

GOOD Life News

at Billings Health & Rehabilitation

FEBRUARY 2018

www.billingshealth.com

Washington's Historic Home

On the banks of the Potomac River in Virginia sits George Washington's Mount Vernon, the historic home of America's first president.

It began as a modest house that Washington's father built in 1735 on his family's land and named Little Hunting Creek Plantation. When Washington's half brother

inherited the property, he renamed it Mount Vernon after Adm. Edward Vernon, his commander in the Royal Navy. Washington took over the estate in 1754 and set out to renovate the house and develop the land.

Over the next few decades, he worked on improvements, adding a third story, two wings, a cupola and a spacious porch that overlooked the river. Even when he served as a Revolutionary War general and later as president, Washington personally oversaw all the design and construction, which included intricate architecture and 21 rooms of elegant interior space in which he and his wife, Martha, could entertain guests. Washington also expanded the land to 8,000 acres, with lush gardens, working farms, three fisheries, a gristmill and a 16-sided barn.

After Washington's death, the estate deteriorated until the Mount Vernon Ladies' Association purchased it and began restorations. The property was opened to the public in 1860 and a century later, it was designated a National Historic Landmark. Mount Vernon receives about 1 million visitors each year.



Welcome New Staff

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

- Janeen Galindo, Dec. 11, Summit Manager
- Lani Vicente, Jan 2., Dietary Supervisor
- Madyson Sweten, Jan. 8, C.N.A
- Maret Johnson, Dec. 6, C.N.A.



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



**Our Talk.
Our Walk.
Every Day!**

**Platinum
Service®
Standard #19**

"I am a leader and I lead by example. I am a good steward of the environment and a role model both at work and in the greater community."

Platinum Service® is the cornerstone of our operating philosophy. This hospitality approach drives our community. Our community is committed to demonstrating kindness, responsiveness, commitment, integrity, and other positive traits that improve the satisfaction of our residents, their family members, and team members. Every day we work hard to make a difference in the lives of those we serve!

Employee Spotlight

Our Employee Spotlight goes to our Kitchen Manager, Holly. Holly has been at the facility as the Kitchen manager since Jan. 2, 2016.

Holly was born and raised on a farm/ranch south of Dodson, Montana. Holly has eight siblings (brothers and sisters). She has been married for 43 years and has five children and seven grandchildren.

In her spare time, she enjoys hanging out with her grandchildren, tole painting, refinishing furniture, counted cross stitch, gardening and many more interests.

When asked why she chose the profession she is in, Holly stated, "I enjoy cooking and 'playing' with food. My Mom and Dad have been my greatest influence; they liked to help people and taught us to help make the world a better place."

The biggest change Holly has seen in her career has been much more paperwork than when she started.

This is what the staff and residents have to say regarding Holly:

- "Holly is down to earth, nice and a very hard working manager."
- "Holly makes the best infused flavored water."
- "Holly takes time to listen to us [residents]."
- "Holly is always smiling and friendly."

Congratulations, Holly!



Resident Spotlight

Our Resident Spotlight is Maria V. Maria currently resides on our Pearl Gardens unit.

Maria was born and raised in Greece. She has two children (a son and a daughter) and numerous grandchildren. Maria is very proud to have become an American citizen. This is one thing she enjoys talking about and will tell you all about.

She loves to give hugs and kisses, and is friendly and compassionate to fellow residents and to staff. She sings Greek lullabies to soothe the other residents.

Staff have agreed she is the "Koukla" on the unit, meaning the "beautiful doll" in Greek. She most definitely is that.

Congratulations, Maria!



What Is the Daily Activity Schedule?

The Daily Schedule is created in the Activities Department. This schedule lists what activities are happening on that day. They are made up seven days a week, and most of our residents receive one.

Not only does it list the activities for the day and the location, but it also reflects changes that may have happened since the monthly calendar was sent to the printer and mailed to us.

If you flip the daily schedule over, you will find some type of game. This could consist of word searches, crosswords, fill in the blanks, Sudoku and more. We have even put adult coloring on the back of the page also. The idea to use the back of the daily schedule for a game of some type was thought up by our residents. From known fact, if there isn't a type of game on the back of the daily schedule, the Activities staff are made aware of this quickly by the residents.

We love providing some type of activity on the back of the schedules. Not only does it help with our residents' "thinkers," but we in the activities room get stuck on the puzzles once in a while too.

