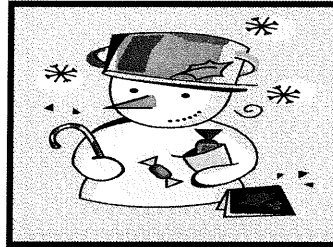




The Village News

January-February

Too often we under estimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.
- Leo Buscaglia



Recipe Corner
By: FSD Mike



GREETINGS:

Looking forward to a wonderful New Year and new beginnings. This year we will hold our annual traditions and we look forward to creating new memories!

Take Care,
Vonnie
Executive Director

Rocky



Maggie



Chicken and Noodles with Dumplings Soup

Nothing warms the heart and soul like a good, steaming bowl of chicken soup on a cold winter's day, especially when there are dumplings in the equation! Count this as one of the comfort foods.

Soup:

- 1 (3-Pound) stewing chicken
- 1 tablespoon vegetable oil
- Water
- 1 large onion, chopped
- 2 stalks celery, sliced
- 1 large carrot, pared and thinly sliced
- 2 teaspoons kosher or coarse salt
- ½ teaspoon freshly ground black pepper
- 2 ½ tablespoons chicken base or bouillon granules
- 1 tablespoon dried parsley
- 1 large bay leaf
- ½ cup loose-pack frozen peas (optional)



Easy Dumplings:

- 2 cups all-purpose flour
- ½ teaspoon onion powder
- 2/3 cup 2% milk

Noodles:

1 (12-ounce) package egg noodles, cooked according to package directions

1. Remove the neck and giblets, save in the freezer for another use or discard as desired. Wash chicken inside and out thoroughly. Dry thoroughly with paper towels, inside and out.
2. Heat the oil over medium heat a large cooking pot and brown whole chicken until golden brown.
3. Add enough water to just cover the chicken. Bring to boil over medium high heat, skimming off any foam and fat that accumulates on the surface.
4. Add the onion, celery, carrot, salt, pepper and bay leaf; cover and simmer for 45 minutes or until chicken is thoroughly cooked. Remove chicken from the pot. Cool slightly and remove meat from the bones, discarding both the bones and skin; set chicken aside.
5. Add the chicken base and parsley to broth and return to a boil.
6. Meanwhile, Prepare Easy Dumplings: Mix dry ingredients together in bowl; add milk and stir with fork just until mixed. Mixture will be soft and slightly lumpy.
7. Drop dumplings into boiling broth by tablespoonfuls. (Dip the spoon into the hot broth before scooping up the batter, and the dumpling will easily slide off.) Cover, reduce heat, and simmer for 12 to 15 minutes, without lifting the lid or stirring.
8. Return the boned chicken to the pot and add the cooked egg noodles and peas, if using, stirring gently so as not to break-up the dumplings.
9. Ladle into soup bowls and serve immediately.

Makes 10 Servings

WELCOME

TO OUR NEW RESIDENTS

★★★★★

Independent Living

Art McCann

Assisted Living

Lewis Clarkson

Doris Omvig

Nursing Facility

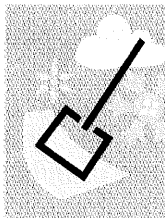
Frances Frecentese

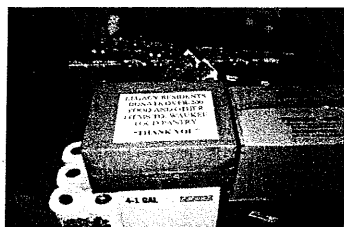
Virginia Holmes

Memory Care

Rose Fleming

Dolores Forest





Legacy Independent Living Donates to The Food Bank

Thanks to an idea suggested at the IL October Birthday Party by Gloria Brockway and later approved by the IL residents, 256 items including canned food, stuffed animals were delivered to the Waukee Food Pantry on November 28th, 2011 by Carl VanFarowe and Marlin Docter. The Waukee Food pantry expressed "Thanks" for Legacy's generosity.

Activities at Legacy



What a year it has been! Are you cold yet? We are, but that isn't stopping us from having fun! We have had a busy month in December with the Holidays, many groups of Christmas Carolers and delightful entertainment. The Festival of Trees was a big success with many thanks to the vendors that had set up beautiful Christmas Trees & shared their foods with us. We celebrated New Years with a party on the 29th.

