

Village Voice

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December 2018



Merry Christmas!

Isn't it hard to believe that it is the most wonderful time of year again?

You will find there are many opportunities to give back to the community with the drives we are sponsoring; with the hat and sock drive and the Renew Resale Shop. You'll find the details in this newsletter.

As usual, there will be no shortage of events and food to celebrate the season with! It warms my heart each year to see the beautiful decorations, celebrations, food and gathering of friends and family to celebrate this special time. I hope you will make a point of attending a special celebration or two.

As I was writing the article for this month, I was looking for a special quote and came across this.....
"I Want A Christmas That Whippers Jesus."

Sometimes during this busy time, we can easily be distracted. So as we all gather together this Christmas Season, let's be sure to listen for the whisper – after all, He is the reason we celebrate.

Merry Christmas to each and every one of you, and as always,
I thank you for your prayers and support!

*Shelly Charter
Housing & Marketing Manager*



Newsletter Staff

Editor.....Alexis Morrison

Note About This Newsletter's Color

This issue is printed in color on white paper. If you have difficulty reading this Newsletter because of the color print, please ask the office for a copy printed in black and white.



Happy December Birthdays

Host and Hostess:
Mickey Anderson &
Sheryl Wayman

Dinner: December 20th
Birthstone: Turquoise

Flower: Holly 

Thank You

Leo & Marguerite Renaud
for our beautiful
2019 Calendars!



9th Annual Mitten Drive!

Garton Elementary is in need of Socks and One Size Fits All Gloves this year.

Items can be dropped off at the front office. Donations are due by Friday, December 14th.

I would like a few tenants to help deliver the goodies to the students on Wednesday, Dec. 19th at 11:30am! See Alexis to sign up!

Upcoming Events

All events will be held in the Chapel unless specified

Sunday, Dec. 2	2:30pm	Memory Care Unit Christmas Party 
Wednesday, Dec. 5	4:15pm	Bus departs for Independent Outing Outback Steakhouse & Christmas Lights Tour in Ankeny 
Friday, Dec. 7	2:30-4pm	Health Center Christmas Party 
Saturday, Dec. 8	10am 1:30pm	Coffee Social in the Recreation Room Hope Lutheran Sermon Podcast HC Activity Room
Wednesday, Dec. 12	3pm	Acts Academy Ensemble Holiday Concert 
Thursday, Dec. 13	7pm	Guild Christmas Party featuring "The Valley View Singers" Everyone Welcome!! 
Friday, Dec. 14	2pm to 3:30pm	Assisted Living Christmas Party AL Dining Room 
Thursday, Dec. 20	12:30-3pm	Staff Christmas Party 
Saturday, Dec. 22	1:30pm	Hope Lutheran Sermon Podcast HC Activity Room
Thursday, Dec. 27	2pm	Music Appreciation with Elaine Erickson HC Activity Room featuring Christmas Music 
Friday, Dec. 28	2-3pm 	New Year's Social -Everyone Welcome!

Give Joy this Christmas

We are collecting new toys, books, and games for the Renew Resale Shop which is run by Highland Park Community Church. Donated items will be able to be purchased at an affordable cost to low income families in the Des Moines area. Many families are not comfortable asking for help or accepting charity and this allows hard working families to purchase gifts affordably with dignity. We would like to deliver our items on December 10th, so please have your items to Alexis by then. You may also leave your items with Melva at the front desk.

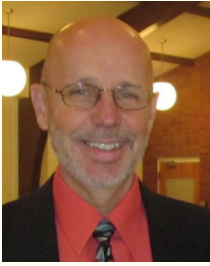


Chili & Soup Fundraiser



We raised \$324.50 for our community wide Activity Fund!

Thank you for coming out in the cold to warm up with all the soups and chili!



Something New for Christmas Chaplain Craig Burton

For many of us Christmas brings many fond memories of gatherings with family and friends. We cherish the music, the giving of gifts, the Christmas trees, and the turkey dinners that bring these happy memories to mind. I remember as a small child how my sister and I would not be able to sleep the night before Christmas. We'd wake up really

early eagerly anticipating the day's events only to discover that our older sister and her husband and kids would not have yet arrived. So we had to wait seemingly for an eternity for them to finally get there. When they would come the fun would begin which included, the opening of gifts and the wonderful turkey dinner with all the trimmings. Believe me my mother could cook and I could eat.

Mostly I remember -- the joy of being with family members, my grandmother, my parents and siblings -- some who are gone but will always remain in my heart. We can all look back and fondly remember whatever Christmas traditions were ours from years past. But here is the challenge I would present to you: Instead of looking at Christmas mostly in terms its traditions, let's look at it in terms of something new. The reality is, Christmas does represent a lot of new things. For example, the miraculous Immaculate Conception was something new. God coming to earth in the form of a human being was something new. A child coming as the Savior of the World was something new. All these wonders have life changing implications and should leave us with a sense of awe today.

