

Villa Maria Lifetimes

**GIVE
THANKS**

In this Issue:

- Upcoming Events
- Ongoing Activities
- Bake Sale Fundraiser
- Dietary Update
- Did You Know...
- Business Office Update
- FirstLink Giving Tree
- Operation Christmas Child
- Influenza
- Spiritual Corner
- Caregiver Award Form
- Tree of Lights

You are invited...



*Merry
Christmas*



*Villa Maria's
Christmas Tea
Tuesday, December 15th
1:00-2:30*

Upcoming Events

November:

- 3rd Special Music: Tracy and Jan-11:00am
- 10th Service of Remembrance-11:30 am
- 10th Special Music-One Oak Singers-2:00pm
- 11th Bake Sale- 9:00am-1:00 pm
- 11th Veterans Day Program-11:15 am
- 11th Square Dancers-5:30 pm
- 12th Girl Scouts – 5:30 pm
- 16th Social Hour-3:00 pm
- 18th Special Music: Inez Rath-11:00 am
- 19th Packing Christmas shoeboxes-11:00 am
- 19th North Couples Dinner-4:00 pm
- 20th Monthly Birthday Party- 2:00 pm
- 23rd Special Music-Blue Moon -5:15 pm
- 24th Red Hats Group-1:00 pm
- 25th South Couples Dinner-4:00 pm
- 26th Thanksgiving Service-11:15 am

December:

- 2nd Special Music-Slewfoot Band 11:00 am
- 7th Social Hour-3:00 pm
- 9th Special Music-Raw Sugar- 5:00 pm
- 11th Special Music-Steve K- 2:00 pm
- 15th Christmas Teas-1:00-2:30pm
 - Special Music-Apollo Strings 1:45 pm
- 16th Special Music- Moorhead High School Carolers – 2:45 pm
- 17th Tree of Lights Celebration- 2:45 pm
- 18th Monthly Birthday Party-
 - Jerry Jacobson-2:00 pm
- 21st Social Hour-3:00 pm
- 24th Christmas Eve Service-11:30 am
- 29th Special Music-Brian and Collin- 2:00pm
- 30th Special Music-Depot Singers-11:00 am

(Check weekly activity schedule for additional holiday events.)



DL Cloggers

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)



Davey and the winning pumpkin.

Bake Sale Fundraiser



Donating blankets to the YWCA

Please join us for a bake sale on November 11th at Villa Maria from 9am-1pm. The Villa Maria Residents along with Sydney and Coralie from the Kindred FCCLA (Family, Career, Community Leaders of America) group made blankets for the YWCA Shelter. The proceeds from the bake sale will be used to pay for the fleece material and any additional funds raised from the sale will be used to purchase items needed for the shelter such as canned goods, clothing, baby items etc. We would love your support for this great cause; the philosophy of the girls is: "YOU'RE NEVER TOO OLD TO MAKE A DIFFERENCE IN SOMEONE'S LIFE."



Dog Show

Merry Christmas from the Dietary Department!!

Happy Holidays from the Villa Maria Dietary Department!

We are all looking forward to the upcoming holiday season and the frequent visitors that will be coming to visit their loved ones.

This past holiday season we offered a family meal on Thanksgiving Day & Christmas Day.

It went over so well that we thought we would offer it again this year! So, Thanksgiving Day we will offer a turkey dinner and on Christmas Day we will offer a ham dinner. Both meals will be served at 10 o'clock in the main dining room. The cost for the meals will be \$6. You can make your reservation at the front desk. We look forward to having you dine as guests during the holidays.

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. And to also check with staff before sharing with residents who may have a therapeutic diet.

🌸 Have a wonderful holiday season!!! 🌸

Did you know...

- We cannot have extension cords in resident rooms. Talk to a staff member and they will get maintenance to assist you.
- Resident council will be having a Tree of Lights Fundraiser. See the attached form in this newsletter.
- Families and residents can nominate staff for the Caregiver Award. See the attached information and form. Deadline to nominate is 1st Friday in February...but, you can start nominating right now.
- We have Beauty Shop Gift Certificates available in the Business Office for the Holiday Season. Business Office hours are from 8:00 am to 4:30 pm.



Business Office Update

Please assure that Resident Trust account balances are kept up to date.

Statements are sent out monthly, if you have any questions regarding the Resident Trust account, please contact Amanda in the Business Office.



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 over 100 shoeboxes with toys and gifts for children in the world's poorest countries. 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 17th. Please join us in this great project!!

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 November. The resident "Flu Shot Day" was November 5th. Residents over the age of 65 receive the "high dose" version as recommended by the CDC. 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. 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.



Spiritual Corner

Moving Through the Seasons

As summer winds down and the air begins to chill, we move into the season of autumn, that wonderful time of the year when there's a chill in the air, the grass turns brown and the leaves find a new home on the ground.

With the coming of fall also comes the different holidays, some that are very commercialized by the world we live in and some which are faith based but are becoming more and more overlooked because they don't add to the bottom line of our society.

