



Jodi Bunde: ‘We want dining to be the high point of our residents’ day.’

Ave Maria Village dietary director Jodi Bunde is cooking up a whole menu of ideas to make residents’ dining experiences even better ... making mealtime, she says, “the high point of our residents’ day.”

Her first step was to assemble a committee of advisers from all around the Ave Maria Village community. They’ve been meeting for several months, exploring a variety of possibilities and even touring several facilities in Fargo for inspiration.

“It has been great to get input from a variety of people, beyond those of us who work every day in dietary services,” she explains. “They brought a whole new dimension to the group.”

More personal favorites have been added to menu

Have you already noticed the cloth napkins that have replaced paper versions? That’s one simple but positive enhancement that came from their discussions, and it’s doubly appreciated.

“Cloth napkins not only make the dining experience a little nicer,” Jodi notes. “They also cut way back on paper waste.”

Another of their innovations is the restaurant-style menu now available in the dining room. Along with the kitchen’s daily specials, residents can choose other favorites — fresh salads, grilled chicken breasts, hamburgers and cheeseburgers, and even eggs cooked to order.

The variety extends to some residents who need extra assistance or require special diets. They, too, can enjoy more choices.

Wednesday is “Special Breakfast Day.” It features many residents’ special favorites — pancakes, french toast, sausage and bacon.

More innovations are in the works

By year’s end, you can expect other adjustments — some obvious, others more subtle — to continue the mealtime innovations.

Breakfast hours will be expanded to accommodate early birds as well as later risers. The dining room hours



Clinical dietitian Jodi Bunde lunches with Ave Maria resident Margaret Warcken.

will be adjusted, opening at 7:30 and serving until 9:30.

Picking up a favorite from high-end restaurants, the dietary department plans to replace the daily dessert selection with a whole range of options. A dessert tray will offer several tempting choices to suit each resident’s palate.

Other ideas, too, will mimic the restaurant experience. Soft background music will enhance the experience, too, as it does with fine dining. When the weather is nice, there will be opportunities to dine out on the patio.

“My overall goal is to make everyone’s dining experience a good one. We all like to eat!” She adds, “We have a great dining room staff, and we work hard to bring excellent-quality meals. Our staff goes out of their way to accommodate residents’ special requests.”

Jodi brings more than 30 years of experience to the task of making mealtime the highlight of the community’s days. The Jamestown High School graduate has a degree in nutrition and dietetics from North Dakota State University and attended graduate school at Washington State University.

She is a licensed registered dietitian and member of the Academy of Nutrition and Dietetics.

“Ave Maria has been a great place to work. I know I was meant to work with the geriatric population,” Jodi confides. “The little ladies remind me of my own grandma. They just melt my heart.”



We're just about to cross the finish line — just inches away!



Jan Barnes
Development Director

In our last “Village Voice” newsletter, I told you we were \$36,000 away from our Capital Campaign goal. I am ecstatic to report that as of today, thanks to generous gifts received in January, February and March, we are only \$2,500 away from that landmark in Ave Maria’s history! We still do have \$3,516 left in unpaid pledges also. But we are on the home stretch now, and the finish line is within sight.

We have more good news for you, too. I am now working on Ave Maria Village's first Qualified Endowment Fund. In just a little while, you will be able to make IRA rollover gifts – a huge plus for many who support our commitment to happy, healthy lives for all of our dear residents.

Please allow me to explain. If you are a North Dakota individual taxpayer ... if you own a North Dakota business ... or if you're a beneficiary of a trust or estate that derives income taxable in North Dakota, our new Qualified Endowment Trust could offer you dramatic tax benefits, while achieving exactly what you have in mind on behalf of our residents.

North Dakota is offering you an unprecedented tax incentive. The State Legislatures of 2007 and 2011 passed a measure that allows a significant income tax credit for certain gifts to “permanent, irrevocable” endowment funds of qualified North Dakota charitable organizations.

In layman's terms, it means that those who are at least 70 and one-half years old can avoid taxes on transfers of up to \$100,000 from their IRA into the fund we're setting up right now.

I hope that, by the time you receive our summer newsletter, I'll be able to tell you our Qualified Endowment Fund will be ready to go – helping many of our donors with their tax obligations and, at the same time, enhancing residents' daily lives here at Ave Maria.

