

GOOD Life News

at Billings Health and Rehabilitation Community

OCTOBER 2017

www.billingshealth.com

CNA Skills Fair

We would like to thank all the CNAs who participated in our CNA Skills Fair. Hopefully everyone who participated learned something! For all the CNAs who participated, their names were put into a drawing and pulled for different prizes. Here are our wonderful winners:

- Erica Stone (days) won a 12 Pack of Fresca,
- Sammy (night) won a Blu-Ray player,
- Rochelle (evenings) won a Fit-Bit,
- Robin (days) and Celeste (evenings) won Lunch on Manessa.
- Thank you to Colby for donating all the above prizes.



There were t-shirts, candy, drink mixes and snacks given away to those who participated in the prize giveaway.

There was a little “ditty” on KPAWG which everyone seemed pleasantly surprised by and will hopefully remember what it stands for.

A special thanks to Susan and Becky for putting so much work into the skills fair. It was so very much appreciated. We always learn and improve so much when you come.

Creatures of the Night

When darkness falls, most of us are ready for bed, but for many members of the animal kingdom, nighttime is prime time.

Bats: The only mammals that can fly, bats are mysterious critters that love to lurk in dark spaces like caves and hollow trees, emerging at dusk to feast on insects and fruit. Eating up to 1,000 insects a night, bats play a crucial role in pest control, and fruit bats are important pollinators.



Owls: Large eyes, sharp hearing and feathers specifically designed for silent flight make these birds excellent nighttime hunters. A traditional sign of wisdom and a friend to farmers by helping control rodent populations, owls are known for their hooting calls, but they can also screech, whistle and squeak.

Wolves: A wolf howling at the moon may send a chill up your spine, but there’s really nothing to fear. The largest members of the dog family are simply communicating with each other and staking out their territory. Wolves have impressive night vision, and they prefer nighttime because the cooler temperatures help them conserve energy while they hunt.

Raccoons: These masked bandits cause mischief during the evening hours, foraging for almost any food they can get their hands on — even goodies from residential garbage cans. Despite their antics, these North American mammals are admired for their uniquely patterned coats and curious, intelligent nature.



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

**Health
Literacy
Month**

This annual October observance is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one’s own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopt a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group’s informational and inspiring blogs on health and wellness. Visit blog.thegoodmangroup.com.

Teddy's Corner

It's the month that fall is in the air. There's frost in the morning, though leaves are falling off the trees. School has started, and the kids are back slipping into a quiet time.

We no longer mow and water our grass, the lawn is getting brown. We are canning and making jams and jellies, although there are not many who do that anymore. It is important to me to have a pantry of things to choose from.

Our men and families are going hunting, always hoping for an elk but coming home with a deer, birds and wild game we eat all winter. We soon will be fixing a turkey dinner and eating more than we should. I love Thanksgiving because it reminds me of the beginning of our wonderful country we live in, how hard the Pilgrims had it and how easy we have it. I wish you all a wonderful fall.

Love,
Teddy

Resident Spotlight

Our resident of the month is a face you may have seen wandering around the facility, Barry B.

Barry was born and raised in Crow. Barry is married and has seven children with several grandchildren.

Barry worked as a cook and still enjoys reading new recipes.

Barry enjoys anything to do with art, from painting to drawing and much more.

Barry is always the one to put smiles on faces when people are feeling down. He's very respectful and enjoys his grandkids.

If you ever get the chance to see his amazing artwork, take up the chance; it's something you won't regret.

Some things said about Barry:

"Barry has been exceptional person here."

"Barry is positive and friendly with other residents and workers, always smiling and helping."

"Barry has a great positive attitude."

Congrats, Barry! You really are an exceptional person!



Barry

Fit Over 50

Monday, Sept. 18, Valley Healthcare started hosting Fit Over 50.

This is a low impact exercising program that emphasizes toning, strengthening, stretching and balance.

It will be offered on Mondays and Wednesdays, running through May from 6 to 7 p.m. in the Valley Healthcare Therapy Gym.

It is free of charge and open to the public.

Please join instructor Melissa Leslie and spend an hour getting and staying fit.

If you have any questions, you can reach Melissa at 672-7452.



Employee of the Month

The Employee of the Month is a hard-working, dedicated nurse named Chandra Owens.

