

# 'Tis the Season



Dec. 10, 2014

## THE *village* SPIRIT!



newsletter no. 93

### Happy HoliDaze

Like Us On [Facebook](#)

Dear [valleyvillage.development@gmail.com](mailto:valleyvillage.development@gmail.com),

Yes, 'tis the season, the season for giving, getting, sharing, and stressing. May we suggest de-stress, instead of distress? Our tips:

- Don't be so hard on yourself. Check your list and cut it in half. Decide what really matters.
- Party time? Keep it simple. You don't need a 50-course buffet.
- Sleep. Get your 8 hours a night. More sleep equals less stress.
- Nutrition. Sure, there are lots of sweets, but start with your basic nutritious meals to keep your appetite in check.
- Exercise. Take a relaxing walk with family and friends. You'll all appreciate the time together.
- Shop online. [Shop online to support Valley Village](#) and to avoid the hectic holiday traffic.
- Smile.



Executive Director  
Debra Donovan and  
Valley Village  
Foundation Board  
Secretary Dolores  
Zimmermann

Sincerely,

Your friends at [Valley Village](#)

## Our 2014 Annual Appeal

**Our Goal: A Loving Home for the Medically Fragile**

### [Donate Now](#)

This year we're focusing on a project near and dear to hearts of everyone who cares about persons with developmental challenges - a new home for individuals who are medically fragile. Our new [Karen Linn Home](#) will provide the functional environment these adults require.

This **state-of-the-art home** will be licensed to serve 4-6 medically fragile adults. Previously these individuals could receive needed services only in a state-operated development center, sub-acute hospital, or skilled nursing hospital. With this new home, Valley Village will be able to provide a wider range of services, **allowing more medically fragile clients an opportunity to continue living in a community setting.**

[The Karen Linn Home](#) is being named for the daughter of Marion and Ernst "Ernie" Letsch, who left a bequest to Valley Village specifically to build a home in their daughter's name. Karen, who passed away in 2013, was a longtime resident of Valley Village.

[Advanced planning](#) helped meet her everyday needs after the passing of her parents and it also provided a generous gift to Valley Village.

The special home was their dream as well as that of many who care deeply about the lifelong care of persons with developmental challenges. Now we need your help to raise additional funds in order to fulfill this dream. **\$700,000 for Program Startup and Renovation is what we must raise now.** [Donate Now](#)

[Read more](#)



Karen in her first Valley Village home



The original doorknocker from the Letsch Family Home was saved and will be mounted on the Karen Linn Home

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## Valley Village House

**Branching Out with Art Therapy**

Our staff come up with great activities to keep everyone involved. Here, Erin has gotten our medically fragile adults to create a photo tree. Art therapy is fun and and a great way to stimulate the brain and body!



Valley Village House staff member Erin shows off the photo tree

**Valley Village House** is a 24-hour continuous nursing home licensed to serve eight medically fragile adults, operated by Valley Village. These individuals could previously only receive safe services in a state development center, sub-acute hospital, or skilled nursing facility. At Valley Village House, our clients receive ongoing treatment for multiple health conditions so they can thrive.

## Enjoy the Season

### Decorations Galore at Valley Village Sites

Clients in our **After-School Program** send their best wishes as they display their snowmen and their stockings, part of their all-out preparations for the holidays.



Our clients wish you all a happy holiday season.

## 2014 Calendar

December 24	Christmas Eve. Day programs closed.	<a href="#">Like us on Facebook</a> 
December 25	Christmas. Office and day programs closed.	
December 26	Day after Christmas. Day programs closed.	
January 1, 2015	New Year's Day. Office and day programs closed.	

**DONATE NOW**

"Sharing the holiday with other people, and feeling that you're giving of yourself, gets you past all the commercialism."

- *Caroline Kennedy*



Valley Village Board  
Member Ron Smith and  
Legacy Group Member  
Laura Engel

**Stay Connected.**  
**Events & Photos are always on Facebook First!**



Forward to a Friend

[ValleyVillage.org](http://ValleyVillage.org)

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