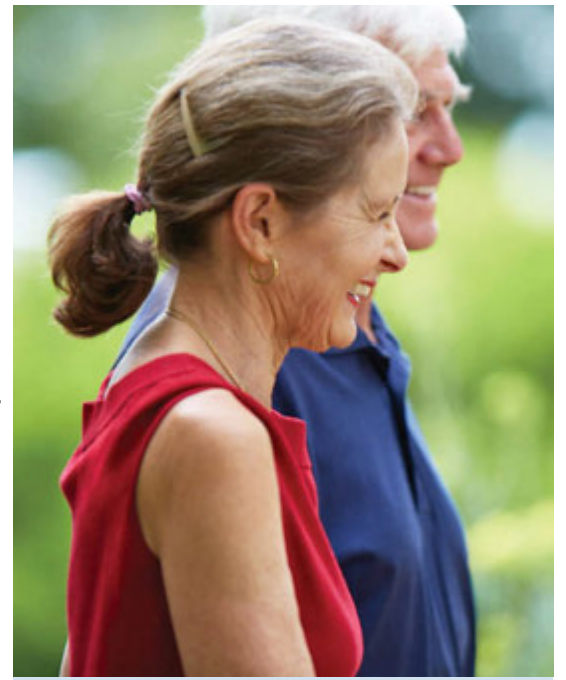


GOOD Life News

at Valley Health Care Center

JUNE 2017

www.valleyhcc.com



The Executive Explanation

Hello! My name is Tiffany Birrell. I am so pleased to accept the role of Executive Director at Valley Health Care.

Thank you for the warm welcome. I can already tell Valley Health is a great place to be!

Health care has been a big part of my life. I loved working as a C.N.A. so much I did it for over a decade. I graduated from Weber State University (Ogden, Utah) with a Bachelors in Health Services Administration. The other positions I've held in health care are Business Office Manager, HR Director, Billing Specialist and Marketing/ Admissions Director.

Most of my life was spent in Utah, but the last eight months I had the privilege of working for The Goodman Group at Westchester Gardens in Clearwater, Fla. I'm thrilled to set roots down here in Billings and look forward to a long, happy stay at Valley. I am married with one son and a black-and-tan coon hound dog.

I look forward to getting to know each resident, family and staff member. Please feel free to stop by and say hello anytime!



Tiffany Birrell, Executive Director

Community Connections

Senior Sports and Arts

The Annual Senior Sports and Arts was held the week of May 15. There were social and recreational events for Seniors 55 years and older held at various locations. One of the biggest draws was Pinochle, which was held at our very own Valley Health Care. There were approximately 40 participants. It was a very successful event. Thank you to everyone who helped and participated. We love supporting our Senior Community.



Laurie Paris, Business Development Director

**Our Talk.
Our Walk.
Every Day!**

**National
Safety Month**

Summer's start is a great time to think about safety. Warm weather may be calling people outside, but outdoor activities also open the door to potential accidents. The National Safety Council designates June as National Safety Month – a great time to reconsider how we can “Keep Each Other Safe,” this year's theme. You may be surprised to hear that one in three people over 65 falls each year, making it the leading cause of injuries for the age group. Exercise can be the first defense against falls. FIT Functional Fitness® offers various programs that can help increase muscle and bone strength!

Culinary Corner

Did you know about the Seven Super Spices? They include cinnamon, ginger, oregano, red pepper, rosemary, thyme and yellow curry powder. In the upcoming months, we will provide information about healthy ways to use each of them. The first Super Spice is cinnamon. Keep a shaker of ground cinnamon handy to sprinkle over everything from hot cocoa to oatmeal. Cinnamon has one of the highest antioxidant levels of any spice. One teaspoon of cinnamon has the same antioxidants as a half cup of blueberries. It also acts like insulin in our body to help regulate blood sugar levels. This is good news for people with diabetes. Remember Father's Day is coming up; be sure to make reservations with the front desk if you are planning to attend.



*Cindy Perry,
Dietary Director*

Resident's Rights for June

#2 — Self Determination: To choose activities, schedules and health care consistent with your interests, assessments and plans of care; to interact with members of the community inside and outside the facility; and to make choices about aspects of your life in the facility that are significant to you.



