

"A snowflake is one of the most fragile creations, but look what they can do when they stick together!"
--Unknown

Thanksgiving

A Thanksgiving Celebration

Thursday, November 17th

Meals Served at:

Nursing Facility-5:00pm

Assisted Living-5:30pm

Independent Living-6:00pm

Families are Invited to Attend

Reservations Required

Guest Meal Price: Inquire within

Call 515-987-4100

RSVP by

Monday, Nov. 14th

Call 987-4100 for reservations

AL/ IL- See bulletin board for details

WELCOME

TO OUR NEW RESIDENTS

★★★★★

Independent Living

Janice Altemeier

Joan Boyer

Melvin & Patricia Dunbar

Bernie Perdue

Assisted Living

Nursing Facility

Mae Moe

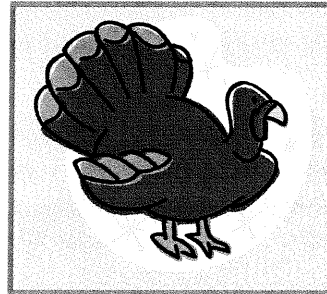
Pauline Wipperman

Memory Care

Nora Leverich

Ruth Peck

Anna Olson



Recipe Corner

By: FSD Mike



Warm and Fuzzy Apple Cider



This is a great beverage for cold afternoons and evenings! It will make your house smell wonderful and full of the Holiday Spirit!

Servings: 4

Ingredients:

- 2-3/4 cups and 1 tablespoon apple cider
- 2 tablespoons and 1/2 teaspoon brown sugar
- 1-1/2 cinnamon sticks
- 1/2 teaspoon whole allspice
- 1/2 teaspoon whole cloves
- 1-1/4 teaspoons lemon zest
- 1/2 cup and 1 tablespoon and 2 teaspoons dark rum
- 3 tablespoons and 1/2 teaspoon butterscotch schnapps

Directions:

Combine the cider and brown sugar in a saucepan. Wrap the cinnamon sticks, allspice, cloves, and lemon zest in cheesecloth and add to the cider mixture; bring to a boil; reduce heat and simmer 15 minutes. Remove the spice bundle and stir in the rum and butterscotch schnapps. Serve warm in mugs and whip cream on top if you wish! Enjoy!



Where has the year gone?

I will have been here 8 months by the end of the year and it does not seem that long at all.

I want to thank each and every one of you for making this one of the most rewarding positions I have had in my working career.

As the year comes to an end and I reflect: I smile each time I think of each of you and have some memory of how you affected my life. It could be a joke, a story, a concern, a smile or even a tear, but it did add to my life's journey.

We each go through this life but once and it is those we come in contact with who make the journey what it is. Thank you for enriching my journey and may each of you have a "memorable journey" and an Enriching Holiday Season.

Karen Bode
Community Liaison

News from Memory Lane

The staff and tenants are happy to announce that we had our first state survey on October 11th, 2011 and we met all the requirements needed to obtain our certification. Thank you to everyone for your support.

If a tenant has a medical appointment and needs transportation, I can assist you in coordinating that transportation to the scheduled appointment. If you have questions, please stop in and see me.

When thinking of the upcoming holidays, remember to be in compliance with the State Fire prevention requirements. There are to be no natural or resin bearing wreaths, trees or decorations displayed in hallways, on doors, or inside the individual's apartment. But, you may decorate with artificial trees and decorations. Lights are allowed on artificial trees, but please remember not to use extension cords.

THANKSGIVING FRIENDS

Thanksgiving is a time
For reviewing what we treasure,
The people we hold dear,
Who give us pleasure.

Without you as my friend,
Life would be a bore;
Having you in my life
Is what I am thankful for.

May the Holiday Season touch your heart with joy and may the New Year bring you peace and love.

Renee Larson, RN, BSN
Memory Care Coordinator

November Birthdays!

