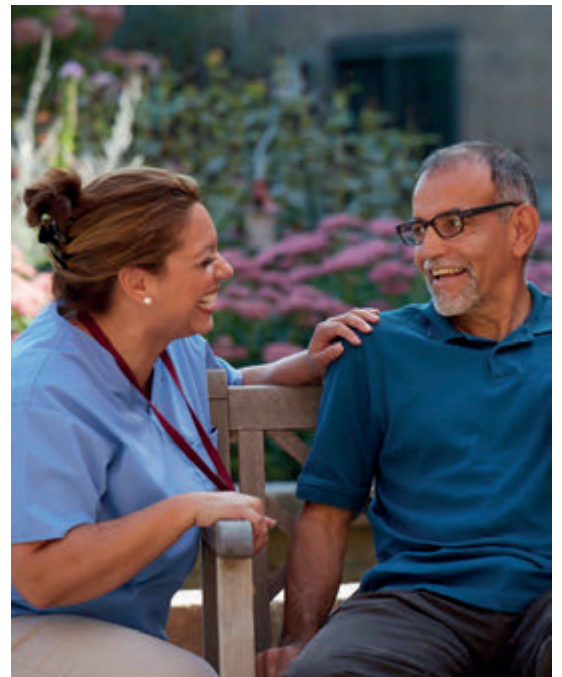


# GOOD Life News

*at Valley View Estates Health & Rehabilitation*

NOVEMBER 2018

[www.valleyviewestates.org](http://www.valleyviewestates.org)



## Executive Director

### Emergency Preparedness for Nursing Homes

As you have probably read in the news, natural disasters such as hurricanes can have a big impact on nursing home facilities. Luckily, being situated in the Bitterroot area, we are safe from hurricanes, but prone to wildfires, earthquakes, and even excessive snowfall. As a health care facility though, we are required to have systems and processes be put into place in case a situation like this happens.

Having your loved one in a nursing home facility and having an unexpected emergency happen, whether natural or man-made, would certainly be worrisome. If you would like to learn more about our Emergency Preparedness process or learn how you can volunteer in case an emergency occurs, please feel free to reach out to me.

*Keith Dorris, Executive Director*

## Snippets from Social Services

Medicare open enrollment began October 15, 2018, and will run through December 7, 2018. And Prescription D may need charged to cover your loved one's medication cost if your loved one has received notification of a cost increase or the loss of coverage. You can get the needed help enrolling in Medicare or in finding a new prescription plan: our Local Ombudsman, Kati Aiken, can assist you. Please call her at 363-5690, Council on Aging — ask for Kati. Also, the new Medicare cards are arriving in the mail, please bring in the new card to be scanned. And have a great Happy Thanksgiving!

*Doug Simmons*

Social Services Director

## Resident Birthdays

Phyllis R., 26th

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

### Platinum Service® Standard #4

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

We use our Platinum Service Standards to measure our ability to serve our residents and each other. When we live up to the requirements of Platinum Service and fulfill our job duties in an exceptional way every day, we know that we are truly doing a good job. Measuring individual and team performance against standards allows us to identify areas of improvement. This is important for the residents who will always enjoy great service from us and for us as employees. In fact, understanding how to better serve our residents, and how to minimize mistakes and rework makes us more efficient, productive, and ultimately more satisfied in our jobs.

## Monthly Meditations

“’Twas grace that taught my heart to fear,  
and grace my fears relieved.”

There often is a great story behind many of the great hymns sung in churches throughout the world. None stands out more than the ever-popular hymn, “Amazing Grace” and the wondrous conversion of its author, John Newton. At an early age, John Newton was conscripted into the Royal Navy. It was a duty he resented, interrupting both his joy of partying and his pursuit of a lovely young woman back home. Instead, John’s life followed a course of shady exploits, leading to a life of commandeering a slave ship. His African voyages were dedicated to capturing and chaining men, women and children in order to provide forced labor in the sugar cane fields of North America. It was a lucrative business, but it began to wear on his heart.

An unsettling conviction fell upon his shoulders from his participation in human trafficking. It was unbearable, but he eventually saw this personal turmoil as a moment of grace. His eyes were opened to his sin and the horror of human suffering. Seeing his wretched state, he now feared for his future and wondered if forgiveness and amendment were even possible. Could his old life be changed? Could a new life be birthed? The answer he discovered was a resounding yes, as a grace-filled message swept over his soul like a mighty wave. It brought relief to his heart and set a new course for his life.

John would leave the life of the slave trade, become a priest in the Anglican Church in England, and dedicate his life to both singing God’s grace and abolishing slavery in Britain. He would mentor a young man named William Wilberforce, who took the abolitionist fight to Parliament, ending the slave trade throughout the British Empire. John Newton’s example and the hymns he penned speak of an amazing encounter with grace and his story continues to bless those who wonder if life can really be changed ... Can grace sweep over my soul? Yes, it can.

*Thad Butcher, Spiritual Director*

## Winter Weather Folklore

Meteorologists use the latest technology to forecast the weather, but some people look to signs in nature to predict the upcoming season. Cozy up to some winter weather folklore and see how many you’ve heard.



**Woolly worms** — The bodies of these fuzzy caterpillars have black bands at both ends and an orange band in the middle. According to legend, if the orange band is wide, it means the winter will be mild; a narrow band indicates it will be harsh.

**Squirrels** — If squirrels are seen frantically gathering nuts earlier than usual, it’s believed they are preparing for severe winter weather. Thick, bushy tails on squirrels may also forecast a cold season ahead.

