

GOOD Life News

at Hillside Health Care Center

JULY 2017

www.hillsidesenior.com



Executive Director

Hello everyone,

The results are in from our employee satisfaction survey. Once again, I am truly humbled and proud to be at the head of such an amazing crew of people! Our team really is the best. When I became an Executive Director four years ago, I had a dream to be part of a team of motivated and dedicated people who took pride in what they did and felt a part of something larger than themselves. We scored significantly higher this year than the previous years in all categories! Best of all, we had a 97 percent completion rate and over 100 comments with lots of constructive items and compliments. The consistent thread from the comments was that people felt we were a great team and they felt a part of an extended family here. I believe the secret to improved quality starts with a satisfied and stable staff! We have worked very hard over the past few years to make Hillside feel homelike and welcoming to our residents, their families and our staff, and I am proud to see our scores on this employee survey and our scores and comments on our resident satisfaction reports reflect this hard work. Thank you all for your participation in our improvement process. Please stay tuned for some of the items we will be working on over the next few months.

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!

Enjoying the Summer Bounty

At long, last summer is here! That means fresh fruits and vegetables straight from the garden, food co-op, roadside stand or local grocery. We're here to help you enjoy the best of the season's bounty and reap the benefits. Eating well this season is about fresh, colorful food, and on many occasions, eating outside with friends or family adds to the fun. Search out super foods like spinach, raspberries or blueberries. Research suggests that healthy eating can promote mental acuteness, resistance to illness and disease, and increased energy.

New Residents

Michael G.

Carol H.

Sally D.

Kenneth P.

Harold H.

Beverly J.

Nettie B.

Environmental Services

June is National Safety Month.

Summer has finally arrived in Missoula! I know many of you are spending more of your day outside on the patios or in the courtyards. I would just like to remind everyone to be careful not to overdo it and stay hydrated. This is also the time of year the yellow-jackets are out and building new nests. Unfortunately, they seem to enjoy the same spaces we do. If you notice them in one area, please let me know or tell one of the other staff member so I can take care of the problem. We still have the exterminators servicing the building every 30 days to spray for insects and check for any pest-related issues. If you happen to get stung, please see one of the nurses immediately. In the courtyards, please try to stay on the sidewalks, the grass can be slicker than it appears after the sprinklers have run and sometimes there are depressions under the grass that can cause problems with walkers and wheelchairs. I'd also like to remind the smokers to please dispose of cigarettes in the towers and not in the garbage cans. I realize most of the cigarette butts we see in the garbage have been extinguished prior to tossing them in, but there is no way I can prove this to a state inspector or fire marshal. I don't want to see smoking go away, and I know most of you don't either.

Have a great summer,

Sean Satake, Environmental Services Director

Resident Spotlight

This summer month of July, we shine our resident spotlight on Jai S. Jai is a social butterfly, incredibly smart and kind, and is a great friend to everyone she meets. Jai was born in Wichita on June 24, and as a young girl, she loved to read Nancy Drew, ride horses and sail anytime she had the chance. "If there was a body of water, I wanted to sail on it. Ocean, lake or pond. Any of them.

Right near the shore," she says. Jai grew up with two younger sisters. One of her sisters lives here in Missoula and just recently retired from teaching, and the other lives down in California. Jai is also the proud mother of two daughters. Sarah has lived in Australia the past seven years, and Jai recalled going down there for her wedding. Her other daughter, Emily, is a bio-nuclear physicist living in Colorado. Jai's favorite memory is going to Rome with her family. "My favorite part was going underneath the library, down below in the stacks and coves, where the bodies were buried in the crypts." She also loved going to the library as a child with her Grandma. Jai's one bit of advice is: "Listen to your dreams and follow your heart."



Jai relaxing in the courtyard.

Nursing/Health Care

June is Alzheimer's and Brain Health Month

Alzheimer's and dementia basics

- Alzheimer's is the most common form of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60 to 80 percent of dementia cases.
- Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Approximately 200,000 Americans under the age of 65 have younger-onset Alzheimer's disease (also known as early-onset Alzheimer's).
- Alzheimer's worsens over time. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Alzheimer's is the sixth leading cause of death in the United States. Those with Alzheimer's live an average of eight years after their symptoms become noticeable to others, but survival can range from four to 20 years, depending on age and other health conditions.
- Alzheimer's has no current cure, but treatments for symptoms are available and research continues. Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort underway to find better ways to treat the disease, delay its onset and prevent it from developing.

