

GOOD Life News

at Hillside Health Care Center

JANUARY 2018

www.hillsidesenior.com

Executive Director

Hello everyone,

Wishing you a very, very Happy New Year.

Welcome to 2018!

I am always amazed at how fast time flies. This time of year it is gratifying to think of how far we have come on our personal journeys over the past 365 days. Hillside has had a tremendously successful year. I was honored to be able to collect our AHCA Bronze Award in Las Vegas. We achieved a 5 Star Medicare rating and an US News and World Report Best Nursing Homes rating, as well as our highest employee and resident satisfaction scores. I am humbled and proud to lead such an amazing group of people. Our staff and residents are so special to me.

Hillside truly embraces our motto, "When you are here you are family." By embracing this, we are able to achieve these wonderful things together. There is no one person who doesn't matter in the whole.

I am looking forward to another great year in 2018!

As always, if you have any compliments or concerns, please feel free to share them with me/us.

We love when you all make us your home away from home. Hope to see or hear from you soon,

Regards,

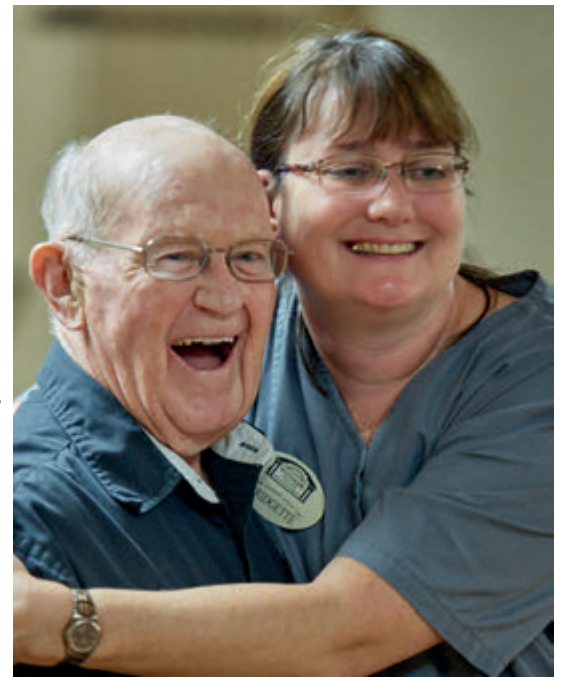
Bernice Zimmermann, Executive Director

Marketing

One more award this past year to celebrate. Hillside Health Care Center was recognized by US News and World Report as one of the "Best Nursing Homes in the US for 2017-2018." They evaluated over 15,000 nursing homes nationwide and only selected just over 2,000 for this recognition.

We are also proud to continue to offer our new and improved culinary experience "Food For Life," featuring a completely redone menu and snack programs top to bottom. The team has been working hard being the first in our company nationwide to roll this program out with the assistance of Nancy Merkel and Mark Holmes.

Regards, *Bernice Zimmermann*



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"I am responsible for the quality of the work environment and I am valued when I share ideas, feedback and opinions in a professional manner."

We know that one of the best ways to create a welcoming and great experience for everyone that lives, works or visits our community is by considering each person's feedback. Here, we are fortunate to have an employee base committed and dedicated to our residents and their wellbeing. Being committed to involving each resident and employee helps us improve our overall service. Sharing ideas, feedback, and opinions is essential and always appreciated. Our door is always open!

Nursing/Health Care

8 Ways to Fight Colds and Flu

Cough, snuffle, achoo! Cold and flu germs have some crafty ways of getting around.

Often, these viral villains take to the air. They spread by airborne droplets when someone coughs, sneezes or even talks. They can also land on surfaces — and hitch a ride when you touch them with your hands.

