

GOOD Life News

at Valley View Estates Health & Rehabilitation

JUNE 2018

www.valleyviewestates.org



Executive Director

Celebrating Life's Stories

Established by the American Health Care Association (AHCA) in 1967 and always beginning on Mother's Day, National Skilled Nursing Care Week (NSNCW), formerly known as National Nursing Home Week, provides an opportunity to recognize the role of skilled nursing care centers in caring for America's seniors and individuals with disabilities.

The 2018 NSNCW theme announced by AHCA, "Celebrating Life's Stories", serves as a tribute to life's most significant events, relationships and experiences that shape the unique perspectives of residents, families, staff, and volunteers in long term and post-acute care.

From May 13-19, 2018, Valley View Estates Health and Rehabilitation celebrated National Skilled Nursing Care Week by individually recognizing each department on different days of the week. At the end of the week, the entire team celebrated together by enjoying lunch and good conversation. Of course, we threw in some raffle drawings for surprise gifts! While these gifts were only small compared to the work the staff does, my appreciation for the effort they put in every day is insurmountable.

Sincerely,

Keith Dorris, Assistant Executive Director

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 17, we will be having a Father's Day Pie and Ice Cream Social — please join us!

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*

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

National Safety Month

Summer is a great time to start thinking 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 to help raise safety awareness. 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 exercise classes that can help increase muscle and bone strength! The program's goal is to increase overall health and wellbeing, reduce potential for falls, and encourage residents to remain active.

Monthly Meditations

A Vow to Cherish

As a pastor, the coming of spring has meant the dawn of a new wedding season. It is not uncommon to get a call by an excited bride asking, “Do you do weddings?” My response has been twofold: “I can officiate at your wedding but I am much more interested in helping build your marriage.”

The reason for this response is because every word spoken on the wedding day speaks to the kind of life lived after the ceremony. It is not about a day but a lifetime. This is best seen when a young man turns toward his beloved and declares, “I take you to be my wife ... to have and to hold from this day forward, for better for worse, for richer, for poorer, in sickness and in health, to love, to cherish. This is my solemn vow.”

These powerful words struck me anew while walking through our memory care unit, reminding me of a movie seen years ago. It was entitled, “A Vow to Cherish.” It’s a story of a husband and wife who walk through the hardship of Alzheimer’s. The husband watches as the disease strips away almost every normal joy he once shared with his wife. Slowly but surely, the illness steals away memory and communication, making things like a picnic or attending a grandchild’s graduation almost impossible to experience together. And the vow so easily spoken on his wedding day now takes on a daunting mission — how do I keep my promise when I feel like running away? But instead of fleeing, the husband grabs his beloved’s hand and reaffirms his vow.

There is no easy explanation for why people must walk through such sufferings, but in those times of loss, loneliness and exhaustion, a God-given resource is at hand. It is called LOVE. I am not talking about a self-generated feeling ... I am talking about a grace-filled way of living. Love becomes the chosen pathway in the midst of life’s trials. There is nothing shallow here. This is a deep, abiding, unconditional kind of love that says, “I will not let go,” and is patterned on the kind of love God promises when He says, “I have loved you with an everlasting love.” Wondrously, it is a kind of love I often see strengthening family and staff as they care for those in their care. Yes, it is a pathway of pain but also of beauty as the vow to cherish is kept ... even when the recipient is unaware of its keeping. This kind of love shapes the human heart, becoming a gift to all who share in its incredible power. It’s the kind of love to pray for as we seek to be faithful to our vows to cherish.

— *Thad Butcher*, Spiritual Director

Nursing/Health Care

Essential Exercise Types

Exercising regularly provides an abundance of health benefits and varying activities is the key when it comes to physical fitness. Here are four types of exercise that experts say should be part of a well-rounded routine. Be sure to consult a doctor before starting a new exercise program.

Endurance — Also called cardiovascular or aerobic exercise, these activities target the heart, lungs and circulatory system by increasing your heart rate and breathing. Walking, dancing and swimming are examples of endurance exercises.

