

GOOD Life News

at Billings Health and Rehabilitation Community

AUGUST 2017

www.billingshealth.com

Reunited After 36 Years

We all enjoy a great ending to a story, but this story has brightened one of our residents Emily K.'s life.

In November 1980, Emily gave her baby girl up for adoption, but Emily has a happy ending to this adoption. On July 7, after having vacation with her brother, Emily's brother called to let her know Emily's daughter was trying to locate Emily. Sarah Beth left a message the day before on Emily's brother's phone. Emily visited with Sarah Beth per a phone call. That evening when Emily returned from a facility outing, our receptionist at BHRC, Nicole, had a surprise for Emily. Nicole had been in contact with Emily's daughter and had pictures for Emily. Nicole has played an instrumental part by providing Emily with pictures almost daily.



Emily's Daughter, Sarah Beth,
and Granddaughter, Elizabeth

Sarah Beth started this journey when a friend from Missouri gave Sarah Beth a DNA test the friend had bought for Sarah's birthday. Eventually, Sarah put the information out on social media. Sarah had searched for her mother for close to a year. Emily's second cousin of her dad's saw the information and contacted Sarah Beth. The second cousin then contacted Emily's Dad's sister to verify. The information is true.

Emily and Sarah Beth have visited via phone calls a number of times. Sarah Beth is hoping to come in August to meet Emily and spend time with her.

This has definitely been a blessing for Emily, and we at BHRC are very happy to share this with her.

Fall Craft Fair

We will be having a Fall Craft Fair at BHRC on Sept. 23 from 9 a.m.-2 p.m.

If you would like to reserve a space, please call Jill at 406-656-6500 or ask for the Activities Department.

There will be crafts, food and more. We hope to see you here.



Our Talk. Our Walk. Every Day! 29 Years Recognizing Senior Citizens Day

The U.S. Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom leadership and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.

Helping a Loved One With Cancer

It can be difficult to know what to do for a family member or friend who is battling cancer. Often, small gifts and kind gestures can brighten their day, as well as provide practical support. Here are some ideas:

Books, magazines and more — Reading material, puzzle books, audiobooks, CDs and DVDs can keep your loved one occupied during long treatments and recuperation.

Lotion — Chemotherapy can cause dry skin and brittle nails, so treat your friend to a bottle of unscented, moisturizing lotion or hand cream.

Blankets and socks — Cancer treatments may make a person feel colder than usual. A cozy blanket or pair of socks can help them feel warm and loved.

Faux flowers — Many well-wishers want to send flowers to those who are ill, but fresh bouquets and live plants can be an infection risk for patients with weakened immune systems. A silk bouquet or faux flowers crafted from fabric or buttons can also bring a smile, and they will last longer.

Your friendship — From cards and phone calls to visits and hugs, friendship is the best thing you can offer to a person living with cancer.



Tomato Talk

Nothing says summer quite like the taste of a fresh tomato. Easy to grow and full of vitamins and other nutrients, tomatoes are popular picks at farmers' markets, in home gardens, and as an ingredient in a variety of dishes.

The hundreds of tomato varieties are categorized according to their use:

Globe tomatoes — These are typically what people picture when they hear the word "tomato." Large, round and red, globe tomatoes are ideal for sandwiches, which is why they're often called slicing tomatoes. They're also commonly known as beefsteak tomatoes because of their meaty texture.

Salad tomatoes — This is the name for any medium-sized tomato, about 2 to 3 inches in diameter, with a juicy, intense flavor. There are more cultivated varieties of salad tomatoes than any other type of tomato.

Cherry and grape tomatoes — These tiny tomatoes are shaped like the fruits they're named after. They're very sweet and juicy, so they make a perfect snack or salad topping.

Roma tomatoes — These are the tomatoes you want if you're making a sauce or stew. Also called plum, paste or Italian tomatoes, Romas feature a thick skin and less moisture, so they have a long shelf life. Sweet and firm, they're easily recognized by their egg shape.

Rockin' Under The Big Sky

Come rock the night away and help support Adult Resource Alliance and our Senior Community.

Friday, Aug. 25, 2017

METRAPARK Outdoor Park with Pond & Pavilion

Rocking Chairs provided

Rockin' Activities start at 7 p.m.

Silent and Live Auctions

Heavy Hors d'Oeuvres & Dessert

For more information, contact the Adult Resource Alliance at 406-259-9888



New Staff

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

- Colby Dinges, Administrator
- Zealena Smith, MDS and Social Services Assistant
- John Riek, Cook
- Bailey Eggebrecht, Dietary Aide
- Kelsey Buchanan, CNA
- Holly Matovich, CNA
- Antonia Barth, CNA
- Connie Taylor, Laundry

When you see these new faces in the halls, please give them a warm BHRC Welcome!



A Day at the Zoo

To celebrate National Zoo Month in June, we took our Pearl Garden and a few other residents to MT Zoo. Here are a few of the pictures.



Activity Action

This month we have started a new Ages Entwined® program. We have children every Friday visiting with the residents. Here are a few pictures of the first visit.

Some of the exciting things happening this month:

- Fair Outing
- Navy Community Band
- Movie Outing
- and more!

Hope you all are enjoying your summer! Stay safe!



Resident Birthdays

Violet H., 2nd
Ruth C., 4th
Althea L., 7th
Charlene H., 11th
Sue M., 13th
Joy H., 18th
Ron E., 19th
Carol T., 25th
Evalyn G., 26th
Erna Z., 31st

Employee Birthdays

Brandi Sticka, 1st
Tom Odom, 2nd
Bobbijo Romero, 3rd
Zealena Smith, 3rd
Lori Edgar, 3rd
Lani Vicente, 7th
Lorissa Lohrenz, 11th
Greg Charnesky, 20th
Pat Slavick, 21st
Kathleen Little, 21st
Collene Roundtree, 22nd
Holly Schwarm, 23rd
Sydney Limon, 24th
Bailey Eggebrecht, 27th
Maegan Erickson, 29th
Augusta Bird Chief, 29th

Service Anniversaries

Joanne Zapata, 8/1/2007
Ericka Stone, 8/1/2014
Helene Grande, 8/3/2005
Dorry Armstrong, 8/5/2013
Michael Brooker, 8/12/2015
Shawna Tymes, 8/17/2016
Gina Harris, 8/19/2015
Roberto Garcia, 8/26/2016
Sue Markley, 8/26/2016
Rich Werbelow, 8/30/2016



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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

Teddy's Corner

August

August is back to school month

Kids worry about clothes and what will Jack and Joe wear

What kind of shoes will everyone wear

Your backpack will be filled with tablets, paper, pens, pencils and colors

In my day we went to school with our tablet and our lunch pail was filled with goodies

In the summer we walked a mile to school and in the winter we rode a horse

One of the best days of the year is Labor Day

We should all have the day off

But too many of us work

We should all have a picnic, go fishing or swimming and tell summer goodbye

We soon will be thinking of Halloween, Thanksgiving and Christmas

We all rake leaves, get the tires winterized, change the furnace filters and change the oil to a lighter weight

We get the winter hats, coats, gloves, scarfs already for the winter weather, though we don't like it

A year has gone by and I have been doing this the whole time. I love it. I thank you for the feedback on the memories and articles that I share with all of you.



Love, Teddy