

GOOD Life News

at Valley Health Care Center

AUGUST 2017

www.valleyhcc.com



The Executive Explanation

Our Platinum Service® program is the centerpiece of our promise to each of our residents, families and all those we serve to deliver the highest quality of service on a legendary scale. At Valley Health Care Center, this program transcends everything we do. It is intrinsic to our culture and woven into the fabric of who we are.

It is my number one priority that everyone who comes into our building is treated with dignity, respect and kindness. Whether you are a resident, family member, staff or visitor we hope you feel welcome and uplifted by being here at Valley Health Care.



*Tiffany Birrell,
Executive Director*

You may have witnessed the Platinum Service® meetings we hold a few times during the day. These meetings are held to remind us of our service purposes and celebrate the wonderful things that happen in our facility.

If there is someone you wish to celebrate, there are Platinum Praise forms at each nurses' station and in the front lobby. Anyone is welcome to fill them out. You may turn these forms in to any staff member.

THANK YOU to our residents and family members. You are the reason we are here. We appreciate your gratitude and loyalty. We love working with you!

THANK YOU to our amazing staff members! Your Platinum Service® has been obvious to me as I've walked the hallways and witnessed your care of those around you.

Have a wonderful August!

Messages from Mitsi

Hi, my name is Mitsi Trombetta. It is my pleasure to work at Valley Health Care Center as the Director of Nursing. I am happy to be part of a great team and a building full of wonderful residents. Montana has been my home for about 40 years. I have been part of the Billings community for 30 years and consider it my home.

I finished my nursing degree in Miles City College. Most of my nursing career has been in geriatric care in Billings. I am married and have two grown children. Also, not to forget my three chihuahuas.

I am pleased to share my story and look forward to learning more of all yours.



*Mitsi Trombetta,
Director of Nursing*

**Our Talk.
Our Walk.
Every Day!
29 Years
Recognizing
Senior
Citizens Day**

The U.S. Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom leadership and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.

Diamond Dreams

Each summer, youngsters across the United States and the world take the field as Little League ballplayers.

Variations of baseball have been around since the eighteenth century. When the game grew to be the national pastime, children played pickup games in streets and sandlots, often using castoff equipment that was made for adults.

In 1938, Carl Stotz of Williamsport, Pa., wanted to give his young nephews and other neighborhood boys the opportunity to play in an organized league. He spent months testing gear and field dimensions and recruiting players. Stotz also asked sponsors to help pay for the uniforms and equipment.

The first Little League game swung into action in Williamsport in 1939. The program was a hit and leagues popped up across the country, then around the globe. The first National Little League Tournament — now known as the annual Little League Baseball World Series — was played in 1947.

Today, more than 200,000 teams in 80 countries participate in Little League.



Culinary Corner

Our super spice for the month of August is oregano. Of all the dried herbs, oregano has one of the highest antioxidant levels. Just one teaspoon of dried oregano leaves has as many antioxidants as three ounces of almonds, 1/2 cup of chopped asparagus and red cabbage. One teaspoon of dried oregano has the same amount of antioxidants as one milk chocolate bar.

For a twist on a typical grilled cheese sandwich, prepare sandwich with choice of cheese, a slice of tomato and 1/4 teaspoon of oregano leaves.



Cindy Perry, Dietary Director

August Resident of the Month

Anna Lee Jones V. was born in Fordyce, Ark. in 1946 to parents Bonnie and Lewis. Bonnie was a homemaker and Lewis worked for Boeing Aircraft. The family moved a lot due to her father's job. Anna has a younger sister by two years. Anna went to high school at Ben Lomond High School in Ogden, Utah; she graduated in 1964. Anna met her husband in 1964 at the A&W drive-in. She was a car hop and she went up to a car with several boys in it — they all wanted root beer and a date, but she only gave out one date, and that was to Carl. It was love at first sight. Together, they went to Weber College, Carl on a basketball scholarship and Anna to support him. They were married September 10, 1965, and have been married for 51 years. Carl and Anna have three children: Kristen, Kim and Casey. Anna was a homemaker and Carl, the director of the Human Resource Development Council (HRDC). Anna loves life as well as shopping. She said she was born seeing the bright side of everything. Anna's words of wisdom are "Live life to the best of your ability. Make everyone around you happy — if you can do that, everything will come back to you." Anna resides on Mountainview.



Anna V.

Community Connections

Rockin' Under The Big Sky

Come and rock the night away and help support Adult Resource Alliance and our senior community.

Friday, August 25, 2017
METRAPARK Outdoor Park with Pond and Pavilion

Rocking chairs provided.

Rockin' activities start at 7 p.m.

Silent and Live Auctions

Heavy hors d'oeuvres and dessert.

For more information, contact the Adult Resource Alliance at 406-259-9888.



Laurie Paris, Business Development Director

Resident Rights for August

#8 — Accommodation of Needs: To reside and receive services with reasonable accommodations of your needs and preferences, except when your health or safety or that of other residents would be endangered, and to receive notice before your room or roommate is changed.

#9 — Resident Funds: To manage your own funds, or if you request, to have the facility hold,

safeguard and account for person funds deposited with the facility under a system established and maintained by the facility.

#10 — Resident and Family Groups: To organize, maintain and participate in a resident or family council in the facility. The facility shall afford reasonable privacy and facility space for the meetings of such councils.



Nicole Fryett, Social Services Director

Activity Antics

Well, here we are in summer enjoying our gardening, baseball and days in the sun! I hope everyone is enjoying their summer. Here at Valley, we are looking forward to Resident Council on Aug. 7 at 10 a.m. to sign up for some fun outings! Plan on some entertainment on the weekends with a movie matinee on Aug. 5, Russ Engesser on Aug. 12 and The Country Boys on Aug. 19. Also, check your calendars for special days like National Root Beer Float Day on Aug. 6 and a Solar Eclipse on Aug. 21. Outings are as follows:

Aug. 1: Bus Ride and Treat

Aug. 8: Lunch at Perkins

Aug. 14: Montana Fair

Aug. 16: Valiant Veterans®, Navy Community Band at BHRC

Aug. 22: Hobby Lobby

Aug. 29: Picnic at the Park



Kris Wiebe, Life Enrichment Director

Resident Birthdays

Bob H., 3rd

Mikkie P., 5th

Maureen H., 6th

Grace B., 8th

Faye M., 8th

Wayne M., 11th

Carrie B., 16th

Marion G., 22nd

Karen T., 25th



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COMMUNITY MANAGED BY



The Goodman Group
Moments matter. Live them well.®

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Staff

Executive Director

Tiffany Birrell

Director of Nursing

Mitsi Trombetta

Environmental Services Director

Valerie Tjaden

Life Enrichment Director

Kris Wiebe

QIC Nurse

Noreen Albulario

Resident Chauffeur

Gerald Martin

Admissions Director

Bobbie Houdashelt

Dietary Director

Cindy Perry

Maintenance Director

Floyd Boyer

Medical Records Director

Leann Skauge

Rehab Director

Amy Paris

Social Service Director

Nicole Fryett

Beautician

Marianne Hart

Payroll

Loretta Wright

Dietician

Brian Hagerty

Receptionist

Jackie Chelgren

Welcome New Residents

Yvonne B.

Charles W.

Pat B.

Anthony D.

Axel L.

Birdell L.

Teresa H.

Robert K.

Ted O.

Rita V.

Eudene R.

Sharon K.

Frances J.

Walter J.

Emilia H.

David D.

Susan R.

John S.

Terry R.

MerryAnn M.