Independent Living

Nov 6th Pauline Hartman
Nov 7th Ruth Peterson
Nov 14th Carolyn Potter
Nov 25th Eleanor Donahue

Assisted Living

25th Lorraine Newell

Nursing Facility

Nov 7th Suzi Merrill
Nov 9th Millie Howe
Nov 18th Dorothy Coulthart
Nov 23rd Marlene Clemenson
Nov 24th Anita Fitch



December Birthdays!

Independent Living

Dec 8th Steve Nicoson
Dec 9th Marven Allen
Dec 11th Bud Burnham
Dec 14th Lester Wilson
Dec 31st Ed Clevenger

Assisted Living

Dec 16th Harriett Kreager
Dec 20th Elaine Milligan
Dec 27th Arthur McCann

Nursing Facility

Dec 3rd Arlene Marr
Dec 16th Betty Huttner
Dec 19th Florence Cushing



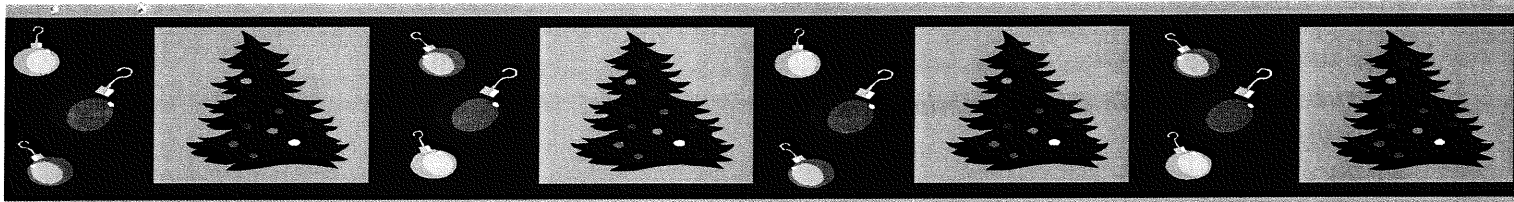
FROM PRO REHAB

Did you know...

Many of you attended last months' seminar on falls and fall prevention, thank you. We hope that you found this information informative and helpful. To re-cap, there are six risk factors that increase the likelihood you may fall. They include: home hazards, sensory deficits, low blood pressure, multiple medications, mobility issues and poor balance. As we age it is not uncommon to be affected by some, if not all, of the above risk factors. Fortunately, there are some things you can do to impact your risk of falls. Physical and occupational therapy are Medicare approved to provide training, exercise programs and environmental modifications to improve safety in your home.

As we enter the winter months our concerns for falling begin to focus outdoors. Check you footwear to ensure good tread, walk more slowly, and carry a cell phone with you in case of a fall. Living in a community allows the benefit of walking indoors. Walk daily, if possible, indoors to strengthen your legs.

If you have questions that you would like a therapist to address, please don't hesitate to call us at 987-8577. Remember that we are able to provide Physical, Occupation, and Speech therapy services that are ordered by your physician and are covered by Medicare and your secondary insurance here on campus.



Going Down Memory Lane

Greeting Shivering Friends!

One morning we were sitting at the table eating breakfast when one of our residents says "it's already October? I guess I need to start Christmas shopping for those little angels!" (meaning her grandchildren). It was a great way to introduce the holidays.

The best thing for dementia care is bringing the familiar things to the individual that brought happiness to them in the past.

I went around the room and had each resident tell me one thing they really enjoy around Christmas. One said stringing cranberries and popcorn around the tree. Another said drinking hot chocolate and reading The Night Before Christmas by the fireplace. Driving around and looking at Christmas lights was another activity they used to do as children. They want to make ginger bread cookies and frost sugar cookies in the shapes of bells and angels. They all want to have a dinner where they all give me a special dish they would like to have there, maybe something they used to cook at home. Nobody wants to help me put up Christmas lights around the building as they all say they're "retired"! They said, "Don't worry; you'll be there one day too." All I ever do is laugh with these residents. They are truly some of the best people I know and so special. That is what holidays are all about, spending it with the ones dear to your heart and making sure everyone feels as special as the next.

