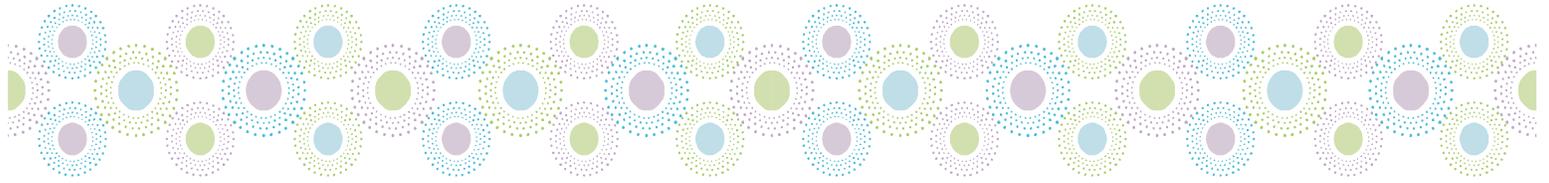


Villa Maria Lifetimes



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Happy May Day!

May day candy flowers From
“Grandpa” Harvey



Upcoming Events

May

- May 7th 3:00 Old time social hour
May 8th 11:30 Service of remembrance
2:00 Jerry Jacobson
May 11th 11:00 Joni Miller
1:30 Discovery school
May 13th Nursing home week
May 14th 3:00 Resident Council meeting
May 15th 11:15 Detroit Lakes Cloggers
May 17th 1:00 Syttende Mai coffee hour
May 21st 3:00 Old time social hour
May 22nd 11:15 Tracy Allen and Jan Herr
May 25th 2:00 Monthly B'day party with the
Rockin 60s

June

- June 4th 3:00 Old time social hour
June 5th 2:00 Steve K special music
June 12th 11:00-1:00 BBQ Fund Raiser for
Alzheimer's Association
June 18th 2:00 Inez Rath Special music
June 25th 3:00 Old time social hour
June 29th 2:00 Monthly B'day party with
Glenn Douglas

More Events to Come

Memory Walk

We're on the move to end Alzheimer's

The Alzheimer's Memory Walk will be Saturday September 15th at Rendezvous Park in West Fargo. Registration will be at 8:00am and the walk begins at 9:00am.

Walk to End Alzheimer's is the nation's largest event to raise awareness and funds for Alzheimer care, support and research. Since 1989, this all age, all-ability walk has mobilized millions to join the fight against Alzheimer's disease, raising more than \$347 million for the cause. Events are held annually in the fall in nearly 600 communities nationwide.

All Walk to End Alzheimer's donations benefit the Alzheimer's Association, the leading voluntary health organization in Alzheimer care, support and research. The mission of the Alzheimer's Association is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

To sign up to be a part of the Villa Memory walk team or to make a donation go to: <http://www.alz.org/walk/overview.asp> If you do not have computer access or would like to help with fundraisers for the Villa Team, call Julie Frovarp at the Villa 293-7750.

School Gym Named for Longtime Principal

For 40 years, Sister Mary Ann Schmitz, SMP, tended to the minds and souls of the children at St. Patrick's school in Washington, IL. and worked side by side with their parents to make it the center of educational excellence it is today. Her many kindnesses and determination didn't go unnoticed and the school community wanted to make certain they wouldn't be forgotten by future generations either. To honor Sister Mary Ann, parishioners recently named the school gym after her.

A plaque now hangs outside the Sister Mary Ann Schmitz Gymnasium, over the place where she sat to greet the students and their families and ensure the safety of her young charges. While St. Patrick's parishioners demonstrated their gratitude to Sister Mary Ann when she left in 2003, they wanted to do more, according to Msgr. John Pendergast, pastor. They decided to dedicate the gymnasium to her because she was instrumental in developing extracurricular activities.

Sister Mary Ann said they planned everything from dances to cake sales to selling plants and poinsettias to get the extracurricular program off the ground. While the scholastic bowl, spelling bee, band and choir also fall under this heading, the primary activity was sports and an athletic committee was named.

She was happy to provide another avenue for the children to develop their skills and confidence, but the 62-year veteran educator emphasizes that true success comes in helping the children understand "that their religion is a way of life"

Dietary Update

Hello Spring/Summer! Welcome back!

It is that time of year again! Warm weather, green trees, fresh air, and flowers... and humidity, mosquitoes, ants, and flies. With that in mind, please be careful what food items are brought in and left in rooms as they can attract some of these pests. Also don't forget to check your refrigerator and throw away any spoiled or out dated food and double-check the temperature as well. The temperature should range between 32-40 degrees. Also, the less kept in them the cooler they will stay.



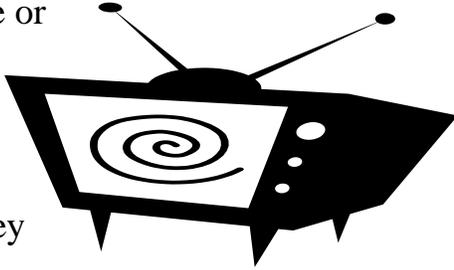
Our summer menu will go into effect on May 6th. Look forward to more salads, fresh fruit, potato salad, and coleslaw!

Enjoy the sun!