Germ fighting 101

According to the Centers for Disease Control and Prevention, a yearly flu vaccine for everyone six months and older is the single best way to avoid getting influenza. But there's more you can do. These stay-well strategies can help keep you and your family from getting — or passing along — a cold or flu bug:

1. Hit the sink. Be sure to wash your hands regularly to remove any germs. A good, thorough scrubbing is key. That means for at least 20 seconds with soap and warm water.
2. Have sanitizer at the ready. Soap and water aren't always available. So keep hand sanitizer in your car, your bag or tote and your workspace too. Look for products that contain at least 60 percent alcohol.
3. Be hands-off! Try to limit how much you touch your face. Germs can enter your body through your eyes, nose or mouth.
4. Cover that cough. Make it a habit to cough or sneeze into a tissue or the crook of your elbow. Teach kids this trick too.
5. Keep your distance. As much as possible, try to avoid close contact with anyone who's ill. If you do get sick, stay home until you're better.
6. Wipe 'em out. Regularly clean surfaces you touch often — such as keyboards, phones, remote controls, door handles and countertops. Use soapy water and a household disinfectant.
7. Share not. Remind your family not to share items such as cups, silverware or toothbrushes.
8. Build a strong defense. When you take care of yourself, you help your body fight off illness, so be sure to get plenty of sleep. Choose healthy foods and get regular exercise.*

**Talk with your doctor before significantly increasing your activity level.*

The information provided here is for general informational purposes only and is not intended to be nor should be construed as medical or other advice. Talk to an appropriate health care professional to determine what may be right for you.

Last reviewed September 2016

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Have a healthy and happy holiday season,
April Brandt, DON

Food and Beverage/ Dining Services

Soup's On!

Whether it's a hearty chowder or a delicate broth, a bowl of soup can warm you up on a winter day. During National Soup Month in January, take stock of these common types:

Chowder — This is a chunky soup that often features pieces of seafood and vegetables. European fishermen introduced chowder to America, where it became a signature dish in New England.

Bisque — Originating in France, bisque is a rich, creamy soup traditionally made with pureed shellfish. In the past, recipes called for the shells to be ground into a paste and added to the soup to thicken it.

Broth/Stock — The light liquid that remains after cooking meat and vegetables in water and then straining it is called broth. To create stock, meat or fish bones are simmered to create an intense, flavorful base for other recipes.

Cream — By itself or used as an ingredient in casseroles and other dishes, this popular soup is made by adding cream to a pureed vegetable or meat stock. Mushroom, tomato and chicken are classic varieties.

Consommé — This is a broth or stock that has been clarified, meaning all the tiny bits of food used to create its flavor are removed to create a clear, concentrated soup.

Chilled soups — Spanish gazpacho and French-style vichyssoise are common examples of soups that are served cold. Blended or pureed vegetables and fruits create their flavor and texture.

Happy new year to everyone! I believe this year will be even more exciting with our Food For Life adventures! Have a safe and wonderful new year and remember to eat better and love more sincerely.

— *David Andell*

Culinary Services Coordinator

Environmental Services

Happy New Year!

I'd like to wish all of our residents, employees and vendors a happy new year. I'd like to thank you all for working with us during 2017 to help keep things clean and for being so patient during those times when improvements or repairs were necessary. I hope we can all continue to help each other in 2018 when it comes to keeping this the best community to live and work in.

Thank you all,
Sean

Resident Spotlight

Happy New Year!