Every piece of the universe, even the tiniest little snow crystal, matters somehow. I have a place in the pattern, and so do you...Thinking of you this holiday season!

-- T.A. Barron

Happy Holidays and a Happy New Year!

-Ashley Rosenberg, Activities Coordinator
& the tenants at Memory Lane



HOLIDAY SPECIALS FROM MARY MARS- IL BEAUTY SHOP
TREAT YOURSELF THIS HOLIDAY SEASON!

Holiday haircut/style & Manicure Special!!!

Haircut/Style \$29.00 / \$5.00 off \$24.00
Manicure \$16.00/ \$2.00 off \$14.00

Hello From Assisting Living

The past few months have been busy ones in the Assisted Living with our flu shot clinic, the start of Wellness Wednesday, and the changes in the weather we have had. We had a good turnout for the flu clinic. A big thank you to the Dallas County Public Health nurses for coming out to do that for us.

I am hoping that we have a better turnout next month for Wellness Wednesday. Remember it is the first Wednesday of the month and I will be doing your blood pressure, temperature, pulse, respirations, oxygen level, and weight. I will be keeping a copy, but you are more than welcome to have a copy for yourself as well. It starts at 10:00 AM and will run until everyone is done. It is held in the commons area by the mailboxes. I will be available to answer any health questions or concerns you have as well. Please come down and join me.

Keep in mind that the flue season is upon us. Please keep your loved ones safe by not visiting if you are having sign and symptoms of the flu or just not feeling well. You are always welcome to call, but please stay home until you are feeling better. Remember, the best defense against illness is hand washing. Wash your hands frequently with soap and water for 20 seconds. Remember to sing "Happy Birthday" twice and that should equal about 20 seconds. This will help to keep you and your loved ones safe from germs. Thank you for your care and concern with keeping the resident free from illness.

Courtney Ryner, RN Assisted Living Coordinator

*From the Desk of Vonnie Potter, Administrator
and my office partners:
Rocky & Maggie Moo*

Thanks to each and every resident, staff member and guests. This year has definitely been a blessing for our community. We have enjoyed some wonderful community events, new service additions to our campus and two deficiency free surveys! As usual, we have some fun activities planned to finish up this bright year with all sorts of holiday events.

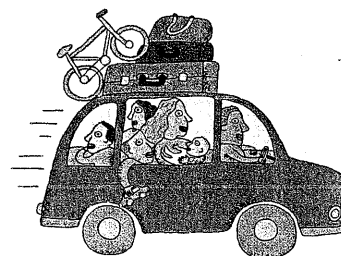
We also plan to celebrate the New Year with a bang and reflect on all of the wonderful memories we have created. Don't forget about our annual Festival of Trees Event – see attached flyer on details.

Also, I have attached some senior traveling tips given to us by Ann Peters with The Home Instead Senior Care network.

Blessings to all,

Vonnie, Maggie & Rocky

Traveling Tips for Seniors



With the holidays just around the corner, many families will be hitting the road with loved ones. Or, perhaps, they'll be preparing older adults in their lives for a plane trip to be with family. You can be a great resource for families who are traveling with older adults. To help ensure that their trip doesn't turn into a *National Lampoon's Vacation* movie script, consider passing along the following tips:

- First, a family traveling with Dad will want to ask his family doctor about any special precautions that need to be taken for holiday travel plans.
- Plan a schedule. When does Dad take his medication? Is Mom on a restricted diet? How often do parents need bathroom breaks?
- Make sure Mom doesn't forget to pack her medications. If flying, check out requirements for packing medications.
- Consider where they will be headed. Help a loved on pack for the weather conditions. Remember that seniors can easily become chilled.
- Plan for access to plenty of fluids to avoid seniors becoming dehydrated.
- If a family caregiver isn't close by, a Home Instead CAREGiver can help a senior prepare for a trip by assisting with packing, medication reminders and household chores.