If the cold weather has you down, find a book of word searches or different puzzles to keep the "thinker" going.



Heart-Healthy Exercise

Cardiovascular exercise, also called aerobic exercise or simply cardio, is crucial for heart health.

Any physical activity that increases your heart rate and breathing rate for an extended period of time is considered cardio exercise. Walking, bicycling, swimming and many other sports are common examples. During these activities, the lungs take in more oxygen, which goes directly into the bloodstream and the heart. The oxygen makes the heart beat faster, allowing it to pump nutrients throughout the body.

Regular cardio exercise not only makes the heart stronger, but it also sends oxygen to the muscles, where it's used to burn carbohydrates and fat. This is why cardio is so effective at helping a person lose or maintain weight.

Cardiovascular activities are key to preventing heart disease, since they can lower blood pressure and improve circulation. This type of exercise is also helpful in preventing or managing diabetes, osteoporosis, depression and some forms of cancer.

Check with your doctor to see what types of cardio activities are right for you.



A Look at the Olympics

Speedskating, ice hockey and luge are a few of the many events on tap for the 2018 Winter Olympics in Pyeongchang, South Korea.

Prepare for the Feb. 9-25 games by learning a bit more about the competition.

- This will be the 23rd Winter Olympics. The first took place in Chamonix, France, in 1924.
- South Korea hosted the 1988 Summer Olympics in Seoul, but this will be the Asian nation's first Winter Games.
- Figure skating competitions and the men's hockey gold medal game are considered the most popular events.
- The athletes in Pyeongchang will compete in 102 events in 15 sports.
- The 2018 Games will feature four new events: big air snowboarding, mixed doubles curling, mass start speedskating and mixed team Alpine skiing.
- For gold medal performances, keep your eyes on the Norwegian athletes. Although it is a country of just 5 million people, Norway dominates the Winter Games, holding the record for most gold medals and most medals overall.



Resident Birthdays

Kim R., 2nd
Anne R., 9th
Alice R., 12th

Employee Birthdays

Jennifer Kruse, 6th
Samantha Chouinard, 6th
Madysen Sweten, 7th
Jennifer Harmala, 12th
Rosita O'Donnell, 14th
Heather Fryett, 16th
Susie Markley, 16th
Monica Ash, 19th
Tyler Sheehan, 22nd
Holly Jones, 22nd
Samatha Freeman, 23rd
Vanessa Jacobs, 23rd
Brad Wagner, 25th
Kristen Caudill, 28th

Service Anniversaries

Joe Campbell, 2/6/2015
Joylyn Slabaugh, 2/8/1993
Brandon Willis, 2/8/2016
Karen Siemion, 2/11/2009
Peg Ward, 2/11/2014
Olivia Badbear-Crawford, 2/13/2017
Stacey Fosjord, 2/13/2017
Cy Ellerd, 2/14/2011
Kerri Ronquillo, 2/17/2015
Doug Green, 2/20/2015
Christine Largadas, 2/22/2015
Brad Wagner, 2/23/2016
Arlene Suko, 2/23/1981
Amanda Sieler, 2/24/2017
Krystal Chase, 2/25/2016
Nicole Little, 2/27/2017



Staff

Executive Director

Colby Dinges

Director of Nursing

Sandra Gritz

Environmental Services Director

Brad Wagner

Life Enrichment Director

Jill Peterson

Resident Chauffeur

Joe Campbell

Admissions Director

Michelle Skorupa

Dietary Director

Holly Jones

Payroll

Melissa McCaig

Social Services

MaNessa Wilson

Social Services

Sydney Treadway-
Haskell

Dietician

Dawn Phillips

Newsletter Coordinator

Jill Peterson

Receptionist

Nicole Little

Unit 1 Manager

Kerri Ronquillo

Pearl Gardens Manager

Kerri Ronquillo

Unit 3 Manager

Audra Griffian

Summit Unit Manager

Janeen Galindo

Medical Records

Karen Siemion

Valentine's Day Meal

With Valentine's Day just around the corner, the residents have decided the following would be a great meal:

- Fried Chicken
- Corn on the Cob
- Homemade Biscuits
- Blueberry Cheesecake

This will be served on Valentine's Day at the noon meal. If you would like to join your loved one or friend for this meal, please contact Holly Jones or Dawn Phillips at 406-656-6500.

