



# The Village News

March/April 2010

**Think Spring!**

*Nursing News From Joey*  
**WELCOME SPRING!!**



All of us here at Legacy Pointe are anxious for warmer days and the chance to get some fresh air. We have been blessed with having the Mercy College students here for their training and very thankful they have given us the opportunity to help them have a positive Learning experience in our facility. My goal as the DON here is to continue to build relationships with the colleges and promote our facility as a training site with positive outcomes. We welcome the opportunity to have people of all ages and cultures to join us in a partnership in caring for the greatest generation, our residents.

**A BIG THANK YOU** to our Residents, staff, and family Members for opening up Your hearts & home to help These students be successful.

Joey Oxenfield RN/DON



## Recipes With Mike

### A FUN GREEN RECIPE For St. Patrick's Day

**Prep time: 20 minutes**

**INGREDIENTS:**

- . 1 Tbsp. Instant Pistachio Pudding
- . 1/2 cup milk
- . Zip lock baggie

**Preparation:**

Put the table spoon of pudding mix and 1/2 cup of milk into the zip lock sandwich bag. Close the bag tightly, squeeze and shake. Eat your pudding once it is nice and thick. You can Refrigerate awhile if needed

### News From Assisted Living

Please note these medical meetings of interest:

WELLNESS WEDNESDAYS are the second Wednesday of the month at 10:00 a.m. in the Assisted Living dining room. Join Nurse Jeanne and Andrea to have your vital signs assessed as well as your weight. Every other month we have a speaker from the medical arena come in to speak. On the alternative month the Nurse discusses current articles of medical interest. If you have an area of interest, let Jeanne know and she will research and discuss the topic, or bring in a speaker on the subject.

ALZHEIMER'S/DEMENTIA SUPPORT GROUP will start up this month on the last Saturday of the month, March 27<sup>th</sup> at 2:00 p.m. in the chapel on the Nursing Facility side (1645 S.E. Holiday Crest Circle.) This will be a monthly group meeting to support the caregivers- children, husbands, wives, friends, sisters, brothers, and grandchildren of those who are memory-challenged. We invite any and all from the Village at Legacy Pointe, Waukee and surrounding communities to join us for this important work

# WELCOME

To our new residents!



**Independent Living**

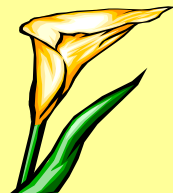
**Assisted Living**

Carole Gibson

**Nursing Facility**

Elsie Miller

Margaret Clark



## Residents Rights

**'Each resident has the right to considerate and respectful care and to be treated with honesty, dignity, Respect, and with reasonable accomodation of individual needs except where the health, safety, or rights of the resident or other individuals in the facility would be endangered. It is recognized that every resident is an individual who has feelings, preferences, personal needs and requirement.'**- Resident's Bill of Rights, IHCA

**As health care providers, The Village at Legacy Pointe is here to ensure that all residents have the right to their dignity and respect. We are here to create the best possible level of care for each and every individual. If you have any questions or concerns regarding your Resident Rights, please come and see me for more information.**

Sincerely,  
Nicole Hummel  
Social Services/Admissions

## Activity News with Rose

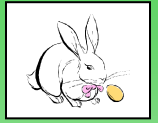
Here it is March already! We are looking forward to spring. It has been a dreary cold winter but we have had a lot of fun activities. We had a super bowl party, Valentines Party crowning king and queen of court, the little WDM readers came and read to us, and had a really fun Mardi Gras party with horns, hats, balloons, masks, and gumbo, and a new Country Western music program.

We are looking forward to a fun filled March with a St. Patrick's Day Party, music with Julie Moss and a special Ice Cream Social in the Care Center. In April we are planning on having an Easter egg Hunt and games with the resident's family members. Children are welcome to participate in the games from the ages of 1 to 10. We will have the Easter Party Sat. April 3<sup>rd</sup> at 2:00 p.m. We will be sending out more information regarding this party. It won't be much longer and we will see the green grass and have some outdoor outings.

Sincerely  
Rose Siebert  
Activity Director



## *March/April Birthdays* Independent Living



|          |               |
|----------|---------------|
| March 14 | Lee Kopper    |
| March 18 | Ed Sparks     |
| March 26 | Holly Herbert |
| March 27 | Amy Shearer   |
| March 30 | Pat Anderson  |

### Assisted Living

|          |               |
|----------|---------------|
| March 3  | Judy Corbett  |
| March 8  | Don Craft     |
| March 29 | Harold Holmes |

### Nursing Facility

|          |                     |
|----------|---------------------|
| March 2  | Patty McBride       |
| March 5  | Velma Kralik        |
| March 21 | Evelyn Mittelsteadt |
| March 22 | Mary Kearney        |
| March 24 | Bernice Schultze    |
| March 31 | Louise Allie        |

## PROTECT YOURSELF AND YOUR HOME FROM ELECTRICAL HAZARDS

By recognizing electrical hazards that may be present in your home, you can protect your family, home, assets from damage caused by electrical surges.

### ELECTRICAL SUGES HAPPEN IN STORMS WHEN:

- . Electric utility lines touch one another
- . Power grid switching occurs
- . Air conditioning units, furnaces, refrigerators or vacuum cleaners turn on and off.

### Lightning Protection Systems:

- . Provide a direct path for the lightning to follow to the Ground
- . Prevent destruction, damage, injury or death as it travels that path

### When there is lightning nearby:

- . Do not use the telephone except in an emergency.
- . Stay away from electrical appliances, TVs, fireplaces, Metal objects, windows or doors.
- . Seek shelter immediately in an enclosed building or Vehicle
- . If you cannot find shelter, find a low lying area, crouch Down with feet together and hands on your knees until The storm is over.
- . Avoid isolated trees, high ground, bodies of water or Large open areas
- . If someone is injured, administer first aid, if you are Qualified to do so, and call for emergency help. You Cannot be shocked by someone who has been hit by Lightning.

### Surge Protection Devices

Properly installed surge protection devices (SPDs), combines with a good grounding system, should protect your electronic and electrical appliances from all but the most severe electrical surges. An SPD does not suppress or arrest a surge; it actually diverts the surge to the ground.

Each time a surge occurs, the damage to the electronic or electrical appliance accumulates, weakening the appliance components until they finally fail.

*"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."*