Starting the New Year, we also start with new activities personnel. Ashley Rosenberg has taken over the position of Activity Coordinator. She will be doing the activities at the Memory care, Nursing & Assisted Living. Travis Sisney is our new Activities Assistant.

We will be having lots of fun activities planned for after the New Year. In February, watch for the Valentine's Day Party and hopefully we will be able to do another Sweetheart Dance. I will post flyers closer to the dates.

Have a Happy New Year!

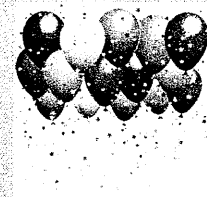
-Ashley Rosenberg
Activities Coordinator

-Travis Sisney
Activities Assistant

January

Independent Living

- Jan 2nd Darlene Urfer
- Jan 6th Lee Pettegrew
- Jan 7th Larry Camp
- Jan 7th DuBuc Janet
- Jan 9th Marcile King
- Jan 12th Laura Sturm
- Jan 13th Lucy Elrick
- Jan 15th Doris Bailey
- Jan 22nd Vernon Karli
- Jan 29th Verda Gruneich
- Jan 31st Jim Twyman



Assisted Living

Nursing Facility

- Jan 1st Jim Parrot
- Jan 3rd Margaret Owens
- Jan 31st Adalene Hummell

Memory Care

- Jan 1st Betty Classen
- Jan 16th Maxine Johnson

February

Independent Living

- Feb 7th Margaret George
- Feb 8th Dorothy Burke
- Feb 13th Joan Boyer
- Feb 17th Eleanor Bricker
- Feb 18th Marlin Docter
- Feb 25th Madeline Oddy



Assisted Living

Nursing Facility

- Feb 25th Peggy DeMaris

Memory Care

Welcome our new Director of Nursing

My name is Corey Stull RN-Gerontology Specialist. I have been a nurse since 1985 and worked specifically in Long term care since 1999. I have worked and been a State Inspector of nursing facilities, a Long Term Care Ombudsman for the State of Iowa, consulted and worked as a Director of Nursing.

My philosophy is the resident comes first and as long as we stay within the regulations; I will continue to help my staff take care of our residents to the best of our abilities.

Corey Stull - DON

News from Memory Lane

Happy New year to everyone!

I can honestly say, "I have never made a New Years Resolution and if I have, I didn't keep it." I get the point that New Year's Eve is a time for looking back to the past year, and more importantly, looking forward to the coming year. This is the time to reflect on the changes that need to be made and follow through on those changes. I'm not sure if I didn't ever want to reflect or if I was afraid of the failure of not following through. So, this year I think my New Years Resolution will be not to make a resolution and to try and enjoy life more. I may try something new, find a new hobby or learn something new. I'll see how it goes and who knows; maybe next year I will have a resolution.

As we all know leap year comes every four years. This is the year! Did you know every 28 years February 1st comes on a Sunday and there is five Sundays in the month ending on February 29th? The last time this happened was in 2004. I just know that when it is leap year I have one more day in February to enjoy Memory Care.

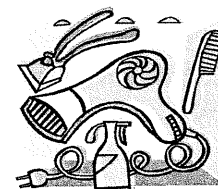
January and February are two of the coldest months. The winter season has arrived and I want to remind everyone about the risk of frostbite. It can cause permanent damage and in some cases lead to amputation. Symptoms include; loss of feeling, skin white or pale in appearance, and hard and waxy to touch. It usually occurs in the fingers, toes, earlobes, chin, and tip of nose. Extremely low temperatures (20 degrees Fahrenheit or lower) and wind chills below zero can cause frostbite to occur in minutes. The elderly are at high risk because they lose heat from their skin faster than younger adults. Some ways to prevent frostbite is to: wear at least 3 layers of loose fitting clothes to help retain body heat; cover your head, face, neck, and ears with a scarf, hat, earmuffs, and a hood. Most body heat escapes from your head; stay hydrated and avoid caffeine, alcohol, and cigarettes. If you notice frostbite, some things you should not do are: rub the frostbitten area, run hot water over the area and you should warm the torso first and then warm arms and legs. Always seek medical attention.

