

October Resident of the Month

In celebration of our very own centurion, we are honoring Dora Dean Y. at 104 years young. Dora Dean Clark Y. was born on a ranch in Washington County, "in the Clarkson Hills," in Oklahoma on Sept. 3, 1913, to parents Levi and Mary. Levi worked on the ranch, and Mary was a homemaker. Dora Dean is the second to last out of five children. She had three sisters and one brother. At birth, Dora Dean weighed two pounds. They put her in a chicken incubator at first to keep her warm. She wasn't expected to live, and she has outlived everyone. Dora Dean graduated in 1930 from Dewey High School, where she also met her future husband, Howard. They were married on April 8, 1934. She then went to beauty school, then business college. The couple lived in her hometown, then moved to Bartlesville, Okla. Together they had two daughters, Jayne and Nathalee. Howard worked for Frank Phillips at Phillips 66 Petroleum. Dora Dean worked for Mrs. Jane Phillips (Frank's wife) as her secretary and personal assistant, traveling with her and her family for 30 years. They would stay at the Waldorf Astoria in New York and shopped at all of the stores. Her kids refer to the Phillips couple as Uncle Frank and Aunt Jane. After Phillips, Dora Dean became head resident of girls' dormitories at Idaho State University for 14 years, then managed Hart Albin Bookstore in downtown Billings. Her husband passed away in 1965. She was a widow for 15 years and remarried in 1980 to John Bruce Cook of Billings for 20 years. He passed away in 2000. On her 80th birthday, her first and only granddaughter got married. Dora Dean does not like to be called Dora; she prefers Dora Dean. She was named Dora after her grandmother and Dean after her grandfather. Her words of wisdom are, "Work hard and behave yourself." Dora Dean resides "right side up" on MV.



Welcome New Employees

For August:

- Kristina Whitley, Nursing Staffing Coordinator/Central Supply
- Jessica Becker, LPN
- Mary Bennett, Housekeeping Assistant
- Cheryl Marlow, LPN

For September:

- Sarah Moore, RN
- Erica Kern, Admissions Coordinator
- Rebecca Friend, CNA



Resident Rights for October

#14 — Personal Possessions:

To retain and use personal possessions, including clothing and some furnishings, as space permits, subject to the rights, health and safety of other residents and the right to reasonable safeguards of such possessions. The facility shall provide for safeguarding your small items of value in your room or in another part of the facility where you have reasonable access to them. Losses or thefts of personal possessions must be promptly investigated by the facility and the results of the investigation reported to the affected resident.

#15 — Clothing: If clothing is provided for you by the facility, it must be of reasonable fit.

#16 — Married Couples: To share a room with your spouse when living in the same facility, as long as both spouses consent to the arrangements.



Nicole Fryett, Social Services Director

Culinary Corner

Continuing with our seven super spices, the spice of the month is red pepper. Turning up the heat with chile peppers can help you crank up the antioxidants. Capsaicin is the powerful compound in peppers that gives chiles their heat. The hotter the pepper, the more capsaicin (and antioxidants!) you'll find. Cayenne or ground red pepper contains the most. If you're trying to lose weight, red peppers might help eat less calories during a meal and even during the next meal. Capsaicin helps increase satiety, or the feeling of fullness. Cayenne, chili powder and paprika can also boost your metabolism. Sweet red peppers also increase calorie burning.



Cindy Perry, Dietary Director

Community Connections

Fit Over 50

On Monday, Sept. 18, Valley Healthcare started hosting Fit Over 50.

This is a low impact exercising program that emphasizes toning, strengthening, stretching and balance.

It will be offered on Mondays and Wednesdays running through May from 6 to 7 p.m. in the Valley Healthcare Therapy Gym.

It is free of charge and open to the public.

Please join instructor Melissa Leslie and spend an hour getting and staying fit. If you have any questions, you can reach Melissa at 672-7452.



Laurie Paris, Business Development Director

Activity Antics

Well, here we are officially in fall. The weather is turning cooler, and it's time to start bundling up. We are planning some fun Halloween-themed activities this month, so be prepared for some mummy wrapping and Halloween trivia. Be sure to catch some of our awesome entertainment like Russ Engesser on Oct. 14, Ron Martinez on Oct. 17 and The Country Boys on Oct. 21.

Resident Council meeting will be held on Monday, Oct. 2, at 10 a.m. Be sure to bring your youngsters for trick or treating and a Halloween Extravaganza on Oct. 31. Our outings for October are:

Oct. 3: Target

Oct. 19: Dinner at The Elks

Oct. 10: Lunch at Western Emporium

Oct. 24: Target



Kris Wiebe, Life Enrichment Director

Messages From Mitsi

Influenza or the Flu

It is a respiratory illness caused by a virus. Flu is highly contagious and is normally spread by the coughs and sneezes of an infected person. Although unpleasant, flu is rarely life-threatening.



Mitsi Trombetta, Director of Nursing

Flu symptoms :

- high temperature
- cold sweats
- headache
- aching joints and limbs
- fatigue
- possible to have nausea, vomiting and diarrhea.

Symptoms may linger a week. The feeling of tiredness and gloom can continue for several weeks.

Treatments:

- stay at home
- avoid contact with other people when possible
- plenty of liquids
- avoid alcohol
- stop smoking
- eat, if possible

Resident Birthdays

Charlie W., 2nd
Anna M., 3rd
Margaret E., 4th
Yvonne B., 7th
Ruth O., 8th
Lynn S., 12th
Ivan B., 12th
Ruby T., 18th
James K., 18th



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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

Erica Kern

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

Welcome New Residents

Gordon B.

Peggy B.

John S.

Elsie H.

Lorraine D.

Edith F.

Lawrence S.

Samuel M.

Edward B.

Richard C.

Aurora C.

Robert Y.