*Nicole Fryett, Social
Services Director*

#3 — Services and Charges: To be informed of the services available, charges for these services, and who is responsible to pay for them; to receive 30 days' advance notice of any changes in the cost or availability of services, unless to do so is beyond the facility's control; and to receive and examine an explanation of your monthly bill, if you request it.

#4 — Choice of Medical Care: To exercise decision making rights in all aspects of your health care, including placement and treatment issues such as medication, special diets or other medical regimens. You have a right to choose a personal attending physician; to choose a personal pharmacy subject to facility policies and standards; to be fully informed of your total health status; to receive advance notice about your care and treatment or any changes therein affecting your well-being; to participate in planning your care and treatment or changes therein; to refuse treatment; and to refuse to participate in experimental research.

June Resident of the Month

Lola May M. was born in Miles City, Mont., on June 23, 1959. Her mother, Dorothy, was a homemaker and her father, Benjamin, worked on the railroad in Miles City. Lola was the second oldest of four children: Benny, Lola, Lisa and April. She graduated from West High School in 1970. After graduation, she worked at Big Sky Linen Supply. Lola's hobbies include crocheting, knitting, cooking and baking. She also enjoyed riding a horse when she was younger. Lola has a cat named Gizmo. She remembers one time when she was sitting in her blue recliner, Gizmo put his front paws up on a bench nearby and bowed his head. Lola told him "Alright Gizmo, it's not even time for dinner yet." So Lola bowed her head also and said "Jehovah, God our Heavenly Father, thank you for the food you give us and for helping brothers and sisters having hardships and thank you for your son's ransom sacrifice. We want to thank you for these things in the name of your son, Jesus Christ. Amen." Lola's words of wisdom are "Always be kind to others." Lola resides on Rimview.



Lola M.

Welcome New Residents

Walter J.	Elizabeth R.	Joyce S.
Rita W.	Byron Y.	Michael M.
Margie J.	Walter K.	Ruby S.
Lisa G.	Arvilla P.	Thomas M.
John E.	Betty H.	
LeeAnn B.	Loretta B.	

Tidbits from Tammy

From the office of the Director of Nursing:

We are pleased to announce we have a new Director of Nursing. Her name is Mitsy Trombetta. Mitsy comes to us from another facility here in Billings. She has extensive experience in long-term care. We are very fortunate to have her and feel she is a great addition to the team. If you have not met her, please stop in her office and introduce yourself.



In other news, the warm/hot weather is finally here. Just a reminder, if you are taking a resident outside for more than a few minutes, please stop by the nurses' station and ask for the sunscreen. As we age, we tend to be more prone to sunburn. In addition to that, several medications can increase our potential for getting a sunburn in shorter periods of time. Please feel free to use the sunscreen for yourself as well. You are just as important to us.