Strength — Muscle mass often declines with age and strength training builds it back. This type of exercise makes you stronger, relieves joint pain and improves balance. Common forms of strength training include lifting weights, using resistance bands and doing arm curls and leg lifts.

Balance — Maintaining good balance is essential to preventing falls. Balance exercises often focus on the lower body. Tai chi, standing on one foot, and walking heel to toe in a straight line can improve balance.

Flexibility — Movements that stretch your muscles help you stay flexible and limber, making it easier to perform everyday activities such as bending to tie your shoes. Stretching exercises and yoga improve flexibility.

Snippets from Social Services

Keeping our residents safe is a high priority for our staff, although there are times that we ask family to assist. One of the biggest concerns is clutter — not only does it interfere with resident cares, it can be a major safety issue. Please, when visiting, look at your loved one’s room. If there are items not used or not needed, please remove them.

And after a hard day of spring cleaning, consider enjoying a meal with your loved one; single meal tickets can be purchased for only \$4.50. If you like, you may purchase a 10-meal punch ticket, with the eleventh one free, for \$45. Please make check payable to Valley View Estates or bring exact change.

If you have any questions, feel free to call or visit me and I do have these meal tickets for sale in my office.

— *Doug Simmons*
Social Services Director

A Soothing Succulent

Mention aloe vera, and its common use in soothing sunburned skin probably comes to mind, but this succulent has been a prized plant since ancient times.

More than 6,000 years ago, Egyptians called aloe the “plant of immortality” and used it in their health and beauty regimens. Legend has it that queens Nefertiti and Cleopatra included aloe in their skincare routines, and ancient Egyptian medical scrolls listed a variety of therapeutic remedies containing aloe. Traders later introduced the plant to other countries throughout Asia and Europe, and the popularity of aloe spread.

Aloe vera requires little care, making it an easy-to-grow houseplant even for those without a green thumb. Cutting open one of its thick, spear-shaped leaves exposes a translucent gel that can be applied directly to sunburns, rashes and other minor skin irritations. Some people find that the cool gel soothes skin, provides moisture and relieves itching.

Numerous ready-made aloe vera gel products are also widely available.



All Eyes on the World Cup

Soccer fans around the globe are gearing up to watch the sport’s biggest event, the FIFA World Cup. The monthlong tournament kicks off in Russia on June 14, with the championship game on July 15.

The World Cup takes place every four years. Qualifying games are held in the three years prior to determine which teams play in the finals. Out of more than 200 FIFA teams, only 32 make it to the World Cup — 31 qualifiers plus the host country’s team, which automatically earns a spot.

This year, 64 elimination matches will be played in 11 Russian cities, with Moscow hosting the tournament’s first and final games.

Due to soccer’s global popularity, the World Cup is one of the most widely viewed sporting events. More than 3 billion people tune in for the games.

Since the World Cup was first held in 1930, Brazil has the most championship wins, with five titles. Germany is the current defending champion, having won the 2014 tournament.

Here’s the Scoop

Celebrating the American Steakhouse

A prime cut of beef, a baked potato and a side of greens. Across America, those are the makings of a classic steakhouse meal.

The modern-day steakhouse evolved from two styles of dining: chophouses and beefsteak banquets. Originating in 17th-century London, chophouses arose in New York City in the mid-1800s and served a menu of meats to merchants wanting a hot meal. Around the same time, beefsteak banquets were born. These all-you-can-eat events were usually political fundraisers and open only to men, who feasted on slice after slice of beef tenderloin.

As more women became involved in business and political affairs, there came the need for a more elegant dining establishment. Menus broadened as the rising cost of prime beef spurred early steakhouses to offer side dishes of shrimp cocktail, potatoes and creamed spinach to help satisfy patrons’ appetites while reducing the portions of meat.

Over the decades, steakhouses became the ideal setting for a business meeting or a celebratory meal, often capped off with a dessert such as cheesecake, baked Alaska or bananas Foster.



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 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.