

GOOD Life News

at Hillside Health & Rehabilitation

JULY 2018

www.hillsidesenior.com



Executive Director

Happy Summer, everyone.

July is the month we celebrate our independence. The fireworks are visible from our front yard, and the residents get to come out and watch them every year. Please feel free to come by and enjoy an evening of fireworks and fun with us. July is also National Hotdog and National Ice Cream Month, so enjoy yourselves for the whole month. Hopefully this year, we will not have a outbreak of forest fires to smoke up our summer and frighten us all. Let's all stay safe with our July fun.

We have been working hard to update and create a comprehensive facility disaster preparedness plan. By the time this prints, the plan should be finalized. Please feel free to stop by at any time to check it out. We will have plans for disasters of all sorts including fires, domestic violence and earthquakes, just to name a few. We have plans for sheltering in place as well as full evacuation with the hope we never have to utilize these plans. We drill monthly on different shifts to ensure our skills are staying sharp. Safety of our residents, visitors and staff is of the utmost importance to us.

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

July 1 is International Chicken Wing Day, July 3 is Compliment Your Mirror Day (weird one, huh?), July 7 is Chocolate Day (I'm sure we have celebrated this before) and Cherry Pit Spitting Day. July 8 is my teenager's favorite day, National Video Gamers day, July 13 we embrace our geekiness and July 16 we hug our kids. July 21 is Junk Food Day. July 24 is Tell an Old Joke Day, and July 27 is Take Your Houseplant for a Walk Day. July 29 is National Chicken Wing Day because we evidently need two days to celebrate the wonderful wing.

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

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

**Platinum Service®
Standard #2**

*"I build lifetime relationships
with our residents by creating
memorable experiences."*

"The customer always comes first" is an old saying that still rings true today. When surveyed, customers said they didn't feel it was a good service experience when employees worked on something else when they were waiting for assistance or when employees continued talking to each other as the customer waited for help.

At The Goodman Group and in our managed communities, Platinum Service® shows how we are always trying to focus on our residents to ensure these types of things do not happen. Through our service standards and our service approach, we make these promises to our residents: To be genuinely caring, reliable, create a great personalized experience, and be friendly and cooperative.

Resident Spotlight

This month, we shine our resident spotlight on our dear Kaye C. Kaye was born in Spokane, Wash., and moved to Elmira, Wash., at a young age, where she lived on their family farm. They had



1,500 acres of wheat. Kaye’s favorite part of farming was the animals. They had 150 head of cattle, and she had her own horse when she was young. It was tough for Kaye when they left the family farm when she was 12 to move to Anacortes, Wash. She stayed there through high school. She then went to Washington State University and studied art. She worked in an Oil Refinery for 16 years doing laboratory work. She got married and moved to Montana because her husband wanted to move to the mountains. She owned her own yarn shop for seven years until her husband became ill, at which point she chose to stay home and care for him. Kaye has two sons and a grandson. When asked what Kaye likes about living at Hillside, she says she likes the people here — both staff and residents. We love Kaye because she participates in being part of our Hillside community and helps to make us better. Kaye’s life motto is things happen to us for a reason, and she firmly believes this to be true.

Thank you, Kaye, for being here.

New Residents

- Caridad M.
- Eugene D.
- Barbara C.
- Lawrence R.
- Mary T.
- Kirk L.

Resident Rights Review

Resident Rights are of the utmost importance in Skilled Nursing Facilities. I wanted to take this opportunity for all of us to review what they are and make note of issues you or your loved one maybe having. We will review a few rights each month until we’ve touched upon all of them. Please contact myself or Bernice if you have any questions regarding the following.

- 1. Exercise of Rights.** To exercise your rights as a resident and as a citizen of the United States, free from interference, coercion, discrimination or reprisal for the facility.
- 2. Self Determination.** To choose activities, schedules and health care consistent with your interest, assessments and plans of care; to interact with members of the community inside and outside the facility; and to make choices about aspects of your life in the facility that are significant to you.
- 3. Services and Charges.** To be informed of the services available, charges for these services and who is responsible to pay for them; to receive 30 days’ advance notice of any changes in the cost or availability of services, unless to do so is beyond the facility’s control; and to receive and examine an explanation of your monthly bill, if you request it.
- 4. Choice of Medical Care.** To exercise decision making rights in all aspects of your health care, including placement and treatment issues such as medications, special diets or other medical regimens. You have a right to choose a personal attending physician; to choose a personal pharmacy subject to facility policies and standards; to be fully informed of your total health status; to receive advance notice about your care and treatment or any changes therein; to refuse treatment; and to refuse to participate in experimental research.
- 5. Freedom from Restraint and Abuse.** To be free from verbal, sexual, physical or mental abuse, corporal punishment, neglect involuntary seclusion or financial exploitation. All physical or chemical restraints must be ordered by your doctor to treat your medical symptoms and may not be imposed for purposes of discipline or convenience. Facility staff shall report to the Dept. of Public Health and Human Services and the Long Term Care Ombudsman any suspected incidents of abuse under the Montana Elder Abuse Prevention Act.

