

# GOOD Life News

at Billings Health and Rehabilitation Community

DECEMBER 2017

www.billingshealth.com

## Virtual Reality for Seniors

The words “virtual reality” may sound like something out of the future, but this technology is actually being used to return to the past as well as to experience life in the present.

Virtual reality, or VR, refers to a computer-generated, interactive three-dimensional environment. Through the use of a headset or goggles, a person can see and experience a virtual world from every angle.

VR is often associated with video games, but it has practical uses as well, such as helping to train pilots and surgeons. Researchers are now finding ways for VR to benefit the lives of seniors.

A VR headset allows the wearer to go anywhere in the world — snorkeling above a coral reef, hiking in a national park, even skydiving — without ever leaving his or her chair. Other experiences can include concerts, museum tours and family events, such as reunions, that the VR user is unable to attend in person.

With VR, seniors can also revisit their pasts by taking a virtual stroll through their hometown or returning to a favorite vacation spot.

Along with enjoyment, the use of VR can offer seniors therapeutic benefits, including improved mood and reduced anxiety. The technology has been used as a comforting tool for dementia patients and to treat chronic pain.

## Activity Action

The month of November definitely came in like a lion with our first snowfall of the year, but here we are looking at the month of December and the activities that take place.

This month, we will be having lunch bunch outings, another trip to WalMart, going out to see the Christmas lights and our never ending Holiday Program.

Also, we will be having a New Year’s Eve party from 6:30 to 8 p.m. for the residents. Last year we did this, and the party proved to be a success. The residents definitely enjoyed themselves. There will be games, snacks and drinks.

We would like to wish you all a safe and happy Holiday season from the Life Enrichment Staff (Jill, Lori M, Lori D, Joe and Maegan).

## A Note From Laundry

With the Christmas season upon us and the residents receiving new items, especially clothing, we would like to remind the families that the clothing items need to be marked with the resident’s name. This way it prevents loss and misplaced clothing they have received as a gift. Please give the items to a staff member with the resident’s name or you may take it to laundry. Thank you.



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*“I am committed to my ongoing development. Knowledge and skills are essential in creating a great experience for our residents.”*

We use this Platinum Service mission in all we do to create a wonderful, safe and friendly community for our residents to call home. When we live up to the mantra of “Putting you at the heart of everything we do,” we know that residents, families and team members are enjoying a positive, enriching experience each day. Understanding how to better serve our residents and families is very important to us. It helps make us contributing and supportive members of the community we serve!

## Resident Spotlight

The Resident Spotlight for this month is Dottie C. Dottie resides on Crossroads.

Dottie is a very caring individual and loves people.

Dottie was born and raised in Circle, Mont., on a farm. She was one of six children. She has two remaining siblings left.

Dottie is widowed and has three children (one boy and two girls), five grandchildren and six great-grandchildren. She worked in several restaurants starting in the fifth grade as a dishwasher and worked up to waitressing. She then worked for Farmers Union Elevator as a bookkeeper, then as Deputy County Assessor and Deputy County Treasurer. When she moved to Choteau, she worked at a place much like Family Services to help individuals out.

In her spare time, she enjoys using her computer, reading, doing crosswords, being with family, having her nails done, attending socials, playing bingo and playing pokeno.

This is what the staff has to say about Dottie:

- "She is always looking out for others."
- "She is always smiling and laughing. She is sweet."

Congratulations, Dottie!



## Old-Fashioned Festive Fare

Whether carried on by culinary tradition or celebrated in story and song, some foods from years past remain part of the season's festivities:

**Chestnuts** — The lyrics of a sentimental holiday song describe "Chestnuts roasting on an open fire." Roasted chestnuts have been a common street food for centuries in Europe and Asia. The brown nuts are heated over a flame or in an oven. Once cooled, peeling the hard shell reveals a meaty, sweet-tasting nut.

**Sugarplums** — The beloved Sugar Plum Fairy rules the Kingdom of Sweets in Tchaikovsky's popular ballet "The Nutcracker." A long-ago luxury, this confection from the 17th to 19th centuries was not actually a sugared plum as the name suggests, but a type of small, hard-sugar candy that resembled the fruit's shape.

**Figgy pudding** — The word pudding is a generic term for dessert in Britain, where a figgy pudding topped with a holly sprig ends a holiday meal. The dome-shaped, moist spice cake, loaded with dried fruit, is also called plum pudding and was most popular in the 15th to 19th centuries.

## Christmas Meal

This year, the Christmas meal will be held at the noon meal. The following will be served:

- Prime Rib
- Shrimp
- Asparagus
- Twice Baked Potatoes
- Jello Salad with Cherries
- Cherry Cheesecake



If you would like to join your loved one or friend for the meal, please call and speak with Holly Jones or Dawn Phillips at 406-656-6500.

## Stay Safe and Healthy This Season

Winter is a time to enjoy the warmth and comfort of home — not worry about chilly weather or catching a cold. Here are some tips to help the season stay merry, healthy and bright:

**Wash your hands** — With more people indoors, germs that can cause illness are more prevalent. Wash your hands often with soap and water, and avoid touching your eyes, nose and mouth.

