

GOOD Life News

at Hillside Health & Rehabilitation

MARCH 2018

www.hillsidesenior.com

Executive Director

Hello everyone,

Happy March! Welcome, spring.

March is National Social Worker Month. These unsung heroes deserve a shout-out from us all. Something missing? Have a disagreement with someone? Feeling down and out? Need to discharge the facility? Go see the social worker. These folks are our solution finders. I would like to give a personal shout-out and huge thank you to Jenn Weimer, our Social Services Director. She came to us from the therapy team, then Platinum Ambassador and admissions support staff. She is still learning but she has taken off in this new adventure and she is doing a phenomenal job. Like all the best social services staff I have worked with, she is able to think on her feet, come up with suggestions and provide a sympathetic ear anytime a resident or staff member needs her. What a blessing to have her on our team. Way to go, Jenn. Please take a moment to stop by and wish her well and perhaps share a "thank you" with her.

Here are a few special days in the month of March to celebrate:

March 9 is Panic Day, March 11 is Worship of Tools Day, March 13 is Jewel Day, March 14 is National Potato Chip Day, March 20 is Extraterrestrial Abduction Day and Proposal Day, so maybe if you get abducted you could propose they let you go or that they marry you — your choice.

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.

Regards,

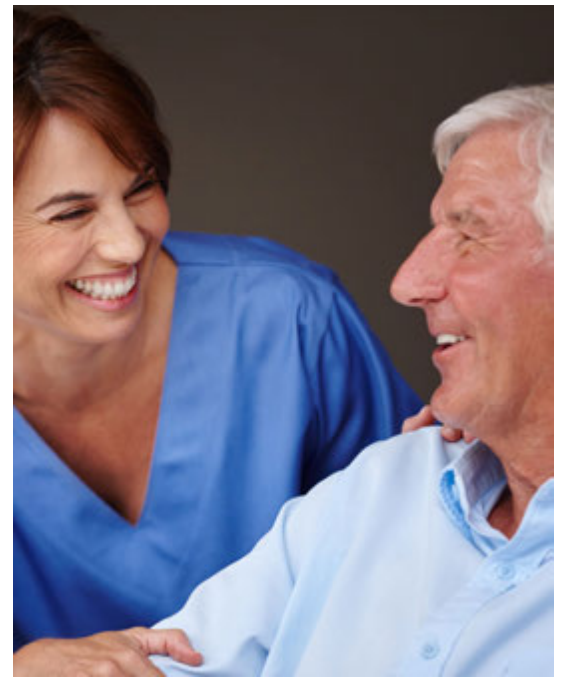
Bernice Zimmermann, Executive Director

Environmental Services

Spring Cleaning

I know that almost everyone here had a larger living space prior to moving in. I realize that it's very easy to fill up your room in a short amount of time. Sometimes the clutter can be overwhelming and you don't really know where to start. The housekeeping department has a quarterly deep-cleaning schedule, but if you should find yourself in need of some assistance de-cluttering your room, we're always here to help. A lot of times it's just a matter of reorganizing things to fit your space in a way that is both convenient and safe for you and your roommate. We can also help you move seasonal items in and out of the tops of your closets or other places that may be difficult for you to reach. It is our goal to provide everyone with a clean and safe space to live in.

— Sean



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

**Platinum
Service®
Standard #20**

"I am an ambassador for our company and continually promote our services. I always conduct myself with integrity and uncompromising values."

What does it mean to be an ambassador for our community? An ambassador is not only a representative; being an ambassador means that what we do and the way we do it is the result of a direct personal connection with our team and residents. Being an ambassador goes well beyond the concept of being "good at our job," it requires an emotional connection. Here, we are fortunate to have such dedicated, skilled and upbeat team members who make our community a great place to live and work.

*"Integrity is what we do, what we say, and what we say we do."
—Don Galer*

Life Enrichment

When I acknowledged our Life Enrichment staff in last month's newsletter, I accidentally left out our awesome Angel Richards. Thanks, Angel, for your contribution to our team!

We are starting to itch for spring and look forward to the March Equinox, signaling the beginning of spring and the renewal of the Earth as plants begin to bloom again and animals come out of hibernation. I wish it all happened at the arrival of the first day of spring, but as we all know, the sun's appearances in Missoula are often infrequent well into the spring season. In the meantime, we will work on some fun spring projects to bring some light indoors. We will also be celebrating Saint Patrick's Day with a party and also Pi Day (3/14) with several varieties of pie. This day has become a favorite tradition with the residents every year. I'd like to leave an Irish blessing here for you:

May joy and peace surround you,
contentment latch your door,
and happiness be with you now
and bless you evermore!

Regards,
Megan King

New Residents

- Lisa S.
- Eleanor B.
- Robert B.
- Alvin T.



Resident Spotlight

This March, we shine our resident spotlight on Denise H. Denise loves taking care of everyone, always willing to lend a hand. She has a charming wit and a contagious smile and is not only a good storyteller but a great listener. Denise was born on the border of Washington/Idaho, in Clarkston, near Livingston, on Sept. 28. "I was a tomboy," Denise says of her childhood. She enjoyed making skid-marks in the street with her bike, playing sardines (like hide-and-seek), TV tag and frozen tag, and being an overall rough and tough kid. One of her favorite memories was bottle-digging in Wallace, Idaho. "I found a Wallace, Idaho engraved whiskey jug. Those are rare to find." Her other favorite memory is her son, Christopher, being born. "Don't be in a hurry to grow up. It's not all you expect it to be," Denise would tell you, "and family is the most important."



