

GOOD Life News

at Valley View Estates Health Care Center

JUNE 2017

www.valleyviewestates.org



Executive Director

Happy spring from Valley View Estates!

As you may have seen Valley View has cable television in many of our common areas. We are so pleased to offer numerous locations throughout the facility for you to gather and enjoy a movie or favorite program with your loved one. Valley View wants to send a gentle reminder that some television shows which may seem harmless to us can be upsetting to a resident who has confusion, anxiety or a diagnosis of dementia.

We will be posting a list of channels that are approved for viewing in common areas.

Valley View will be happy to reserve the Southwest Living Room for you and your loved one if you are looking to watch the latest scary movie.

Thank you all for your continued support and allowing Valley View Estates to care for your loved one!

— Virginia B. Villemez



**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!

Father's Day Celebration

We will be having a Father's Day Celebration on Sunday, June 18 at 3 p.m., please join us for some pie and ice cream!

Lois Smith, Life Enrichment Director

Monthly Meditations

"We heard with our own ears, saw with our own eyes, and verified it with our own hands. The Word of Life appeared right before our eyes ... and now we are telling you so you can experience it along with us, this communion with the Father and His Son Jesus Christ ... (because) we want you to enjoy this, too." 1 John 1:1-2 (from "The Message")

There is a story of a young missionary who worked among the Navajo people in the southwestern part of our country. Although his ministry focused on the youth and children of the village, his great joy was spending time with an elderly woman who had a deep, abiding faith. He loved having a cup of coffee with her each morning and listened to her stories, especially as she testified to God's faithfulness and loving kindness. When it came time to leave his assignment he was truly sad to say goodbye to this dear friend. In fact, he became very emotional as he reached out to her with a final hug. Struggling to find the right words, he said, "I like me best when I am with you."

I am guessing all of us have met someone who has blessed us ... someone who has influenced our life for the better ... someone whose life has filled us with joy ... someone whose presence has changed us on the inside. This is what the Apostle John is saying about Jesus in his letter to the church. John says the Word of Life appeared. In other words, he met a person who is LIFE itself ... someone extraordinary who touched him and filled him with joy, purpose and love. He describes Him as, "the light that enlightens every man" (John 1:4), and records many of Jesus' words, who said things like, "I have come that you might have life and have it in abundance" (John 10:10), and his desire to impart his joy and peace into us so "our joy may be full" (John 15:11), and "we will have peace" (John 16:33).

Today we not only can be thankful for so many lives that touch us and bless us, but also rejoice in a LIFE that came down from heaven to be with us always, filling us with great joy, hope, and immeasurable love ... a Friend so wonderful we, too, can say, "I like me best when I am with Him."

— *Thad Butcher*, Spiritual Director

Snippets from Social Services

Our Platinum Service®s Standard #8: I understand that safety and security are everyone's responsibility and I ensure that concerns are promptly reported and addressed.

I would like to take this opportunity to remind you if you are visiting during a fire drill, please remain in the area in which you are visiting. In the event that we have to evacuate our building, it is important that everyone is safely evacuated, and signing in and out will ensure your safety. If you have any questions, please feel free to call me or come visit me.

Sincerely,

Doug Simmons, Social Service Director

Here's the Scoop

A Pink Drink

Sipping a refreshing glass of pink lemonade is the perfect way to cool off when the temperature climbs. But have you ever wondered who invented the drink, and why it's tinted pink?

Most historians have traced pink lemonade to 19th-century traveling circuses, where traditional lemonade was already a popular refreshment. Two stories of the origin of the pink version stand out. In one, Henry Allott, a teenager working at a circus concession stand, accidentally dropped red cinnamon-flavored candies into a batch of lemonade. He served the rosy-hued drink to his waiting customers, and it was a hit.

A second story claims circus worker Pete Conklin ran out of water while making lemonade. He grabbed a nearby tub of water that a performer had used to wash her pink tights, added it to his mixture, and sold it as "strawberry lemonade."

However the beverage came to be, it continues to be a popular thirst quencher. The pink lemonade sold today is usually tinted with fruit juices and extracts or red food dye.



Loving Life

Our Mother's Day Tea was a great success and the Memorial Day Parade in Corvallis was lots of fun! Once again, a HUGE thank you to Jeri and Eno Hartman for allowing us to park in their driveway for the best front row seats for the parade!

We are getting ready for a busy summer. Coming up on June 18, we will be having a Father's Day Pie and Ice Cream Social, please join us! June 27 is Sunglasses Day, a day to wear a fun pair of sunglasses!

Please feel welcome to join us for all events listed in our calendar. Our Friday Ice Cream Social is very popular and open to everyone!

Lois Smith

Life Enrichment Director and Volunteer Coordinator



Going for Gold at the Senior Games

Much like the Olympic Games, the National Senior Games is an impressive and inspiring display of hard work, dedication and athleticism. The competition is the largest multi-sport event in the world for seniors and takes place every two years in a different U.S. city.

The first Senior Games were held in 1987 in St. Louis and featured 2,500 participants in 15 sports. In recent years, the games have attracted more than 10,000 athletes, all over the age of 50, including some centenarians.

After competing at the state level, qualifying athletes attend the national games for a chance to win a gold, silver or bronze medal in their events. Currently, 19 sports are offered, including basketball, tennis, swimming, volleyball, golf, bowling, horseshoes and shuffleboard.

This year's competition is June 2-June 15 in Birmingham, Ala.

Nursing/Health Care

Year-Round Hydration

From the hot, sultry days of summer to the bone-chilling days of winter, your body needs water to maintain its normal temperature.

Staying well-hydrated is important no matter the weather. Extreme temperatures act more quickly to dehydrate the body, making it important to drink water-based beverages even though you may not feel like it. Try to drink eight eight-ounce glasses every day, with increased amounts for added activity. If you spend lots of time outside, your need will increase.

Beverages that best meet hydration needs include water, juices, milk or caffeine-free coffee or tea. Carrying a water bottle makes it easy to remember to drink. Alternating water and coffee in your mug is another way to meet your needs.

Bottled Water: Bottled water, in many cases, is no better than the water in your tap.

Bottled water is convenient and that makes it nice for people who have trouble remembering to consume the recommended 8-10 glasses of water they need each day. When it comes to nutrition, some bottled water may not have the fluoride that is found in tap water. For most people, water is the best source of fluoride, so relying on bottled water may compromise this intake.

Check the label for added fluoride or try filling an empty bottle with tap water so both the convenience and fluoride are still there.

Eat Your Water: Water does far more for your body than just satisfy your thirst. Almost every body cell, tissue and organ needs water to function. In fact, water is the nutrient your body needs in the greatest amount. The Dietary Reference Intakes from the Institute of Medicine advise an adequate intake level of 3.7 liters (125 ounces) of total water daily for males ages 19 and over. For females 19 and older, it's 2.7 liters (91 ounces) daily.

While drinks supply a good portion of your water needs, solid foods also provide a surprising amount. For example (number in parentheses is the percentage of water by weight): Lettuce (95%), Watermelon (91%), Broccoli (89%), Grapefruit (89%), Carrot (88%), Apple (86%), Yogurt (85%), Cooked Rice (70%), Cheddar Cheese (37%). Keep your body functioning normally and avoid dehydration by eating healthfully and by drinking your recommended amounts of water.



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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.