Let's begin with Halloween, a holiday for all to enjoy, with children and adults alike decorating themselves up with masks and make-up for trick-or-treating.

The two days that follow, that are mostly forgotten, but are very important in our spiritual life are: All Saints Day, November 1st, which is a day to remember all those that have gone on before us who lived a very holy life, living a life of the Gospel in the world. The second is All Souls Day, November 2nd, a day to remember all of the faithfully departed, all of our loved ones.

Then comes the holiday that has become more the day before BLACK FRIDAY than the holiday that it was meant to be, THANKSGIVING. This is the day to celebrate with family and friends, as a day or weekend to give thanks for a bountiful harvest; for the many blessings that have been given us throughout the year.

During this time of year we, as a church are celebrating end-times in the liturgies of the word of God as we move closer to a new beginning, through the season of Advent.

Advent is a beautiful season in the life of the church and for us as individuals to be gently called to go inside ourselves, just as Mary was focused on the amazing miracle growing inside her, preparing to be born on Christmas. Families of all sorts—those with young or grown children, those without children, people gathered together in Christ—can take a few moments at meal time or at the end of the day to do just what the gospels tell us Mary would often do: to ponder all these things in her heart.

Open your eyes and see

What things are we to ponder? One of the best ways we can prepare for the coming of Jesus—of our God born in the form of a helpless infant—is to look around us at the ways God is already present in our midst, usually in the least likely places.

And children can often help their elders to look again—to *respect*—what is around them with new eyes of wonder. If God can be among us in the unlikely form of a defenseless newborn, who knows how we might find God when we really look around us?

The seasons of Advent and Christmas remind us of what is truly distinctive about our Christian faith: that God is incarnate, made flesh, in Jesus. That means that all of human existence is now different and has something of the *sacramental* to it, a visible sign of God's invisible love.

One child called Jesus, God's show-and-tell; if God can do that for us, then everything around us is God-drenched if we only have eyes to see.

Countdown to Christmas

What new life are we waiting for this year? What new possibilities are emerging in and around us—usually slowly, just as a child develops over nine months? And what are the traditions that help us to wait for this new life?

The Advent wreath or calendar and our nativity scene help us to have eyes to see. We can count the days, knowing that staying awake and alert to God as we see and hear God today makes seeing God among us, Emmanuel, just that much more likely on Christmas morning.

In conclusion, let us take a break from the hustle and bustle of our commercial world, step back and take the time to find peace in the seasons of peace, to relax in God's peace in Jesus Christ.

By Deacon Jim in Pastoral Care at Villa Maria with credit to Kathleen Finley's article in Living With Christ-Dec. 2012



NDLTCA "CAREGIVER AWARD" NOMINATION FORM

Residents/tenants 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.

Criteria:

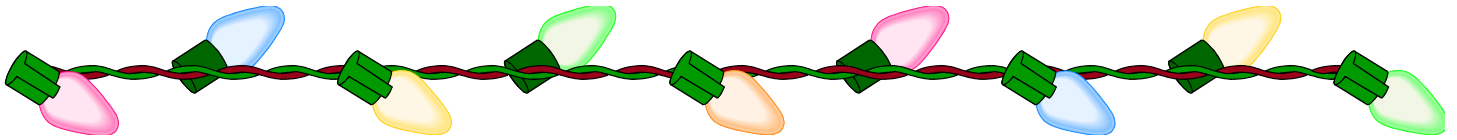
1. The caregiver must be nominated by a resident/tenant or family member.
2. The caregiver must be employed in a North Dakota long term care facility.
3. All entries must be postmarked by the first Friday in February, and be mailed to:

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

4. All entries must be either typed or printed in legible handwriting.
5. The judging of this award is based on how the caregiver substantially enhances the quality of life of residents and what unique things are done above and beyond the applicant's job description.

A cash award will be presented to the recipient(s) during the annual NDLTCA Spring Convention in Bismarck. All nominees will receive a Certificate of Outstanding Achievement from NDLTCA and be listed in the Caregiver Booklet. For more information, contact your facility administration office or Carol Ternes, NDLTCA 701-222-0660.





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 Thursday, 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: _____

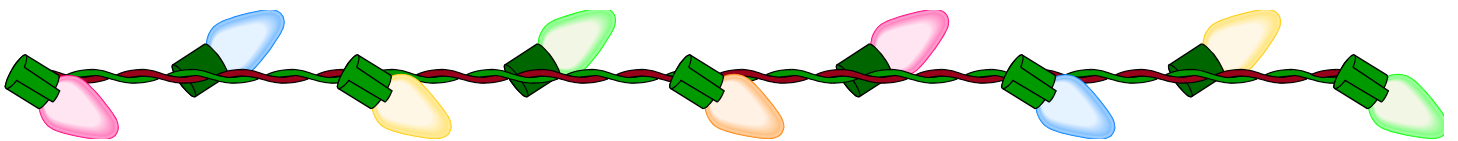
City: _____ State: _____ Zip: _____

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