

# GOOD Life News

*at Billings Health and Rehabilitation Community*

MAY 2017

[www.billingshealth.com](http://www.billingshealth.com)

## The Lady With the Lamp

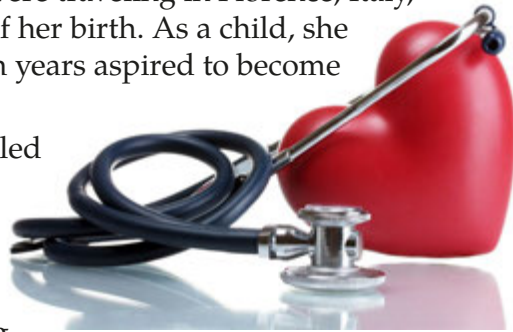
Every year, special recognition is given to nurses during National Nurses Week. The observance begins on May 6, National Nurses Day, and ends on May 12, the birthday of Florence Nightingale, who revolutionized the nursing profession.

Born in 1820 to British parents who were traveling in Florence, Italy, Nightingale was named for the city of her birth. As a child, she excelled academically, and in her teen years aspired to become a nurse.

At that time, nursing was not the skilled occupation it is now, and hospitals were disorganized and usually unsuccessful in treating the sick. Determined to change this, Nightingale received nursing training in Germany and France, then worked at a women's hospital in London.

In 1854, during the Crimean War, Nightingale was asked to organize a team of nurses and travel to Turkey to care for soldiers at a British camp hospital. Here she became known as the "Lady With the Lamp," due to her nighttime checks on the sick and wounded. Her methods of improving hygiene and providing a personal touch to patients helped reduce the camp's death rate by two-thirds.

Following the war, Nightingale used her knowledge and experience to improve health care. She wrote over 200 books and pamphlets on health-related issues, including 1859's "Notes on Nursing," a practical guide that is still published today.



## Nursing Home Week

Nursing Home Week is celebrated during the month of May. This year's Nursing Home Week theme is Spirit of America. This will be held May 14-20. We will have a different activity each day to celebrate this week.

The one important item to us is the veterans and soldiers. We would love to display throughout the facility pictures of residents, staff, family and friends of the residents and staff who have served or are still serving.

We will return these photos to you at the end of Nursing Home Week. Please have them labeled with the name of the individual and the year, if possible.

Please turn these in to the Activities Department the week prior to Nursing Home Week.

Thank you for your assistance.



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

**Step into  
Spring**

There's nothing like the beginning of a new season. Spring is the perfect time to get outside and spend time with your loved ones. Soaking up the sunshine can actually help improve cognitive function and increase one's happiness, according to the National Institutes of Health. Don't let Mother Nature have all of the fun — join her outside and try a fun springtime activity! Eat outdoors, partake in spring-cleaning, choose a local park or trail for walks, go on a picnic, or visit a plant nursery. We are here to help you experience whichever spring activity you most enjoy!



## Favorite Derby Foods

The Kentucky Derby, the annual horse race called “the most exciting two minutes in sports,” is also famous for its festivities off the track, including food. Saddle up with these traditional Derby dishes.

**Hot Brown:** This hot, open-faced sandwich was named for where it was first served in 1926, the Brown Hotel, just miles from the Derby’s home, Churchill Downs. It’s made with thick slices of toasted bread that are layered with roasted turkey and tomatoes, covered with a cheese sauce, broiled, then topped with two slices of bacon and paprika.

**Burgoo:** There are hundreds of recipes for this hearty stew, which is a longtime tradition. Thick and spicy, it usually contains a blend of beef, pork, chicken or lamb simmered with a medley of vegetables, beans and seasonings.

**Benedictine:** In the early 1900s, Louisville, Ky., caterer Jennie Benedict combined cream cheese, cucumber and onion to make a savory spread. It is typically served on bread as a tea sandwich filling or used as a dip.

**Chocolate-nut pie:** A gooey, sweet filling that includes chocolate chips and pecans or walnuts atop a pastry crust make up this dessert, a staple at the Derby.



## Activity Action

Happy Spring!

The flowers are blooming, the smell of spring is in the air, and that means it’s time to add more outings for our residents, of course.

We will be adding another outing for either lunch or dinner, another outing for a movie, and Mustangs games. We will also be adding a shopping trip once a month to the calendar also.

We have changed our candy store a little also. Instead of carrying a large amount of candy all at once, we decided that we will rotate our candy and add a few new items to the candy store as well. We then added a Kernel Kart, which is a bag of popcorn and a soda for \$1. We will have this once a month and candy store two times a month. We have also started a Pinochle Club for residents. We have had quite a few residents interested and have asked for a club.

We wish you a safe spring!



## New Staff

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

Dawn Phillips, Dietician

Rebecca Gustafson, CNA

Tonya Risingsun, Cook

Misty Naylor, CNA

Tina Malaty, Cook

Megan Dalton, CNA

Christy Walker, LPN

Becky Beltran, CNA

Sarah Baclayton, LPN

Debra Somerville, CNA

Karla Todd, CNA

Diosdado Nacario, Jr., CNA

Ivy Alden, CNA

When you see these new faces, please give them a warm BHRC welcome!



