

# GOOD Life News

at Hillside Health Care Center

SEPTEMBER 2017

www.hillsidesenior.com

## Executive Director

Hello everyone,

Happy September, and welcome to the “cooler days of fall.” Boy, have we had a hot summer here. I hope you all were able to join us for one of our summer BBQs this year. I want to give a shout out to our culinary team who really went above and beyond to create some wonderful feasts this year at our BBQs. What a treat for us all.

As the cooler weather starts moving in, remember to take a look in your loved one’s closets to be sure you are switching out their clothing for more appropriate items that will keep them warm instead of cool.

September is a month full of fun and wacky days. To name just a few, Sept. 2 is International Bacon day, Sept. 5 is Be Late For Something Day (one of my personal faves), followed very closely by Sept. 6, Fight Procrastination Day. Make Your Bed Day is on Sept. 11, and Sept. 14 is Cream Filled Doughnut Day. Sept. 18 is National Cheeseburger Day, and Sept. 19 is Talk Like a Pirate Day, matey. Sept. 21 is Miniature Golf Day, and Sept. 28 is Ask a Stupid Question Day. These were just the tip of the iceberg, too.

Watch the September activity calendar as we are going to have the first ever Hillside Opening Day this September, and we will have some BB gun shooting competitions with the residents. We might even have a few bows there for archery shooting. It should be a fabulous time.

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,

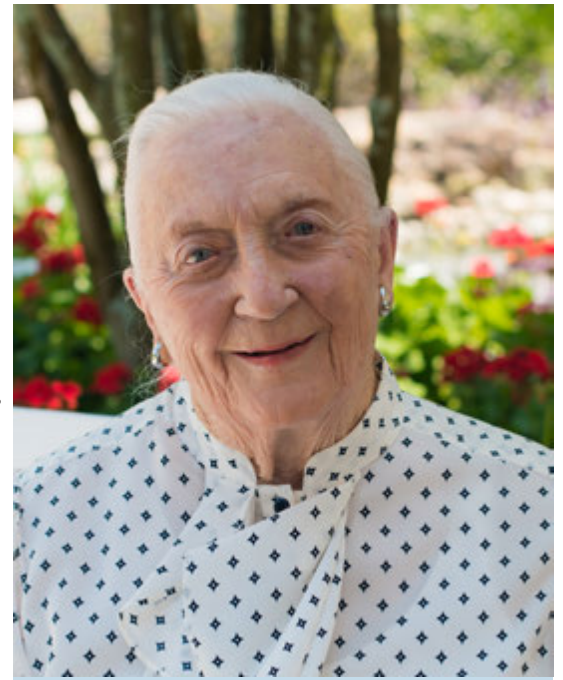
Regards,

*Bernice Zimmermann*, Executive Director

## Life Enrichment

Fire season arrived far too soon this year, and it seems like it robbed us of a whole month of summer. The poor air quality makes for unsafe conditions for our residents, so we have had to cancel some of our outdoor activities/events. We did go to the Western Montana Fair for a short time and had a great time.

We are gearing up for fall. Watch the calendar for opening day of hunting season!



## Our Talk. Our Walk. Every Day! Healthy Aging Month

This month’s theme is designed to focus national attention on the positive aspects of growing older. Just like Carolyn Worthington, editor-in-chief of Health Aging Magazine, we believe it’s never too late to find a new career, sport, passion or hobby. She says, “Use September as the motivation to take stock of where you’ve been, what you really would like to do if money was no object. And try it! Who says you have to do something related to what you studied in school? Who says, you can’t start your own home business later in life, test you’re your physical prowess, or do something wildly different from anything you’ve done before? Only that person you see in the mirror!”

## Food and Beverage/ Dining Services

Hello Hillside family,

I wanted to remind everyone about the smoke outside, to remember to take it easy, stay well-hydrated and not overdo it. This summer is almost over, I can't believe how quickly it's gone by. The kitchen has had a blast serving our residents and guests at our BBQs and family functions. As always, we hope each and every one of you have enjoyed it too.