Symptoms of Alzheimer's

Just like the rest of our bodies, our brains change as we age. Most of us eventually notice some slowed thinking and occasional problems with remembering certain things. However, serious memory loss, confusion and other major changes in the way our minds work may be a sign that brain cells are failing.

The most common early symptom of Alzheimer's is difficulty remembering newly learned information because Alzheimer's changes typically begin in the part of the brain that affects learning. As Alzheimer's advances through the brain, it leads to increasingly severe symptoms, including disorientation, mood and behavior changes; deepening confusion about events, time and place; unfounded suspicions about family, friends and professional caregivers; more serious memory loss and behavior changes; and difficulty speaking, swallowing and walking.

People with memory loss or other possible signs of Alzheimer's may find it hard to recognize they have a problem. Signs of dementia may be more obvious to family members or friends. Anyone experiencing dementia-like symptoms should see a doctor as soon as possible. Early diagnosis and intervention methods are improving dramatically, and treatment options and sources of support can improve quality of life.

Food and Beverage/ Dining Services

The Health Benefits of Tea

Researchers are paying increased attention to the health benefits of tea. Tea leaves are naturally high in many antioxidant compounds that help reduce inflammation, obesity and the risk of chronic diseases such as cancer and cardiovascular diseases or (CVD). Tea leaves originated and were grown chiefly in Southeast Asia.

For many centuries, practitioners of traditional Chinese medicine have considered tea a healthful beverage. According to the classical Work of Li Shizhen of the Ming Dynasty, documented approximately 450 years ago, tea is cold and lowers the fire.

When you start to feel the temp of the weather getting hot, try to have a glass of some good old tea ice cold from the kitchen instead of pop and juice. Let me know if you notice a difference in your thirst.

Sincerely,

Dave, C.S.D. Hillside Health

Marketing

Happy June

We are now a proud recipient of the 2017 AHCA Bronze Award!

This award is the first of three distinctions possible through the American Health Care Association National Quality Award Program which honors long term and post-acute care providers that have demonstrated their commitment to improving the quality of senior care.

Once our award is handed out, we will be placing it on display for all to enjoy.

If you have any questions regarding making a referral for residency or employment, feel free to stop by my office any time for a visit. Thank you, Bernice



Social Services

Warm weather is here, and I know everyone is happy about that!

This month, I would like to ask for your help. You are all your own experts in your life; that being said, what do you need from the staff at Hillside, and what can we do to better help you? If you have any suggestions, please do not hesitate to let me know. I am usually in my office or can be often be found in the halls. I look forward to hearing from you!

Our Platinum Service® Standards:

1. I never say "no" to an opportunity to serve our residents and to improve their living experience.
2. I understand that safety and security is everyone's responsibility, and I ensure that concerns are promptly reported and addressed.

This month's joke:

Which runs faster, hot or cold? Hot. Everyone can catch a cold!

Scott McFarlane, MSW
Social Services Director

Resident Birthdays

Garry D., 10th
Peggy T., 15th
Russ S., 21st
Samuel J., 22nd
Ileen R., 29th

Employee Birthdays

Sherry C., 4th
Diane H., 5th
Debie C., 7th
Andrea H., 27th

Service Anniversaries

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



Caring for Our Community

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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

Scott McFarlane

Platinum Service® Ambassador

Jennifer Weimer

MDS Coordinator

Linda Bowman

Central Supply Director

Tammy Jeffries

Life Enrichment/ Highlighted Events

Summer has us enjoying the sunshine, warm weather and longer days. Take a minute to enjoy all the lovely flowers surrounding our facility. Many thanks to the staff, residents and even some family members who have joined in on the planting and gardening to add to the aesthetics of our building.

We had our first BBQ/Concert of the summer with Tom Catmull. As always, the food, entertainment and company were all awesome. Please join us for our second in the series on Tuesday, July 25, at 5:30 p.m., with Shane Clouse. Shane is a fantastic entertainer and always enjoys playing at Hillside every summer. Everyone is welcome, and we hope to see you in the backyard!