

GOOD Life News

at Hillside Health & Rehabilitation

MAY 2018

www.hillsidesenior.com

Executive Director

Hello everyone,

Welcome to Marvelous May!

May is when spring is in full glory. Finally, our weather has turned and we are able to open our windows and air out the bad bugs of winter from time to time. This winter was a tough one for flu and other illnesses. Fortunately, here at Hillside, we were able to weather this season with very minimal flu cases. I am super proud of our team. We pulled together and kept the couple of cases that we did have isolated and contained, and we were back open for business quite quickly. May is the month we celebrate our nurses and National Nursing Home Week. The nurses and CNAs are my personal heroes in this business. Nursing Week is May 6-12 this year. They work so hard to ensure our residents are well cared for and their needs are met day after day. What a privilege it is to lead such a spectacular team here at Hillside and to be able to personally recognize the nurses who give so much of themselves each day. Please join us for the Nursing Home Week festivities the week of May 13. We are planning many wonderful fun activities for staff and residents.

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

May 6 is No Diet Day, May 8 is No Socks Day, followed promptly by May 9, Lost Sock Memorial Day — go ahead and throw out that single sock that you have been trying to find the mate for, but wait till after May 10, National Clean Your Room Day, because you are sure to find the mate in there. May 11 is Eat What You Want Day (which, sadly, I do all the time), May 14 is Dance Like a Chicken Day, May 15 is Chocolate Chip Cookie Day, May 25 is National Wine Day and Tap Dance Day. And finally, May 28 is National Hamburger Day.

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 #1**

"I place our residents at the center of everything I do, personalizing my services to meet their preferences."

Our service delivery is designed to consistently create resident satisfaction and to build loyalty. Through our Platinum Service program, we practice the fundamentals of business etiquette, such as promptly greeting residents and guests with a warm and sincere welcome, introducing ourselves, and if necessary, offering assistance. Our interactions are personalized and appropriately paced to meet the unique needs of our residents. Service is then adjusted to their diverse backgrounds and cultures, creating memorable experiences. We are attentive, friendly and caring, delivering to our residents, guests and visitors a distinctive experience.

Meet Jerry!

This pleasant month of May, we shine our resident spotlight on Jerry N. Jerry is a man of many talents. As a young boy, his mother played an upright



piano, to which he sang with her, along with his brother and friends, beginning his journey with singing music in choral groups. Oppositely, Jerry's father was a hunter and taught him how to shoot a rifle, which Jerry picked up on quickly. "I wasn't a good student, being busy with choir and hunting," Jerry chuckles. Regardless of that, Jerry went on to get as far as a master's degree from universities in Missoula and Denver, leading him to become a second lieutenant in the Army ROTC. Jerry met his wife, Patty, through friends in Denver. "She has been the rock in my life," Jerry says fondly of Patty, with whom he has two wonderful sons. "If you are going to do anything, pour your heart into it. Don't be afraid to go out on the edges of life. Fear will keep you from doing the things you were meant to do in life."

New Residents

Richard W.
Judith H.
Delbert M.
Lavonne B.
Elwin J.
Bonnie M.
Kaye C.

Mother's Day

May is for Mother's Day. Last year for Mother's Day, I gave my mother a calendar that each day is a page for her to write a special memory on. This particular book has suggestions for each day what to write about, such as a favorite place to visit on summers when she was a child or what she remembers about her grandparents. I am looking forward to getting it back this Mother's Day so that then I can spend the next year reading my mother's memories each day. Remember to treasure each day and the memories we get to make with our mothers, fathers and families.

— Jenn Weimer, Social Services

Resident Birthdays

Rick D., 3rd	Megan C., 22nd
Bonnie S., 8th	Pauline C., 23rd
Ole M., 11th	Judith H., 25th
Edward A., 14th	Ken P., 26th
Terry R., 21st	

Employee Birthdays

Katelyn J., 5th	Dory R., 15th
Sean S., 10th	Kelsey L., 29th

Service Anniversaries

Janelle F., 5/5/2013	Asher Z., 5/22/2016
Gina S., 5/9/2016	Arnissa A., 5/23/2016
Nicole M., 5/13/2014	Kyle V., 5/31/2017

Environmental Services

Spring Cleaning:

As many of you already know, we have deep cleaning scheduled for all of the resident rooms in the facility. We try to stick to the schedule, but we are willing to work with you if it's just not a good time or you're not feeling well.

As we head into warmer weather, please let the housekeeping staff or me know if you need help moving your winter wardrobe into the top of your closet or we can assist you in getting your summer clothing down.

