

If you judge people, you have no time to love them. -  
Mother Theresa

What a refreshing trip to Branson, Missouri Maggie and I took with Mike last week. The temperatures were 81 degrees, sunny and trees blooming. I was hoping we could bottle up some of that great sunshine and nice weather and bring it back to Iowa... but no such luck... rain and more rain is what we are experiencing.

But not too much longer and we will have plenty of great May flowers blooming around our community outdoors. Lots of our residents have spent much of their quality time planting tulips and rose bushes just for our pleasure.

The lunch bunch group made it to Mimi's Café in April and our next outing will be to John and Nick's in May.

The craft classes are growing with occupancy and oozing creativity! We encourage you to join us in May if you have never attended. We are creating items such as personal greeting cards, pottery, decorative plates and lots of other fun activities.

Our community has recently been granted a donation of a wonderful piano now in the IL dining room for entertainment and anyone who has the creative talent to play a tune for us.

The Ambassador Program continues to be a huge success for our community and lots of great feedback from our customers. We just completed our first quarterly luncheon to recognize our volunteers and have already been successful in recruiting new members.

We have lots of fun activities planned for the summer and welcome any new ideas you may have too!



Vonnie, Executive Director

Maggie Moo



## Recipe Corner

From Mike,  
Director of Dietary



### SIMPLE KIWI FRUIT SALAD

Simple Kiwi Fruit Salad is great because you can add just about any seasonal fruit to it to make it especially tasty, also is great for a special brunch or a light dessert.

#### Ingredients

- 6 kiwi, peeled and sliced
- 1 cup sliced strawberries
- 1 cup pineapple cut into cubes
- 1 cup blackberries
- 1 tablespoon fresh lemon juice
- 1 teaspoon honey
- Fresh chopped mint for garnish

#### Directions

1. Mix the fruit together in a large serving bowl and set aside.
2. In a small bowl, whisk together the lemon juice and honey. Drizzle over the fruit and toss to coat. Serve in individual bowls. Garnish with the mint leaves.

# WELCOME



## TO OUR NEW RESIDENTS

★★★★★

### Independent Living

Dale Kennedy

### Assisted Living

Muriel Johnson

### Nursing Facility

Margaret Owens

Deloris Carman, Helen McCormick

Rita Verhoff, Lyllis Schultz

Jean Bone, Shirley Hill

### Memory Care

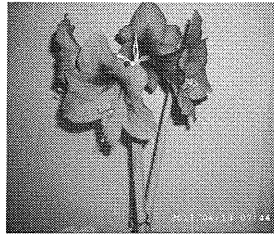
Betty Classen, Berniece Schultze,

Mary Haydon, Maxine Johnson, Mildred Howe



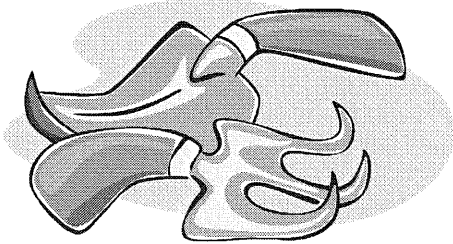
Independent Resident Marlin  
Doctor:

To date I have shared 66 Amaryllis  
flowers with Legacy Independent  
Living, Assisted Living, Skilled Ca  
And Management Staff.



I still have 10 that are close to  
blossoming and will be sharing them  
in the next couple weeks, that will make a total of 76  
Amaryllis plants that we will have enjoyed this  
spring.

In a couple weeks I will plant them in the garden to  
replenish and reinvigorate the bulbs so they will  
bloom again next spring.



### Spring

For The Garden of Your Daily Living,

#### Plant three rows of Peas:

1. Peace of Mind
2. Peach of Heart
3. Peace of Soul

#### Plant Four Rows Of Squash:

1. Squash Gossip
2. Squash Indifference
3. Squash Grumbling
4. Squash Selfishness

#### Plant Four Rows of Lettuce:

1. Lettuce be Faithful
2. Lettuce be Kind
3. Lettuce be Patient
4. Lettuce Really Love One Another

#### No Garden Is Without Turnips:

1. Turnip for Meetings
2. Turnip for Service
3. Turnip to Help One Another

#### To Conclude Our Garden We Must Have Thyme:

1. Thyme For Each Other
2. Thyme For Family
3. Thyme For Friends

**Water Freely With Patience and Cultivate with Love. There is  
Much Fruit In Your Garden Because You Reap What You  
Sow.**

