

GOOD Life News

at Valley View Estates Health Care Center

OCTOBER 2017

www.valleyviewestates.org



Executive Director

By the time you receive this, autumn will have arrived. Fall is my favorite time of year, with football games, fall leaves and sweater weather.

Normally, we are all begging for the remnants of summer to stay a little longer. This year with our current air quality, I have been secretly praying for rain or snow.

Another big change for me is that I have turned in my maroon and silver pom poms for blue and gold! Our youngest is a freshman at Montana State University, so I have switched loyalties.

Break out those sweaters, get your pom poms shaking and let us cheer on cooler temperatures!

Welcome fall!

Virginia B. Villemez



Snippets from Social Service

October is here, and winter fast approaches. As the weather cools and fall turns to winter, our days and nights will be cooler. With the cooler weather comes the need for warmer clothing. When purchasing new clothing, please remember to mark all clothing with a laundry marker or a sewn in label. This is also a good time to organize closets and remove summer clothing to make room for the warmer clothes. If your loved one does not have a roommate, please help keep their belongings to their side of the room.

Doug Simmons

Social Service Director

Our Talk. Our Walk. Every Day!

Health Literacy Month

This annual October observance is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopt a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit blog.thegoodmangroup.com.

Loving Life

When I think of autumn, I think of cooler weather, kids going back to school, Halloween and falling leaves. On Saturday, Oct. 28, we will be decorating pumpkins with our residents, their families, staff and their families. On Tuesday, Oct. 31, we will be having a Halloween party at 3 p.m. We will be welcoming trick-or-treaters in the early evening on Tuesday, Oct. 31. We hope you can join us; it will be a spooky good time!

We want to thank all the wonderful volunteers who come to the facility and help enrich our residents' lives. You make such a wonderful difference! If you know of others who are interested in volunteering, please have them contact me.

Lois Smith

Life Enrichment Director and Volunteer Coordinator



Monte joined us to watch the fair parade!

Nursing/Health Care

Tips to Help You Hear Better

October is National Audiology Awareness Month and Protect Your Hearing Month. If you're one of the millions of adults in this country who have some degree of hearing loss, there are several lifestyle tips that can help you communicate better and enjoy life.

When riding in a car or bus, road noise can make it difficult to hear and talk with fellow passengers. For those who wear hearing aids, turning the volume down on the device next to the window can minimize distracting sounds.

In a restaurant or a social gathering, sit or stand with your back to the wall, which will help amplify sound around you. Choose a spot far away from noisy objects like heating and cooling vents and avoid high-traffic areas such as the kitchen or buffet table.

Visual cues can improve what you hear. Face someone who is talking to you so you can see their gestures and expressions. Avoid dimly lit spaces, and close window blinds if sunlight is creating a glare and obstructing the speaker's face.

Before going to a movie or play, read a review or summary about it in the newspaper or on the internet. This way, you'll have a better grasp of the plot in case you miss details when the performers are speaking or singing.

If possible, incorporate carpeting and drapes in your home, as they will reduce background sounds, making conversations clearer.

Finally, remember to rest your ears and take breaks from noisy environments or long conversations.

Here's the Scoop

Favorite Fall Flavors

As the leaves on the trees turn from green to glorious shades of red, orange and yellow, another unmistakable sign of autumn makes an appearance on grocery store shelves and restaurant menus: the flavors of the season. Which of the following is your No. 1 pick?

Pumpkin spice: This orange squash has long been a popular fall dessert ingredient, but pumpkin spice — a blend of pumpkin, cinnamon, nutmeg, ginger and allspice — now reigns as the king of fall flavors, ever since Starbucks introduced its pumpkin spice latte in 2003.

Salted caramel: Specialty sea salt is the perfect partner for caramel, the chewy confection made by boiling sugar and mixing in cream, butter and vanilla. The sweet-and-salty combination was first developed in France before showing up stateside in ice cream, coffee drinks, chocolate candies, brownies, cookies and more.

Apple cider: From a cup of freshly pressed, cold apple cider to a steaming mug of mulled cider, this flavor is one of the most fragrant that fall has to offer. The seasonal beverage is often featured in muffins and other sweets, including apple cider donuts, a favorite at fall festivals.

