

GOOD Life News

at Valley View Estates Health & Rehabilitation

APRIL 2018

www.valleyviewestates.org



Executive Director

April is such a great time of year. For me, April means it is Cherry Blossom time. I am from outside of Washington, D.C., and it was always an annual field trip to go to D.C. for the Annual Cherry Blossom Festival.

The festival commemorates the gift of 3,000 cherry trees to the City of Washington, D.C., by Mayor Yukio Ozaki of Tokyo in 1912 and celebrates the friendship between the two countries. Every year over 1.5 million people take part in viewing the cherry blossoms and attending the parade and festivities.

I hope April will bring us our own blossoming of flowers and trees.

Happy spring!

— Virginia B. Villemez
Executive Director



Loving Life

An old proverb: "No matter how long the winter, spring is sure to follow." Spring is here, and it feels good!

April 15-21 is National Volunteer Week. Volunteers are everyday heroes whose service really does make a difference. Thank you to all our volunteers here at Valley View Estates!

Happy Spring!

— Lois Smith

Life Enrichment Director and Volunteer Coordinator

Our Talk. Our Walk. Every Day!

Our Platinum Service[®] program is the centerpiece of our promise to each of our residents, families and all those we serve to deliver the highest quality of service on a legendary scale. At The Goodman Group, this program transcends everything we do. It is intrinsic to our culture and woven into the fabric of who we are. We respect our residents and guests and promise to create a positive and enriching experience to gain lifetime loyalty.

Our Platinum Service[®] Pledge

"Providing unparalleled service is the focus of our team efforts and my main personal role. I am committed to following and supporting our service philosophy."

Here's the Scoop

Classic Ballpark Foods

Baseball fans can choose from a menu of unique snack options at MLB stadiums across the country, but these classic ballpark foods remain favorites:

Hot dogs — Whether they are eaten plain, topped with mustard and relish, or piled with chili and cheese, hot dogs go hand in hand with baseball. Fans eat about 19 million of them each season!

Peanuts — In 1895, a peanut company paid for advertising space on baseball scorecards with peanuts, which were then sold at ballparks. Roasted in-shell peanuts have been a staple at games ever since.

Cracker Jack — In the late 1800s, two brothers jazzed up plain popcorn by adding peanuts and a molasses coating. The sweet-and-salty treat became a hit at stadiums after it was immortalized in the 1908 song "Take Me Out to the Ball Game."

Pretzels — Soft, chewy pretzels, sprinkled with salt and often dipped in mustard or cheese sauce, have American roots in Philadelphia, where vendors sold them on street corners and then at baseball games.

Popcorn — Buttery, salty popcorn is a classic snack for kids and adults alike, making it one of the most popular ballpark offerings



Winged Wartime Heroes

As part of the U.S. Army Pigeon Service, homing pigeons provided a vital service during World War I and World War II. These specially trained messengers took on lofty missions and saved thousands of lives.

Their intelligence, speed and homing ability made carrier pigeons a proven communication tool. In 1917, at the request of Gen. John J. Pershing, a pigeon unit of the Army Signal Corps was created. During World War I, 600 of the birds were used, and over 90 percent of the messages sent by pigeons were received.

World War II saw the peak of the winged force, with 56,000 pigeons managed by 150 officers and 3,000 enlisted men. The birds were bred and trained to travel far and fast, flying up to 600 miles at about 40 mph, even under fire, at night and over open water. They couriered messages encased in small tubes on their legs or pouches looped over their backs. They also parachuted with troops.

With colorful names such as GI Joe, Cher Ami and Thunderbird, several pigeons became famous for their heroics and were awarded medals for valor.

After advances in technology, the Pigeon Service ended in 1957, and the veteran birds found homes in zoos or were sold to the public.

Bursting With Spring Blossoms

This month, cities around the country are celebrating the bursting colors of spring blossoms with festivals dedicated to regional flora.

Skagit Valley Tulip Festival — Tulip farms scattered throughout Washington state's Skagit Valley begin blooming in April, and that's when thousands of visitors crowd area roads for a scenic driving tour of the spectacular fields of flowers.

North Carolina Azalea Festival — The port city of Wilmington, N.C., draws more than 200,000 people to a weeklong celebration of the millions of lush, showy shrubs that come alive with blooms of pink, purple and red.