Submitted by Teri, Social Services

## May Birthdays!

### Independent Living

May 5<sup>th</sup>  
May 12<sup>th</sup>  
May 14<sup>th</sup>  
May 16<sup>th</sup>  
May 19<sup>th</sup>  
May 21<sup>st</sup>  
May 22<sup>nd</sup>  
May 28<sup>th</sup>  
May 28<sup>th</sup>



### Assisted Living

May 9<sup>th</sup>  
May 20<sup>th</sup>  
May 23<sup>rd</sup>

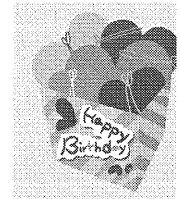
### Nursing Facility

May 1<sup>st</sup>  
May 5<sup>th</sup>  
May 26<sup>th</sup>

## June Birthdays!

### Independent Living

June 1<sup>st</sup>  
June 5<sup>th</sup>  
June 15<sup>th</sup>  
June 15<sup>th</sup>  
June 17<sup>th</sup>  
June 18<sup>th</sup>  
June 20<sup>th</sup>



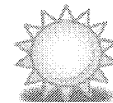
### Assisted Living

June 25<sup>th</sup>

### Nursing Facility

June 2<sup>nd</sup>  
Crystal Korte

Hello from Assisted Living



We are finally getting to the spring/summer months. Can you believe it? It seems like the year is just flying by. Soon we will be able to be outside gardening, tending to flowers, and enjoying the animals and beautiful sunshine. Remember your sunscreen; we don't want anyone getting skin cancer from the sun. Also remember, if you are out in the sun, have some water with you, as it is very important to stay hydrated.

The Assisted Living had their state survey on April 11<sup>th</sup>, 2011 and I am proud to say we passed with no deficiencies. We are very proud to have the group of employees working in the AL that we have.

I am always here if anyone has any concerns, please feel free to come and speak with me.

Courtney Ryner, RN AL Coordinator

## Note from Activities (NF & Assisted Living)

It is looking like spring is finally here. The grass is turning green, spring flowers are on their way up, and the trees are budding out, what a beautiful time of year.

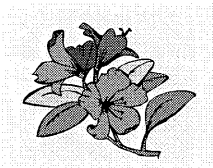
We are all looking forward to spending some time outdoors in our courtyard. We will be planting tomatoes, onions, radishes and flowers in our little garden soon.

We have had some fun activities going on. We had a group of local 4H children come in and help us decorate eggs, the "Read to Me" group of children came in and read to us and Cathy Lewis did a demonstration of China Painting for us. The Waukee Jr High Jazz band gave a wonderful performance & last but not least the Annual Easter Egg Hunt was a great hit with the children.

We are now looking forward to the Mother's Day Tea on Saturday, May 7<sup>th</sup> at 2:00pm. This year's theme is "Fashions of the Past", also it is National Nursing Home Week, May 8<sup>th</sup>-14<sup>th</sup>. This is a great time to thank our staff for their terrific job that they do.

I just love this time of year. Welcome Spring, goodbye winter blues!!!

Rose Seibert  
Activity Coordinator



## Community Liaison

Spring is officially here but you wouldn't know it with the temperatures lately! We are all hopeful for warmer days ahead when we can be outside a little more.

It has been a busy month; there have been many tours of the Independent & Assisted Living apartments. We hosted a "Tour of Homes" April 16<sup>th</sup> which would not have been possible without the residents who so graciously open their home for people to see. I truly believe it helps those thinking about moving in to our community to see a furnished home. I also want to thank all of you whom spoke with people touring and expressed the great reasons why they should live here. It makes my job easier when people hear the good things about Legacy Pointe.

Some of us visited the Bob Feller museum in Van Meter this week, was very interesting and some residents remembered him from school days or as a young girl pitching to him! Any ideas where we should go next? All suggestions are appreciated!

Konnie, Community Liaison



Hi from Mary Mars, I am the new hairstylist in the Barber/Beauty Shop. I am a graduate of Iowa School of Beauty & have been a beautician for over 20 years. I live in Windsor Heights and a few things I enjoy are baking, walking, music, gardening, shopping, china painting, crafts and hanging out with friends. I am really glad and excited to be working here at The Village at Legacy Pointe. I hope to meet you all and look forward to all the fun we are going to have.

I will be in the shop Monday, Tuesday, Thursday, & Fridays 9-3, my number is 515-554-6325. Please stop in & meet me, I am looking forward to seeing you. Mary ☺

## Activities at Memory Lane

It's Official! We have opened!



