

# *Villa Maria Lifestyles*



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**Villa Picnic was held  
on June 11<sup>th</sup>.**



## Upcoming Events

### **August:**

- 4<sup>th</sup> Special Music: Haining Family... 2:00  
7<sup>th</sup> Special Music: John and Irene...2:00  
9<sup>th</sup> Special Music: Paul Swantson...2:00  
10<sup>th</sup> Red Hat Group...1:00  
11<sup>th</sup> Clay County Speaker...11:15  
13<sup>th</sup> Redhawk's Game...12:30  
18<sup>th</sup> Service of Remembrance...11:30  
26<sup>th</sup> Joni Miller...11:30  
28<sup>th</sup> Monthly Birthday Party:  
Rick Miller and Loretta...2:00

### **September:**

- 1<sup>st</sup> Special Music: Tracy & Jan...11:00  
2<sup>nd</sup> Special Music: Raw Sugar...5:00  
11<sup>th</sup> Special Music: Tracy Meyers...2:00  
15<sup>th</sup> Special Music: Jerry Jacobson...2:00  
22<sup>nd</sup> Service of Remembrance...11:30  
25<sup>th</sup> Monthly Birthday Party:  
Chuck Fox...2:00  
29<sup>th</sup> Special Music: Steve K...2:00

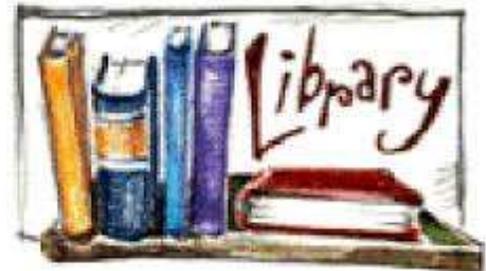
### **October:**

- 6<sup>th</sup> Special Music: Tracy & Jan...11:00  
8<sup>th</sup> Slew Foot Family Band...11:00  
12<sup>th</sup> Special Music: Golden Oldies...2:00  
16<sup>th</sup> Dog Show...2:00  
23<sup>rd</sup> Monthly Birthday Party...2:00  
30<sup>th</sup> Trick or Treat Trail...1:00

## 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)  
Library Outreach(2<sup>nd</sup> & 4<sup>th</sup> Weds)

*Check out the monitor outside the dining room for daily and special activities.*



*Fargo Public Library comes to the Villa twice a month for Villa residents. If you are interested, let your Case Manager know.*



**Veterans Day Celebration!**

## Dietary Department



Check out the beautiful planters and vegetable gardens that the residents have planted. The residents are looking forward to harvesting the vegetables.



**Ribfest!!!**

### **Volunteer Needs:**

- **Medical Escort:** Accompany residents to appointments. Days and times vary.

If you are interested in volunteering, contact Julie Frovarp.

These summer months have been wonderfully warm so far! We are hoping that it continues for quite some time yet!

The residents are enjoying all of the fresh summer foods that are available to us this time of year. The watermelons, strawberries, blueberries, melons, pineapples, cucumbers, & tomatoes have been amazing so far. If there are any special items that you know your loved ones enjoy please feel free to bring them these special items as sometimes we are unable to provide. Soda pop is one of those items that some residents really enjoy and unfortunately we are limited to what is available to us.

We also encourage all to remember to stay hydrated. On these hot and humid summer days it can be a challenge to keep up on your fluid intake. Here, at the Villa, we supply our residents' with fresh bedside water every day along with the encouragement of extra fluids at meal times and crystal light beverages at snack times. Hydration is important every day, but especially when the temperatures go up. Keep a close eye on your loved ones to make sure they stay hydrated and healthy. And lastly, we would like to thank all those great people who have 'green- thumbs' that think of us when they have an abundance of fresh foods from their gardens. We really wish we could accept your donations but unfortunately at this time we are unable to do so because of state regulations. Again, thank you for thinking of our residents'.

