

Senior Spotlight



Margret Fossel

Margret Fossel was born on October 2, 1925, on a farm near West Bend, Iowa. She would be the first of six children, making her the eldest sister. Living on the farm brought many challenges and joys. She spent most of her adolescence working on the farm and attending country school. In 1943, she graduated from West Bend High School and immediately went to nurse's training. After completing training, she began her long career as a nurse. She married Ronald Miller in 1946 and had three children, Dennis, Diane, and Darrell. Later in life, she married Kenny Fossel after they were both widowed. Some hobbies she enjoys are embroidery, puzzles, and fishing. She retired in 1991 and enjoyed 17 winters in Texas. Margret has many grandchildren, a few great-grandchildren, and one great-great-grandchild, who visit her often. When asked what she would tell the younger generation, she replied, 'Find work you love and stick with it!'

Welcome, Haley!



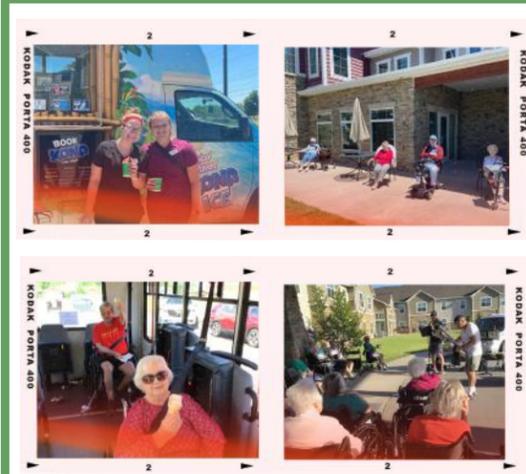
Hi! My name is Haley and I am very excited to start my journey at Northridge Commons as the Independent Living Coordinator! I previously was the administrator over a medical and dental clinic here in Ames, IA. I have been in the health care field for a little over 3 years. I attended UNI and received my Bachelor's degree in Health Promotion and Education. I have a passion to help and work with others in the health care field because I believe that everyone deserves high quality care no matter what stage of life they are in. I am originally from Marshalltown, IA and now live in Nevada, IA with my boyfriend and my 90 pound Bernedoodle puppy. In my free time I am either camping, spending time with my adorable nieces, or working on our endless house renovating projects. I look forward to being part of a great community here at Northridge!



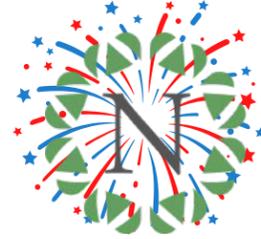
Monday, July 4th



Oh, Sweet Summertime!



The Villager



OFFICIAL NEWSLETTER OF NORTHRIDGE VILLAGE

July 2022

New Faces

New Residents

- Wayne Maak, NRVC
- Stephanie & Tom Walsh, NRV
- Nancy Marks, Maggie's
- Alice Harter, Maggie's

New Employees

- Liz Stuck, Assisted Living Director
- Beenu Pokhrel, Care Partner
- Makenzie Grim, CNA
- Debbie Berndt, CMA
- Regan Peter, CNA
- Rose Fowler, IL/AL Activities Director
- Samantha Selmer, LPN
- Jennifer Marcus, Life Services Coordinator
- Brooklyn Peterson, Culinary Aide
- Callie Siskow, Assistant Director of Nursing /MDS Coordinator

Employee Anniversaries

- Alyssa Larson, 1 year
- Natalie Flugrad, 1 year

Birthdays

- Luella Floden, July 2
- Kirby Lidman, July 12
- Donna Wilson, July 13
- Martha Geist, July 14
- Thomas Scott, July 16
- LaVerne Iverson, July 17
- John Belzer, July 18
- Wanda Button, July 18
- Roger Larson, July 18
- Paul Mumm, July 19
- Delores Ries, July 21
- Irene Lang, July 21
- Betty Upstill, July 22
- Vivian Carter, July 24
- Clara Sudbeck, July 26

Assisted Living vs. Memory Care

With many different options, it's tough to know which one is the right decision, especially if they sound the same. Understanding the difference between assisted living and memory care is the first step to making the right call for the type of care your loved one needs.

	Assisted Living	Memory Care
Purpose	Families should consider assisted living programs if their loved one needs help with daily living activities but still has sound reasoning and judgment. Its sole purpose is to give the elderly a place to live their golden years with a bit of help.	Memory care communities are the right place for families who have a loved one who needs help with daily activities and is suffering from memory loss. The primary purpose of memory care programs is to give the individual the mental stability and help they need.
Daily Life	Daily life in an assisted living community is similar to life on your own, except for having people help maintain the facilities and grounds. Residents go about their day as usual without the additional responsibility of caring for a home.	Most activities in a memory care facility focus on slowing the effects of memory loss and helping individuals live their life to the fullest potential.
Safety Measures	People in assisted living communities often have emergency systems set up and daily check-ins to help ensure they're safe. Most other security doesn't exist.	People who suffer from mental diseases like dementia and Alzheimers can experience aggression and instability. Many facilities include more safety precautions like locked doors and curfews to prevent wandering.
Environment	Assisted living facilities replicate someone's home and yard. They often include beautiful facilities and yards with trees, flowers, and gardens.	Memory Care communities feature safe environments with secured doors and a fenced courtyard. Staff members have specific Alzheimer's and memory care training so your loved one will receive the proper care and treatment.
Cost	The cost of assisted living communities varies depending on location and amenities. You'll need to reach out to the community you're interested in to learn the current rates.	How much you spend on memory care depends on the location and facility. You'll need to reach out to the community you're interested in to learn the current rates.

Any questions about Assisted Living or Maggie's Place can be directed to the marketing department at (515) 232-1000. We can't wait to hear from you!