To start off this fresh new month of January, we shine our resident spotlight on the ever-charming and witty Ken P. Ken was born May 26 in San Leandro, Calif. Growing up a street-smart kid, Ken's dad worked for the state, painting the Oakland Bay Bridge. They stayed in the Bay area until Ken was 18, when they moved to Burney, Calif. "I had one year left of high school when we moved," Ken remembers. "I managed to somehow pass. I remember them asking me if I was planning to go to college, and when I told them no, I was going to go to work at the mill where my dad was, they told me that was good because they weren't sure they were even going to let me pass." A smile passes his lips at the memory. He has a brother and a sister, and he remembers how opposite he and his brother were. "He was a bookworm," Ken says. He tried the job at the mill for a year, when he decided it just wasn't enough. With his love of fixing cars, he tried to become a mechanic. Much to Ken's dismay, he had to become certified to be employed most places, so he moved back to the Bay area and ran his dad's business for a year. But Ken had aspirations he wanted to accomplish, so he went and got certified to be a mechanic! "I work better with my hands than anything else," Ken says. After that, he decided to give college a try, but his focus became welding. A friend taught him how to weld, and he learned the intricacies of wiring as well. To combine his two passions, he got into motorcycles and built Doodlebugs, which are mini-bikes. When Ken met his wife, he would take her around on his Harley to dances, "Saturday Night Fever" style. "She could make anything. She could sew, and she would make me these shirts that were bright colors with big collars." Perfect for those nights out dancing! Some of Ken's favorite memories were when he was a kid, going camping with his family at Lake Tahoe, where his parents would drive the boat pulling an air mattress behind it and the kids would ride on it! "Eventually I got into water-skiing. And man, I got good at it. I was hot!" Ken says with a laugh. "Play it cool and stay in school" is Ken's worldly advice.



New Residents

Terrance R.

Mary M.

Chris L.

Alyxander K.

Nadine K.

Marty M.

Life Enrichment

Happy New Year from the Life Enrichment Team!

We are happy to ring in 2018 with our favorite group of residents! The Christmas season was a joy, as always, but we are happy to settle in to a slower pace and some peace and quiet. This time of year can be hard with shorter days and the cold temperatures, but we will do our best to present our residents with programs to lift their spirits. We have had several residents express interest in seeing the new Star Wars, so we are hopeful to make this happen in January!

I want to send a big "Thank You" to all staff, residents and family members who remembered us at Hillside during the Christmas season. Whether you took a name or two from our Angel Tree or put in a word for us with a volunteer or caroling group, we were all feeling the love! Thank you from the bottom of our hearts for helping to make Christmas a "season" and not just a day.

Cheers from all of us to all of you for a happy and healthy 2018.

— *Megan King*
Director of Life Enrichment

Resident Birthdays

Laura B., 13th

Lonna F., 15th

Robbie M., 19th

Duane M., 23rd

Max H., 26th

Employee Birthdays

Terri S., 11th

Linda B., 13th

Kelcey T., 15th

Kari H., 30th

Service Anniversaries

Dia P., 1/4/2016

Kari H., 1/6/1994

Anthony A., 1/11/2016

Jennifer W., 1/14/2013

Bernice Z., 1/21/2008

Jackie S., 1/23/1996

Lea W., 1/26/2017

Brittany N., 1/31/2011



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Health & Rehabilitation

4720 23rd Avenue
Missoula, MT 59803
406-251-5100



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Staff

Executive Director

Bernice Zimmermann

Director of Nursing

April Brandt

Environmental Services Director

Sean Satake

Life Enrichment Director

Megan King

Administrative Assistant

Trena Bailey

Dietary Director

Dave Andell

Medical Records Director

Ebonie Roberts

Social Service Director

Jennifer Weimer

MDS Coordinator

Linda Bowman

Central Supply Director

Tammy Jeffries

Bugles Across America

In just 24 notes, the familiar bugle call known as taps has been sounded as part of a long-held tradition to honor those who have served in the military.

By law, every honorably discharged veteran has the right to a military honor guard at their memorial service. The honor guard must consist of at least two members of the military who fold and present the U.S. flag to the family and arrange for the sounding of taps, either live or recorded.

U.S. Marine Corps veteran Tom Day of Illinois felt those who had served their country deserved a proper tribute that included a live rendition of taps, so he founded Bugles Across America in 2000. The organization provides musicians free of charge to sound taps at military funerals.

Families can request a bugler at BuglesAcrossAmerica.org, and a notice is then sent to volunteers in the area. More than 4,000 people of all ages, in all 50 states and several countries, have registered as volunteer buglers.