**Acorns** — An abundance of acorns dropping from trees, as well as extra-thick acorn shells, are said to be signs of frigid temperatures to come.

**Birds** — Many bird species migrate to warmer climates for the winter, but if they are observed flying south before November, they may be trying to escape an early, cold winter.

**Persimmon seeds** — Cut open this fruit, and if the seed inside is shaped like a spoon, it represents a shovel for heavy, wet snow. A fork shape indicates a mild season with light, powdery snow, and a knife shape means cutting winds are on the way.

## Loving Life

November 11 is Veterans Day, a day to honor and thank our veterans.

We will be serving pie and ice cream at 3 p.m. Please join us! Thanksgiving is a time to reflect on the many blessing we have in our lives. Family, friends and health are to name a few. We will kick off the holidays with a traditional Thanksgiving meal held during the lunch hour, Thursday, Nov. 22. Please give the facility a call and let the staff know if you would like to join your loved one for lunch.

*Lois Smith, Life Enrichment Director and Volunteer Coordinator*

## Nursing/Health Care

### The Benefits of Giving Back

Volunteering comes in many forms, but the purpose is the same: to help others. Research shows that volunteers themselves also benefit from their good deeds.

**Boosts happiness** — Doing a kind act for someone else often makes us feel good. Studies indicate that volunteering prompts the brain to release chemicals that can reduce stress, anxiety and depression.

**Improves physical health** — From packing boxes of canned food to knitting a baby blanket, service often involves movement and mental tasks, helping your body and brain stay active. Volunteering is linked to a reduced risk of high blood pressure and heart disease, and can ease symptoms of chronic pain.

**Builds relationships** — Volunteering is a great way to meet people and build social skills. By working together, volunteers share a common interest, which can lead to new friendships and help strengthen existing ones. Personal connections are vital to both physical and mental health.

**Enriches life** — Research shows that people who volunteer regularly tend to live longer. Additionally, many volunteers say they enjoy their lives more and have an enriched sense of purpose, higher self-esteem and enhanced well-being.

## Here’s the Scoop

### Please Pass the Stuffing — or Dressing

At Thanksgiving dinners this month, many will reach for helpings of a savory concoction of bread, vegetables and herbs. But the name of this dish, either stuffing or dressing, varies from table to table.

Some culinary experts say stuffing is cooked inside a turkey, while dressing is baked in a separate dish. Others say the terms are interchangeable, and history seems to agree. According to the Oxford English Dictionary, the word “stuffing” dates back to 1538 and refers to a mixture cooked inside poultry or other meat, but during the Victorian era, the more polite-sounding name “dressing” emerged. People living in the Southern United States adopted this trend and today, “dressing” tends to be more popular in the South, while “stuffing” is more common in the North.

No matter what it’s called, the dish has become a holiday meal favorite and can feature a variety of ingredients. Traditional recipes call for white bread, cornbread or sourdough as the main component, along with the classic combination of onions, celery and sage. Some cooks like to include additions such as sausage, oysters, mushrooms, butternut squash, dried fruit and nuts.

## The Cranberry Crop

Turkey, dressing and potatoes are the stars of a traditional Thanksgiving dinner, but a tart red berry deserves attention for its supporting role.

Cranberries grew wild in North America, and early Native Americans used them for food, medicine and as a garment dye. The pilgrims called the fruit a “craneberry” because the plant’s blossoms resemble the head and bill of a crane. Over time, the name evolved into cranberry.

TV commercials and pictures often show cranberries floating in flooded fields, leading many to believe they are grown in water. The berries actually grow on low, trailing vines in sandy bogs or marshes. During harvest season from September to November, the bogs are flooded and machines knock the berries off the vines. Because cranberries have air pockets, they float in the water, making them easier to collect.

About 90 percent of the U.S. cranberry crop is harvested wet. These berries become products such as juices, sauces and dried cranberries. The rest of the crop is harvested dry by using mechanical pickers and is sold as fresh fruit.

In the U.S., northern latitudes provide the best growing conditions for cranberries. Wisconsin, Massachusetts, New Jersey, Oregon and Washington produce most of the crop.





# VALLEY VIEW ESTATES

Health & Rehabilitation

225 North Eighth Street, Hamilton, MT 59840  
406-363-1144 | [www.valleyviewestates.org](http://www.valleyviewestates.org)



MANAGED BY  
 The Goodman Group

## Staff

**Executive Director**

Keith Dorris

**Director of Nursing**

Amy Bibeau

**Environmental Services Director**

Daniel Anderson

**Life Enrichment Director**

Lois Smith

**Business Office Director**

Bobbi Jo Noakes

**Dietary Director**

Jami Goman

**Medical Records Director**

Darcy Mathis

**Social Service Director**

Doug Simmons

**Spiritual Director**

Thad Butcher

## Elder and Dementia Caregiver Support Group

The Elder and Dementia Caregiver Support Group meets at Valley View Estates the first and third Friday each month beginning at 1 p.m. in our South Living Room. If you have any questions, please feel free to contact Kati Aiken, Local Ombudsman, at 363-5690, and she will be happy to assist you. If you would like to attend, please remember that your loved one is welcome to visit with our residents during the meeting. We hope that you will take advantage of the knowledge and support that you can gain by attending. No one can offer better assistance than those who have walked where you are walking. Caring for a loved one at home every day and night can wear even the strongest of us down. This group will support you and lend strength when yours is exhausted. Special invitation to family members of residents of Valley View Estates.