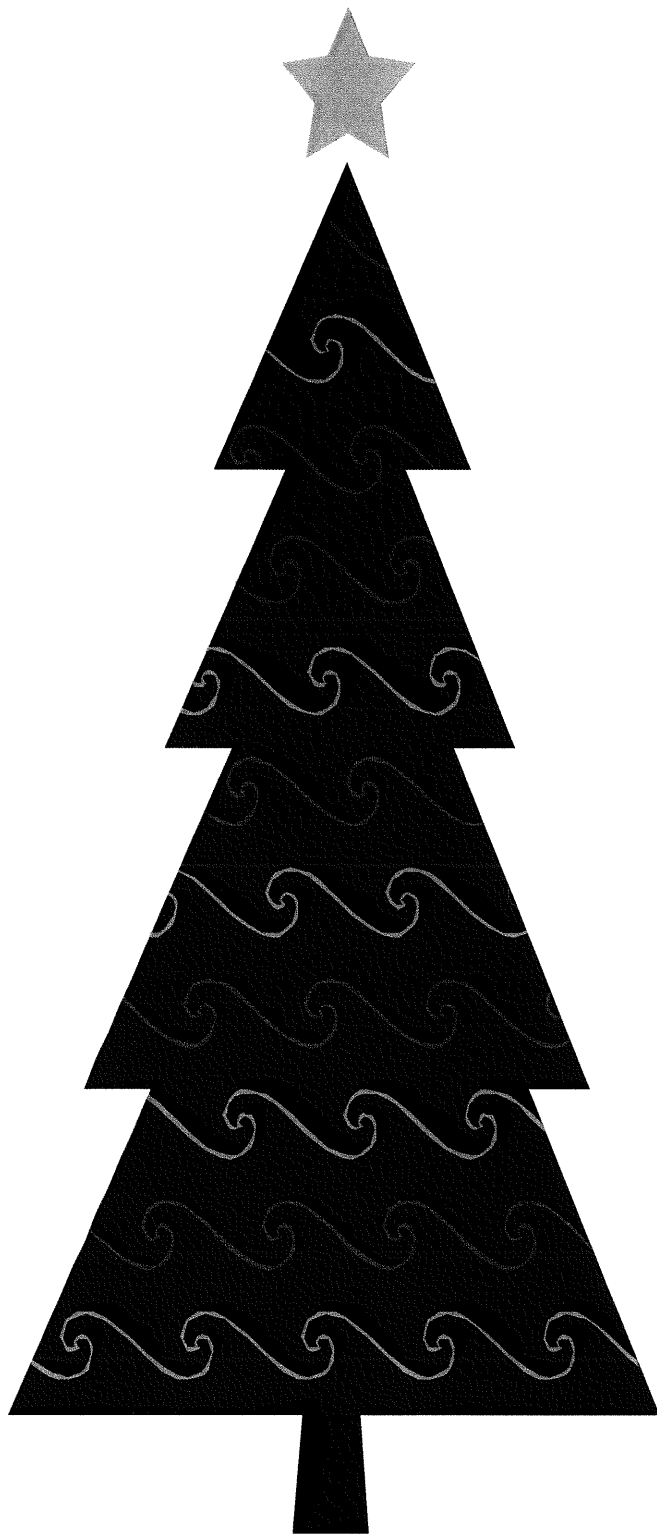
Sincerely,
Anne Peters

Rocky



Maggie





*Festival of Trees
The Village at Legacy Pointe
Senior Housing Community*

We are looking for local businesses and churches to donate Christmas Trees for our annual Festival of Trees in December! The goal is for the trees that are donated, to make a statement about the party from whom they were donated by! Make it fun and original!

Requirements: *The tree must be artificial and it must be at least six feet in height.*

*Please RSVP your tree by November 4th to
Laurie at
515-987-4100*

*You can set up and view your tree on
November 14th through the 18th and all trees
will need to be picked up January 2nd
through the 6th.*

*Anyone who participates is personally
invited to our food fair along with the
presentation of the trees on Friday,
December 2nd from 11:00 am to 1:00m in our
Town Center. Here, you will be able to view
the final product of the trees and sample
some of our upcoming new foods for our
next year menus, which will be sponsored by
Martin Brothers and many more vendors*