



The Village News

March-April

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.

Harriet Tubman



Recipe Corner

From Mike,
Director of Dietary

Dementia:

There are many elderly that suffer from dementia and it is very tough on the family because they don't understand what or why their families do or say those things. I recently read a great book called "Creating Moments of Joy" by Jolene Brackey.

A person with Alzheimer's will lose their short-term memory but the long-term memory is working. Great example if you come to visit and ask them what they had for lunch and they can't remember, instead ask them what is one of their favorite foods. They will be able to visit with you about some of their favorite foods but not what they had for lunch.

Family members will come and tell me that their parents don't remember them but you need to remember "you are not forgotten". They might not know you in person but they can remember your voice when you talk with them on the phone. In the book, a suggestion of standing behind them, rubbing their back and talking to them can trigger a memory. A person with dementia might not remember you now but if you show them a picture of yourself when you were a child, this could open a conversation about your childhood.

This book is very helpful for family members to better understand the disease but helpful to any caregivers of the elderly with dementia.

Teri Caldwell
Social Services



Super Easy Mardis Gras King Cake

Prep Time 15 min
Cook Time 50 min

Ingredients:

- 3 (14 oz) cans refrigerated sweet roll dough
- 2 (12 fluid oz) cans creamy vanilla ready-to-spread frosting
- 1/4 cup milk
- 2 drops green food coloring
- 2 drops yellow food coloring
- 1 drop red food coloring
- 1 drop blue food coloring
- 1/2 cup multi-colored sprinkles

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease baking sheet.
2. Open the cans of sweet roll dough and unroll the dough from each can into 3 strands. Working on a clean surface, place 3 dough strands side by side and gather them together to make one large strand. Fold this in half, and roll slightly to make a fat log. Repeat steps with the remaining dough. Place each log on the prepared baking sheet and shape to make a ring, overlapping the ends and pinching them together to make a complete circle. Pat the dough into shape as necessary to make the ring even in size all the way around. Cover loosely with foil.
3. Bake in preheated oven until firm to the touch and golden brown, 50-60 minutes. Check often for doneness so the ring doesn't over bake. Place on a wire rack and cool completely.
4. Place the cake ring on a serving plate. Cut a slit along the inside of the ring and insert a small plastic baby, pushing it far enough into the cake to be hidden from view.
5. Divide the frosting evenly between 4 bowls. Stir 1 tablespoon of milk into each bowl to thin the frosting. Use the frosting in one bowl to drizzle over the cooled cake. To the remaining three bowls of frosting, stir yellow food coloring into one and green into another. Stir the red and blue food colorings together with the frosting in a third bowl to make purple frosting. Drizzle the cake with sprinkles and decorate with trinkets.

WELCOME

TO OUR NEW RESIDENTS

★★★★★

Independent Living
Mike & Yvonne Potter
Sharon & Floyd Seward

Assisted Living
Mary Hanlon
Coleen Bailey
Joyce Sanders

Nursing Facility
Grace Young
Betty Classen



Hello from Renee Larson, RN Coordinator Memory Lane

I am a graduate of the University of Iowa with a bachelor's degree in nursing. I have 35 years of nursing experience with my primary focus being the elderly and the dementia specific population.

I raised 3 daughters and am blessed with 8 grandchildren. We enjoy spending family time at our Lake Home and celebrating holidays and special occasions together.

I am excited to be a part of the Village at Legacy Pointe community and am looking forward to the opening of Memory Lane. Please feel welcome to stop by my office anytime to visit.



Spring.... It's so close!



Soon, very soon, spring will be here and this winter will fade into the distant blur, it always does when nicer weather takes over. Funny how the mind is able to do that! So what's on the agenda for your "spring cleaning"? Those closets that the doors no longer close due to old tennis rackets, blocking the way? The kitchen, that still holds that special pan your Aunt Martha gave you 17 years ago that you just can't bear to part with?(for god's sake get rid of that pan already!)

Truth be told, there are different types of spring cleaning. Some involves physical labor and some involves emotional labor. Oftentimes the cluttering in your home is related to stuff going on inside of you as opposed to your famous reputation as a pack rat. Sometimes your need to cling onto those acid-washed jeans and cool sparkly wristbands has nothing to do with your desire to give Madonna a run for her money. Maybe that need stems from something much different. Cluttering is often related to a sense of loss of control in other areas of life. So when you survey your home and wonder "why in the heck do I have all of this stuff" slow down and ask yourself that question again. Why in the heck DO you have all of that stuff? Is there a void within you that you that you are plugging up with junk? Is it just easier to chuck everything into drawers and closets because you are too tired to do anything else with it? Really, look inside of you to see what you might be missing in your life that the piles of stuff you have isn't fixing and work on fixing that.

It's springtime, a time for new growth, a time for positive change, inside and out.

And for heaven's sake get rid of Aunt Martha's Pan!

