

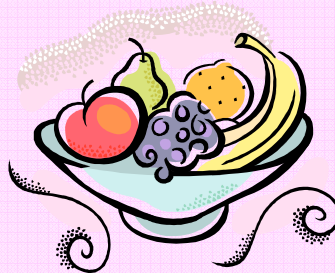


# The Village News

May/June 2010

Humor is the great thing, the saving thing. The minute it crops up, all our irritations & resentments slip away and a sunny spirit takes their place.

*Mark Twain*

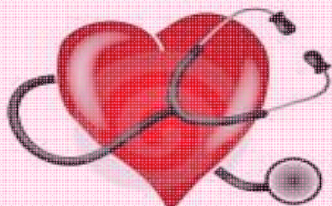


## Liberal Diet Information From Mike

### Nursing News From Joey

Spring is in full bloom here @ VLP!! We are looking forward to getting everyone out for fresh air, walks and bringing in flowers from our own yards to share with our family here. All of us know the importance of sunshine, and getting our Vitamin D but what fresh air does for the soul no pill can ever replace! National Nursing Week is May 6<sup>th</sup> thru the 12<sup>th</sup> so please help us honor our nurses and thank them for their commitment to our community, & our loved ones.

Joey Oxenfield RN/DON



# WELCOME

To our new residents

★★★★★

#### Independent Living

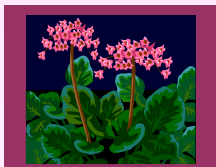
Janet DuBuc  
Rose Fleming  
Dorothy Victor

#### Assisted Living

Florence Fitz  
Donna Baldwin  
Grace Merical

#### Nursing Facility

Paul Varde



The Village at Legacy Pointe has liberal diets. There are many reasons for using liberalized diets in long term care facilities and we would like you to understand them.

- It is not unusual for a resident to eat poorly at meals. There are many reasons for this poor intake, including unfamiliar surroundings, new routines, illness and medications. Providing a regular diet can often help increase meal intake for a resident who is not eating well.
- It is not uncommon in long term care facilities to control high blood pressure and high blood sugars with medication instead of dietary changes in frail, chronically ill older adults.
- Quality of life and the rights of residents are of the utmost importance for those living in a long term care facility. If a person wants to eat regular foods and enjoys foods at activities he/she should be given that opportunity.
- Our meals are consistent in carbohydrates and generally low in sodium while still providing foods residents enjoy eating. Therefore, it is appropriate to serve residents with diabetes the regular menu with consistent carbohydrates at meals.

For further reading the American Dietetics Association has an article on liberalized diets in the elderly at [www.eatright.org](http://www.eatright.org). We continue to provide alternates at each meal to help honor food likes/dislikes. When a resident's diet is liberalized we continue to monitor their medical status and conduct routine weight and laboratory checks as ordered. This is the resident's home and we would like to keep a homelike environment.

Spring is finally here and we are enjoying the new town center fountain and getting ready to plant those flowers! Thank you to everyone who joined us for the Mother's Day Tea it was quite a treat. Please note that the business office has new summer hours posted. The next set of statements you receive should include a detailed list of all managers' direct lines, so you may contact them directly. We will also be conducting a customer satisfaction survey and hope that everyone will participate. We look forward to a great year and have lots of new adventures that we will be communicating along the way. If you have a chance; stop by the nursing facility and see the new gallery of pictures that we have recently shared. This new project will continue to multiply as we take pictures of memories this year to share with you. We also have a new Admissions Coordinator by the name of Karen Bode; please stop by and welcome her to the community. Take Care, Yvonne "Vonnie" Potter

|  |                             |
|--|-----------------------------|
| Yvonne "Vonnie" Potter<br>515-987-4103 | Executive Director          |
| Joey Oxenfield<br>515-987-4101         | Director of Nursing         |
| Laurie Grossnickle<br>515-987-4112     | Business Office             |
| North Nursing Station<br>515-987-4106  |                             |
| West Nursing Station<br>515-987-4105   |                             |
| Jeannie Duquette<br>515-987-4108       | RN AL Coordinator           |
| Vicki Underwood<br>515-987-4109        | Dietary Supervisor          |
| Mike Potter<br>515-987-4116            | Director Food & Maintenance |
| Rose Seibert<br>515-987-4102           | Activity Director           |
| Karen Bode<br>515-987-4114             | Admissions Coordinator      |
| Receptionist<br>515-987-4100           |                             |

