

GOOD Life News

at Valley View Estates Health Care Center

AUGUST 2017

www.valleyviewestates.org



Executive Director

Happy summer! This time of year brings lots more families and guests into Valley View. Our residents love when they have the opportunity to go with family and friends to the Farmer's Market, out to eat and on scenic drives.

When taking your loved one out of the facility, please remember to do the following:

Always check out with the nurse. Alerting the nurse prevents miscommunication when a resident leaves the facility with their loved one and allows the nurse to provide for any medications or treatments that may need to be given prior to them leaving the facility.

Always sign your loved one out in the Resident Sign-Out Binder. This binder can be found at the reception desk next to the Visitor Sign-In. It is very important that you sign your loved one out of the facility and back in when they return. This prevents the facility from having to alert the authorities if we are unable to locate your loved one. It is also important because in the event of an emergency or evacuation, if your loved one is not signed out we spend time looking for them to ensure they are safe.

Lastly, calling ahead is a great way to ensure that your loved one is prepared and ready to go!

Continue enjoying the sunshine and warm temperatures as winter will be here sooner than we expect.

— Virginia B. Villemez

Loving Life

The Ravalli County Fair this year is from Aug. 30 to Sept. 2. The fair parade starts at 10 a.m. on Wednesday, Aug. 30 and afterwards we will be barbecuing on the patio — please join us. Residents will be going to the fair on Thursday, Aug. 31. We welcome volunteers to help us walk residents around the fair. If you would like to help us take residents to the fair please contact Lois at extension 126.

Should you or someone you know want to come and play Bingo or any other game with us, just check out our calendar and come and join us.

— Lois Smith

Life Enrichment Director and Volunteer Coordinator

Our Talk. Our Walk. Every Day! 29 Years Recognizing Senior Citizens Day

The U.S. Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom leadership and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.

Nursing/Health Care

Helping a Loved One With Cancer

It can be difficult to know what to do for a family member or friend who is battling cancer. Often, small gifts and kind gestures can brighten their day, as well as provide practical support. Here are some ideas:

Books, magazines and more — Reading material, puzzle books, audiobooks, CDs and DVDs can keep your loved one occupied during long treatments and recuperation.

Lotion — Chemotherapy can cause dry skin and brittle nails, so treat your friend to a bottle of unscented moisturizing lotion or hand cream.

Blankets and socks — Cancer treatments may make a person feel colder than usual. A cozy blanket or pair of socks can help them feel warm and loved.

Your friendship — From cards and phone calls to visits and hugs, friendship is the best thing you can offer to a person living with cancer.

Spectacular Succulents

Tall and spiky, plump and fuzzy, tiny and delicate — with something for everyone and easy to tend, succulents may be the perfect houseplants.

From the Latin word *sucus*, meaning “juice” or “sap,” a succulent is loosely defined as any plant that stores water in its leaves or stems. Cactuses likely come to mind, but they are just one type of succulent; not all succulents are considered cactuses.

Succulents are popular choices for gardeners of all types. They’re extremely low maintenance, and some experts say they “thrive on neglect.” The plants require very little water and are generally pest-resistant. They come in a wide variety of interesting shapes, sizes and textures, and in practically every color of the rainbow.

Many succulents can be grown indoors or outdoors and typically require at least six hours of full sun daily. Popular varieties include hen-and-chicks, aloe vera, jade plants, snake plants and sedum, also known as stonecrop.

Here’s the Scoop

Tomato Talk

Nothing says summer quite like the taste of a fresh tomato. Easy to grow and full of vitamins and other nutrients, tomatoes are popular picks at farmers’ markets, in home gardens, and as an ingredient in a variety of dishes.

The hundreds of tomato varieties are categorized according to their use:

Globe tomatoes — These are typically what people picture when they hear the word “tomato.” Large, round and red, globe tomatoes are ideal for sandwiches, which is why they’re often called slicing tomatoes. They’re also commonly known as beefsteak tomatoes because of their meaty texture.

Salad tomatoes — This is the name for any medium-sized tomato, about 2 to 3 inches in diameter, with a juicy, intense flavor. There are more cultivated varieties of salad tomatoes than any other type of tomato.