Ande, Director of Nursing



March Birthdays!

Independent Living

March 14th Lee Kopper
March 26th Holly Herbert
March 30th Pat Anderson

Assisted Living

March 27 Amy Shearer
March 28 Don Craft
March 29 Harold Holmes

Nursing Facility

March 3rd Judy Corbett
March 3rd Cecilia Corsiglia
March 5th Mary Haydon
March 22nd Mary Kearney
March 24th Berniece Schultz



April Birthdays!

Independent Living

April 4th Helen Dickerson
April 13th Dorothy Politte
April 14th Ruth Burnham
April 16th Ray Urfer
April 18th Judy Shaw
April 18th Darlene Toussaint
April 18th Bonnie Hulse

Assisted Living

April 1st Bud Shearer
April 4th Nina Harrell
April 12th Roland Graham
April 30th Vivian Boston

Nursing Facility

April 20th Ruth Baier
April 24th Lyle VanLangen



Spring is coming, yeah!!

What a couple of cold months behind us. We are all looking forward to seeing green grass, flowers, etc., anything except this snow! January was quite a month, I think everyone was trying to recuperate from the busy holiday season. February was fun with our Super Bowl party (yeah Packers!), Valentine's parties, Winter Formal Dance, and Children's programs. In March and April, not only will we be looking forward to spring weather, we will also look forward to a Mardi Gras Party, St. Patty's Day Celebration, and our annual Family Easter egg Hung. Watch your activity calendars and bulletins for details! We are also expecting to open our New Memory Care Unit "Memory Lane" in March. We may be seeing a little less of Ashley due to the fact that she is going to be very busy helping to organize and get that facility up and running. Ashley wants to say how wonderful it has been working in the Nursing Facility and Assisted Living. She will miss everyone so much!

Happy spring! Rose Seibert & Ashley Rosenberg



Spring is just around the corner!!! We can not wait. I am very excited for the warm weather to come and to be able to take walks around the outside of the facility and get the residents out into the courtyard to sit and enjoy the weather, birds and the beautifully growth of flowers and trees. Please feel free to join us outside or to take your loved one outside on a walk.

We have been very fortunate to have escaped flu season, which has hit many facilities hard. If you notice any signs and symptoms of the flu, please let me know. Remember, hand washing is the #1 way to fight infection. I wish you all a happy spring, and hope you are able to enjoy the many beautiful aspects that spring brings.

From Assisted Living, Courtney RN



Hello everyone from Konnie Community Liaison!!

The position has proven to be very busy and exciting. I have been following up on people who have inquired about our wonderful senior community I the past plus new people are calling! The beautiful weather this week has people out and about. I rally appreciate all the good comments and friendly faces when I am bringing people on tours! The Memory Care Unit "Memory Lane" is in the final stages and will be beautiful when done. Watch for signs of a tour and open house. We are all excited about the Memory Lane and the service it will provide for those with dementia. We have already taken reservations! I have information in my office on health care providers if anyone needs that service, just come see me and I will help you, I can explain some of the services and help you can get in contact with the right person. Thank you to all residents who have made me feel welcome, I appreciate visits and if you have any suggestions for me that is great! Marlin, thank you for the amaryllis!

Waukee Memory Care, LLC

The Memory Care Unit is well on its way to opening soon! A private tour will be set up for our community/residents to view the Memory Care right before the Grand Opening. Staff will play a vital role in creating a sense of purpose for residents through activities. Activities will promote cognitive skills; creating a consistent plan for all residents that includes typical activities of daily living with personal meaning to connect to the past.

Seeking Volunteer:

Our community would also like to start a Dementia Support Group for the resident's loved ones to help assist them through this journey. The facilitator CAN NOT be an employee of The Village. If you are interested in this volunteer opportunity please give Konnie Carlson a call at 478-0032. There is training through the Alzheimer's Association.

Ambassadors:

The Ambassador Club/Volunteers have made a huge difference in our community and we would like to personally thank all of the volunteers, who logged in 90 hours total for the month of January, 2011!!

Pet Therapy (Maggie):

Some residents have asked us to set up visits for Maggie to come and visit with them in their apartments for 15-30 minutes at a time. Maggie would love to visit you. She will bring her toys and treats. If you are interested in pet therapy please give Vonnie a call at 987-4103

From the Desk of Vonnie Potter
And Miss Maggie



VALENTINE DANCE

Friday evening February 11, 2011 was the setting for a Valentine Dance at the Village At Legacy Pointe in Waukee.

Residents dressed in their finest clothes and were greeted by staff as they entered the beautifully decorated dining room. Residents enjoyed appetizers as they listened to the fine music provided by Harry and the Hawkeye Band. Some even enjoyed dancing!

The evening ended with the crowning of King Rolland and Queen Elsie. Everyone agreed we must do it again next year!!