Wishing you the best in 2012,

Renee Larson, RN, BSN
Memory Care Coordinator



Happy New Year from Mary at the Salon!!



I'm excited to start this New Year and trust everyone had a great Christmas.

This will be my second year at the Village at Legacy Pointe and I love being here, meeting new people and creating new friendships. I am excited to tell you there are many wonderful things happening that will be seen in the salon this year, new hours – totally new looks, new styles, new treats, but same prices and the same Mary. Watch for more fun things in the coming months.

**Mary- The Village at Legacy Pointe Salon
515-554-6325
Mon-Fri 9-4
Saturdays by appointment**

HAPPY NEW YEAR

Activities at Memory Lane

December was a busy month for Memory Lane. This was our first ever Holiday Season with the new building. It was fun having new volunteers come in and entertain for the holidays and all of the children carolers that came also. We had our Holiday party and celebrated the New Year with our New Year's Eve party.

We are happy to have a few new staff members here at the Memory Lane, Morgan Herriott, Richelle Bergeson, and Lindsay Thielen. Please welcome them if you see them.

The New Year promises to be fun filled. In February we will have our Valentine's Day Party and its always fun when various groups of children come and hand out Valentine Cards to the tenants, the tenants really enjoy it. We hope the start of your New Year is as great as ours! Happy New Year!

-Ashley Rosenberg Activities Coordinator

Happy New Year from Assisted Living

The past month has been very busy in Assisted Living; we're having our annual assessments that will continue into the next couple months. The foot doctor has been here this month and the residents have had lots of holiday parties as well. We have had new residents this month and a few that have passed away. This has been very hard on us all, residents and staff both. As I continue to tell residents, my door is always open to talk about this or anything else they may have concerns with.

We will continue to try Wellness Wednesdays, though not many residents come out. We are going to try new reminders for Wellness Wednesdays and a new time. We would like to have everyone stop out on their way to lunch for this. It is the first Wednesday of the month starting at 10:30am running until 11:30am, which is the start of lunch. Wellness Wednesday is just a way to look at the resident's vital signs and their weight. I record them and we keep a record; just an extra check to make sure everyone is doing well. All residents are welcome, and I am always available to check vital signs or weights. I am also always available for questions about your health. I hope to see you all there! I hope everyone has a great winter, and remember to be safe out there. Happy Holidays!

Courtney, RN
AL Coordinator

THIS MONTH IN HISTORY

January

- 1st Emma M. Nutt becomes the first woman telephone operator. (1878)
- 1st The ball was first dropped at Times Square in New York City. (1908)
- 10th The world's first underground passenger railway system opens in London, England (1863)
- 12th Batman debuts on television (1966)
- 21st Edward Jenner introduces the smallpox vaccine, which eventually leads to wiping out this deadly disease. (1799)
- 25th The first Emmy awards were given out. (1949)
- 26th The Dental Drill was patented. (1875)
- 29th Baseball's American League is founded (1900)

February

- 3rd Rock singers Buddy Holly, Richie Valens and the Big Bopper died in a plane crash. (1959)
- 6th The board game Monopoly first went on sale. (1935)
- 8th The Boy Scouts were founded. (1910)
- 10th Glenn Miller receives the first ever gold record for selling a million copies of a song. And the song.... "The Chattanooga Choo Choo"
- 15th The Post Office uses adhesive postage stamps for the first time. (1842)
- 19th A prize is inserted into a Crackerjacks box for the first time (1913)
- 22nd Frank Woolworth opens the first "Five Cent Store in Utica, N.Y. (1879)
- 23rd The Tootsie Roll rolls into stores in America. (1896)



Goodbye 2011 and Hello 2012



Where has the year 2011 gone?

It has been a very interesting year to say the least.

We have all had trials and tribulations, but let us focus on the positive and look forward to 2012.

It is a positive that we do not know what is ahead for us, good or bad. The unknown is always best.

We are thankful to be in a free country.

Our economy is not what we would like it to be, but some are still able to help others who are in need.

We have been accustomed to having not only what we NEED, but what we WANT and some of our WANTS are out of control so we must re-evaluate our priorities which can be a positive.

Let us all look forward to 2012 with anticipation and faith.

Karen Bode, RN
Community Liaison

