
Spring Valley News

November 2011



Spring Valley Assisted Living * 501 12th Street * 515-465-7500 * <http://www.springvalleyassistedliving.org>

Spring Valley Staff

Manager
Derrick Johnson 515-465-7501
djohnson@dallascohospital.org

Marketing Coordinator
Maureen Haglund 515-465-7500
mhaglund@dallascohospital.org

Nursing Coordinator
Kris Conroy 515-465-7502
kconroy@dallascohospital.org

Culinary Coordinator
Natalie Eastman 515-465-7500
neastman@dallascohospital.org

Rachel Witt 515-465-7503
rwitt@dallascohospital.org

Maintenance and Housekeeping
Coordinator
Lynn Daniels 515-465-7500
Health Care Aide phone
515-360-8401

Celebrating November

Aviation History Month
Banana Pudding Lovers Month
100th Birth Anniversary of Roy Rogers
November 5

Veterans Day
November 11

Game and Puzzle Week
November 20-26

Thanksgiving Day
November 24

From Derrick's Desk



The results from the Tenant survey are in! The following are a list of some of the comments that were made on the survey that I would like to share. For the full list, please look to the communication board just outside the dining room.

I wish there were more speakers about different subjects, more presentations, because I can't see.

- Speakers and entertainment are regularly scheduled on the calendar, and an effort is being made to add more. Requests and suggestions for presentation interests and subjects are always welcome!

I would like more crafts, cards & music

- A variety of events are scheduled each month to serve the interests and preferences of all tenants. Cards and music are often scheduled weekly; additional craft projects will be included regularly as well.

I live on second floor and don't hear of activity changes very early.

- Efforts are made to communicate calendar changes to tenants through signs on the communication board, elevator and announced during lunch hour. However, some short notice changes are unavoidable and are delivered to tenants individually in their rooms as soon as possible.

(Continued on next page)

More casseroles

- The kitchen staff is always happy to prepare any recipe that you may have for us to try. If there is a certain recipe for a casserole that you enjoy and would like to share please Natalie a copy and we will get it on the menu for the week to come.

Lots of food

- We give the recommended sized portions of items on the menus. If you feel that this is too much food for you and would like a smaller portion please let the staff know and we are always happy to accommodate.

Meat is tough and of poor quality

- This is something that is a trial and error process for us. We are trying to find a common way to prepare the meat so that it is not only tender, but also a way all staff can prepare the same way. All of you know that you may make a meal different from the way your neighbor does, and we have found that each one of the cooks prepare things a little different also. We are working on new procedures to make sure that all meals are of a great quality and easy for all to enjoy.

Wish for more raw veggies

- With the new menus that are now in place, the kitchen will be using fresh vegetables often as a side. If there is a day that there may be a vegetable not to your liking we are always happy to offer you whatever fresh items we may have on hand that day.

Too many carbs

- Our menus are reviewed and approved by not only the dietician from Mercy, but also a dietician from Martin Brothers, with that please know that you can choose what items you would like and substitute other items if you feel it is too high in carbs for your individual need.

Vegetables are cold

- Temperatures of all items are monitored not only throughout the cooking process but also again before meal service. If you ever feel that any part of your meal is not warm enough please let a staff know and we will get you a serving that is up to standards.

I'm a slow eater and when they serve the ice cream too early, it's melted before I can eat it.

- Knowing that all people eat at their own speed, it is ok if not everybody eats dessert at the same time. Our staff has been reminded of this and will make sure only to serve you your ice cream when you are ready to enjoy it !

Cleanliness is very good

My apartment was deep cleaned and it looks very nice.

This is my home and I like it very much

I think church here and my talking books are good!

Good staff.

The employees are excellent

Thanks again for the feedback and if there are ever any questions or comments, do not hesitate contacting me.

Derrick

A Note From the Kitchen



What a busy month November is for the Kitchen!

This will be the last time for the year that the Retired Teachers will meet. They will resume in March. Also with the Election on the 8th of November, the Chamber of Commerce will be holding their annual chili feed, so we will be postponing the Community Meal until the 15th. Spring Valley will also be holding our annual Family Thanksgiving Meal, Saturday November 19th at Noon. We like to do this the weekend before the holiday so that it will make it easier for you and your families.

This year's Menu will include:

Turkey
Ham
Mashed Potatoes
Gravy
Stuffing
Green Bean Casserole
Corn Casserole
Cranberry Salad
Rolls & Butter
Pumpkin Pie
And Turkey Cupcakes

The Meal will be served buffet style and the cost will be \$12.00 per adult children 6- 12 will be \$7.00 and children 5 and under are free. Please contact Natalie to RSVP by November 8th!
Thank you!

