

GOOD Life News

at Hillside Health & Rehabilitation

OCTOBER 2018

www.hillsidesenior.com



Life Enrichment/ Highlighted Activities

As I write this, the sky is completely blue, it's 73 degrees and only a few of the leaves out my window are starting to turn yellow. It's my favorite kind of day, and it blows my mind I'm writing my October article already. Ready or not, and I think we all are, it is time to bring on fall and all things pumpkin spice.

I do love creating the October calendar every year because it includes some much loved fall activities, such as the pumpkin patch outing with subsequent pumpkin carving, as well as having all the little ghouls and goblins join us Halloween evening for Trick or Treat fun. The residents absolutely love handing out treats and seeing all the little ones in their costumes. If you know friends or family members who are looking for a safe indoor option for Trick or Treating, send them to Hillside!

As always, if you have suggestions for activities or outings, please let a Life Enrichment team member know. We are always open to new ideas!

Megan King, Life Enrichment Director

Food and Beverage/ Dining Services

Hello Hillside,

We do have changes coming to the menu. We had thought we would be implementing them in September, but it won't be until the end of October. We are looking forward to these changes as much as you are! Thank you for your patience while we work on this.

Sincerely,

Nikki Norris, Culinary Services Director

New Residents

Ralph A.

Patricia R.

Donald M.

Dean H.

June S.



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

Health Literacy Month

This annual observance month is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopting a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit: blog.thegoodmangroup.com.

Executive Director

Hello Everyone,
Happy October!

I hope everyone has been enjoying our fall weather and the break from the summertime heat. I know I have.

I would like to dedicate this month's article to smoking. As most of you know, Hillside is one of very few Skilled Nursing Facilities that allows smoking by our staff and our residents. I have always been a fierce supporter of the American value system of our right to engage in behaviors and lifestyles of our choosing so long as it does not infringe on the rights of others around us. Smoking is a tough subject loaded with all kinds of political innuendo and loud mouthing. Here at Hillside, we have tried to find the balance between an individual's right to engage in a legal activity, even if we all know it is not a healthy choice, and another individual's right to an environment free of smoking or the dangers associated with it. We recently had a challenging case that forced us to look harder at our policies and the enforcement of said policies. For this reason, I wanted to remind everyone of some basic Smoking Rules here at Hillside that apply to independent smoking, dependent smoking and the employees and family members who smoke here at Hillside. It is just a few of the rules, though, so be sure you familiarize yourself with all of the rules if you choose to smoke:

1. Be respectful to each other, even if you don't like the other person (As your mom or grandma taught you "If you don't have anything nice to say, don't say anything at all").
2. Smoke your own cigarettes only, never loan, beg, borrow or gift to a resident who is not your family.
3. Be sure all smoking materials, cigarettes, cigars, tobacco, rolling papers, lighters, matches, electronic cigarettes, vaping equipment, etc. is returned to the nursing desk.
4. Any residents who violate the smoking policy in any way will be issued a "Strike" to their Smoking Record and provided re-education of the rules if necessary. The first Strike is a general warning, the second involves a revocation of smoking privileges in the hope to reinforce the importance of following the rules and the Third Strike will involve a revocation for six months.
5. Always clean up after yourself! Use the smoking towers only to dispose of cigarette butts and the trash cans for trash, these are not interchangeable areas. Trash doesn't go in the towers and butts don't go on the ground or in the trash.

Sadly it has become necessary to be this strict. As with all policies, people have a tendency to forget that the rules exist for a reason and they apply to everyone. In this case, smoking in a facility that allows oxygen use or where there are residents with cognitive issues who cannot always act in a safe way is a highly risky business and we must take care of each other in this way.

If you have any questions regarding smoking at this facility, please feel free to stop by to discuss this with me anytime.