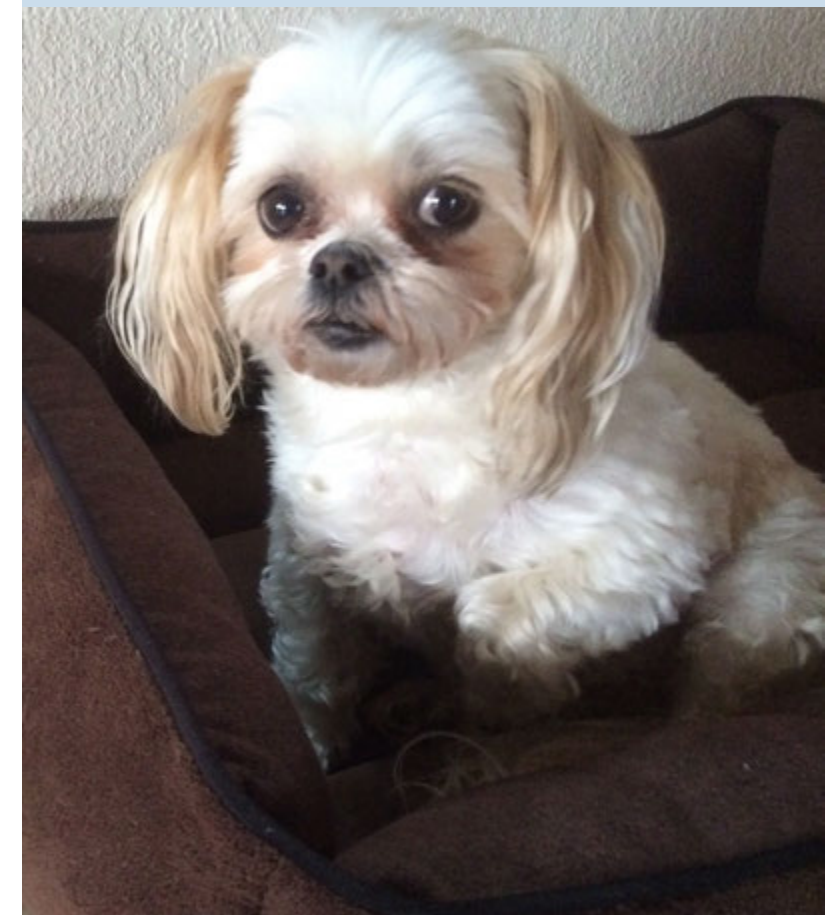
If you do get a sunburn, here are a few things that may help;

- Aloe Vera** — Keep a jar or bottle of Aloe in the refrigerator and use it as needed to cool overheated skin
- Hydration** — Drink tons of water. We tend to dehydrate faster in the heat and sunburn takes even more fluid out. Drinking lots of water or sports drink will help the sunburn resolve faster
- Pain relief** — There are a lot of topical sprays and creams out there that claim to "stop the burn." While these are effective, many of them have a tendency to dry the skin out. Make sure you use a good moisturizing lotion often. Also Tylenol or Acetaminophen is an oral pain reliever as is Ibuprofen. Ibuprofen has the additional anti-inflammatory properties that can greatly reduce swelling associated with a severe burn. Please be careful with either medication and take them with caution. Too much of either can be harmful
- Prevention** — Prevention is key and always the best. Use sun screen, and use it often. Reapply as needed, especially if sweating or in the water.

With all that said, enjoy the sunshine!

Pet Visits

Just a reminder, if you'd like to bring in pets to visit our residents, please bring current vaccination records to the front desk with the resident's name you will be visiting. Please remember, pets are to be secure, on a leash no longer than six feet or in a cage as appropriate for the type of animal for the safety and well-being of the residents. Also, pets are allowed in visiting areas but not permitted in the kitchen or dining rooms (when food is present). Thank you!



Ginger

Resident Birthdays

LeeAnn B., 3rd
Walter J., 4th
Patricia W., 6th
Marvin F., 7th
Lori W., 8th
Laverne D., 9th
Walt K., 16th
Gary W., 22nd
Lola M., 23rd
Paul F., 26th
Bonnie C., 28th



1807 24th Street West
Billings, MT 59102
406-656-5010



A PLATINUM SERVICE®
COMMUNITY MANAGED BY



The Goodman Group
Moments matter. Live them well.®

thegoodmangroup.com

Staff

Executive Director

Tiffany Birrell

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

Human Resources

Loretta Wright

Dietician

Brian Hagerty

Receptionist

Jackie Chelgren

Activity Antics

Happy June, everyone. With the warmer weather comes more outdoor activities to enjoy here at Valley, like outdoor walks! We will have entertainment with Jeff Ford on Tuesday, June 6; Russ Engesser on Saturday, June 10; and The Country Boys on Saturday, June 17. A few days to look forward to are National Rocky Road Day on June 2, National Ice Tea Day on June 10 and Ice Cream Soda Day on June 30. Don't forget to stop by our Country Store on June 30, where our residents will receive a free popcorn and treat. Resident Council is on Monday, June 5, where residents can talk about current issues and sign up for outings. Hope to see you there!

Our outings are as follow:

June 6 — Red Lobster

June 15 — Elks Club

June 20 — Walmart

June 27 — Walmart



*Kris Wiebe, Life
Enrichment Director*