Have a Great month!!!

Natalie

Maureen in Marketing



The holidays are fast approaching and the snow will soon be falling too! I am working on our upcoming marketing events for the months of November and December. On Thursday, November 17th from 6-8:00 pm we will be hosting our annual "Gal's Night Out!" There will be over 20 local vendors set up throughout the building to show off their "goodies" just in time for the holidays.

Please invite your friends, co-workers and family members to join us for some treats and a good time! Our previous vendors, such as Mary Kay, Tupperware, Tastefully Simple and Pampered Chef will be returning for the event. We have also invited some new vendors, such as Spring Valley Honey Farms, Scrapbooking, Premier Jewelry, and Cupcakes/Cookies just to name a few! You won't want to miss it! See you there!

NURSING NOTES



As the holidays approach, many people are busy and filled with the excitement of baking, shopping, and carrying out yearly traditions. For others the holidays may be a difficult time, and come with pain and sadness. There are many things we can do to help ourselves and our loved ones cope throughout the holiday season. Join us here at Spring Valley on November 29th at 2:30 pm for a presentation from Iowa Hospice on "Coping with Loss and Grief during the holidays."

Maintenance and Housekeeping



I would like to compliment all of our tenants and staff on maintaining a high level of cleanliness in both our apartment and common areas. Spring Valley Retirement Community is inspected on a regular basis by PrestoX, our local pest control experts. Aside from the occasional seasonal household visitors, our building is 99% pest free! The simple act of removing garbage promptly and cleaning countertops and kitchen area floors of crumbs eliminates a food source for unwanted pests. Thank you all for making our community a comfortably clean, family friendly home that we can all be proud of.

ACTIVITY CORNER

It's hard to believe that the Holidays are already quickly approaching! We are getting a jump on Christmas this year, and trying something new. We will be putting up our Christmas tree up in the atrium a little early, on November 16th. This will be our "Wishing Tree."



Each of the tenants has completed their own wish list for things that they would like to receive for Christmas. Our Wishing Tree will be decorated with assorted envelopes. Inside each envelope will be a tenant name and suggestion for a Christmas gift that they would like to receive. Tenants, family members, and friends are encouraged to take an envelope or two and purchase a wish gift for \$10-\$20. Please return wrapped and labeled tenant wish gifts to Rachel by December 16th. Friends and family members are invited to join us when the tenants will receive their gifts at our holiday Christmas Party! If you have any questions please contact me at any time! Thank You!



Tenant Birthdays

Marville Hawn	November 1 st
Ruth Kirkman	November 10 th
Glee Dayton	November 20 th

November Birthdays

Scorpios born from November 1 to November 21 enjoy intense and dramatic personal relationships. Even young Scorpios are thought to be wise beyond their years, with deep emotions and sensitivity. If you were born November 22 to November 30, you are a Sagittarius. Sagittarians are truth-seekers, intellectuals, and need a lot of room to roam for exploration.

Upcoming Events

Saturday, December 4th: Spring Valley will be hosting a Tour of Apartments! Join us for some homemade holiday goodies and take a tour of our beautifully decorated apartments.

Sunday, December 11th: We will be taking a trip to Perry High School at 2:00 pm to hear the Panther Creek Bell Choirs perform.

Thursday, December 15th: East Green Elementary will be performing a Christmas concert at Spring Valley at 1:00 pm.

Wednesday, December 21st: Tenant Christmas Party!

Thanksgiving Word Scramble

nrreaeyrcb _____

lebgo _____

ccprooiano _____

ziame _____

sgtfnifu _____

yuoh ckloptrm _____

idnnals _____

balotolf _____

lbisnsges _____

Happy Trails

Roy Rogers was born Leonard Franklin Slye on November 5, 1911. This year, the famous singing cowboy would have been one hundred years old. He was called the "King of the Cowboys," and his wife, Dale Evans, was his queen. Roy appeared in over one hundred movies, along with Dale, his horse Trigger, and his dog Bullet.



Roy did not start out as a cowboy. His father worked at a shoe factory in Ohio, and Roy dropped out of high school to follow in his father's footsteps. Soon, though, the family traveled west to California, and the Great Depression followed them. Roy often played guitar to lift the spirits of those looking for work. He never put it down and soon found success in both music and the movies. A star was born. Happy Trails, Roy.



2nd Grade Readers



MANAGING CONCERNS ABOUT FALLS

