



Opening Summer 2013

Orchard Pointe

Assisted Living & Memory Support Community
Surprise, AZ
402-933-2561

Fox Run

Assisted Living Community
Council Bluffs, IA
712-256-2741

Shalimar Gardens

Assisted Living & Memory Support Community
Fremont, NE
402-721-1616

College View

Assisted Living & Memory Support Community
Hastings, NE
402-462-6264

Northern Hills

Independent & Assisted Living Community
Sioux City, IA
712-239-9400

Meridian Gardens

Assisted Living & Memory Support Community
Columbus, NE
402-564-6300

Heritage Pointe

Assisted Living & Memory Support Community
Omaha, NE
402-614-5222

Heritage Ridge

Independent Living Assisted Living & Memory Support Community
Bellevue, NE
402-932-1881

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Assisted Living
College View
Memory Support Community

VOLUME 23

WINTER 2012

Letter from the Director

As I contemplate my newsletter article for the upcoming year, I find myself reflecting on 2011. While we know that time does not stand still nor does it speed up, my perception is it goes faster with each passing year. Recently I found myself trying to plan just one more get a way before the end of 2011 and realized there's not much time left! When checking on a computer warranty I found the computer was over three years old and the warranty had expired. I could have sworn it was only a year old! This past year has brought me together with many old classmates via Facebook and email. Although it's been a long time, the familiarity of those old friends and acquaintances seems strangely familiar as if only a short-time has passed.

Time is a precious thing. We cannot hold it still nor can we go back, we can only embrace the present, enjoy our memories of days past and look forward to what is yet to come. We can however plan for the future, realizing some best laid plans can get pushed to the side by unforeseen life events. If you have not already had a discussion with your family about alternative living arrangements should the time come and it's not safe to be home, it is time to do so. It's far better to know and let your family know your desires before life throws you a curve! Our College View Senior Living Counselor, Trish Kokesh, or I would love to help you take that walk. Whether College View is your choice or not, we'll help you understand the many choices assisted living can offer and, help you navigate your exploration of the various options.

May 2012 be a blessed year for you and your family and may you take the time to reflect on the past, enjoy the present and embrace the future. Rekindle old friendships, plan that trip now and make plans for the year ahead and have a Happy New Year!

**Stephanie Torczon,
Executive Director**

Joan Hoelting decided to show her fun adventurous side and rode the adult tricycle.



Sherrill Nielsen handed out "Hope for Alzheimer's" ribbons (that the residents' made) at our Alzheimer's Candle Lighting Ceremony.



Jen Whitesel & LaVaun Schlachter playing Texas Hold'em Poker... can you guess who was winning?



Alzheimers do's and don'ts....



Kathy Nelson

The way in which Alzheimer's disease affects communication will vary with each person. As the disease progresses, someone with dementia may find it difficult to express themselves in words, as well as having trouble understanding what is being said.

Communicating with someone affected by Alzheimer's Disease requires patience and understanding, First and foremost, you must be a good listener.

Here are some additional tips:

- Be calm and supportive
- Focus on feelings, not the facts
- Pay attention to the tone of your voice
- Identify yourself and address the person by name
- Speak slowly and clearly
- Use short, simple and familiar words
- Ask one question at a time
- Allow enough time for a response
- Use non-verbal communication such as pointing and touching
- Offer assistance as needed
- Don't talk about the person as if he/she was not there
- Have patience, flexibility and understanding

DO NOT:

- Argue instead Agree
- Reason instead Divert
- Shame instead Distract
- Lecture instead Reassure
- Say "Remember" instead Reminisce
- Command instead Ask/Tell/Show
- Say "I told you" instead Repeat
- Say you can't instead Say "Do what you can"
- Condescend instead Encourage
- Force instead reinforce

Influenza

Heather Strobl, RN

Influenza is a respiratory illness caused by a virus which spreads from person to person through coughing, sneezing and sometimes by touching objects contaminated with the virus.