For now, though, we need to stretch just a little more to complete our triumphant capital campaign. Please continue sending your memorials and tributes to help us reach our goal. And if any one of you just happens to have an idle \$2,500 lying around, it could be YOU who enables us to touch the finish line in one heroic burst!

On behalf of all the residents and staff of Ave Maria, we thank you so very much for your commitment to compassion and excellence. Lives are truly better because of you.

— *Jan Barnes, Development Director*
701-952-5677 — jan.barnes@smphs.org

Capital Campaign

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We are within just \$2,500 of reaching our campaign goal of \$1,325,000!



Valley City woman recovers independence here after bout with Guillain-Barré

The nightmare began June 26. Lori Marshall came home from her new job in the Barnes County Courthouse with an aching arm. It had bothered her all day. Could it be a heart attack? A stroke? Finding the answer and then recovering her health would consume the next seven months of her life.

The morning after the pain began, Lori and husband Jay drove from their Valley City home to an emergency room in Fargo. The good news: It was neither her heart or a stroke. Despite a battery of tests, however, her pain couldn't be identified.

Thus began a long, frightening tale of missed diagnoses and accelerating illness. After four months in the hospital, some of it in the ICU, she was transferred to Ave Maria Village in mid-November. Six weeks of inpatient rehab followed. At last, halfway into her final two months of outpatient therapy, she was able to return part-time to her job as administrative assistant to the Barnes County auditor.

"A large number of people were, and are, praying for me," the Valley City woman says now. "I would like to thank them all, as they have been heard. My recovery is progressing fast now."

A mysterious pain and weakness spreads

Lori's first ER visit brought no relief. After missing a week of work, she returned to the emergency department on July 1, where a physician speculated she had shingles. But her back was now in agony, and her legs were growing weaker.

Her prescribed medication did nothing. The next day — the Marshalls' 33rd wedding anniversary — her own primary-care doctor told her it was more serious than shingles. Her final diagnosis by a team of ER physicians: Guillain-Barré syndrome, an autoimmune disorder sometimes called French polio that sometimes occurs at the end of a viral infection.

What followed indeed resembled polio. Admitted to the hospital, she continued to grow sicker. Her legs became weak, and the infection threatened her lungs; she was moved to intensive care in case she'd need to be intubated. She was at risk of paralysis.

As days went by, she was transferred to the neurological floor to assess another odd symptom: Her heartbeat rose to 160, then 200, while she slept, though it settled down when she was awake.

After another step backward when the disease attacked her throat and her vision, she finally began to stabilize. Then came months of rehab — physical, occupational and speech therapy in her room. She could move her arms and legs a little, but couldn't walk on her own.

As November began, Lori finally left the hospital to continue her rehabilitation at Ave Maria Village.

Regaining her strength at Ave Maria

"We chose Ave Maria because of the great atmosphere after

talking to Jason [Ave Maria's physical therapist]," she explains. He and she began working immediately.

"He got me moving pretty fast," she recalls. "Within a week, I was out of the platform walker and into a regular walker. Both Jay and I were amazed at the progress. It happened so fast!

"We were thinking we'd need ramps and things like that at home," she continues, "but Jason said, 'Don't bother. You won't need them.'"

Two weeks later, she no longer needed orthotics on her knees. And six weeks after she began therapy at Ave Maria, she was on her way home. "I was using the walker by myself and walking with a little assistance from my husband," she remembers. "I was pretty much independent again."



Lori Marshall

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Two more months as an outpatient

Lori continued outpatient therapy for two months, completing it Feb. 15. She went from the walker to a cane and, finally, walking without assistance. She no longer needs orthotics on her ankles.

She returned to work part-time in January. Her friends and coworkers were a big bright spot during her ordeal, she says gratefully. Many donated their sick leave to help keep her paychecks coming.

Life is close to normal now. She's back full-time at the Barnes County Courthouse, where she had been deputy clerk of court for 15 years before assuming her present position last April.

Jay has operated his business, Marshall Repair, for 20 years. They have three adult children: Nicole, Burnsville, Minn.; Greg (and wife Becky), Fargo; Jacob, Madison, Wis.

Looking back, she says, "We both really enjoyed the homey feeling at Ave Maria. I loved watching the birds in the aviary. I liked the community breakfast, Happy Hour, going to Mass and rosary, and playing cards with the other residents. There was always something to do. I loved the faith-based family environment."

