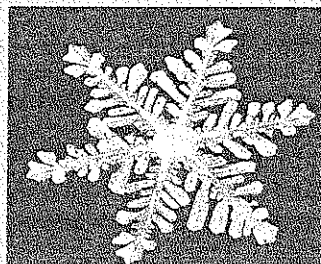


Be always at war with your vices,
at peace with your neighbors, and
let each new year find you a
better man. - Benjamin Franklin



Recipe Corner

From Mike,
Director of Dietary



Happy New Year!

We hope every one is staying warm and enjoyed the Holidays! Many of you participated in all the festivities that took place over the last few months. The Festival of Trees was a great turn out and absolutely beautiful! All of the Christmas parties made the season so festive! It is time to say goodbye to the year 2010 and say hello to 2011! We will be kicking off the new year with a winter formal sweetheart dance, that will be sometime in February. Keep an eye out on your bulletin boards for more information and details regarding the dance. We are already filling up our calendars with fun activities for the New Year and hope this year is just as great as the last! We love to hear from you and think your ideas are important, so if anyone has any suggestions for new activities please feel free to contact Rose or Ashley at 515-987-4102. Thank you again for making 2010 a great year!

Blessings,

Rose Seibert & Ashley Rosenberg (Activities)

WELCOME

TO OUR NEW RESIDENTS

★★★★★

Independent Living

John DeMaris

Assisted Living

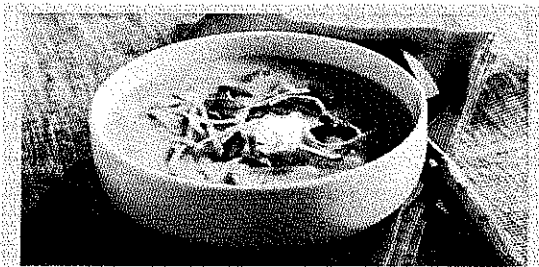
Nina Harrell

Nursing Facility

Dick Hakes

Mildred Howe

Robert Howe



Bacon & Baked Potato Soup

Prep time 15 min

Total time 30min

Makes 6 servings, about 1 cup each

What you need:

- 1 Tbsp. butter or margarine
- ¼ cup chopped onion
- ¼ cup chopped celery
- 1 can (14-1/2 oz.) reduced sodium chicken broth
- 1-1/4 cups milk
- 2 baking potatoes, baked, cut into 1/2-inch pieces
- ¼ tsp. salt
- 1/8 tsp pepper
- 8 slices Center Cut Bacon, crisply cooked, crumbled and divided.
- ¾ cup KRAFT Cheddar CLASSIC MELTS Cheddar & American, divided
- 2 Tbsp. green onion slices, divided
- ¼ cup Sour Cream

Make It

MELT butter in heavy saucepan or Dutch oven. Add onions and celery; cook and stir 5 min. or until crisp-tender. Add broth, milk, potatoes, salt and pepper; bring just to boil, stirring constantly. Slightly crush potatoes with back of spoon. Reduce heat to medium-low; simmer 5 min., stirring frequently.

Reserve 2 Tbsp. each of the bacon and cheese and 1 Tbsp. of the green onions for toppings; set aside. Add remaining bacon, cheese and green onions to soup just before serving; cook until cheese is melted, stirring constantly. Serve topped with reserved bacon, cheese, green onions and sour cream.

Hello from Assisted Living.

I would like to introduce myself. My name is Courtney and I am the new Assisted Living RN Coordinator. I am married, have 2 puppies and a guinea pig. I have been at the Village at Legacy Pointe since we opened the nursing facility. I recently had the opportunity to come work in Assisted Living. I must say, it has been quite the change from the Nursing facility, but I have been enjoying the residents here. If you have any ideas of things you would like to do for fun, please bring them to me so we can try to implement them. I hope you all had a great and safe holiday season full of love and joy.

Just a quick reminder to all residents, if you get new insurance cards, will you please bring them to the office so we can get a copy of them so they are in your chart. Thank you & have a Happy New Year!

Courtney, AL RN Coordinator



So the holidays have come and gone and you're either a) exhausted or b) exhausted. It's hard at this time to produce any oomph to do anything above and beyond your regular life obligations. Then you think about those New Year's resolutions and immediately run and hide under your comforter with a bowl of M&M's. Let all those changes you want to make wait for another day, right?

Wrong! For some reason there is a true psychological benefit to the new year for many people. It's just too weird, or too hard or too inconvenient to start a new habit on August 18th. January 1st has a magical quality to it so take that quality and run with it!

