

Alzheimer's Association: Northridge Village Support Group

Do you have a loved one on the
Alzheimer's or Dementia Journey?

Join us the 3rd Monday each month.

3300 George W. Carver Ave., Ames
Northridge Village Chapel

Next Meeting:
October 20th, 1:00

Any question can be directed to Luke Borst at (515) 450-5776



"Never shame, instead distract"
-- Jo Huey, Alzheimer's
Caregiver Institute

When caring for someone with dementia, it's crucial to avoid shaming and, instead, utilize distraction if needed. Telling them they're doing something wrong can evoke feelings of embarrassment, which is both unhelpful and hurtful. Instead, gently redirect their attention or engage them in a different, more positive activity. By focusing on redirection and distraction, you can prevent unnecessary discomfort and maintain a more supportive and respectful environment for individuals navigating the challenges of dementia.

Senior Spotlight: Margaret Sandine

If you are looking for an inspiring person & fun conversation, you should seek out Margaret. You'll be guaranteed some great trivia and many laughs. She was born and raised on a small acreage in Alta, IA & enjoyed helping her mom raising chickens. Life began a bit different for Margaret as she was diagnosed with Cerebral Palsy, but this did not slow her down at all. She determined early on to "find the things she could do and did it." She didn't focus on limitations. Simple as that. During her formative years she fell in love with reading and writing. She spent some years on the school newspaper staff and consumed as many books as she could. This passion led her into her lifelong career as a librarian. More to come on that. After graduating high school, she attended Buena Vista for her undergraduate, where she graduated top of her class. She then pursued her Master's degree in Language Arts from the University of Minnesota and became a Gopher fan. Part of her library education took her on a sabbatical to LSU in Baton Rouge, LA, so she does cheer for the Tigers as well. She spent 4 years at Southwest Minnesota State cataloguing in their library. There is much more to the "science" of library cataloguing than you'd ever imagine. Hence all the education it takes to achieve this career level. She then moved to Rapid City, SD where she was the librarian at the South Dakota School of Mines & Technology. This school focused on the science of mining and engineering. An interesting fact is that this school used the Library of Congress cataloguing system and not the Dewey Decimal system. Feel free to ask Margaret what the difference is. During her career she would take some vacations around the world. Her favorite being Hawaii, which she visited 4 times, and western Canada. Most of her spare time was, and still is, spent reading. At a minimum, she reads 2 books a week. Romance novels are her favorite but does branch out from that on occasion. She enjoys watching TV, following sports and the news, and Jeopardy. Not surprisingly, she knows most of the answers, well questions, on Jeopardy. Don't ever challenge her in a game of trivia. She moved to Ames to be closer to her brother and niece who live in the area. At Northridge Village, she has taken ownership of the "Word Power" activity in the health center. Each week she researches a word with lots of letters and that word is used by the group to create as many other words as possible. If you have never participated in a game of "Word Power" in the health center, you have not fully lived. Join them at 1:00 every Tuesday. You will have a blast. I asked what her advice would be for others, and she offered this: "Find what you are able to do and just do it."



www.northridgevillage.com 3300 George W. Carver Ave., Ames, IA 50010 (515) 232-1000

The Villager



OFFICIAL NEWSLETTER OF NORTHRIDGE VILLAGE

November 2023

October Highlights



New Residents

- Gus & Doris Anderson - Commons
- Jim & Leslie Utter - Commons

New Employees

- Avery Conner- CNA
- Carrie Lushinsky- Life Services Coordinator
- Elle Arthur- CNA
- Kritika Sharma- CNA
- McKenzie Kennis- CNA
- Olivia Sowle- CNA
- Madison Burr- CNA
- Adrianna Drake- Housekeeping
- Maggie Jirik- CNA
- Mattison Lugar- Carepartner

Employee Anniversaries


- Melanie Haman - 2 years



- Dar Erickson - 4th
- Harriet Burrell - 5th
- Mary Kay Johnson - 7th
- JoAnne Moon - 7th
- Linda Baker - 8th
- Ruth Ann Robson - 9th
- Betty Jenkins - 10th
- Ramona Stewart - 10th
- Margaret Ling - 11th
- Gus Anderson - 11th
- Joyce Heggen - 13th
- Joyce Huisman - 18th
- Sherald Sydnese - 23rd
- John Burns - 27th
- Vern Greimann - 27th
- Judy Maly - 30th