Villa's Dietary department

Channel 2

We broadcast our church services and special events on channel 2. If your family member is unable or does not wish to come out to the Crary Room, but has a TV without cable, they can use the cable connector in the rooms to access these events. These events can also be displayed on the parlor televisions



Closet Clean Up

We are now in the spring/summer season and it is time to make sure your family members have season appropriate clothing. Due to limited closet space, it is a good time to change out bulky fall/winter clothes for spring/summer clothes. Please remember to make sure all clothing is clearly labeled with first and last name.

Resident Rights

As a facility it is our goal to protect residents' personal property. As family, you can assist by properly labeling your loved one's clothing. Please label clothing with both the first and the last name, in clear writing. This will help ensure that clothing is delivered to the appropriate room.

Family Picnic

Be on the lookout for the family picnic in late August/early September. More information and times you can reserve for the picnic will be coming at a later date. Hope to see you all there!



Now that we are entering summer we wanted to offer a reminder to use sunscreen, hats, etc on your family members when you are taking them outdoors to prevent sunburn.

Don't forget for elderly men and women's, hair is fine and



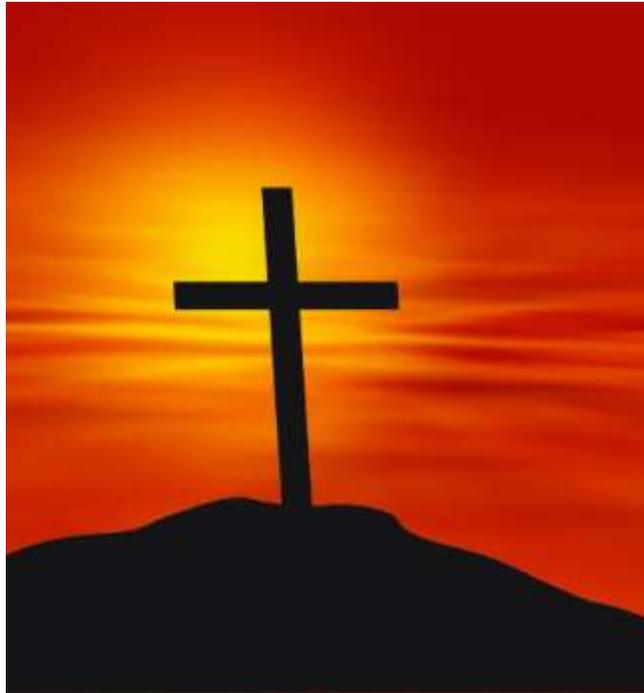
burns commonly can happen on the scalp and ear tips. Use sunscreen, even on cloudy days, to keep your loved ones safe.

Spiritual Corner

This has been an unusually beautiful spring with warm temperatures and lots of sunshine. I have heard some say that we have “earned” a nice spring by enduring so many harsh winters in past years. Spring does seem like an incredible reward with its gorgeous flowers, green grass, and singing birds. How is it possible for something so amazing to come after a season where everything seems cold, dead, and difficult? Maybe there are comparisons in our lives and in the spiritual realm as well. It is clear in Scripture and in life that some things cannot be earned and are simply gifts to us. Love or a special friend in your life is a gift. Salvation and acceptance before God is given to us freely and cannot be earned.

Ephesians 2:8,9 states “for by grace you have been saved through faith, and that not of yourselves, it is the gift of God, Not of works, lest anyone should boast.” But maybe the saying “no pain, no gain” does have some relevance in certain circumstances. For example, look at the rigorous training that an Olympic athlete must endure to excel at his sport? Look at the amazing results! Is there purpose in pain? Think of how a pearl is made, naturally, in the depth of the sea. A piece of sand, shell, or some other irritant slips into the oyster between the mantle and shell. This rubbing action of the irritating particle is what forms the gorgeous pearls that so many people enjoy.

I have seen this principle at work in my life as well. Through the experience of losing my dad to illness a few years ago, I believe I have earned a greater understanding of what some of the residents and families I am attempting to minister to, go through. I know what it is like to feel the heavy responsibility of being an advocate for a parent who cannot speak for himself. Sometimes a resident will remind me of my dad and I feel his struggle all over again. I believe this painful experience has given my genuine empathy that is so necessary to come alongside people in a similar situation. I believe



nothing is wasted with God. Romans 8:8 states, “and we know that in all things God works for the good of those who love Him, who have been called according to his purpose.” If we have a season of suffering or are called to give something up, even our independence, it is always for our good. There is a story about a girl named Jenny who lived with her parents in an average neighborhood. A new family moved in down the block. They had a girl Jenny’s age and the girls became friends. Jenny noticed that this family did not have much and were quite poor. The girl did not have many toys and

Jenny decided she wanted to bless her with a gift. She talked to her father about it and he suggested she give something that meant something to her, such as the plastic pearl necklace she wore everyday. Jenny clutched the necklace, and with tears, told her dad she did not think she could part with it. That night, Jenny thought more about this and finally decided somewhat reluctantly, that she would give her friend the necklace. The next day, she came home, telling her father that she gave the necklace and that the girl loved it. The next morning, Jenny woke up to find a small

box next to her bed. It was a gift from her dad and when she opened it, it was a real pearl necklace! Jenny’s eyes filled with tears and as her dad placed it on her, he said, “now you have the real thing.”

I believe God’s plan is to take the things which are temporary and useless and replace them with something lasting and eternal. We often cling to our cheap pearls when He has something so much more valuable to give us and it is often best accomplished through trials. As you observe the miracle of spring again this year, think of your life and all the precious pearls God wants to give you and open your heart and hand to receive them.

Tracy Alin, Pastoral Care



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