



The Village News

February 2010

Love is not enough. It must be the foundation, the cornerstone - but not the complete structure. It is much too pliable, too yielding.
-Bette Davis

Nursing News From Joey

Let me start by thanking everyone for getting us through this 1st part of winter! Nursing is 24-7 and all of us appreciate staff pitching in. As the Director of Nursing here, my hope is we will have our new Memory Care Facility up and running soon. We have had to transition out some of our residents who needed the dementia specific care that our Memory Care could accommodate. Please help us to support this needed growth of our facility so we can keep your family here with us at Legacy.

Joey



WELCOME

To our new residents!



Independent Living

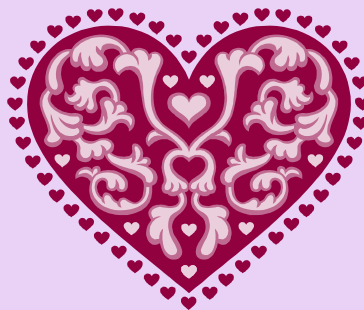
Assisted Living

Nursing Facility

Elsie Miller
Margaret Clark



Recipes With Mike



From the kitchen at The Village At Legacy Pointe to you. Spicy Turkey Chili

Ingredients

- ♥ 2 (5 oz) cans turkey meat, drained
- ♥ 2 (15 oz) cans kidney beans
- ♥ 2 (14.5 oz) cans Italian-style stewed tomatoes
- ♥ 2 (1.25 oz) packages chili seasoning mix
- ♥ 1 (4 oz) can green chile peppers
- ♥ 1 (8 oz) can tomato sauce
- ♥ 1 onion, diced
- ♥ 1 cup water

Method

In a slow cooker, combine turkey, beans, tomatoes, chili seasoning, chile peppers, tomato sauce, onion and water. Cook on low 3 to 4 hours. Serve hot.

Mike & Vicki

News From Assisted Living

Hopefully you have all met Jeanne Duquette, RN Assisted Living Coordinator hired in August, 2009.

I have slowly been making the rounds to each apartment to get better acquainted with you. I come with 30 plus years of nursing experience, most recently in the Assisted Living arena. I am fluent in Spanish and also know survival French (what's my mother-in-law saying about me now??).

I was born on a farm south of Des Moines in New Virginia, Iowa; I have 6 sisters and 3 step-sisters. I have lived in Arizona, North Carolina, New Jersey and Vermont & have been married for 33 years and have 3 grown children and 9 grandchildren. My blood type is B positive which is also my outlook on life.

I have been busy helping draft the new occupancy agreements you have all received. As discussed at the meeting, these are being re-written to include rule changes and language specific to Assisted Living from the 2010 Iowa Code (chapters 67 & 69). You will have 30 days to sign your residency agreement and return them to me for filing in your medical records. If you have questions, please be sure to stop by & see me.

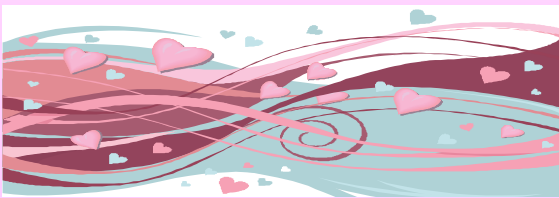
Jeanne



Hello Residents and Families,

Recently, our staff has been informed that we have had clothing items come up lost or misplaced. This means it is time to get out our black markers and re-mark all of our clothing please! We are encouraging all family members to please mark all clothing items with your loved ones name or room number. Please ask your nurse for a permanent marker to mark items if you don't have one. This will benefit all of our resident's and our laundry staff who work so hard trying to return items to the correct resident's room. Starting in March, laundry staff will no longer return any items to rooms that do not have names on them, but we will keep it up to one month or until it is claimed. Please do not hesitate to contact me, Nicole, if you have any questions or concerns. Thanks for your cooperation in this matter.

Nicole



Activity News With Rose

The Holidays were very exiting and busy for all of us here at The Village. I think everyone enjoyed the Festival of Trees Celebration with the food vendors, music and other festivities. We also had a lot of volunteer groups come in to celebrate with us! There were lots carolers and music programs. A group of high school students came to play Bingo with our residents! Another couple of High School students came in to play their trumpet and saxophone for us. We also had a Mary Kay representative and her family come in and pass out gifts to our residents! After all that we still rang in the New Year with a party! We are a little partied out, so January won't be quite so busy. Jerry Michael will be coming to sing, Julie Moss will be here with her guitar and her lovely voice, and David Chamberlain will be here to entertain us with his piano.

In February I plan on having a Valentines Party where we will crown the King and Queen of Hearts! Please continue to look at your Activity Calendars, daily activity boards, and bulletin boards for any changes or additions to the Activity schedule. I have thoroughly enjoyed being the Activity Coordinator this past year and I'm looking forward to the coming year of new activities!



February Birthdays



Independent Living

February 7	Margaret George
February 8	Dorothy Burke
February 13	Joan Boyer
February 14	Orville Nelson
February 17	Eleanor Bricker
February 25	Madeline Oddy

Assisted Living

February 7	Dick Hakes
------------	------------

Nursing Facility

February 3	Pauline Snider
February 14	Marilyn Evans



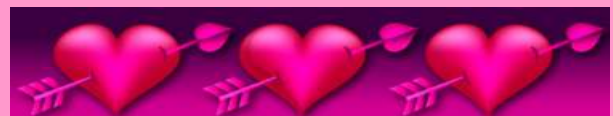
How is your heart? **February is American Heart Month.** Take the time to look at your eating and physical activity habits; are they heart healthy? Stress management is another factor that plays a key roll in maintaining a happy healthy heart.

According to the American Dietetic Association, a healthy heart is the result of good genes, physical activity, healthy food choices, and managing stress. Although you cannot change your genes, you can make sure that you and your loved ones get regular physical activity, make good food choices, and deal with stress.

With Valentine's Day just around the corner, give a gift from the heart...for the heart. Here are some heart healthy gift ideas:

- Fill a basket with fresh fruit, vegetable, or a mix of the two.
- Create a heart healthy meal with seasonal fruits and vegetables, whole grains, low-fat dairy foods, and lean protein. Limit foods high in saturated fat.
- Give the gift of physical activity. Buy a gift certificate to a gym or make time to take a walk or go for a bike ride.
- Give a gift that will help manage stress. Give a massage, provide a listening ear, or offer to lend a hand.

For American Heart Month, take a look at your heart and look for ways to improve your physical activity, eating habits, and stress management.



"It is the mission of The Village at Legacy Pointe to offer to all seniors a community of service fostering the principles of individuality, respect, empowerment and choice."