

GOOD Life News

at Valley View Estates Health & Rehabilitation

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www.valleyviewestates.org



Executive Director

What Is the Difference Between Medicaid and Medicare in a Skilled Nursing Facility?

I wanted to take a moment to review some basic differences between Medicaid and Medicare in the setting of a Skilled Nursing Facility.

Many people get Medicaid and Medicare confused. The names sound very similar, yet they are very different especially in the setting of a long-term care facility.

There are two basic ways to define Medicaid and Medicare. Medicaid is income-based and Medicare is age-based. There are some exceptions to this rule but we are going to cover the norm at this time.

Medicaid is a public assistance program that is jointly funded by the state and federal governments. A person or family must meet income and asset guidelines in order to qualify. The state in which you live determines your eligibility for Medicaid. In a skilled nursing facility, if you qualify for Medicaid, the program will assist in covering your long-term stay.

Medicare is considered an entitlement program through the federal government which means that once you reach the age of 65 and you are entitled to receive Social Security benefits, you also receive Medicare. (Medicare also covers people of any age who are permanently disabled or have end-stage renal disease.) In a skilled nursing facility, Medicare Part A covers only up to 100 days of care in a "skilled nursing" facility per spell of illness after an in-patient hospital stay of at least three days. For days 21 through 100, you will have a daily co-payment. Medicare has criteria and conditions that must be met in order to continue utilizing your Medicare Benefits for the entire 100 days.

This is a very narrow definition of benefits. If you have any questions, please feel free to give me a call.

Thank you for allowing us the pleasure of caring for you and your loved one.

Happy 2018!

Virginia B. Villemez

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

**Platinum
Service®
Standard #19**

"I am a leader and I lead by example. I am a good steward of the environment and a role model both at work and in the greater community."

Platinum Service® is the cornerstone of our operating philosophy. This hospitality approach drives our community. Our community is committed to demonstrating kindness, responsiveness, commitment, integrity, and other positive traits that improve the satisfaction of our residents, their family members, and team members. Every day we work hard to make a difference in the lives of those we serve!

Chocolate Choices

A beloved sweet, chocolate comes in enough varieties to please almost everyone's palate. In its purest form, chocolate is the result of processing cocoa beans to produce cocoa butter and chocolate liquor, which can be combined in varying ratios to create different types of chocolate.

Dark chocolate — This combination of chocolate liquor, cocoa butter and sugar provides a rich, intense flavor. Dark chocolate can contain between 30 and 80 percent chocolate liquor; higher percentages are more bitter. Chocolate labeled as bittersweet or semisweet is included in this category.

Milk chocolate — Lighter in color and milder in taste, milk chocolate contains at least 10 percent chocolate liquor and 12 percent milk, along with cocoa butter and sugar. This chocolate is the most popular choice for snacking.

White chocolate — There's no chocolate liquor in white chocolate, but it does contain cocoa butter, as well as milk and sugar. Typically, vanilla or a similar flavor is added to enhance its sweetness.

Nursing/Health Care

Heart-Healthy Exercise

Cardiovascular exercise, also called aerobic exercise or simply cardio, is crucial for heart health.

Any physical activity that increases your heart rate and breathing rate for an extended period of time is considered cardio exercise. Walking, bicycling, swimming and many other sports are common examples. During these activities, the lungs take in more oxygen, which goes directly into the bloodstream and the heart. The oxygen makes the heart beat faster, allowing it to pump nutrients throughout the body.

Regular cardio exercise not only makes the heart stronger, but it also sends oxygen to the muscles, where it's used to burn carbohydrates and fat. This is why cardio is so effective at helping a person lose or maintain weight.

Cardiovascular activities are key to preventing heart disease, since they can lower blood pressure and improve circulation. This type of exercise is also helpful in preventing or managing diabetes, osteoporosis, depression and some forms of cancer.

Check with your doctor to see what types of cardio activities are right for you.

Here's the Scoop

Mac and Cheese ... Yes, Please!

For many, the ultimate comfort food is a bowl of creamy macaroni and cheese. Now considered a classic, the dish was first cooked up in Europe but made popular in America by one of the Founding Fathers.

