

GOOD Life News

at Hillside Health Care Center

NOVEMBER 2017

www.hillsidesenior.com

Executive Director

Hello everyone,

Happy November and welcome to fall!

Here at Hillside we are always trying to come up with fun things to do that are just a bit outside the proverbial box. I was super excited this year to have a trial run of a Hillside "Opening Day" activity with our residents involving guns and target shooting. So many of our residents who are Montanans experienced the excitement of looking forward to Opening Day every fall and the opportunity to go out in our beautiful wilderness to hunt. In the spirit of this annual event we gathered our courage and our weapons (BB guns) and we created a shooting range outside our facility. Many residents came and enjoyed themselves and it was truly a wonderful day. I saw lots of smiles and joking and the residents were actually better at the safety aspects than many of the staff. The paper groundhogs and the weeping watermelon didn't stand a chance against our residents. I think it is safe to say this will be an annual event from here on out! I have included a picture of our winners. We had winners in several categories such as best shot, best effort, best grouping, biggest miss, farthest shot (that tree never saw it coming).

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!**

**FIT Functional
Fitness®**

Our FIT Functional Fitness program is designed to go beyond typical senior fitness programs to help improve core strength, balance, cardiovascular health, and promote relaxation. Developed in partnership with a board certified exercise physiologist, the program's targeted exercises are created to deliver the maximum benefit for each participant. The goal is to increase overall health and wellbeing, reduce potential for falls and encourage residents to remain active. FIT Functional Fitness incorporates four fitness programs, taking current health levels into consideration and allowing all residents to participate.



Nursing/Health Care

October was Breast Cancer Awareness Month so let's review ...

Breast Cancer: What You Need to Know

National Center for Chronic Disease Prevention and Health Promotion

Division of Cancer Prevention and Control

Cancer is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called breast cancer. Except for skin cancer, breast cancer is the most common cancer in American women.

Breast cancer screening means checking a woman's breasts for cancer before she has any symptoms. A mammogram is an X-ray picture of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

Most women who are 50 to 74 years old should have a screening mammogram every two years. If you are 40 to 49 years old or think you may have a higher risk of breast cancer, ask your doctor when to have a screening mammogram.

Some things that may increase your risk:

The main factors that influence your breast cancer risk are being a woman and getting older. Other risk factors include:

- Changes in breast cancer-related genes (BRCA1 or BRCA2).
- Having your first menstrual period before age 12.
- Never giving birth or being older when your first child is born.
- Starting menopause after age 55.
- Taking hormones to replace missing estrogen and progesterone in menopause for more than five years.
- Taking oral contraceptives (birth control pills).
- A personal history of breast cancer, dense breasts or some other breast problems.
- A family history of breast cancer (parent, sibling or child).
- Getting radiation therapy to the breast or chest.
- Being overweight, especially after menopause.

Symptoms

Some warning signs of breast cancer are:

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in the breast.

Other conditions can cause these symptoms. If you have any signs that worry you, call your doctor right away.

Can't afford a mammogram?

If you have a low income or do not have insurance and are between the ages of 40 and 64, you may qualify for a free or low-cost mammogram through CDC's National Breast and Cervical Cancer Early Detection Program. To learn more, call (800) CDC-INFO.

More Information:

www.cdc.gov/cancer/breast/
(800) CDC-INFO (800-232-4636)
TTY: (888) 232-6348

Social Services

Cold weather is here, as are shorter days. The leaves are turning beautiful colors while everything else will be turning white. Don't forget to dress a little warmer, especially if you plan on going outside. With all that is going on, the holidays are right around the corner. I would love to help you reach out to family if you would need or like. Remember, family is important and they don't always need to be related by blood or marriage. Stop by my office and we can do what we need to reach out to your family however you would need or like. I'm here to help you in any way I can. On a last note, if anyone has a need for bereavement counseling, please let me know.

Our Platinum Service® Standards:

1. I understand the importance of proper communication. The words I use in all forms of communication, written, verbal and non-verbal, are aligned with our image.
2. I am always eager to help, stepping out of my primary duties to assist our residents and fellow employees.

This month's joke:

Q: What has no legs but can do a split?

A: A banana!

