facilities.
3. What will happen to what I pay when January, 2017 comes? If your care level does not change, the charge for your room as established by the state will go down by approximately 4%. A notice of rate change will be sent out 30 days in advance as is required by regulations.
4. What does the 4% reduction mean to Villa Maria in dollars? The reduction means that Villa Maria will lose \$650,000 in reimbursement.
5. How can you keep operations at the current level when losing that amount of money? We will be using some of our reserves to offset the reductions. Villa Maria is a nonprofit organization and the reserves refer to monies which are allowed by law to be set aside to replace equipment, fix equipment and buildings, and for replacement of items when needed.
6. Will Villa Maria receive back the money it is going to use from the reserves? While we hope that we do, there is no guarantee or program in place to provide for that. We are talking to our legislators in hopes funding can be restored.
7. How will staffing be affected with these cuts will depend on if there are further cuts and if they are temporary or permanent. As we go forward we are looking at all aspects of our operation to see where and how we might reduce our costs. Some possible impacts if the reductions go on for some time could be on staffing, programs provided, program enhancements, equipment replacement, and building enhancements.

Though the future is uncertain in regards to the budget cuts, the current reductions are significant. Providing quality care to all our residents is of most importance as we plan and prepare for the different possibilities.

Greetings from the Dietary department!

Fall is finally here and we hope you're all looking forward to the season as much as we are! Starting October 2nd, our Fall/Winter menu will begin. On these menus we will be incorporating more soups, hot dishes & casseroles. Although there are fewer foods that are in season in fall and winter than in summer, we will still be ordering as much fresh fruits and vegetables as we can!

**We would like to note that any and all suggestions are welcome on new menu/snack items. These requests are brought up at resident council meetings each month so please bring your suggestions and input if there is something you would like to try. It is greatly appreciated!

Happy Fall everyone!



Wayne and Sadie enjoying a ride with the top down.

Nursing Update



Influenza:

Villa Maria will be doing the annual influenza vaccination of all residents with signed consents. We plan to offer the shots in early/mid November. At admission, this vaccination information was shared with you/your loved one living at Villa. In keeping with the regulations of CMS, we are to provide education annually as to the benefits and risks of receiving this vaccine. If you had declined this vaccination previously for yourself/your loved one at Villa, and would like the vaccine given this year, please notify the nurse on duty. If you/your loved one signed the consent at admission, we will administer the vaccination. Residents age 65 and older will receive the high dose vaccination as recommended by the CDC. Those under 65 will receive the regular dose.

We would like to *strongly* encourage family and frequent visitors of the residents of Villa Maria to be vaccinated this year also. The CDC vaccination information statement does recommend that all household contacts and caregivers of anyone over 50 years of age be vaccinated.

The Villa Maria staff will be receiving their vaccinations beginning mid October.

Please call and visit with myself, Mary O'Meara, the unit manager or lane nurse if you have any questions or concerns.

Sabrina Kemmer, DON



Humidifiers

Villa does not allow humidifiers to be brought into the building.

Although useful, humidifiers can actually make you sick if they aren't maintained properly or if humidity levels stay too high.

Dirty reservoirs and filters in humidifiers can quickly breed bacteria and mold. Dirty humidifiers can be especially problematic for people with asthma and allergies, but even in healthy people humidifiers have the potential to trigger flu-like symptoms or even lung infections when the contaminated mist or steam is released into the air.

Dirty mist or increased growth of allergens caused by high humidity can trigger or worsen asthma and allergy symptoms.

Memorial Ideas

1. Redecorating North and South family/supportive care rooms.
2. Blessed Moment program... granting wishes to those residents who are dying.
3. Arbor outside of Garden/Game Room.

If you have questions or wish to contribute to one of the above projects, you can contact Vickie Ness or Felise Baer.



Having a blast at the Bison Homecoming Game.

Spiritual Corner

The following poem caught my attention, possibly because I have never thought of Fall as a restful time. It is the beginning of school and many activities and often our schedules become full. But perhaps, God intends it to have a different, deeper dimension for us.

Submitted by Tracy Alin, Pastoral Care

Autumn brings to the soul relief,
as hot Summer days, slip to an end
God sent the season for weary hearts
to restore, repair and mend.
Unlike the Autumn trees,
that shed their changing leaves
God sent the season for failing hearts
to adhere, embrace and cleave.
Just as with the Autumn winds,
there comes a new refreshing rain
God sent the season for fraying hearts
to increase, grow and gain.
The Autumn sun is slow to climb,

and dips much earlier into the night
God sent the season for sleepy hearts
to rise, shine and awake in His light.
God gave to us the Autumn season,
so we could have a respite and rest
for it is the season for our beset souls
to see how much we are blessed!

Psalm 16:9, King James Version

“Therefore my heart is glad, and my
glory rejoiceth:

my flesh also shall rest in hope.”

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Deborah Ann Belka



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