Please remember to honor and hold in thought or prayer our firefighters who risk life and limb to keep us safe and protect this great state of ours. Also, remember to love and be kind to your neighbors and the staff. The heat can kind of make all of us grumpy and uncomfortable at times, but we should all remember to show love to the ones who love us and take such good care of us. Stay smiling and never forget how much we love this great facility and community of ours. I know I won't.

Sincerely,  
*David Andell*  
Culinary Services Director

## Environmental Services

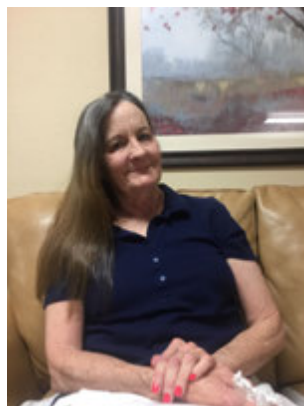
Fire season is here.

Fire season is in full swing all over our state. I'm a fourth generation Montanan, and I don't know if I can remember a summer that has been this smoky. With higher than average temperatures and dry conditions, we're probably stuck with the smoke until early fall. Forest fire smoke can worsen lung problems, increase the risk of heart attack and worsen allergy symptoms. Limiting your time outside can lessen your risks. The air coming in through our air conditioning units does pass through a filter, so our indoor air quality is slightly better than what you would experience outside. Keeping windows closed will help to keep this filtered air recirculating inside the building. We do keep an eye on the air quality alerts that are issued by the county health department; if you are interested in tracking this yourself, you can use the computer in the family room to look at the information on the Missoula County web page. If you have any questions about the fires or fire safety, please feel free to ask me.

— *Sean*, Environmental Services Director

## Resident Spotlight

This September, we shine our resident spotlight on Mary Q. Mary was born in Manhattan, N.Y., on March 6. Mary is vibrant, strong, has a wonderful sense of humor and always wants to be there to lend a helping hand. Mary says when she was a kid she loved to climb trees, water ski and ride horses without a saddle. "My first love, Matthew. Monte Carlo; going to school in Switzerland," she recalled of her good memories, but also says she has so many of them she can't remember them all. "Live every day as if it is your last," Mary says. "Stand up for what you believe in."



## Marketing

Stupendous September

We continue to show strong census with lots of new residents entering and leaving. The success stories continue to be amazing. These are the things that make our line of work so rewarding. We are dispelling the myth Nursing Homes are depressing places you go into when it is time to die. While we may not be anyone's first choice for living arrangements, we sure do try hard to make it a great place to live, and we have a lot of laughter and fun along the way.

We have welcomed a few new faces to our team and said goodbye to a few over the past month. Our staff extended family is doing well in the retention area. Our CNA classes are continuing to allow us the opportunity to start new CNAs off in the right way. It is incredibly encouraging to see how fast the new recruits become attached to our residents and our residents to them. Relationships are what make Long Term Care so special.

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

### Resident Birthdays

Jackie D., 7th

Linda S., 19th

Harold H., 28th

### Employee Birthdays

Tara A., 5th                      Ali T., 21st

Angel A., 5th                      Gerald K., 22nd

Scott M., 6th                      Melanie M., 23rd

Kayla W., 10th                      Lea W., 30th

Desiree N., 18th

### Service Anniversaries

Tammy J., 9/3/2013

Mary R., 9/6/2002

Nicole H., 9/16/2013

Diane H., 9/28/2007

## Nursing/Health Care

September is Cholesterol Awareness Month:

Combating Cholesterol: Fight it With Food

Adding certain foods to your diet may actually help to lower your cholesterol and decrease your risk for heart disease. You know the rules. Eat less red meat, cheese and butter. Limit fried foods. Avoid trans fats. With so many things to cut out, what's left to eat?

While heart-healthy eating includes lots of "no's," there are plenty of delicious foods you can eat without guilt. What's more, adding certain foods to your diet may actually help to lower your cholesterol and decrease your risk for heart disease.