The severity of flu symptoms depends on your body's ability to fight infection. Even healthy adults and children get sick from the flu.

Flu symptoms can include: Fever, Cough, Sore throat, Runny or stuffy nose, body aches, headache, chills, fatigue, and sometimes diarrhea and vomiting.

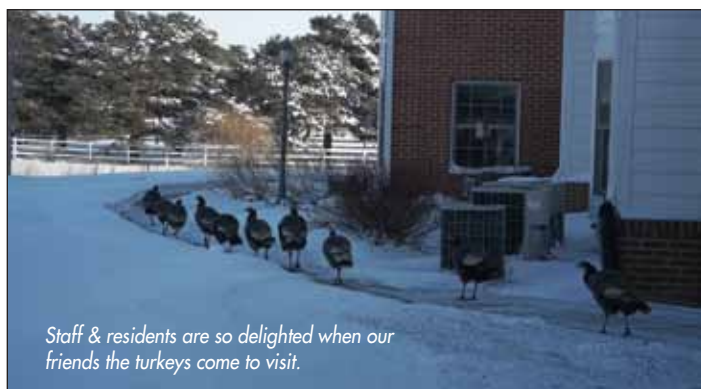
An infected person can start spreading the flu viruses and be contagious 24 hours before they have any symptoms of the flu.

Actions that can help prevent the spread of germs are: Avoid touching your eyes, nose and mouth. Wash your hands often with soap and water, especially before eating or handling food and after sneezing or coughing. Cover your nose and mouth with a tissue when you cough or sneeze, wash your hands immediately. Try to avoid close contact with anyone who is sick. Stay home if you are sick for 24 hours after your temperature is gone to avoid spreading flu to others.



The College View Family has grown...
A warm welcome to our new neighbors!

Betty Hamburger
Wilma Lovejoy



2011 College View Family at Rest

If tears could build a stairway, And memories a lane,
I'd walk right up to Heaven, And bring you home again.

-Author Unknown

Dorothy Mohling & Helen Stock

Recipe For Happiness

It's just this simple...

Ingredients:

- 2 Heaping cups of patience
- 1 Heart full of love to share
- 1 Amazing Smile
- 2 Hands full of generosity
- Dash of laughter & enthusiasm
- 1 Head full of understanding
- 1 Heart full of trust

Directions:

- Sprinkle generously with kindness & love
- Add plenty of faith and mix well.
- Spread generously over a lifetime
- And serve graciously to everyone you meet.

College View Home to the Happiest People We Know...

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way. ~author unknown ~



Karlay Hutchins & Joan Hoelting at the fire pit enjoying smores the scrumptiously gooey treat.

Ginger Nicolarsen is pleased with her perfect pumpkin she hand picked at the Helgoths Pumpkin Patch.



Becky Bruns & Nina Gale Care Staff Member took a moment to show residents the large jumping pillow...lets just say there were a lot of giggles to be had by all.



Caroline Schulz relaxes with a drink & bubbles, what more could a girl ask for?



Kristina Kohler & Ginger Nicolarsen "Say Cheese", isn't technology wonderful.



Children bring such joy and happiness with the littlest of things.



Nina Gale & Vearl Jensen checking out the chickens at the fair.



Residents enjoyed a food demonstration on National Sandwich Day by Matt from Big Dally's Deli.



The staff at College View would like to share information, calendars, events, photos and stories with you. Please send us your email address and you will be added to our email list. Your information will be kept confidential and used only by College View. Emails may be sent to bbruns@collegeviewhastings.com.

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College View

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- Heather Strobl, RN Healthcare Director
- Kathy Nelson, LPN Memory Support Director
- Trish Kokesh Senior Living Counselor
- Rebecca Bruns Lifetime Enrichment Director
- Rolanda Powell Environmental Services Director
- Bonnie Smith Office Director
- Jennifer Whitesel Dietary Services Director
- Ken Pelc Maintenance Director



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