Casseroles of pasta, cheese and butter have been around since at least the 1300s, with recipes published by Italian, French and English authors. Colonists likely brought versions of macaroni and cheese to America by the late 1700s, which was the same time Thomas Jefferson discovered the cheesy dish while working in Europe. He enjoyed it so much he had a pasta machine and Parmesan cheese shipped to the U.S. and later served the recipe at a state dinner during his presidency.

Mac and cheese found more fans during the Great Depression, when Kraft Foods began selling its boxed version, which cost only 19 cents and could feed four people. When World War II rationing limited fresh meat and dairy, Kraft's product became more of a staple, since one ration stamp could be exchanged for two boxes of the dinner.

Today, macaroni and cheese remains a favorite, with recipes ranging from simple pasta, cheddar, milk and butter to gourmet options featuring specialty cheeses and ingredients such as lobster and mushrooms.

Loving Life

We will be crowning the resident Kings and Queens of Valentine's Day again this year at our Valentine's Day Party on Feb. 14 at 3 p.m.

Nominations of Kings and Queens will begin on Feb. 1. A voting box and ballots will be available in the South/West Social Room. We ask that you vote for one King and Queen for South/West, and one King and Queen for Pearl Care.

— Lois Smith

Life Enrichment Director and
Volunteer Coordinator

Monthly Meditations

Most of us have heard of Bethlehem. It is the birthplace of David, the shepherd king, and the birthplace of Jesus, who is known as the Good Shepherd. And at Christmastime, it is common to hear the carol, "O Little Town of Bethlehem." But there is something that is not well-known about Bethlehem unless you visit this town that rests five miles south of Jerusalem. The city sat in the shadow of a gigantic, impressive, man-made fortress called the "Herodian."

King Herod was a master builder in the years leading up to the birth of Jesus. He engaged large, luxurious engineering feats to rival Rome and to testify to his greatness ... thus, he was known as Herod the Great. Herod was also a nasty king who abused family, friends and the people he served. In order to maintain control of kingdom he needed to eliminate any who might threaten his position. So, when he heard the news of Jesus' birth he responded by slaughtering every male child under the age of two in the streets of Bethlehem. Instilling fear was his tactic of control, but this tactic betrays the real truth about Herod — he was a frightened little man. He built the Herodian in Bethlehem not because he was strong but because he was weak. He was not loved as a gracious king, but despised as a greedy king, needing a fortress to protect person, position and possessions. He was scared and, unlike the people he ruled, relied on the great stone walls of the Herodian.

Of course, the Bible tells us that in the days of Herod another king was born in Bethlehem. This king had no palace to protect or wealth to provide. He did not even have a home or bed to lay his head. He borrowed a manger at his birth and borrowed a tomb at his death. Yet when you read about His life, you do not find a spirit of pride or a heart of fear. No! Instead, you find someone who is rich yet poor, strong yet weak, exemplary yet humble. He chooses to live among his people, never trying to impress or coerce, yet impressing everyone by His infinite love, mercy and kindness. He spoke of serving, not being served, even to the point of giving his life for those he loved. Therefore, this one, solitary life would inspire the author of "O Little Town of Bethlehem" to pen these words:

"Yet in thy dark streets (of Bethlehem) shineth the everlasting light

The hopes and fears of all the years are met in thee tonight."

Have a blessed New Year,

Thad Butcher, Spiritual Director

Say It With Heart

With Valentine's Day and American Heart Month, February is focused on the heart. The universal symbol of love is also found in many common expressions.

Home is where the heart is — This means that your home is the place where you are the happiest, whether it's an actual location or simply being with people you love. The saying has been attributed to the ancient Roman author Pliny the Elder.

Young at heart — An older adult who has a youthful outlook and a zest for life is said to be young at heart, no matter his or her real age.

Follow your heart — Someone who makes a decision based on emotions or intuition follows his or her heart.

Absence makes the heart grow fonder — Being apart from someone special can strengthen your feelings for that person. The idiom is centuries old and was made popular by an 1800s ballad.

Wear your heart on your sleeve — People who express their emotions freely and openly are said to wear their heart on their sleeve. The first written use of the phrase was in William Shakespeare's "Othello."

Heart of gold — Just as gold is valuable, a person who is kind and generous is valued and is described as having a heart of gold.



Snippets from Social Services

February may bring even more winter weather — please remember to walk on our cleared sidewalks; if you come across a slick spot, please tell a staff member.

Doug Simmons, Social Services Director



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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.