**Get a dose of vitamin D** — Less sunshine means less vitamin D absorption, so eat a variety of foods that include the nutrient, including eggs, milk, fortified cereals, and fatty fish such as salmon and tuna. Vitamin D boosts your immune system and helps stave off the "winter blues."

**Dress warmly** — Two or three thin layers of clothing are actually warmer than one thick layer. When out during cold weather, wear a heavy coat, a hat, gloves or mittens, and a scarf. Limit your time outdoors and go inside immediately if your clothing gets wet.

## Employee Spotlight

Our Employee Spotlight goes to Nicole Little. Nicole started out in the Life Enrichment Department and is now our Receptionist/Accounts Payable individual.

Nicole can be seen helping any of our residents out, whether it be their cell phone, lending an ear to listen to a resident's problem or more.

Nicole came to us from Colorado. She was born and raised in Ridgway, Colo., which is a small town of 4,000 people, and her graduating class was only 24. She has three siblings, and she is the middle of the four, they are all two years apart. They all are still very close and raised to be each other's best friends.



She has been with her husband, Zach, for nine years, and they have one daughter together, Lyla, whom is four. Everyone in the facility, including residents, love to see her and her bright blonde hair.

In her spare time, enjoys time with her daughter and husband. They enjoy exploring historic places and vacations. She also likes to crochet baby blankets and photography.

This is what Nicole shared with us regarding why she chose the career to be in: "I have always loved anything about business. My degree is for Business Management, so I loved anything having to do with people. When given the opportunity, I jumped at the choice to work with everyone else's loved ones. I love working here."

Nicole also shared, "Coming to Montana, I have been many things in my life so far, I have owned my own insurance company, and I have been an executive of a radio station, I never saw myself as coming into this field for business, but now that I have, I won't ever leave. It makes my heart very happy to work with all of our residents."

This is what the residents have to say about Nicole:

- "She is always helping me out, no matter what the problem is or what is going on."
- "She makes time for all of us."

Congratulations, Nicole!

## Resident Birthdays

Iris D., 3rd  
Allan H., 5th  
David N., 5th  
Marica B., 23rd  
Lynette H., 27th  
Dorothy D., 31st

## Employee Birthdays

Moe Vossler, 3rd  
Michael Lavoie, 4th  
Sherri Bird, 4th  
Audra Griffin, 8th  
Mike Brooker, 9th  
Jaydi Funk, 12th  
Lori DeShaw, 13th  
Tammy Utter, 14th  
Stacey Fosjord, 16th  
Davonne Ortega, 18th  
Natalie Arreola, 18th  
Trisha Rumler, 21st  
Jamie Nottingham, 22nd  
Chiemi Phillips, 23rd  
Tarcela Akin, 24th  
Christine Largadas, 25th  
Michael Crandall-Gartman, 27th  
Jimmy Cook, 27th  
Olivia Badbear-Crawford, 27th  
Deni Harmala, 31st

## Service Anniversaries

Rachael Maney, 12/1/2015  
Lori Muse, 12/2/2016  
Dana Burreece, 12/5/2016  
Monica Ash, 12/7/2016  
Tonya Cornwall, 12/23/2010

## BHR Holiday Program

It is that time of the year again when we will be having our Annual BHR Holiday Program.

We will be having this on Dec. 19, at 2:30 p.m., in the Main Dining Room. We will be having laughs galore and treats too. This year, we are going with a variety program, so we will not know what to expect. If you would like to do a skit, sing or help in any way, please contact the Life Enrichment Department. We hope to see you here.



2115 Central Avenue  
Billings, MT 59102  
406-656-6500



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## Staff

### Executive Director

Colby Dinges

### Environmental Services Director

Brad Wagner

### Life Enrichment Director

Jill Peterson

### QIC Nurse

Shannon Reed

### Resident Chauffeur

Joe Campbell

### Admissions Director

Michelle Skorupa

### Dietary Director

Holly Jones

### Payroll

Melissa McCaig

### Social Services

MaNessa Wilson  
Sydney Treadway-Haskell

### Dietician

Dawn Phillips

### Newsletter Coordinator

Jill Peterson

### Receptionist

Nicole Little

### Unit 1 Manager

Kerri Ronquillo

### Pearl Gardens Manager

Kerri Ronquillo

### Medical Records

Karen Siemion

## New Employees

We would like to welcome the following new staff members to BHR:

- Angela Burcham, RN
- Santana Dubois, CNA
- Tenille Hood, CNA
- Jamie Nottingham, CNA
- Audra Hunter, CNA
- Shannon Reed, QIC/ADON
- Michelle Skorupa, Admissions
- Sydney Treadway-Haskell, Social Services
- Jimmy Cook, Dietary Aide
- Karen O'Loughlen, Laundry



When you see these new faces in the hallways, please give them a warm BHR welcome to the facility.