Atlanta Dogwood Festival — Flowering dogwood trees provide a beautiful backdrop for this Georgia tradition that dates back to 1936.

Meriden Daffodil Festival — During the last two weekends in April, thousands of people gather in this Connecticut city to view a sea of 650,000 sunny yellow and white daffodils in bloom.



Monthly Meditations

A number of years ago, a church in Bigfork, Mont., hosted a memorable event. A forensic scientist working at Yellow Bay Biological Station on Flathead Lake shared his thoughts and insights about his personal experience in examining the Shroud of Turin. A shroud is a lengthy piece of linen used in antiquity as a burial cloth. This shroud (housed in a church in Italy) is believed by some to be the burial cloth of Jesus. The reason for this belief is due to the remarkable image of a beaten and crucified man imprinted on the fabric. Many have tried to disprove the shroud as a fake or forgery, but their investigations only seem to heighten the mystery. Such was the case when some top scientists gathered to test and determine how the image on the Shroud of Turin was created. The scientist who spoke to us in Bigfork was one of those experts funded by National Geographic to prove the shroud was a hoax. When finished with their examination, these learned men were puzzled. Of course, they could not affirm the shroud belonged to Jesus, but neither could they declare it a fraud. A definitive explanation and failure of a recreation of a similar kind man-made image eluded them. They were specifically baffled by photographs they had taken of the shroud revealing a very strange anomaly; the negatives of the two dimensional shroud decoded into a three dimensional image. In other words, a two dimensional object created a 3-D photograph. Their high-tech pictures produced an image of a supposedly crucified man who seemed to be passing through the cloth.

Like these scientists, even the Roman Catholic Church does not endorse the Shroud as the actual burial cloth of Jesus, but it has become a symbol for the great "creed of Christians" — that Jesus was crucified, dead and buried, and on the third day was raised. The Bible tells us that on the first day of the week (Easter Sunday) following Jesus' crucifixion, two of his disciples (Peter and John) heard troubling news. The stone securing Jesus' tomb had been rolled away and His body was missing. Running as fast as they could to the burial site, John enters the sepulcher and sees the shroud used to cover Jesus' body. It was still there, undisturbed, as if the body of Jesus simply passed through it. John says, "(he) saw and believed." Thus began the great message of Easter. For 2,000 years the resurrection of Jesus has been proclaimed, birthing faith and hope in the lives of millions of people who now sing of an empty garden tomb and a discarded shroud that testifies to God's enduring love and gift of everlasting life. May the truth of God's wondrous love and promise of eternal life bring you joy this Easter. Alleluia!

— Thad Butcher, Spiritual Director

Nursing/Health Care

Healthy Reasons to Laugh

Kidding around has some serious benefits — and not just for your funny bone! Here's how laughter can improve your life:

Provides a workout — A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

Boosts your immune system — Laughs produce positive thoughts, which prompt your body to release antibodies that help fight illness.

Lifts your spirits — Laughing boosts the brain's levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression. Often, people who embrace laughter find it easier to cope with difficult situations and let go of stress and anger.

Keeps you connected — Laughter is contagious. One researcher estimates we are 30 times more likely to laugh with others than when we're alone. Spending time with people can help you laugh more and improve your quality of life. Laughing together is also a common way to bond with loved ones as well as make new friends.

Snippets from Social Services

April showers bring May flowers:

With the changing seasons comes about new challenges for all of us here at Valley View Estates. Although we are all excited for spring to be here, it does bring with it flowers and pollen. Some of our residents are very sensitive when it comes to pollen and trouble with allergies. When visiting during the springtime, please help keep our residents safe by leaving the windows closed. The changing weather can also bring with it fluctuations in the temperature within the building during the day and night. We are often asked about fans in resident rooms. Table top, stand, clip-on and wall mountable fans are acceptable within our building.

As a reminder, all electronics devices must be checked by our maintenance personnel. Please feel free to stop in for a visit or call with any questions or concerns.

— Doug Simmons
Social Service Director



VALLEY VIEW ESTATES

Health & Rehabilitation

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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 your loved one is welcome to visit with our residents during the meeting. We hope you will take advantage of the knowledge and support 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.