As for Jason, her physical therapist, she says, "He is very thorough and knowledgeable ... always confident and supportive, never negative. All I can say is, he is a miracle worker!"



Gifts and Tributes

December 2015 – February 2016

Activities

In Memory of:

Charles Sinclair

Kathryn Fleming
David Sinclair
John Sinclair

Capital Campaign

Buffalo Gals Red Hats

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Knights of Columbus

Larry & Darlene Kropp

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Mildred Koskiniemi Berge

Ardelle Loose

Gary Bitz

Jim & Sue Matthiesen

Proxie Dick

Gene & Bea Anderson

Leroy Flegel

Judi Birger

Pam Bosch

The Builders Group

Gary & Cathy Carlson

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Sadie Sue, beloved cat 🐾

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Heritage Centre Staff

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Please consider including a bequest to Ave Maria Village in your will.

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Enclosed is my gift of \$ _____ to Ave Maria Village.

Your name and address:

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Please send an acknowledgement to the family or person we/I am honoring:

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Mail this request form and your gift to:

Attention: Jan Barnes

Ave Maria Village

501 19th St. NE

Jamestown, ND 58401



Ave Maria community pioneers 'Arts for Life'

Art has long been understood to improve the emotional and physical health of our elders. The Ave Maria community is breaking new ground in North Dakota, thanks to the North Dakota Council on the Arts, by systematically working creative opportunities into its daily life.

According to Troyd Geist of NDCA, the group's unique program — envisioned to include 14 to 16 care facilities in 10 towns — has already been honored by the National Center of Creative Aging. "It has been so gratifying to watch the elders respond and see the spark in their eyes," he says. "You can see the memories come back and the interaction between them. The arts bring them to life in so many ways."

Peggy Widmer, Ave Maria Village's activities director, observes, "We're trying to combat the three plagues — loneliness, boredom and helplessness.

"I'm seeing some who've never told their stories have started to open up and share."

Three projects have been completed so far this year. The Tree of Life (shown upper right) has been completed over six Thursday afternoon sessions, with artists helping them create designs based on fond memories — of home towns, weddings and anniversaries; birth, infancy and childhood; and birthdays;

Jamestown Arts Center gallery manager Sally Jeppson says the art sessions were "somewhat mysterious" when they began. "Now residents seem to be looking forward to it and enjoying it. They ask when we'll be back. "This is one of the more rewarding things in my art career," Sally adds. "I love it, too!"

An exhibit of residents' art, "Revealing the Arts for Life," is planned May 12 from 6 to 7:30 p.m. in the Barthel Room.



Clay totem poles



Inspired by their memories, residents created the symbols on the Tree of Life.



Beth Neutzman paints with her wheels.



East Indian dancer Margreat.



Visiting artists assist residents in creating symbols for the Tree of Life.



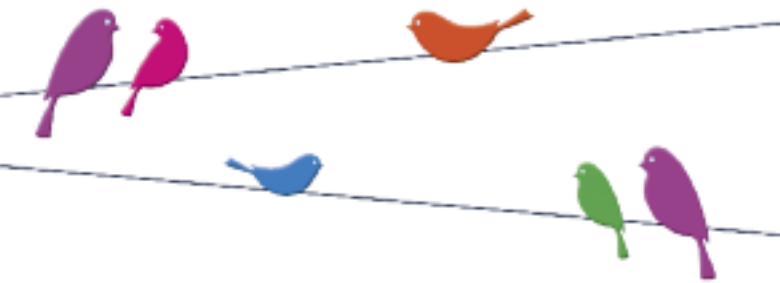
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Join resident artists and friends
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Wine & snacks served.

Project sponsored by Jamestown Arts
Center & North Dakota Arts Council

GO Green

Spring cleaning can mean cash for Ave Maria Village's Capital Campaign!

Last year's Go Green recycling campaign generated more than \$1,000, thanks to our generous and faithful donors.

Drop off recyclable items at West End Hide, Fur and Metal Company. Please be sure to tell them you're one of our supporters ... and leave your name at the office so that we can thank you!

-  **Aluminum pop & beer cans**
-  **Scrap iron**
-  **Car batteries**
-  **Copper & brass**
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