So building on this idea of newness I would like us to think of how we can approach Christmas in a new and different way. For example, we might think of reconciling a relationship that needs to be mended. We might think of giving a financial gift anonymously to a person in need. How about memorizing scripture or taking a Bible class? How about deciding to make Jesus your Savior and best friend (the reason Jesus came to earth in the first place). How about giving up a habit that God wants you to give up like complaining or worrying? How about trusting God for something you have never trusted Him for like for the wellbeing of your children or grand-children?

Christmas is not only a time where we warmly think of wonderful memories and holiday traditions but it could be a time where we take on new meaningful ventures. So while you're dressing the turkey or trimming the tree, be thinking of the new thing you want God to do in and through you this Christmas season.



We're pleased to share with you our new name: CASSIA. The name was inspired by an anointing oil referenced in the Bible that reflects our commitment to healing, wholeness and our desire to help those we serve to live well. According to sources familiar with ancient oils, Cassia is said to symbolize the heart of a servant.

Our new logo was created to convey a drop of oil. Within the drop is the familiar form of the cross, which embodies the strong Christian heritage of the new organization. The stained glass colors and shading within the logo are also designed to reflect this heritage. Our name reflects our commitment to compassionate service to all people, as modeled by Jesus Christ.

Dave Saemrow, our VP of Marketing, lead the effort to find a new name and included focus groups of all our stakeholders as well as survey input from over 900 staff. The original suggestion of CASSIA came from one of our employees, Dan Colgan, Administrator at Redeemer Health and Rehab. Our new name is an exciting milestone on the journey of bringing Augustana and Elim together.

While we will still remain Valley View Village, we are embracing our new name and look moving forward to our exciting future!

Visiting Your Loved Ones with Dementia

Stephanie Proper
Executive Director/Administrator

Leaving after visiting a loved one with dementia can be difficult and painful. It can result in distress and anger for your loved one and guilt for you. What can you do to make leaving easier? Depending on what stage of dementia your loved one is living with and their personality, a number of things might be helpful. It can be difficult with dementia, as your loved one can be in a different frame of mind each time you visit. The same technique may not work each time.

Don't tell untruths. Don't tell a family member you are going to the restroom or that you will be right back and then leave. This can break trust and cause a great deal of distress. Be honest.

Use distraction. Towards the end of your visit participate in one of the many activities with your loved one. When nearing the end of your visit, state that you need to leave but will be back to visit again. Do not trick, but distract.

Get to know people. Talk to others; other families, other residents. If your loved one feels like they have friends, they feel more comfortable staying after your departure.

Make a recording or picture book. There are a number of options for voice recordings, including stuffed animals. Something to hold that says "I love you mom/dad". Pictures are wonderful tools for memories or can just be fun to look at. Baby pictures, wedding pictures, and family snapshots, putting them all in a book that they are able to hold and look at can be so helpful.

Create a home like environment in their room. Hang pictures or artwork, bring a favorite blanket, or plant. Make the space their own, a place that can bring familiarity and comfort. Create a place that they feel comfortable staying in.

Don't say things like "I am heading home now" or "Time for me to go home". Your loved one is thinking, "OK! Let's go home" and wants to leave with you. Embrace their reality. Let them know that you have to go pick up your kids, or you are running to the store. Make sure you tell them that you will see them again very soon.

Loving someone with Dementia can be very hard. There is no magic formula or way to make everything ok. You are doing great, just by loving them.

Employee Recognition

We realize that our employees are our greatest asset. We would like to honor the dedication, service, and commitment to Valley View Village that our employees offer. If one of our employees has provided you with exceptional service, we would like to recognize that person formally. Please complete the nomination form provided with this months Village Voice or see the front desk to get a copy, and nominate an employee for a "Service Excellence Award." If you have any questions, please call me at 515-299-1724.

Stephanie Proper

Let's Rejoice!

Guild Christmas Party

Thursday, December 13th at 7pm

Come enjoy a wonderful evening with
Christmas music and even a small gift.



Refreshments Provided

Guest Cottage

As of January 1st, 2019, the
Guest Cottage rate will be
increasing to \$60 per night.

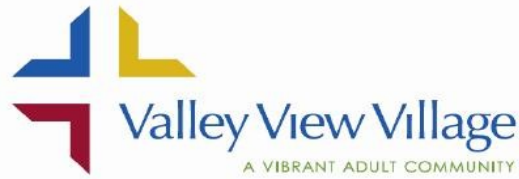


WELCOME



New Tenants!

Doris Kingery - CT-21B
Bob Slater- CT-14C



Commendation for Exceptional Service

If a Valley View Village Employee has provided you with exceptional service, we would like to recognize that person formally.

Please complete this form to nominate that employee for a Service Excellence Award. Please call 515-299-1724 with any questions and submit the form in person to Stephanie Proper or you can email it to Stephanie.Proper@elimcare.org. Thank you for helping us recognize the hard work our staff provides everyday.

Name of Nominee: _____

His/Her Department: _____

His/Her Supervisor (if known): _____

Nominees and their supervisors receive a copy of qualifying nominations. The following information must be provided in order for the nomination to be considered:

Your Name (Nominator): _____

Email: _____

Phone: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Date: _____

Reason for nomination (please be specific):