For those of you who spend more time outdoors, please let me know if you see wasps or any other unwanted pests nesting on the outside of the building. We have an exterminator who visits monthly, but I like to personally take care of the wasps as soon as they are reported.

— Sean

Food and Beverage/ Dining Services

There really can't be any adult in this great big world that has never tried coffee. It's consumed everywhere, and judging by the amount of Starbucks locations in the United States alone (in 2012, there were 10,924!), we love our caffeine.

And that's fine. In fact, there are many advantages to being one of the 54 percent of Americans over 18 who drink coffee every day. Coffee can be pretty amazing for your brain, your skin and your body. Read on to discover 11 reasons you should wake up and smell the coffee ...

Americans get more antioxidants from coffee than anything else.

According to a study done in 2005, "nothing else comes close" to providing as many antioxidants as coffee. While fruits and vegetables also have tons of antioxidants, the human body seems to absorb the most from coffee.

Just smelling coffee could make you less stressed. Researchers at the Seoul National University examined the brains of rats who were stressed with sleep deprivation and discovered that those who were exposed to coffee aromas experienced changes in brain proteins tied to that stress. Note, this aroma study doesn't relate to stress by itself, only to the stress felt as a result of sleep deprivation. Now, we're not entirely sure if this means you should keep a bag of roasted coffee beans on your nightstand every night, but feel free to try!

Marketing Corner

Hello! My name is Kaiya Ashby and I am the intake coordinator here at Hillside. I am very excited to have the opportunity to be a part of your monthly newsletter. I am always free to chat with and my office is always open. National Nursing Home Week begins Sunday, May 13 and goes through May 19! Thursday, May 17, we will have a photo booth, so come on in and bring your smiling faces and have some fun with that!

Warm Regards,
Kaiya Ashby

Life Enrichment

Happy May! We are hopeful to start some gardening soon. Our Life Enrichment Aide, Dia, has overseen the gardening in the courtyard and is great at collaborating with residents to plant and maintain a beautiful area that our residents greatly enjoy. Information taken from <http://partners.aplaceformom.com/2015/10/09/benefits-horticultural-therapy/> lists the following benefits of gardening:

1. Elevated Mood:

Many people who live in northern climates are familiar with Seasonal Affective Disorder (SAD), which causes depression and decreased energy during winter months when people don't get enough sunlight. Orla points out that deprivation of nature causes similar ailments. Studies show that people who participate in horticultural therapy experience elevated mood and a reduction in depression for up to three months. The garden's scent, floral colors, textures, tastes and sounds also help to elevate mood and stimulate the brain.

2. Decreased Risk Factors:

We know that family history and age are risk factors for dementia, but so is overall cardiovascular health. An NYU study from 2005 looked at patients who were in cardiopulmonary rehab and were also participating in therapeutic gardening. They found that their patients' heart rate decreased immediately following a horticulture therapy session. The patients saw a lift in mood as well.

3. Improved Motor Skills:

Gardening can be considered a gentle form of physical therapy. Gardening has been shown to improve bone mineral density and improve dexterity in those with arthritis. The physical activity is healthy for residents. If we can get people mobile, even if it's as simple as digging in the soil, that's a win.

4. Stronger Sense of Purpose:

Sometimes, we have so much time on our hands and we spend all of our time looking backwards. Whether it's with fondness or regret, but gardening is one thing that helps us to look forward. An effective gardening program will also allow residents to contribute to the community and to their families, whether it's by growing herbs that the chef can use or growing a gift for their loved ones.

So, bring on the warmer days and sunshine, and let's get planting!

Also, see the enclosed calendar for happenings during National Nursing Home Week, May 13-19.



HILLSIDE

Health & Rehabilitation

4720 23rd Avenue, Missoula, MT 59803
406-251-5100 | www.hillsidesenior.com



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

Nursing/Health Care

May is National Fitness and Nutrition Month.

Hillside Health and Rehabilitation is supporting the President's Council on Sports, Fitness and Nutrition in honor of National Physical Fitness and Sports Month. During the month of May, we challenge all adults to get 30 minutes of physical activity every day.

Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease and some types of cancer. Yet in Montana, nearly 40% of residents don't get the recommended amount of physical activity.

The Physical Activity Guidelines for Americans recommend that adults:

- Aim for two hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming and raking leaves.
- Do muscle-strengthening activities — like lifting weights or using exercise bands — at least two days a week.

Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you. Together, we can rise to the challenge and get more active during the month of May!