Cherry and grape tomatoes — These tiny tomatoes are shaped like the fruits they’re named after. They’re very sweet and juicy, so they make a perfect snack or salad topping.

Roma tomatoes — These are the tomatoes you want if you’re making a sauce or stew. Also called plum, paste or Italian tomatoes, Romas feature a thick skin and less moisture, so they have a long shelf life. Sweet and firm, they’re easily recognized by their egg shape.



Snippets from Social Services

Well, it is looking like a hot August summer is here; with these hot days approaching I would like to remind everyone to drink lots of fluids.

There is one more thing to bring up: please keep the windows closed at all times. When the windows are open, the building’s cooling cannot be maintained. When exiting Valley View with your loved one, remember to sign them out — any staff member can assist you. Be safe and enjoy the hot August nights!

— Doug Simmons
Social Service Director

Monthly Meditations

I am not a New York Yankee fan but have loved many of the quotes coming from their former all-star catcher, Yogi Berra. I am sure you have heard many of his famous sayings. For instance:

- Baseball is 90% mental and the other half is physical.
- Always go to other people’s funerals, otherwise they won’t come to yours.
- A nickel ain’t worth a dime.

At face value, his sayings are illogical or seemingly contradictory. But after an initial double-take, most people grasp what he was trying to say. For instance, when Yogi said, “A nickel ain’t worth a dime anymore,” I think I know what he meant. Most of us remember a time when you could purchase a large candy bar for nickel. But today, that same Snickers bar can cost more than a dollar. The nickel has lost much of its value. So, today we might even amend Yogi’s saying with this: “A nickel ain’t worth a dollar anymore.”

There is another of Yogi’s famous quotes that I have often used in my pastoral counsel with people who are struggling with a decision. It goes like this: “When you come to a fork in the road, take it.” Before you say, “Huh,” let’s see if we can grasp its meaning. Say you have been looking for a new job, but you do not want just any job. Believing God has a plan for you and your life, you seek a job in the center of His perfect will. Then, out of nowhere, two amazing opportunities present themselves and you are at a fork in the road. Both jobs look good, so you begin to pray, “LORD, show me the right one,” but indecision eventually translates into confusion, even paralysis. You now fear making the wrong decision and missing God’s plan for your life. How often I have seen people of faith struggle when they come to a fork in the road. And what does wise old Yogi say? “When you come to a fork in the road, take it.”

Although Yogi is not a theologian, his words provide some good counsel. The fact is, when we struggle between two “good options” the question may not be which of the two is best, but will you live faithfully into the choice you make. It just may be that either fork can be God’s pathway for your life BECAUSE His plan for you is more about your walk with Him than about a particular road. In other words, the “traveling down the right road” is not describing a particular place to walk in, but a particular PERSON to walk with. The LORD is your way, truth and life (John 14:6) ... He is the pathway. Yes, you may come to some forks that demand prayer because some roads in life can be filled with hazards or folly. But there are other times when you may be experiencing the generous grace of God, who puts in front of us many opportunities to walk in. The challenge is, will we walk with Him ... will we walk in the Way?

A Celestial Spectacle

Millions across the U.S. will have their eyes on the sky this month: The first coast-to-coast solar eclipse in nearly a century will take place on Aug. 21.

A total solar eclipse occurs when the moon moves between the sun and the Earth, covering the sun and casting a shadow on Earth. This month’s eclipse is unique because its path will cross the U.S. diagonally from Oregon to South Carolina, passing through parts of 14 states.

All areas of the continental U.S. will experience at least a partial eclipse, but people in the 70-mile-wide “path of totality” will see a total eclipse, when only the sun’s outer atmosphere, the corona, will be visible. In the middle of the day, twilight will fall for up to two minutes, 40 seconds; stars and planets will be visible; and the temperature will drop, just like at nighttime.

The view is sure to be breathtaking, but experts caution that looking directly at the sun can cause permanent eye damage. Special eclipse glasses or solar viewers are essential.



Resident Birthdays

Doris K., 17th
Marlyn W., 27th



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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.