October has quite a few fun days, but here are only a few to save space:

Oct. 1: National Homemade Cookies Day

Oct. 5: Do Something Nice Day

Oct. 14: National Dessert Day, take an extra helping, or two

Oct. 2: Name Your Car Day

Oct. 11: It's My Party Day

Oct. 30: Mischief Night

Oct. 4: National Frappe Day

Oct. 12: Moment of Frustration Day

Oct. 31: Increase Your Psychic Powers Day

Regards,

Bernice Zimmermann, Executive Director

Resident Spotlight

This month, we highlight the one and only Robert R. Born in L.A., Robert grew up in Englewood, Calif. His love of the mountains brought him to Montana, and his connection to the people compelled him to stay. He worked for a landscaping company, which suited him because he would rather be outside than anywhere else. When asked if he has a motto he lives by, he quickly offers, "Do unto others as you would have them do unto you." Robert enjoys his home here at Hillside and says, "there's a lot of good people here." We enjoy Robert's quick wit and quirky sense of humor, as well as his warm, hearty laugh with a twinkle in his eyes.



Nursing/Health Care

October is Depression Awareness Month. Follow these tips to stay at your peak!

1. Feeling down

Oct. 11 is National Depression Screening Day, so get checked out. Visit www.mentalhealthscreening.org.

2. Help yourself

If you have suicidal thoughts, call the National Suicide Prevention Lifeline immediately at 800-273-TALK.

3. Open up

The sooner you seek treatment, therapy and/or medications, the better your outlook.

4. Sleep better

Treat problems such as insomnia or sleep apnea to help ease symptoms.

5. Call in

Try therapy by phone when you can't meet in person.

6. Eat well

A quality diet rich in veggies, fruits, whole grains and fish may help fight depression.

7. Monitor your mood

Visit WebMD's Depression Center for comprehensive info and the latest news.

9. Walk away

Depression can cloud your judgment. Take a deep breath and make big decisions when you start to feel better.

10. Watch out

Depression can return, so make sure you talk to your doctor if you begin to feel symptoms again.

Resident Rights Review

This month we continue our review of resident rights:

16. Married Couples. To share a room with your spouse when living in the same facility, as long as both spouses consent to the arrangement.
17. Self Administration of Medications. To self-administer medication if the facility's interdisciplinary team has determined that this practice is safe for an individual.
18. Survey Results. To examine the results of the most recent state or federal inspection of the facility and any plan of correction, which information shall be readily accessible; and to receive information from and to contact advocacy agencies.
19. Complaints. To file a complaint with the Montana Department of Public Health and Human Services, relating to resident abuse, neglect or misappropriation of your property in the facility.
20. Grievances. To voice grievances to the facility or the resident council about care or treatment in the facility without discrimination or reprisal. The facility shall establish written procedures for receiving, promptly handling and informing you or the resident council of the outcome of any grievance presented, including those with respect to the behavior of other residents. You also have the right to ask a state agency or a resident advocate for assistance in resolving grievances, free from restraint, interference or reprisal.

Next month, we will wrap up our review of your Resident Rights. As always, if you have any questions or would like to discuss them further, please feel free to stop by and talk to me.

Jenn Weimer, Social Services Director

Resident Birthdays

Tony D., 3rd
Donna A., 3rd
Doak M., 3rd

Employee Birthdays

Linda B., 2nd Joselyn T., 15th
Kristie L., 9th Jessica J., 17th
Gary V., 9th Cleofe B., 23rd
Paula P., 10th Ngawang C., 28th
Jennifer C., 15th

Service Anniversaries

Trena B., 10/2/2000
Linda B., 10/4/2002
Donna H., 10/19/2009
Alexis G., 10/26/2017
Robert B., 10/28/2013



HILLSIDE

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Admissions/Marketing

It's October, and Halloween is right around the corner! I hope you all have a spooky time and have fun dressing up. October is also National Breast Cancer Month, so make sure you wear your pink in support of all those who have fought, are fighting and who have defeated this cancer. Take a moment to enjoy the crisp air, and enjoy all of the activities our facility has to offer you during this fun season. My office is always open to everyone, so come on in to say hi!

Warmest wishes,
Kaiya Ashby, Intake Coordinator

Environmental Services

Fall Safety Reminders

Once again, fall is upon us. The days get shorter and we have less light and colder temperatures. The combination of these two factors can make for some unexpected icy spots in the parking lot and on the sidewalks in the mornings and evenings. I'd like to remind all staff and residents to be on the lookout for outdoor tripping hazards. I will be placing ice melt and gravel near the entrances/exits for staff to use as soon as we start to see freezing temperatures at night.

Sean