Chandra is truly a one-of-a-kind person. Some things you may know about Chandra is that she has love for Pepsi and chocolate, but some things you might not have known are things like she enjoys hiking in the mountains. She feels the most important innovation in her life time so far she has witnessed is the cell phone evolution.

Chandra cannot resist an opportunity for a witty comeback, but that does not stop her from having some amazing words of wisdom. "True leadership is leading by example, never ask someone to do something you wouldn't do yourself." Her definition of success is "being able to look at yourself in the mirror and honestly saying, 'I did my best'".

Some amazing things said by people about this wonderful lady:

"Chandra saved my life."

"Always friendly and helpful."

"She's nice and works hard."

"She goes the 'extra mile' to help residents."

Thank you, Chandra, for being our fabulously wonderful Employee of the Month.



Resident Birthdays

Marlene R., 2nd

Floy K., 4th

Mary R., 8th

Brandon B., 8th

Sara T., 10th

Archie H., 12th

Manessa W., 13th

Roger K., 18th

Doris B., 20th

Jackie S., 26th

Sharon F., 26th

Employee Birthdays

Froilan Macawili-Potestades, 3rd

Sherrie Ifelere, 5th

Lisa Durfee, 5th

Jeff Peters, 7th

Rebekah Erickson, 15th

Kerri Ronquillo, 16th

Brandon Willis, 19th

Marlene Martin, 22nd

Courtney Jarrett, 22nd

Camille Buksch, 28th

Service Anniversaries

Tyler Sheehan, 10/3/2014

Joan Ellerd, 10/6/1998

Camille Buksch, 10/6/2015

Jill Peterson, 10/7/2011

Debera Smyle, 10/10/2016

Tammy Utter, 10/12/1998

Sarah Unsworth, 10/12/2016

Sydney Limon, 10/21/2014

Lisa Larsen, 10/24/2016

Bekki Romero, 10/28/2002

Activity Actions

With the start of fall and the changing of the leaves, we will be enjoying some wonderful fall activities.

Starting with our Octoberfest on Oct. 7, we will have accordion music by Russ and be serving "Beer" and Root-beer. We will be going out to the movies, the Pumpkin Patch with our Pearl Garden residents and finishing off the month strong with a Halloween Spooktacular on Oct. 31, from 3-6 p.m.

We hope to see you at one of these amazing events. Have a safe and happy fall.



New Staff

We would like to welcome our new Employees to the BHRC family.

- Ashley Walla, CNA
- Marlene Martin, CNA
- Patrick McDermonntt, Cook
- Rebekah Erickson, Dietary Aide
- Maureen "Moe" Vossler, Staffing
- Samantha Freeman, Pharmacy Tech
- Crissy Bracewell, RN
- Lori DeShaw, Life Enrichment Aide

Don't forget when you see these new faces to please give them a big, warm BHRC welcome!





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Staff

Executive Director

Colby Dinges

Director of Nursing

Tammy Hoover

Environmental Services Director

Brad Wagner

Life Enrichment Director

Jill Peterson

QIC Nurse

Audra Griffin

Admissions Director

Lori Edgar

Dietary Director

Holly Jones

Social Service Director

MaNessa Wilson

Payroll

Melissa McCaig

Dietician

Dawn Phillips

Newsletter Coordinator

Jill Peterson

Receptionist

Nicole Little

Unit 1 Manager

Kerri Ronquillo

Pearl Gardens Manager

Kerri Ronquillo

Unit 3 Manager

Chiemi Phillips

Transitional Care

Unit Manager

Chiemi Phillips

Medical Records

Karen Siemion

How About Them Apples?

Apple pie, apple butter, caramel apples — America's favorite fall fruit is as versatile as it is delicious. Autumn is when the crop is harvested and apples are at their freshest.

- More than 2,500 varieties of apples are grown in the United States, and more than 7,500 types are produced worldwide.
- After they are planted, apple trees grow four to seven years before producing fruit.
- Once established, an apple tree can live for more than 100 years.
- Apple varieties range in size from as small as a cherry to as big as a grapefruit. The largest apple ever picked weighed 3 pounds.
- A mature tree can produce 400 to 800 pounds of apples per year.
- Apples are part of the rose family, just like pears, plums and peaches.
- China grows the most apples, followed by the United States, Turkey, Poland and Italy.
- The apple is the official fruit of six states: Illinois, Minnesota, New York, Vermont, Washington and West Virginia.

