

# GOOD Life News

*at Riverside Health Care Center*

SEPTEMBER 2017

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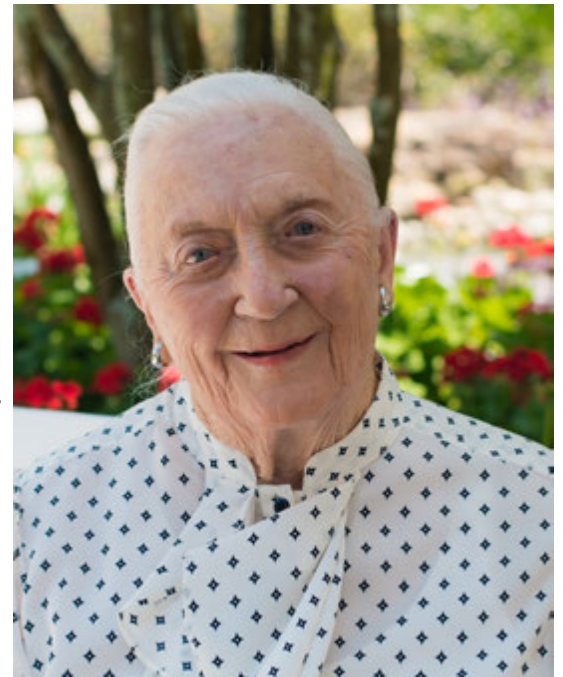
## Executive Director: Meet Virginia Villemez

Hello!

My name is Virginia Villemez. I am currently the ED at Valley View Estates and now will also be at Riverside Health Care Center. I have been with TGG for three years. I started in Long Term Care in 2008 as the Social Services Director at Glacier Care Center in Cut Bank, Mont. When my ED retired, she recommended me for the ED position. I took the Nursing Home Administrator Boards and was hired as the ED. I left my previous company in 2014 to work for TGG.

I am originally from Virginia, living outside of Washington, D.C. My husband and I along with four dogs, two rats, one fish and five kids moved to Cut Bank, Mont., in 2000. While I was not born in Montana, I believe living in Cut Bank for 14 years allows me to say I am a Montanan. My husband works for Montana Legal Services, and we have five children. The oldest, Melanie, is an attorney working for the Supreme Court of Montana in Helena. Zachary recently graduated from Hendrix College, and he is spending the next year working for AmeriCorps while he waits to get into Law School. Jacob lives in Missoula, where he works as a sous chef. Benjamin is a junior at Cornish College of the Arts, where he is majoring in Music Theater and Film. The youngest, Nate, enters Montana State University this fall, where he will be studying Physics with an emphasis on Teaching. We also have one incredibly spoiled two-year-old lab named Molly.

If I am not at work, you can find me watching any sport, kayaking or participating in Community Theater.



### **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!"

## **New Residents**

Riverside would like to welcome the following people to our community. It is a pleasure to have you, and we hope we can meet your every expectation. Please let us know if we can help you in any way.

Evon S.

Mary H.

Samuel K.

Joseph S.

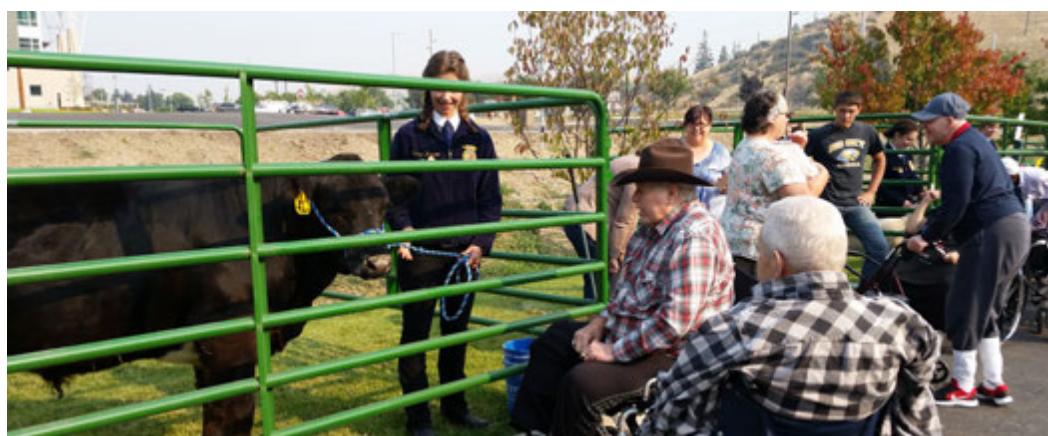
Dale W.

Ann Marie P.



## What's Going on at Riverside?

Hello! I want to take a moment to thank everyone who took part in our Riverside County Fair. We had a perfect day and spent the morning outside with the cows, goats, sheep and baby pigs. There were smiles all around for those who came out and those who had animals brought to their room!



## Puppies

What can be better than a puppy pal? Thank you to staff member Cassie for sharing her puppies with the staff and residents at Riverside.



## Resident Spotlight

Dale Briggeman

Dale was born at home on a homestead outside of Lewistown, Mont., and was delivered by a Native American Midwife. Her mother noted this was her easiest birth out of four children. She has a sister living in Portland, Ore. Her two brothers have passed away.

She was raised in Lewistown, Mont., but then when she left home, she went to Deer Lodge and taught Kindergarten. That was where she met her husband. She didn't have a car, and he ran a gas truck along with working on a Dude Ranch. He drove her back and forth to school, and after two years, they got married. He then worked for the state highway department, and they moved to Missoula.

They had five children. Her son, Kim, still lives in Missoula and has been a writer for the Missoulian for 37 years. When their children were growing up, they did a lot of things with horses. The girls enjoyed it, but the boys did not as they didn't like to brush the horses. (They did it anyway.) They were in 4H and all showed their horses.

