

GOOD Life News

at Valley View Estates Health Care Center

DECEMBER 2017

www.valleyviewestates.org



Executive Director

Happy Holidays! The Holiday Season is in full swing! Valley View Estates will be hosting its second Annual Holiday Dinner on Dec. 13.

Last year, we had over 100 people in attendance. Our Dietary Department works very hard to provide a beautiful meal for everyone to enjoy.

Invitations will go out the week after Thanksgiving. Make sure you RSVP so we have an accurate count.

We look forward to seeing you all!

Merry Christmas!
Virginia B. Villemez,
Executive Director



Old-Fashioned Festive Fare

Whether carried on by culinary tradition or celebrated in story and song, some foods from years past remain part of the season's festivities:

Chestnuts — The lyrics of a sentimental holiday song describe "Chestnuts roasting on an open fire." Roasted chestnuts have been a common street food for centuries in Europe and Asia. The brown nuts are heated over a flame or in an oven. Once cooled, peeling the hard shell reveals a meaty, sweet-tasting nut.

Sugarplums — The beloved Sugar Plum Fairy rules the Kingdom of Sweets in Tchaikovsky's popular ballet "The Nutcracker." A long-ago luxury, this confection from the 17th to 19th centuries was not actually a sugared plum as the name suggests, but a type of small, hard-sugar candy that resembled the fruit's shape.

Figgy pudding — The word pudding is a generic term for dessert in Britain, where a figgy pudding topped with a holly sprig ends a holiday meal. The dome-shaped, moist spice cake, loaded with dried fruit, is also called plum pudding and was most popular in the 15th to 19th centuries.

**Our Talk.
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"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!

Monthly Meditations

“Some men came, bringing to Jesus a paralytic, carried by four of them.” Mark 2:1-12

How hard it is at times to move ourselves toward the kind of help and care we need. Like the man we read about in The Gospel According to Mark, we can be paralyzed and unable to rise up and get ourselves to a place where grace and healing are available. Paralysis is neither confined nor defined by simply a physical condition, it can also manifest itself emotionally and spiritually. Sadness, confusion, anxiety, worry and doubt can create a kind of paralysis where we are unable to move forward. Sometimes life can be so difficult that a person does not have faith to press on.

The good news (as this paralytic discovered) was people seeing his need and caring enough to lend a helping hand. Four men came alongside their hurting brother, positioned themselves at the corners of his make-shift bed and carried him to a place where Jesus was ministering to countless people. When they arrived, they would not be deterred by the barrier of a crowded home. They lifted their friend on to the roof, made a hole and lowered him to the feet of the One they believed could address the paralytic’s need. They faithfully carried this soul to the Lord.

This event should inspire and instruct us in how important it is to be a friend who has eyes wide open to the distress of others. Most of us know people who are paralyzed, who find it impossible in their own strength to get the help they need, but we can come alongside with compassion, care and supportive hands. We can be proactive and deliberate, as we get them safely to necessary care. Even if we cannot be the actual person who physically brings a friend to such a place, we can pray. As people of faith, we are taught to lift people up in our prayers, carry them to the Lord, lay them at His feet and believe grace and mercy are found in God. Mark tells us, “when Jesus saw their faith (that is, of the four men),” He spoke to the paralytic and healed him. Oh, may our acts of compassion and our prayers of faith be used to bring healing to those around us.

— *Thad Butcher*, Spiritual Director

Loving Life

We sincerely hope you enjoyed your Thanksgiving! At Valley View Estates, we have so much to be thankful for. Thank you to our wonderful Dining Services staff who prepared such a delicious meal for everyone.

We will be having a Christmas Dinner on Dec. 13 for residents of the South/West wings and their families. On Thursday, Dec. 21, at 3 p.m., Pearl Care residents and their families will be enjoying a Christmas Social.

We will also be having our ever-popular New Year’s Eve Party on Dec. 31 at 3 p.m. We hope you will join us!

Happy Holidays, everyone!

Lois Smith

Life Enrichment Director and Volunteer Coordinator



Nursing/Health Care

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.



Here’s the Scoop

Special Sprouts

With the look of miniature cabbages, Brussels sprouts offer maximum nutrition.

Like cabbage, Brussels sprouts are cruciferous vegetables, a group that also includes broccoli, cauliflower, kale and collard greens. These plants are known for powerful compounds that may protect the body from cancer. Additionally, Brussels sprouts are low in calories but high in fiber and protein, and a 1-cup serving contains more than 100 percent of the recommended daily amount of vitamins C and K. Among the vegetable’s other valuable nutrients are vitamin A, folate, potassium, iron, calcium and omega-3 fatty acids.

In season throughout the fall and winter, Brussels sprouts grow along a tall stalk, which can grow as high as 3 feet and produce 20 to 40 sprouts. Some varieties are as tiny as 1 inch in diameter, while others can be as large as golf balls. The sprouts are often prepared steamed, roasted or sautéed, or shredded raw into salads.

The vegetable is believed to be native to a region in Belgium near the capital of Brussels, the sprouts’ namesake. After World War I, the popularity of Brussels sprouts spread across Europe and the U.S., where California currently grows most of the domestic crop.



Snippets from Social Services

For the holidays, you may wish to decorate your loved one’s room. Please do not use extension cords, and power strips have to be approved by Maintenance because only one type is approved for health care facilities. You can use plug-in lights or battery powered lights on artificial Christmas trees. No real wreaths can be displayed in our facility; real tabletop trees can only have battery powered lights. Please feel free to ask staff to assist you with the decoration if needed.

Doug Simmons
Social Services Director

Radiant Reflections

The kaleidoscope was invented 200 years ago, but it continues to amaze those who experience the beauty within the device.

David Brewster, a physicist, mathematician and astronomer in Scotland, patented the kaleidoscope in 1817. He developed the instrument to help him study optics, which involved experimenting with light and reflections, and named his invention using the Greek words meaning “beautiful form watcher.”

The basic kaleidoscope consists of a tube with a peephole at one end and a separate chamber at the other that contains small colored objects such as glass, stones or beads. Also inside the tube are two mirrors. Looking through the hole, one sees the objects reflected in a glorious symmetrical pattern. When the chamber is rotated, the objects randomly change position. Each turn creates a slightly different image, resulting in infinite pattern combinations.

A fascination since its creation, the kaleidoscope became a fixture in homes during the 1870s as a source of entertainment. After the turn of the century, kaleidoscopes made from inexpensive materials were sold as toys.

Brewster’s birthday, Dec. 11, is now observed as Kaleidoscope Day.



Resident Birthdays

Chris K., 13th



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Thad Butcher

Elder and Dementia Caregiver Support Group

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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.