Unless you have a strong family history of high cholesterol, changing your diet is often enough to lower cholesterol to a healthy level. The key? You need to work certain foods into your diet — not just once in a while, but every day.

Get your shopping list ready! The foods listed below have a high soluble fiber content (and rich nutrients) or a healthy fat ratio. Soluble fiber binds with cholesterol, helping to remove it from the body. Certain fats, when replacing saturated and trans fats, can help lower cholesterol levels.

Oatmeal (and oat bran)

- Take a half-cup of old-fashioned oats and add a couple of tablespoons of oat bran, some skim or soy milk (instead of water) and a sprinkle of ground flaxseeds.
- Add a small handful of walnuts, sliced banana or chopped apple and a teaspoon of maple syrup for a touch of sweetness.

Carrots/yams/sweet potatoes

- Blend with chicken broth and sautéed onions for a creamy low-fat soup.
- Bake or mash, then add trans-fat-free margarine and cinnamon.
- Roast with onions and parsnips.

Brussels sprouts

- Sauté with leeks and garlic.
- Bake in a casserole with brown rice and shredded low-fat cheese.
- Roast with onions and add a dash of grated Parmesan.

Dried apricots/prunes

- Mix with nuts for a quick afternoon snack.
- Chop into cereal.
- Dice and add to chicken salad.

Berries

- Blend fresh or frozen into smoothies.
- Add to cold cereal.
- Top with low-fat sour cream or yogurt.
- Add to low-fat cottage cheese and top with sesame seeds or nuts.

Apples and pears

- Slice and eat with a smear of natural peanut butter.
- Chop and add to tuna salad.
- Bake and eat for dessert with a sprinkle of walnuts and cinnamon.

No one food or supplement can work miracles, but upping your intake of nutritious foods can make a big difference in your cholesterol level. However, remember that any successful strategy must combine healthy eating, diligent exercise and stress reduction.

Beans/legumes

- Add chickpeas or kidney beans to your salad.
- Make a hearty split pea soup.
- Enjoy a lentil curry.
- Mix pinto beans and brown rice with onions and stewed tomatoes.

Olive oil

- Use as a base for salad dressing with lemon or lime juice, garlic, salt and pepper.
- Use to sauté your favorite vegetables.
- Add to diced potatoes and roast with fresh pepper, onion and garlic powder.

Avocado

- Spread onto toasted whole-grain bread and top with sliced tomato.
- Mash for guacamole.
- Chop into salads.
- Slice and add to a turkey sandwich instead of mayo.

Walnuts and almonds

- Bake into quickbreads.
- Add to cold or hot cereal.
- Eat a handful with a piece of fruit for an afternoon snack.
- Chop and sprinkle on a whole-wheat English muffin with light cream cheese.

Salmon and other fatty fish

- Bake with a topping of low-fat sour cream, mustard and dill.
- Add cold fish to a mixed green salad.
- Make salmon cakes with fresh or canned salmon.

Flaxseeds (ground) and psyllium seeds

- Blend into smoothies.
- Mix into hot/cold cereal.
- Use as a topping for yogurt.

— *April Brandt, RN, DON*



Caring for Our Community

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## Staff

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**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

## Social Services

Fire season is in full effect, and due to that, the air is poor quality. You may find you want to avoid the smoke by staying inside. This is perfectly acceptable, but remember isolation may be a detrimental factor in mental health, so please remember to get out of your room and try to socialize. Mental health is deeply impacted by the actions we take, whether intentional or not. Please remember to be social, and feel free to come chat with me. I would be more than happy to work through any needs or issues you may feel pressured by!

Our Platinum Service® Standards:

1. I am prompt and responsive. I complete my commitments with competence, showing my professionalism and dedication.
2. I respond to each resident's style and cues. I adjust my pace and service delivery accordingly.

— Scott McFarlane, MSW  
Social Services Director

## New Residents

Cynthia P.  
Melisa R.  
Marlene H.

Linda S.  
Kaye C.  
Janet E.

Beverly B.  
Shirley S.  
Edward S.

Sylvia I.