When all of the children were in school, Dale went back to teaching Kindergarten and set up the kindergarten program in Bonner. She truly enjoyed teaching — and much larger classes than they have today. She had up to 30 students in a classroom!

After the children left home, she and her husband traveled, mostly in Montana as they really enjoy it here.

Dale said they really take good care of the people at Riverside.

## Nursing/Health Care

Please join me in wishing Karen Tucker, our Director of Nursing, a fond farewell as she takes a position at another Goodman Group facility. Thank you, Karen, for all of your hard work over the past 10 years. We will miss you!

Next month we will introduce you to our new Director of Nursing, Sabrina Bauer.

## Food and Beverage/ Dining Services

It's getting to be time for coffee again with cooler weather coming. Here are some new ideas to try from around the world.

Do you like your coffee black or with cream and sugar? Perhaps you enjoy cappuccinos, mochas or lattes. Pour a cup of joe and learn how people in other countries drink coffee.

**Finland and Sweden:** Cubed cheese — made from cow, goat or reindeer milk — is placed in a cup of coffee or dipped into the java and eaten.

**Ethiopia:** The coffee plant originated in this country, where its beans are roasted and brewed in a ceremony that can last hours. The drink is served with salt, butter or sugar.

**Malaysia:** Those who can't decide between coffee and black tea can choose yuanyang, which is a mixture of both beverages and milk.

**Mexico:** Cinnamon sticks and unrefined cane sugar add comforting warmth to this coffee, which is served in a clay mug to bring out the flavors.

**Morocco:** Warm spices, such as cinnamon, cardamom, nutmeg and black pepper, are blended with dark coffee to create an aromatic beverage.

**Turkey:** After it's simmered in a copper or brass pot, coffee here is served strong and unfiltered, so a cup will include settled grounds.

**Italy:** Espresso is the signature caffeinated drink for Italians, who sip shots of the concentrated coffee while standing at cafes.

**France:** A favorite among the French, café au lait is brewed coffee with steamed milk. It is served in a wide cup for dunking croissants.

**Australia:** The velvety drink known as a flat white originated Down Under. Similar to a latte, it is made with a shot of espresso and steamed milk.



## Meet Social Service Director Terri Griffith

Hello everyone, hope you had a great summer!

I am your new Social Services Director since Mandy has moved back to the floor so she can work

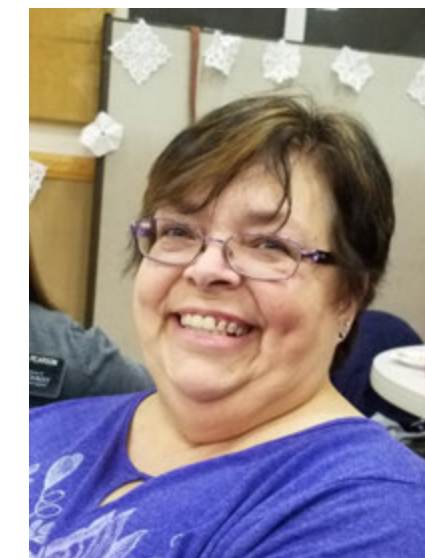
closer with the residents. My name is Terri, I am pretty much a native Montanan and I have lived within 120 miles of the Missoula area all my life. Between Missoula, Helena and Kalispell, it pretty much sums up where I have lived. I am a University of Montana graduate with a Bachelor's Degree in Social Work. Prior to working here, I have worked mostly in the mental health field. I am very excited to be here with you all. I look forward to getting to know each of you.

I have four adult children and eight grandchildren, but my youngest son will soon be adopting an infant and two teens so I will be adding three more grandchildren to spoil and love. I also have a menagerie of pets at home. Living with two hedgehogs, two sugar gliders, seven tropical fish and best of all, four dachshunds or wiener dogs keeps life fun and interesting. My dogs are so awesome, so if you ever want to see pictures or hear about their silly antics, stop by my office. I will be more than happy to talk about them.

Starting next month along with the updates, I am going to start including a short bit about patient rights and talk about what they are and how they impact all of us here at Riverside.

Have a great September!

— Terri Griffith  
Social Services Director



## Resident Birthdays

Marcella S., 5th

Mary R., 19th





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## Staff

**Executive Director**

Virginia Villamez

**Director of Nursing**

Sabrina Bauer

**Life Enrichment Director**

Tammy Block

**Housekeeping Supervisor**

Rick Nelson

**Admissions Director**

Noelle Smith

**Business Office Director**

Jeanette Court

**Dietary Director**

Jami Gorman

**Maintenance Director**

Rick Nelson

**Social Service Director**

Terri Griffith

## A Note from Rick

It looks as though we might have smoke for the rest of the summer, unfortunately. The air quality is pretty poor and can cause a lot of health issues in the elderly and people with asthma or other respiratory illnesses. Try to stay out of the smoke as much as possible, and keep animals, children, the ill and elderly out of it as much as possible. Watch the local air quality to know when it is real unhealthy and plan accordingly. I realize most of us have to be outside in order to do our jobs and so on. It doesn't hurt to use specific masks to filter what you're breathing while out in the smoke.

Here at the facility, we try and keep all the windows closed and change out our filters regularly in order to have cleaner air for your loved ones to breathe. We also follow the air quality report to know when to encourage residents to not go outside.

I would like to extend my sorrow and best wishes for those families that have been misplaced and or have lost their homes due to the fires. I can't imagine losing everything and feel for those who have lost anything due to the natural disaster we are experiencing. Stay safe and try to enjoy your summer, for the white stuff is just around the corner.

Thank you from us at Riverside Healthcare Center.

— Rick