Scott McFarlane, MSW
Social Services Director

Marketing

Census has remained steady this month with many new faces and some successful discharges, too. We are focusing on making sure we keep on top of our quality and we will remain at a five-star overall rating through Medicare's nursing home compare website. We are super proud of this and hope to continue this positive trend into the new year. Anything you can share with us to make this happen is very much appreciated.



Some of our Hillside sharpshooters on Opening Day!

Environmental Services

Disasters and Planning

The recent flooding in Texas and hurricanes in Florida and Puerto Rico have put disaster planning in the national spotlight. While it's true you can't plan for every emergency, we have a plan and mandates from the state and federal government to address most of the emergencies that may arise. We are also fortunate enough to have four sister facilities in the Missoula area that we are able to share resources with and/or relocate residents to if necessary. Our plans are reviewed by the state during our annual survey to ensure that we are meeting the standards set by the government. Please let me know if you have any suggestions or questions about emergency preparedness.

— Sean, Environmental Services Director

Resident Spotlight

This November, we shine our resident spotlight on Mike G. Mike is a quiet guy, a man of few words. But once you say hi, you will be charmed by his sweet personality, his warm smile and his New Yorker accent. Born in Coney Island, N.Y. on March 22, Mike grew up fishing, enjoying football or going on the rides on Coney Island. After he turned 10, he moved around from Coney Island to Brooklyn, then to Jersey, then to Staten Island, and then back to Jersey. I guess that explains his charming accent! When asked about his favorite part of childhood: "Christmastime," Mike remembers fondly. "It was beautiful. I was one of 11 kids." His favorite part, Mike says through a smile: "Presents." When asked what brought him all the way to Montana, Mike simply says: "My son." Mike also has a daughter. Though Mike is a man of few words, his smile speaks a thousand words for him. "Don't get in trouble," Mike advises, "and be good to your parents."



Mike on a crisp fall morning

New Residents

Donald G. Robert C. Nadine K.
Raymond E. Vicki M.
Robert D. Patricia N.

Life Enrichment/ Highlighted Events

We are coming upon our busy holiday season here at Hillside. Thanksgiving is my favorite holiday because it offers some quiet time to give thanks for all of life's blessings and gifts. Among them for me is my Hillside family. I consider myself lucky to work in a place where so much pride is taken in the love, care and services that we provide for our residents. Our residents are my extended family who make me laugh on a daily basis and help me to look forward to coming to work every day. Not everyone gets to feel that way. So, during this Thanksgiving season, I would like to thank my coworkers, residents and family members for how much they enrich my life every day.

We have scheduled our annual holiday party for Wednesday, Dec. 13, at 5:30 p.m. Please join us for a festive evening of wonderful food, music and fellowship with one another. This is a party that we put our heart and soul into, and it never fails to amaze me how it comes together as a magical evening.

Wishing you and yours a very blessed Thanksgiving!

Megan and the Life Enrichment staff

(Joselyn, Marley, Mario, Gina, Dia and Angel)

Resident Birthdays

Nettie B., 12th

Peter K., 16th

Employee Birthdays

Tara L., 3rd

Dianna K., 16th

Vanessa R., 26th

Service Anniversaries

Debie C., 11/1/2006

Tara L., 11/7/2016

Mykaela H., 11/7/2016

Scott M., 11/7/2016

Megan K., 11/17/2014

Gerald K., 11/18/2015

Nicholas H., 11/23/2016



Caring for Our Community

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



A PLATINUM SERVICE®
COMMUNITY MANAGED BY



The Goodman Group
Moments matter. Live them well.®

thegoodmangroup.com

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

Scott McFarlane

Platinum Service® Ambassador

Jennifer Weimer

MDS Coordinator

Linda Bowman

Central Supply Director

Tammy Jeffries

Food and Beverage/ Dining Services

Let's Talk Turkey!

Hey everyone, it's November already! Can you believe how fast this year has gone by? I know I say that every year, but this one seems to hold a record for me. We are excited for Thanksgiving here in the dietary department. I am looking forward to turkey and dressing, mashed potatoes, pumpkin pie and sitting with friends and family around the table. This year we have some very talented cooks, who will love preparing and serving you a wonderful homemade Thanksgiving feast. It will be very interesting to see what they come up with this year. If you think of something you would like to have on the menu this holiday season, let us know! We are always glad to have you stop by the kitchen and converse with us about food.

— Dave Andell

Culinary Services Director