Purpose · Passion · Joy in Life

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Northridge Village November 2023 Activity Calendar			1 9:00 Exercise—CH 9:20 Level 2 Exercise—CH 9:45 Yoga—CH 1:00 –3:30 Foot Care Clinic—MB (RSVP) 2:00 Nail Grooming—CMR 2:30 Wii Bowling—CH	2 9:00 Exercise—CH 10:30 Chapel—CH 1:00 Bridge Club 2:30 BINGO—ILD	3 9:00 Exercise—CH 9:20 Level 2 Exercise—CH 9:45 Yoga—CH 2:00 Music (Violin) with Dave Swenson—ILD	4
5 Daylight Savings Ends : Turn clocks back by 1 hour 10:15am Catholic Gathering—MB Chapel	6 9:00 Exercise—CH 9:20 Level 2 Exercise—CH 9:45 Yoga—CH 1:00 Table Top Games—CC 2:30 Tea Time—CC / Men's Group—AR	7 Election Day 9:00 Exercise—CH 9:20 Level 2 Exercise—CH 9:45 Yoga—CH 1:00 Games / Farkle—AR 2:15 Travel Tuesday—CH Happy Birthday Joanne Moon!	8 9:00 Exercise—CH 9:20 Level 2 Exercise—CH 9:45 Yoga—CH 2:00 Nail Grooming—CMR 2:30 Wii Bowling—CH Happy Birthday Linda Baker!	9 9:00 Exercise—CH 10:30 Chapel—CH 1:00 Bridge Club 2:30 BINGO—ILD	10 8-9:30 Hearing Unlimited—MB 9:00 Exercise—CH 9:20 Level 2 Exercise—CH 9:45 Yoga—CH 1:45 Veterans Day Program: Ice Cream Social After—ILD	11 Veterans Day 
12 10:15am Catholic Gathering—MB Chapel Ames Library Books Due on Monday	13 9:00 Exercise—CH 9:20 Level 2 Exercise—CH 9:45 Yoga—CH 1:00 Table Top Games—CC 2:30 Tea Time—CC / Men's Group—AR	14 9:00 Exercise—CH 9:20 Level 2 Exercise—CH 9:45 Yoga—CH 11:30 Town Hall—Pizza for lunch 1:00 Games / Farkle—AR 2:30 Knowledge at NRV—CH	15 9:00 Exercise—CH 9:20 Level 2 Exercise—CH 9:45 Yoga—CH 2:00 Nail Grooming—CMR 2:30 Wii Bowling—CH	16 9:00 Exercise—CH 10:30 Chapel—CH 1:00 Bridge Club 2:30 BINGO—ILD	17 9:00 Exercise—CH 9:20 Level 2 Exercise—CH 9:45 Yoga—CH 2:00 Program with Paul & Paula—CH	18
19 10:15am Catholic Gathering—MB Chapel	20 9:00 Exercise—CH 9:20 Level 2 Exercise—CH 9:45 Yoga—CH 1:00 Table Top Games—CC 1:00 ALS Support Group—MB 2:30 Tea Time—CC / Men's Group—AR	21 9:00 Exercise—CH 9:20 Level 2 Exercise—CH 9:45 Yoga—CH 1:00 Games / Farkle—AR 2:15 Travel Tuesday—CH	22 9:00 Exercise—CH 9:20 Level 2 Exercise—CH 9:45 Yoga—CH 2:00 Nail Grooming—CMR 2:30 Wii Bowling—CH	23 	24 9:00 Exercise—CH 9:20 Level 2 Exercise—CH 9:45 Yoga—CH 2:30 BINGO—ILD	25
26 10:15am Catholic Gathering—MB Chapel	27 9:00 Exercise—CH 9:20 Level 2 Exercise—CH 9:45 Yoga—CH 1:00 Table Top Games—CC 2:30 Tea Time—CC / Men's Group—AR Happy Birthday Vern Greimann!	28 9:00 Exercise—CH 9:20 Level 2 Exercise—CH 9:45 Yoga—CH 1:00 Games / Farkle—AR 2:15 Travel Tuesday—CH	29 9:00 Exercise—CH 9:20 Level 2 Exercise—CH 9:45 Yoga—CH 2:00 Nail Grooming—CMR 2:30 Wii Bowling—CH	30 9:00 Exercise—CH 10:30 Chapel—CH 1:00 Bridge Club 2:30 BINGO—ILD	ILD-Independent Living Dining CMR-Comm. Room AR- Activity Room CC-Coffee Cafe CH-Chapel Mail Delivery is Monday thru Saturday	