Maple: This rich, dark sap harvested from maple trees is traditionally drizzled on pancakes and waffles, and can be used in baked goods or added to coffee, tea or ice cream. Maple's earthy sweetness also pairs well with savory and salty foods such as sausage, bacon, pork chops and nuts.



Maintenance Matters

Fall is in full swing, read on for 7 tips to tackle this month.

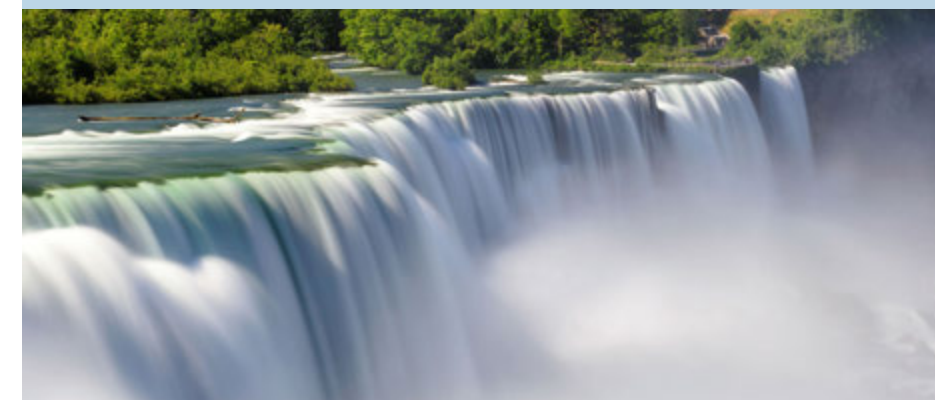
1. Replace your air filters
2. Check toilets for leaks
3. Install or close storm windows
4. Caulk cracks and gaps in siding
5. Check weather stripping and thresholds
6. Clean gutters and downspouts
7. Winterize gas-powered lawn equipment

Before you break out the Halloween decorations, follow the tips and you could save some money during the cold weather that is on its way. Your checkbook will thank you! As always, "Be safe."

Magnificent Falls

On the border between New York and the Canadian province of Ontario is a breathtaking natural wonder, Niagara Falls. Plunge into these facts about the famous tourist destination.

- Niagara Falls was formed about 12,000 years ago.
- There are actually three falls that make up the massive spectacle: Horseshoe, American and Bridal Veil falls. Horseshoe Falls is the largest at 2,200 feet wide and 170 feet tall.
- More than 3,000 tons of water rush over Niagara Falls every second. Most of the water comes from four of the five Great Lakes, which drain into the Niagara River.
- On Oct. 24, 1901, Annie Edson Taylor, a 63-year-old Michigan teacher, became the first of several daredevils to survive a plunge over the falls in a barrel.
- Niagara Falls is a favorite wedding destination. Newlyweds have made the place so popular, it's billed as the honeymoon capital of the world.
- The falls ran dry for more than a day in 1848, when ice chunks upstream jammed the Niagara River and blocked the flow of water.
- About 12 million tourists visit Niagara Falls each year. Many don ponchos to view the falls up close and feel the spray of the rushing waters.



German Heritage in America

German Heritage in America

October is German-American Heritage Month, and Oct. 6 is designated as National German-American Day. According to the U.S. Census Bureau, about 50 million people in the U.S. have German roots, making it the largest ancestry group in the country.

The first permanent German settlement, named Germantown, was established on Oct. 6, 1683, in Pennsylvania. The biggest wave of German immigrants arrived in the 1800s, when millions came for the freedom and economic opportunities that America offered.

Uniquely German influences quickly made their way into American culture. Germans introduced traditional foods such as hot dogs, sauerkraut and pretzels to their adopted country. They pioneered the concept of kindergarten education as a way for children to learn through play. The idea of weekend outings can be partially attributed to German immigrants, who had the custom of spending their Sundays in recreational pursuits, which led to the creation of facilities such as bowling alleys and concert halls, as well as social and sports clubs.



Resident Birthdays

Esther B., 11th
Lucille T., 22nd



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Medical Records Director

Darcy Mathis

Social Service Director

Doug Simmons

Spiritual Director

Thad Butcher

The Elder and Dementia Caregiver Support Group

The Elder and Dementia Caregiver Support Group meets at Valley View Estates the first and third Friday of 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.

A special invitation is extended to family members of residents of Valley View Estates.