Have a great rest of your summer! ☺

The Villa Maria Dietary Department



## Business Office Announcements

Mandy Marchell has been promoted to Accounts Receivable Specialist and Felise Baer been promoted to Finance Director. Mandy has been employed with Villa Maria since 2010, as a receptionist, and also as Purchasing Agent. Felise has been employed with Villa Maria since 2004, as an Accounts Receivable Specialist and also in Payroll / Accounts Payable. Please contact Felise or Mandy regarding any billing questions you may have.

Our Business Office hours are Monday through Friday, 8:00 am to 4:30 pm. Front Desk hours are Monday through Friday from 8:00 am to 9:00 pm, and Saturday and Sunday from 8:00 am to 8:00 pm.



### NEW SHOES?

When you bring in new shoes for your loved one, please inform the nurse of the new shoes. Nursing would like to monitor the resident's feet the first couple of days when wearing a new pair of shoes to ensure the shoes are fitting well. We appreciate the information. Thanks so much!



Davey's favorite car!!!!

## Environmental News

It's hard to believe we are coming to the end of summer. Please take some time to go through your loved ones closets and take out items that they don't use creating more room for fall clothes.

### Memorial Ideas:

Villa is starting a fund for residents that do not have funds for extra things. This could include perms in the beauty shop, clothing, special outings, etc.

If you have questions or would like to contribute to this fund, talk to Felise in the business office.

Villa is going to be starting a program called Blessed Moments. This program will help us to grant wishes to those residents who are dying. If you would like to contribute to this program, talk to Felise in the business office.

Bird Seed....contributions to the bird seed fund are welcome.



Check out the cars!!!!

## Spiritual Corner

I recently attended a Chaplain's retreat at Maryvale in Valley City, ND. This was a time of listening to teaching on prayer but also time that we could spend in solitude. The solitude was what I treasured most and spent it walking the beautiful path through the hills and sitting under a tree just spending time with my Creator. What a blessing it was to get away to a quiet, peaceful place! As I was preparing to go to bed the first night, I looked out my window and saw something breathtaking. The moon was shining brightly on the path lined with trees. As I gazed at the moon, it appeared that there were beams of light coming out from it, forming a Cross. I had my glasses on and I believe there was possibly a glare creating this effect. Regardless, I feel that God had a message of peace for me, reminding me simply of His presence.

As we approach September and all the busyness it brings, many of us may feel a sense of panic rise in us. Our hearts beat faster and muscles tighten as we think about the coming rush and flurry of activity. Some of us dread the fast pace we must keep after coming off the more relaxing rhythms of summer. I'm not eager to give up long days in the sun, sitting on a beach relaxing, or watching a beautiful sunset. As I think of what this time will mean for me, I remind myself of the importance of scheduling some "down time..." Keeping a part of summer in fall. I see how this is so important in replenishing me so that I have the energy to do my best in all the tasks and roles God has called me to. To each of us, this personal time may look different. To one, it may be time in a coffee shop with an inspiring book. To another it may mean going to a church or somewhere outdoors to pray. Sometimes we really believe that we do not have time to pray and replenish ourselves. And yet, we

would never imagine not eating when our bodies need food. Why do we think it is ok to neglect our souls? The older I get, the more I realize that I am too busy not to pray. In Scripture, we see numerous times how Jesus went away to a quiet place to pray (Matthew 11:28, Mark 1:35, Mark 6:31). This was an intentional, getting away from the noise and distractions of life. If the Son of God needed to pray, how much more do we need to!!!!

I encourage you as well as myself to write sometimes on your calendar to just get away to a quiet place. Don't allow anything to interrupt you (except an emergency of course.) Use this time to drink deeply of the Waters of Life that Jesus promises as you meet with Him and nourish your soul. "But whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life." John 4:14 "I am the true vine; you are the branches. If you remain in me and I in you, you will bear much fruit. Apart from me you can do nothing." John 15:5

Written by Tracy Alin, Pastoral Care



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