"Memory Lane" is going as well as planned. The resident's are doing great and getting settled in as well as the staff. With all this nice weather we have started making a list of things we can do outside. We would love to start a little garden of either vegetables or flowers in our courtyard. We also have thought about some parties to have outside for summer. I think the residents have decided to have a picnic and a beach party! That will be a lot of fun! Mother's Day & Father's Day is coming up so be sure to keep an eye out for when Legacy will have their Mother's Day & Father's Day parties!

I hope you have as much fun in the sun as we will this summer!

Ashley Rosenberg, Activities Coordinator



## Hello from Memory Lane

Memory Lane opened March 28<sup>th</sup>, 2011 and by April 1<sup>st</sup> we had our 5<sup>th</sup> tenant move in. The five tenants are settling in well and are developing a daily routine.

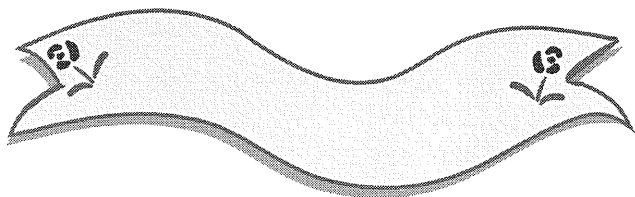
Activities are provided throughout the day starting right after breakfast and ending before retiring to bed. The tenants are encouraged to attend the activities, but if they aren't feeling up to it at that time a one on one activity is provided. Rest time is encouraged in the afternoon and to some that is their favorite activity of the day. Not soon after rest period they are responding "What is next?" Hydration is always encouraged in conjunction with their activity.

The courtyard is almost ready for use. The tenants enjoyed watching the workmen put the fence in. It won't be long and we will be able to enjoy the outdoors.

We have had many new families interested and touring Memory Lane and we are looking forward to our newest home filling up very soon. I am continuing to interview and train staff.

Thank you to all the families who have stopped by my office to get to know me and share ideas and stories with me. I have enjoyed each visit and look forward to more.

Renee Larson, RN, BSN  
Memory Care Coordinator



## Say What???

This time around I would like to talk about Communication. Stifle that yawn that's about to escape your mouth and just give me a few moments to expand on that idea. I know it sounds boring but the truth of the matter is, communication is the single most important thing that happens between human beings and learning to do it caringly and effectively can mean a world of difference to people you interact with every day.

So let's talk about it as it pertains to your employment. I know there are days that are frustrating and hard and there are people you work with that you probably wouldn't throw a life preserver to if they needed it. That's okay-we can't love everyone. However, there are things you can do to make your interaction with those people, or anyone for that matter, better. Try some of these tactics and see if they make a difference. You may be truly surprised by what can happen.

1. Use "I" messages instead of "you" messages. Take the following as an example. "Joe, you really make me mad. You are so lazy and it really torks me off." Version number 2: "Joe, I am feeling frustrated today because I am trying really hard to get my own work done and I don't feel like I can help everyone else right now. I did help room 234 on your hallway but need to concentrate on my own group right now". Which sounds better of the two sentences? The first sentence is a direct attack of the person and the minute someone feels attacked they close off and hear nothing of what you say from that moment on. The second sentence takes the weight of what you are trying to say and lays it on you, thus not accusing the other person but instead letting them know what you expect from them. You would be amazed the difference this one communication technique can make between people.
2. Never cross your arms when talking to someone when it is important. It makes the other person think you are closed off and not receptive to anything they have to say. I don't care what you are talking about and how upset it makes you, crossing your arms just makes it worse.
3. Try as hard as you can to see things from the other person's point of view. So often we get completely caught up in what we think and how we think things should go we leave no room to learn. It is okay to stand your ground if you know you are 100% right, otherwise, open your mind a little and you might just learn the other person has a bigger clue to what is going on than you thought.
4. Deal with others head-on. If a co-worker is upsetting you, tell THEM. Don't tell everyone else in the building, including the delivery guy. Tell the person you have an issue with. Once again, use the "I" message way of speech but talk to them. You'd be amazed how many times the person who you are upset with has no clue they have done something to offend you and really don't want any problems with you. I spend a quarter of almost every day fixing issues between employees when the truth of the matter is they could easily fix things themselves.

That's it. Basic but effective, it takes practice to learn new communication techniques but the results can be huge. Just pick one of the above four and work it into your life and see what happens. You can thank me later. ☺ Ande, RN, Dir of Nursing