## Supporting Our Nation’s Mothers

For more than 80 years, the American Mothers organization has worked “to champion women by honoring, educating and serving mothers at home, at work and in the world.”

American Mothers was originally a committee formed by a group of influential citizens — including J.C. Penney, Norman Vincent Peale and Eleanor Roosevelt — who strived to honor the role that mothers hold in strengthening families and the nation. In 1935, Sara Delano Roosevelt, mother of then-president Franklin D. Roosevelt, presented the first Mother of the Year award to Lucy Keen Johnson of Georgia.

Since then, the nonprofit organization has selected a Mother of the Year from the 50 states, the District of Columbia and Puerto Rico, then named a national honoree. Nominations can be made at [AmericanMothers.org](http://AmericanMothers.org) from Mother’s Day through Nov. 15.

The official sponsor of Mother’s Day, American Mothers works year-round to implement service programs, provide scholarships and raise awareness of issues that impact mothers.



## Care in a Box

Whether for a soldier serving overseas, a student at college or a faraway friend, care packages today often provide recipients with food and tokens of comfort, packed into a cardboard box. But in the days after World War II, care packages were part of a lifesaving mission.

In 1945, just months after the war ended, a group of 22 American charities combined efforts to form the humanitarian organization CARE, the Cooperative for American Remittances to Europe. Its purpose was to rush emergency food aid to the millions of people in war-torn Europe who were at risk of starvation.

Using nearly 3 million parcels of surplus U.S. Army rations, CARE created a program in which Americans could purchase a package for \$10 to send to their loved ones or an anonymous recipient in Europe. Each box contained 16 staples, including canned meat, powdered milk, coffee and margarine. Delivery was guaranteed within four months.

On May 11, 1946, the first shipment of 15,000 packages, each stamped with “CARE” in capital letters, arrived at France’s port city of Le Havre.

As the relief effort continued, the boxed aid supplies transitioned from food to clothing, school supplies, medicine and tools.



## Resident Birthdays

Perry H., 1st

Virginia A., 5th

Kristy L., 7th

Cathy G., 11th

Kathryn M., 17th

Ken W., 19th

Maria V., 21st

Tim M., 23rd

Lynne F., 25th

Lee W., 26th

Linda A., 27th

## Employee Birthdays

Lisa Titus, 2nd

Robin Neumann, 3rd

Deb Harris-Smyle, 5th

Jackie Brennan, 7th

Joelle Keough, 12th

Krystal Harrison, 14th

Judy Brock, 16th

Sharon Reiter, 20th

Dominique Serafin, 22nd

Roberto Garcia, 23rd

Doug Green, 27th

## Service Anniversaries

Rea Florentino, 5/3/2013

Lisa Titus, 5/5/2001

Celeste Graham, 5/10/2016

Kathleen Little, 5/10/2016

Jennifer Harmala, 5/11/2015

Heather Stenulson, 5/18/2016

Debbie Schlosser, 5/21/1992

Rebecca Rohik, 5/24/2011

Greg Charnesky, 5/25/2012

Tom Odom, 5/26/2009





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



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## Staff

- |   |  |
|---|--|
| <b>Executive Director</b><br>Jerry Smyle (Interim)    | <b>Dietician</b><br>Dawn Phillips                        |
| <b>Director of Nursing</b><br>Tammy Hoover            | <b>Newsletter Coordinator</b><br>Jill Peterson           |
| <b>Environmental Services Director</b><br>Brad Wagner | <b>Receptionist</b><br>Judy Brock                        |
| <b>Life Enrichment Director</b><br>Jill Peterson      | <b>Unit 1 Manager</b><br>Kerri Ronquillo                 |
| <b>QIC Nurse</b><br>Audra Griffin                     | <b>Pearl Gardens Manager</b><br>Kerri Ronquillo          |
| <b>Admissions Director</b><br>Lori Edgar              | <b>Unit 3 Manager</b><br>Audra Griffin                   |
| <b>Dietary Director</b><br>Holly Jones                | <b>Transitional Care Unit Manager</b><br>Chiemi Phillips |
| <b>Social Service Director</b><br>MaNessa Wilson      | <b>Medical Records</b><br>Karen Siemion                  |
| <b>Beautician</b><br>Deb Schaeffer                    |  |
| <b>Payroll</b><br>Melissa McCaig                      |  |

## Mother's Day Lunch

This year for Mother's Day, the following meal will be served:

- Chicken Cordon Bleu
- Shrimp
- Asparagus
- Dessert



If you would like to join your loved one or friend for this meal; please contact Holly Jones, Dietary Manager, at 406-656-6500. Thank you.

## Teddy's Corner

May

"May is spring in Montana

The wildflowers are blooming everywhere,  
 Everywhere the hillsides are every color

The young lovers are discovering their feelings for each other and their feelings are growing deeper  
 Soon the rings are showing everywhere and weddings are being planned



Farmers are getting their crops in the ground and the fields will soon be green

We are planting our gardens and are hoping to be eating our veggies soon

Being alive in spring in Montana is the greatest time of all."

God bless you all,

*Teddy*