Nursing/Health Care

Did you know skin cancer is caused by exposure to the sun’s ultraviolet radiation?

It’s the UV (ultraviolet) radiation in sunlight that causes skin cancer, not the sun’s heat or its brightness. The UV alert tells us what the UV level is likely to be at different times of the day, and the maximum UV level for the day.

When the number gets to 3, we protect against UV.

A UV level of 1 or 2 will not damage most skin types, but a UV level of 3 or above can be harmful and means we need to protect our skin. UV can easily pass through clouds, so whether it’s sunny or grey outside, when the number gets to 3, we protect against UV.

The UV alert is easy to find at www.cancer council.com.au/sunsmart.

The UV alert is also in daily newspaper weather forecasts.

With best regards,
April Brandt, BSN, RN

Life Enrichment/ Highlighted Events

We’ve had some staff changes in our Life Enrichment department. We have welcomed Serena to Hillside and are so grateful for the experience, energy and heart she brings to our team. Thank you, Serena, for being here! We had to say goodbye to everybody’s good friend, Mario, who moved back to his home state of California to be closer to his family. Mario was only with us for eight months, but in that time, he built relationships to last a lifetime. He was the epitome of our motto, “Putting you at the heart of everything we do” and will not be forgotten by the people whose lives he touched here at Hillside. We wish him well!

We kicked off our summer BBQ/Concert series last month, and as always, we had an amazing time. We have Shane Clouse booked next on July 26. Shane tells us he looks forward to his performance here every year and loves the spirit of our facility, residents and staff. Thank you for always helping us to host a successful event and make our guests feel welcome. Please make sure family members and friends know they are welcome to join us for our special events.

Wishing you all a fun-filled and safe Fourth of July.
— *Megan King*, Life Enrichment Director

Fourth of July

We are the home of the free because of the brave!



Food and Beverage/ Dining Services

Cucumber Nutrition: Amazing Cucumber Nutritional Facts And Health Benefits

Crunchy, cooling and ever-so delightful, cucumber is an essential part of our summer diet. From sandwiches to salads and dips, the versatile veggie can be a show-stealer whatever you put it in. Belonging to the gourd family, cucumber is scientifically known as Cucumis sativus. The water-rich veggie originally hails from south Asia but is now cultivated across many continents. Since it is the ultimate cooling food, it is used in many summer recipes. Cucumbers are best consumed raw. Cucumber is a powerhouse of minerals, vitamins and electrolytes. Health Practitioner, Nutritionist and certified Macrobiotic Health Coach, Shilpa Arora says, “Cucumber is packed with nutrients like vitamin K, vitamin C, magnesium, phosphorus, riboflavin, B-6, folate, pantothenic acid, iron, silica, calcium and zinc.”

Resident Birthdays

Garry D., 10th	Martha L., 25th
Russ S., 21st	Ileen R., 29th

Employee Birthdays

Danielle G., 2nd	Carly C., 14th
Sherry C., 4th	Alexis G., 20th
Diane H., 5th	Andrea H., 27th
Debie C., 7th	

Service Anniversaries

Ebonie R., 7/13/2009	Joselyn T., 7/27/2011
Ngawang C., 7/20/1998	Andrea H., 7/27/2016



HILLSIDE

Health & Rehabilitation

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MANAGED BY
 The Goodman Group

Staff

Executive Director

Bernice Zimmermann

Director of Nursing

April Brandt

Environmental Services Director

Sean Satake

Life Enrichment Director

Megan King

Administrative Assistant

Trena Bailey

Medical Records Director

Ebonie Roberts

Social Service Director

Jennifer Weimer

MDS Coordinator

Linda Bowman

Central Supply Director

Nicole Mendenhall

Marketing

Happy July, everyone!

Our facility offers one of the best rehab programs around, and we are so fortunate to be able to offer that to you!

We also have daily "FIT" programs with life enrichment that are fun-filled and great for your body. Come on out, and get active!

Also, our covered areas outside are such lovely places to take in the beautiful summer scenery; try your best to go out and enjoy it during the summer months. Life Enrichment has been working hard to beautify the patios with vibrant flowers for you to enjoy.

I am always happy to give tours of the facility, so don't hesitate to ask! As always, we are grateful for your referrals!

Warm regards,

Kaiya Ashby, Intake Coordinator

Mosquitoes

It's been a wet spring. I would guess the mosquitoes will be out in force this year. If you see anything collecting stagnant water, please let me know. We can't have open flame candles, but we may be able to get citronella incense or try other interventions.

— *Sean Satake*, Environmental Services Director