

# GOOD Life News

at Valley Health Care Center

DECEMBER 2017

www.valleyhcc.com

## Stay Safe and Healthy This Season

Winter is a time to enjoy the warmth and comfort of home — not worry about chilly weather or catching a cold. Here are some tips to help the season stay merry, healthy and bright:

**Wash your hands** — With more people indoors, germs that can cause illness are more prevalent. Wash your hands often with soap and water, and avoid touching your eyes, nose and mouth.

**Get a dose of vitamin D** — Less sunshine means less vitamin D absorption, so eat a variety of foods that include the nutrient, including eggs, milk, fortified cereals, and fatty fish such as salmon and tuna. Vitamin D boosts your immune system and helps stave off the “winter blues.”

**Dress warmly** — Two or three thin layers of clothing are actually warmer than one thick layer. When out during cold weather, wear a heavy coat, a hat, gloves or mittens, and a scarf. Limit your time outdoors and go inside immediately if your clothing gets wet.



Tiffany Birrell, Executive Director



## All I Want For Christmas is...

Anna V., “Definitely to be with my family and \$1200”

Irene G., “A slow cooker”

Emma B., “To have family home”

Alma S., “A new coat”

Axel L., “To be back home”

Larry K., “Denver Broncos”

Marvin F., “My two front teeth”

Ruby T., “Anything, maybe socks”

Addy R., “A million dollars”



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

**Platinum  
Service®  
Standard #17**

*“I am committed to my ongoing development. Knowledge and skills are essential in creating a great experience for our residents.”*

We use this Platinum Service mission in all we do to create a wonderful, safe and friendly community for our residents to call home. When we live up to the mantra of “Putting you at the heart of everything we do,” we know that residents, families and team members are enjoying a positive, enriching experience each day. Understanding how to better serve our residents and families is very important to us. It helps make us contributing and supportive members of the community we serve!

# Messages from Mitsi

## Exercise

Do you get excited about exercise or does the thought of fitness sound less than fun? If you don't enjoy your fitness, you should find something that may be a better fit for your personality.

Getting started, you should get shoes with support and cushioning. Also wear comfortable clothes.

You can try walking, swimming or aqua aerobics. Avoid high impact exercise, like running or jogging, until you've exercised for a while. It can be hard on your joints.

Daily exercise can build stamina. Daily walking and tackling chores at home can be beneficial. Resistance and balance training help prevent falls. Yoga includes strength, balance and aerobics.

Always check with your doctor before starting a new routine. Remember, if you enjoy what you're doing, you're more likely to keep at it.



Mitsi Trombetta, Director of Nursing



# Resident Rights for December

**#17 — Self Administration Of Drugs** — To self-administer drugs if the facility's interdisciplinary team has determined that this practice is safe for you.

**#18 — Survey Results** — To examine the results of the most recent state or federal inspection of the facility and any plan of correction, which information shall be readily accessible, and to receive information from and to contact advocacy agencies.

**#19 — Complaints** — To file a complaint with the Montana Department of Public Health and Human Services, P.O. Box 202953, Helena, MT 59620-2953, relating to resident abuse, neglect, misappropriation of your property in the facility and noncompliance with advance directive requirements.



Nicole Fryett, Social Services Director

## Welcome New Residents

- David H.
- Beth W.
- Irene K.
- Margery T.
- Katherine W.
- Mary J.
- Lila P.
- Eleanor W.
- Rene S.
- Mary Lou W.
- Rita V.
- Louise J.
- Kerry D.



# Activity Antics

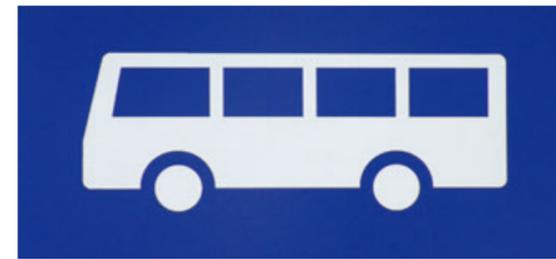
Hope this holiday season finds you all well. Our Life Enrichment Department has some fun activities planned for December. Santa will be here on Dec. 22, at 1:15 p.m., preceding our annual Christmas party featuring live entertainment by Almeda Bradshaw. The month will be filled with plenty of Christmas carolers, and The Shrine Brass Band will be here Dec. 5, at 6 p.m. Don't forget to attend Resident Council on Dec. 4, at 10 a.m., so you can sign up for the following outings:

**Dec. 5** — Lunch and Shopping at Rimrock Mall

**Dec. 12** — Lunch at Olive Garden

**Dec. 19** — Shopping at Dollar Store

**Dec. 19** — Bus Ride to View Christmas Lights



Kris Wiebe, Life Enrichment Director

## Employee of the Month



Cindy Lamb, Med Aide

Our employee of the month is Cindy Lamb. We want to thank her for her hard work and dedication here at Valley! The comments from her Platinum Praises were: "Cindy goes above and beyond! She truly cares for our residents." "She helps out as much as she can from being Medication Aide to helping us CNAs on the floor." "I love working with her because not only does she make the residents feel safe, she helps her coworkers and has a great attitude!" "The shifts always go by smooth when she is working."

## Community Connections



Laurie Paris, Business Development Director

'Tis The Season

It's that wonderful time of the year! The St Pius Church Youth Group will be sharing their gift of music with our Valley Health Care Residents Staff and Family Friday, Dec. 22, at 6 p.m.

Valley Health Care Dining Room

We so appreciate our community partnership with St. Pius Church and their awesome Youth Group.

Happy and Blessed Holidays!

# Culinary Corner

The super spice of the month is Rosemary. Rosemary is a cornerstone of Mediterranean cooking. This distinctive, aromatic herb is packed with flavor and antioxidants.

Rosemary not only tastes good — in everything from marinades to mashed potatoes — it is now also being linked to good health. A teaspoon of Rosemary has the same source of antioxidants as 1/2 cup chopped tomatoes or 1/2 cup chopped cantaloupe.

It was decided at Resident Council to have turkey, ham and all the trimmings for our Christmas meal. If you'd like to eat with your family members, please contact Jackie or Sandy at the front desk. Happy holidays to all.



Cindy Perry, Dietary Director



Rosemary

## Resident Birthdays

- Maria M., 4th
- Kerry D., 18th
- Linda T., 29th



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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

Anna Widdicombe

### 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 Employees

- Brandi Leider, CNA
- Sabrina Kallinen, CNA
- Kristin Linn, CNA
- Bethany Brown, CNA
- Harper Bower, CNA
- Grace Hassan, CNA
- Taylor Macek, CNA
- Corrie Halligan, RN
- Jennifer Pinkerton, CNA Class
- Ciera Smith, CNA Class
- Rachel Miller, CNA Class
- Lucky Bradley, Dining Assistant

