



FELLOWSHIP
VILLAGE
300 EAST JEFFERSON
INWOOD, IA 51247

www.fellowship-village.org
(712) 753-4663

VILLAGE VOICE

February 2012

Resident Right

- Administrator
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- Environmental Services
Karen Zylstra
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- Activity Director
Valarie Schoo
Valarie.Schoo@sanfordhealth.org

Each resident has the right to choose a personal attending physician and to be fully informed in advance and in language that the resident can understand about care and treatment or any changes in such that may affect the resident's well-being. Each resident has the right to be informed of the name, specialty, and way of contacting the physician responsible for his or her care. Each resident not

adjudges incompetent or otherwise incapacitated under state law also has the right to participate in the planning of and changes in the resident's total care and medical treatment and to make choices based upon the information provided. Each resident has the right to refuse treatment and to be informed of medical consequences of such refusal.



Resident Spotlight:

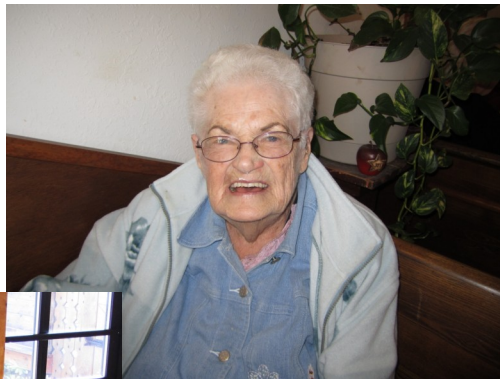
Toni and Henry Vande Stroet

Henry and Toni Vande Stroet live in Rock Valley, Iowa. Henry and Toni were farmers. Toni was a seamstress and a housekeeper. Henry was in the military where he served as a medic. They have two daughters, Teresa and Janice and seven grandchildren. Toni enjoys reading, knitting, sewing, quilting, crocheting, playing organ and accordion, cooking, listening to Dutch music, listening to the radio, watching Western Christian and Northwestern football and basketball, fixing jigsaw puzzles, completing search a

word puzzles, traveling and watching television. Henry likes to listen to the markets and news, listen to gospel and country music, hunt, trap, watch some sports, wood working, gardening, play cards and some games, visit, a little reading, watch television and take care of his farm business. The Vande Stroets have traveled six times to Holland and have visited Alaska, Canada and thirteen southern states. The Vande Stroet's are members of the Faith Reformed Church in Rock Valley.



January Coffee and Pie at Garden of Eat'n



Reducing the Stress of Memory Loss Trina Kuper Administrator

Memory loss is not a normal part of aging. It is typically related to a specific disease process in which memory impairment is a side effect. It can be frustrating and stressful for the person suffering from memory loss and everyday activities may become complicated and confusing. If you are living with or frequently interact with a memory impaired individual, there are a number of strategies that can be used to reduce stress for the affected individual.

- Establish a consistent routine and daily schedule in order to help minimize anxiety.
- Individuals with memory impairments rely heavily on visual information.
- *Make use of written cues.
- *Use a daily calendar with tear off sheets.
- *Utilize digital clocks and display them prominently with the AM/PM showing to help with orientation.
- *Write the day's activities down and cross them off as they occur.
- *Keep regularly used items in the same place. Avoid moving furniture, pictures, decorations, etc.
- Make use of labels for

common objects in the home.

- Label pictures with captions that tell who is in the picture and something about what is going on (i.e. "Rose and Edgar's 50th anniversary party in 2006").
- It is easier to recognize than to recall. ("Look who's here! It's your grandson, Bobby.") Refrain from asking the individual to remember names or information. Even if they are able to remember periodically, they won't be able to recall information consistently and this becomes a source of stress for both the memory-impaired individual and the family member or friend.
- If the memory-impaired person is asking the same question repeatedly, answer at least two or three times and then write down the answer. If the question is asked again, simply hand the written answer to them. Written information that can be read over and over again will help deter repetitive questioning.
- Address the individual by name before asking a question or giving directions. This allows the person time to direct their at-

tention to what is about to be said. After asking a question or giving a direction, remain silent and allow the person to respond. This may take a little bit of time (10 seconds or more) because the listener needs to think about what has been said and come up with an appropriate response. Avoid repeating or rephrasing the question or direction. Just wait. Ask questions that can be answered with a "yes" or "no" or offer choices. ("Did you want coffee? Do you want orange juice or milk?") Most individuals with memory loss have a difficult time responding to open-ended questions (i.e. "What do you want?") Keep in mind that the individual with memory loss can become frustrated when they can't remember specific information. It rarely helps to "straighten them out". It is easier on everyone to just live in the moment and enjoy the time you have together.

Welcome to Fellowship Village: Nellie Ballou and Jim Scholten!



Best Wishes to Jennette Van Den Top and Gert Den Boer.

GOODBYE!

HAPPY BIRTHDAY TO:
Greta Gerritsen~3
Toni Vande Stroet ~12
Elvera Serck ~20
LaVonne Mydland~28