### Activity News with Rose

**Welcome Spring!**  
**We are all so happy to see the green grass, spring flowers and leaves on the trees. It has been windy but it's great for flying kites. We have also gotten our little garden planted and are looking forward to fresh radishes, onions and tomatoes. April was a busy month for us. We want to than all of the family members who joined us for the Easter party. It was so much fun to watch all the children. May is looking to be busy with a Cinco de Mayo party, a cupcake social hosted by a local Church group, a visit from the zoo and Mother's Day parties. In June we will have entertainment by Fat Cat and a Father's day Party. Keep watching for activities on your monthly calendars and bulletin boards.**

Sincerely  
**Rose Siebert**  
**Activity Director**



## *March/April Birthdays*

### Independent Living



|                            |                               |
|----------------------------|-------------------------------|
| May 3                      | Teresa Post                   |
| May 5                      | John Dawson                   |
| May 9                      | Joyce Sanders                 |
| May 12                     | Margaret Swartz               |
| May 19                     | Francis Forret                |
| May 21                     | Virginia Siglin               |
| May 22                     | Carl VanFarowe                |
| May 28                     | Lew Dickerson & Mary Franklin |
| May 30                     | Peggy Haller                  |
| May 31                     | Edie Hoberrmann               |
| June 1                     | Juanita Lewis                 |
| June 5                     | Byron Brockway                |
| June 15 & 16 <sup>th</sup> | Mary Petty & Martha Petty     |
| June 20                    | Joan Bremer                   |

### Assisted Living

|                       |                     |
|-----------------------|---------------------|
| May 5                 | Melvin Wiles        |
| May 29                | Eldon Torstenson    |
| June 2 <sup>nd</sup>  | Crystal Korte       |
| June 3 <sup>rd</sup>  | Maurice Herr        |
| June 25 <sup>th</sup> | Mabel King          |
| June 28 <sup>th</sup> | Virginia Torstenson |

### Nursing Facility

|                       |                   |
|-----------------------|-------------------|
| May 1                 | Helen McCormick   |
| May 15                | Lorraine Waterman |
| May 30                | Alice Fall        |
| June 14 <sup>th</sup> | Lois Peters       |

### **Medical News from Assisted Living**

A hearty welcome to our newest residents: Grace Merial, Carole Gibson, Donna Baldwin, Florence Fitz!

I would like to remind everyone of the extra medical services available here at Legacy:

**Podiatrist:** Rudy LaFantant comes every 3 months on the 4<sup>th</sup> Wednesday of the month to attend to toenails. He was last here March 24<sup>th</sup>, and will return June 23<sup>rd</sup>, September 22<sup>nd</sup>, and December 22<sup>nd</sup>. The cost for service is covered under Medicare. Sign up sheets are posted 1-2 weeks before the visit at the counter top in the common area or by stopping in at the nurse's office.

**Audiologist:** Sara Michael and Stacy Reinhart from the Hearing Clinic come every 3 months to check hearing, check and clean hearing aids, and wax removal. Medicare does not cover hearing tests, so bring \$15.00 to the visit to cover the service please. The last visit was April 26<sup>th</sup> & the next visits will be July 28<sup>th</sup>, October 27<sup>th</sup>, and January 26<sup>th</sup>. Sign up by stopping in the nurse's office 2-3 weeks before the visit.

**Wellness Wednesdays:** These are at 10:00am and the 2<sup>nd</sup> Wednesday of the month (May 12<sup>th</sup> this month). Have your vital signs and weight taken and hear some health information of interest. This month Jeanne will discuss Drug-Free remedies for chronic pain and laughter yoga. Next month the speaker will be an audiologist to discuss ways to prevent hearing loss.

**And LAST but not least:** The wonderful Nurse who helps when you are sick or need assistance and the medical staff here in Assisted Living who help you with your needs day & night!! ☺

*"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."*