Nursing/Health Care

Music Gets You Moving and More:

Music has been around since ancient times. It is part of every known culture. It can get your foot tapping, lift your mood and even help you recall a distant memory. Did you know that music can bring other health benefits?

"When you listen to or create music, it affects how you think, feel, move and more," says neuroscientist Dr. Robert Finkelstein, who co-leads NIH's music and health initiative.

"Today, modern technologies are helping researchers learn more about how the brain works, what parts of the brain respond to music and how music might help ease symptoms of certain diseases and conditions," he explains.

The brain is a complex processing hub. It's the control center of your nervous system, the network of nerve cells that carries messages to and from your body and the brain. A healthy brain tries to make sense of the world around you and the constant information it receives, including sound and music.

Music and other sounds enter the ear as sound waves. These create vibrations on our eardrum that are transformed into electrical signals. The electrical signals travel up the auditory nerve to the brain's auditory cortex. This brain area interprets the sound into something we recognize and understand.

But music affects more than the brain areas that process sound. Using techniques that take pictures of the brain, like fMRI, scientists have found that music affects other brain areas. When music stimulates the brain, it shows up on brain images as flickers of bright light. Studies have shown that music "lights up" brain areas involved in emotion, memory and even physical movement.

There's also evidence that music may be helpful for people with other health conditions, including Alzheimer's disease, dementia, traumatic brain injury, stroke, aphasia, autism and hearing loss.

Social Services

Today, I would like to take a minute to talk about Resident Right (i).

Each resident has the right to privacy in the resident's room or portion of the room; if a resident is seeking privacy in the resident's room, staff members should make reasonable efforts to make their presence known when entering the room.

Each and every resident in this facility has the right to have a space of their own to keep their things. It must be respected by all staff and fellow residents to ensure that privacy is protected as much as possible. Fellow residents also share the responsibility of protecting their roommate's privacy as well. This is all of your home; we strive to follow our service standard, "I am respectful of our residents' personal time and privacy. I understand the importance of confidentiality within our community, directing inquiries to management." When issues do arise, please feel free to let any of our staff know your concerns so that it can be dealt with in a timely, appropriate manner.

Food and Beverage/ Dining Services

As many of you know, our Culinary Service Director has moved on. My name is Nikki Norris and I am your new CSD.

Let's Talk Salads:

Eating just one salad a day provides even greater health benefits than previously thought. The study, conducted by the UCLA School of Public Health and Louisiana State University Health Sciences Center, revealed that those who eat salads and raw vegetables with salad dressing have considerably higher levels of vitamins C, E and B6, and folic acid — key nutrients in promoting a healthy immune system and reducing the risk of obesity, heart disease and other chronic illnesses.

"Eating a salad a day is a convenient way to easily improve your nutritional status," said Dr. Lenore Arab, professor of epidemiology at UCLA School of Public Health and lead researcher of the study, titled "Salad and Raw Vegetable Consumption and Nutritional Status in the Adult U.S. Population." "Just one salad daily helps to satisfy the 2005 Dietary Guidelines for Americans, which recommends eating two-and-a-half cups of vegetables each day for a 2000-calorie diet."

According to the study, less than 50% of the United States population meets the daily recommendation for vegetables necessary for healthy living. Americans do not get enough of the water-soluble vitamins of which salads are a rich source. The raw vegetables in salads also offer the added benefits of fiber for better digestion and antioxidants for boosting immunity.

Interestingly, clinical trials have shown that adding salad dressing to a salad not only adds a delicious flavor, but also increases the absorption of certain nutrients being consumed. "It's not just the leafy greens and vegetables that are doing a body good," said Arab. "Some fat can also enhance the absorption of nutrients such as lycopene and alpha- and beta-carotene."

Resident Birthdays

Carolyn N., 5th
Mary Q., 6th
James A., 8th
Donald G., 10th
Bud W., 16th
Michael S., 16th
Paul E., 21st
Margaret D., 21st
Michael G., 22nd
Alfred H., 26th

Employee Birthdays

Nicholas M., 3rd
Angel R., 5th
Marley N., 6th
Donna H., 7th
Dana F., 11th
Diana A., 13th
Tammy J., 15th
Megan K., 16th
Elizabeth B., 17th
Jackie S., 18th
Nicole C., 19th
Stephanie M., 25th
Dia P., 25th
Nicholas H., 28th
Kaiya A., 30th

Anniversaries

Samantha B., 3/6/2009 (Service)
Ryan P., 3/11/2011 (Service)
Terri S., 3/12/2013 (Service)
Angel A., 3/17/2016 (Service)



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MANAGED BY
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Jennifer Weimer

MDS Coordinator

Linda Bowman

Central Supply Director

Tammy Jeffries

Marketing

Hillside is looking forward to springtime and new growth to chase away those wintertime blues. At the end of last year, our name officially changed to Hillside Health and Rehabilitation and our logo was updated for us. So you might hear us answer our phones with the new name, as well as start to see the new logo on stationary. It is a very large task to change a business name and logo but change is a good thing that keeps us all fresh and on our toes. I hope to have a new sign with our new name on it at some point this year as well.

We have posted our "Strategic Plan for 2018" in the hallway by the timeclock, so please see what we are working on as a team the next time you stop by. There may be a goal you can help us to reach.

Regards, *Bernice Zimmermann*