

GOOD Life News

at Valley View Estates Health & Rehabilitation

FEBRUARY 2019

www.valleyviewestates.org

Executive Director

Employee Recognition

Every day that I walk into the front doors at Valley View Estates Health and Rehabilitation, I see the faces of the staff that have been here for many, many years before myself. In fact, on average, each employee has worked here for over seven years. Those employees have gathered so much wealth of knowledge of the health care industry and I am appreciative to have them on my team. Having experienced workers across all disciplines is not only beneficial to the facility, but to the residents as well. This has allowed our employees to get to know each resident on an individual basis to deliver better care overall. When I ask some of these employees why they have worked here so long, they almost always respond the same: "Because of the residents I care for."

In closing, I want to take this time to thank each and every one of the employees at Valley View Estates Health and Rehabilitation for all the hard work that they do and their dedication and loyalty to our company.

Sincerely,

Keith Dorris

Executive Director

A Floral Favorite

With more than 100 million of them grown for Valentine's Day alone, the rose is one of the most popular flowers in America.

- There are at least 100 different species and thousands of varieties of roses. Hybrid tea roses make up the majority of the roses found in flower shops and home gardens.
- President George Washington was the first rose breeder in the United States.
- Technically, a rose's thorns aren't true thorns; they're actually prickles.
- It's been a longtime tradition to convey a message by using a rose's color. For example, red is associated with romance, pink signifies gratitude, and yellow expresses friendship.
- The rose is America's national flower, as well as the official flower of four states: Georgia, Iowa, New York and North Dakota.
- California is where you'll find the world's tallest rosebush, growing to 18 feet, eight inches.



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

**Platinum Service®
Standard #7**

"I never say "no" to an opportunity to serve our residents and to improve their living experience."

Each day presents itself with the opportunity to serve others from the heart. We have the unique opportunity to enrich the lives of others and show our professionalism and genuine care. Listening to our residents' requests and practicing acts of kindness creates memorable experiences. We strive to place our residents at the center of everything we do.

*"A good head and a good heart are always a formidable combination."
– Nelson Mandela*

Monthly Meditations

"I praise YOU, for I am fearfully and wonderfully made." (Psalm 139:14)

David is considered the greatest king to serve Israel in Old Testament times. He replaced a very troubled and disturbed king named Saul. David was not immune to challenges, trials and troubles. He even made some terrible choices in life and hurt many of the ones he loved. But life to him was neither a mistake nor a misfortune. It was an adventure. It simply needed careful navigation via heavenly counsel. Because David's desire was to pursue what was right, he bathed his life in constant prayer. As a child, I thought of prayer as a time to close my eyes and vocalize both needs and complaints, but David teaches a different way. He prayed honesty about his life. His eyes were wide open and his ears were tuned to the voice of heavenly counsel and correction. His posture of prayer enabled him to behold the wonder of life and hear words of truth and wisdom from above.

When David prayed, it was often in song. His songs (Psalms) often took the form of praise and thanksgiving. They not only honored his God but became a salve to soothe his own soul. One of his most lovely songs is Psalm 139. It is simply a celebration of life. He declares how life is precious and filled with countless blessings and reminds his soul of God's watchful eye over every circumstance and season in his life. No wonder David was able to overcome the darkness and loneliness that consumed his predecessor, King Saul. David sees himself as a wandering lamb rescued and cared for by a gracious Shepherd, giving birth to another psalm, joyfully singing, "The LORD is my Shepherd."

As we move into a new year, my soul longs to know the peace and promise David enjoyed. I want to pray with eyes wide open. I want to see blessings cascading from above and hear the comforting voice of the Shepherd who searches for the likes of me. And, at the end of the day, to be able to lay my head on my pillow and know it is well with my soul. How about you?

Thad Butcher, Spiritual Director

Snippets from Social Services

I hope all of you had a great holiday season. When taking a resident out of the facility, I must emphasize how important it is to give our nursing staff some advanced notice to allow for medications to be sent. If you are planning an overnight visit I need a 24-hour notice to allow time to fill out a request for a therapeutic home visit bed hold — this will allow for a 24 to 72 hour visit. If you are planning a longer out-of-facility visit exceeding 72 hours I need at least a 30-day advanced notice to have a different form filled out and approved by the Medicaid Finance Bureau. If your loved one is here on a Medicare A rehabilitation stay, they can leave the facility after their therapy is due for the day, visit with the therapist prior to taking them out of the facility, they cannot go out overnight. Remember to always sign out your loved one at the nurses' station with a staff member.

If you have any question please feel free to visit me.

Doug Simmons
Social Services Director

Here's the Scoop

Sweets at the Cinema

For many, a trip to the movies includes indulging in a tub of popcorn. But some want to satisfy their sweet tooth. Treat yourself to this list of classic movie theater candy:

Red Vines: Biting the end off of one of these fruity licorice twists converts it into a drinking straw, handy for slurping a soda. First produced in the 1950s as Raspberry Vines, the chewy treat was renamed Original Red to better describe its subtle sweetness.

Junior Mints: Introduced in 1949, this creamy confection is a combination of dark chocolate and refreshing peppermint. The candy was named after the popular Broadway show "Junior Miss."

Jujubes: These colorful gummy bites debuted during the Roaring '20s, as did their cousin, Jujufruits. They originally came in exotic flavors such as rose and lilac.

Sno-Caps: Fans of these miniature chocolates topped with white candy beads say the best way to enjoy them is poured into a bucket of warm popcorn, where they melt to form a sweet-and-salty snack.

Nursing/Health Care

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

Wear red — Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

Know your numbers — Take advantage of blood pressure checks and cholesterol screenings in your community. Record your numbers and work with your doctor to make any needed changes.

Get fit with a friend — Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

Set a nutritious example — Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

Give back — Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation to the American Heart Association or other organization in honor of Heart Month.

Loving Life

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.

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.

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.



The Power of Pet Therapy

Petting a dog or cuddling a kitty can be a joyful, heartwarming experience. There's evidence those warm, fuzzy feelings have health benefits.

While history shows that animals were used to lift people's spirits as far back as the Middle Ages, little research was done on the subject until the 1960s. After observing the positive effect his dog had on a young patient, American psychologist Boris Levinson began to explore the connection. He coined the term "pet therapy," believing animals could aid people in therapeutic ways.

Studies show that spending time with animals on a regular basis can improve a person's emotional and physical quality of life. Animal therapy programs offer unique opportunities for interaction and socializing with others. Pets supply companionship and affection, which help calm anxiety and increase self-esteem. Walking, grooming and petting animals are physical activities that can improve mobility and motor skills as well as boost energy.

Animal therapy is used in a variety of settings, including senior care centers, hospitals, veterans organizations and schools. Dogs and cats are the most popular therapy animals, but horses, llamas, rabbits, pigs and birds are also among the pets used.





VALLEY VIEW ESTATES

Health & Rehabilitation

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Thad Butcher

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.