Don't resolve to change twelve things at once. Pick one and only one thing you would like to do better, or start, or quit or whatever for the next few weeks to months. One thing. If you know you cannot quit smoking AND quit drinking a gallon of Pepsi a day, pick one. It is so much easier to do something when you can focus all of your attention on it as opposed to dividing your energy among too many things at once. Pick something that you know will enrich your life or make you healthier or benefit mankind in some way. Know that life is short and before you know it the end of summer will be here again and you will be either nine months into a great new thing or nine months into more guilt over something you should have done but didn't.

January 1st, it's a magical time. Make its magic work for you!

Ande (Director of Nursing)

Hello from Teri

With the beginning 2011 some of you may have changed your insurance carrier or just received new insurance cards. In the nursing facility, we will need to have copies of your insurance cards on file. Please bring in new cards to the social services office so we can get copies of them. If you want to mail them to us, please send copies of front & back of all cards including pharmacy. Hope you all had a Merry Christmas, & have a Happy New Year!!

Teri, (Social Services, Admissions)



January Birthdays!

Independent Living

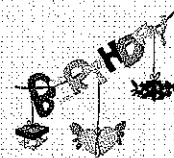
Jan 2 Darlene Urfer
Jan 6 Lee Pettegrew
Jan 7 Larry Camp
Jan 7 Janet DuBuc
Jan 9 Marcile King
Jan 12 Bonnie Sturm
Jan 13 Lucy Elrich
Jan 15 Doris Bailey
Jan 22 Vernon Karli

Assisted Living

Jan 1 Maxine Johnson

Nursing Facility

Jan 31 Adalene Hummel



February Birthdays!

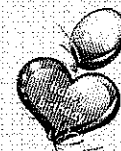
Independent Living

Feb 7 Margaret George
Feb 8 Dorothy Burke
Feb 17 Eleanor Bricker
Feb 18 Marlin Docter
Feb 25 Madeline Oddy

Assisted Living

Nursing Facility

Feb 4 Howard Hanson
Feb 7 Richard Hakes
Feb 25 Peggy DeMaris



Happy Birthday

Driving in Snow and Ice

The best advice for driving in bad winter weather is not to drive at all, if you can avoid it.

Don't go out until the snow plows and sanding trucks have had a chance to do their work, and allow yourself extra time to reach your destination.

If you must drive in snowy conditions, make sure your car is prepared, and that you know how to handle road conditions.

It's helpful to practice winter driving techniques in a snowy, open parking lot, so you're familiar with how your car handles. Consult your owner's manual for tips specific to your vehicle.

Welcome Ambassadors!

Starting in January, we will now be having an Ambassadors Program. The ambassadors consist of Volunteers from our very own Independent Living Residents & Town Home Owners! Our Ambassadors will be sitting in the Town Center in Independent Living. There they will greet incoming pedestrians who may be interested in touring our facilities or even just directing traffic to the appropriate areas. The ambassadors are there to help and assist our public and you! Please be sure to keep an eye out for them!

Hi! My name is Konnie Carlson RN. I would like to introduce myself and tell you about the position I am in, here at The Village at Legacy Pointe.

I have been a nurse for 36 years and have loved every minute of it! I started out working in Obstetrics for many years, then have had experience working in surgery, homecare, hospice, and Assisted Living. I am married and have 3 grown children; my oldest daughter will be married next August and will be moving to Georgia. My other daughter is a Minister in Texas and my son is in College in Texas. What am I doing in Iowa?!

I am now the Community Liaison for The Village at Legacy Pointe. My goal in this position is to help make this community the best place to live!! We have wonderful amenities and staff so it should be easy!! I will be working with new people wanting to move in to the Assisted Living and the Independent Living Apartments, also will be working on getting us more exposure out in the public and to let people know what we offer them. I will also be doing and arranging education for the staff and for the public. If you have any questions or comments for me, please stop by my office or call me at 515-478-0032.

I look forward to getting to know everyone and plan on working hard for this community!

"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"



Guest Suites

As many of you have already noticed, we are making a few of the Independent Living Apartments Guest Suites! These suites will be available for any resident or they're family. They are \$50 dollars per night and come with everything you would need:

- TV with local channels
- Coffee
- Towels and soap
- Cooking utensils
- Queen sized bed
- Refrigerator and Stove

These Guest Suites are already popular and have already been booked! Don't want family to stay in a hotel? No problem, The Village at Legacy Pointe welcomes them to stay! Be sure to contact Laurie at 515-987-4100 for more information and booking!



Have you noticed the Construction? If you have let me inform you on what is going on here at The Village at Legacy Pointe! We are adding onto our facility and we will now provide Assisted Living Memory Care for our Residents and new Residents! We are hoping to open the building shortly after the first of the year! Maybe the first of February or March! Keep your eye out! It has been going up fast!