

GOOD Life News

at Valley View Estates Health & Rehabilitation

AUGUST 2018

www.valleyviewestates.org



Executive Director

It feels as if summer is finally here! With the warmer temperatures, more residents are going on outings with family members. Whether you are taking your loved one out to the farmers market, a scenic drive or to a family barbecue, it is very important that you take the following steps.

The day before you plan to take your loved one out of the facility, call and speak to the nurse or to the social services director. Let them know of your plans. This allows the facility to get any necessary medications ready if they need to go with you on the outing. On the day of your outing, check in with your loved one's nurse. Pick up any medications that may need to go with you. Let the nurse or the social services director know your tentative plans and an estimated time you plan to bring your loved one back to the facility. We want to be able to let our dining services know if your loved one will be in the facility for meals. Before leaving the facility and upon return, please make sure that you sign your loved one in and out in the sign-out log kept at reception area. Recently, we had to report a resident missing to the police department because a resident left with their family member and did not check out with staff. In the event of an evacuation, we use the sign-in books to determine what resident and visitors are still in the building.

Additionally, if your loved one experiences any health concerns while out of the facility, please call 911 if it is an emergency or contact the facility and speak to the nurse.

Thank you so much for your understanding.

Virginia B. Villemez

Loving Life

The Ravalli County Fair this year is from Aug. 29-Sept. 1. The fair parade starts at 10 a.m. on Wednesday, Aug. 29 and afterwards we will be barbecuing on the patio — please join us. Residents will be going to the fair on Thursday, Aug. 30. 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 363-1144, ext. 126.

Lois Smith

Life Enrichment Director and Volunteer Coordinator

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

**30 Years
Recognizing
Senior
Citizens Day**

The United States 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.

Here's the Scoop

Refreshing Watermelon

Sweet and juicy, watermelon is a taste of summer. The refreshing snack is 92 percent water, so it can quench your thirst and cool you off when the temperature soars.

Watermelon is usually considered a fruit, but it has some properties of a vegetable. It is a member of the gourd family and related to cucumbers, squash and pumpkins. Therefore, some say it can be classified as both a fruit and a vegetable.

What is not debatable is the nutrition packed into watermelon. Its ripe red color comes from high levels of lycopene, an antioxidant that has been linked to a decreased risk of heart disease and cancer, and may protect the skin from sun damage. Watermelon is also a good source of potassium and vitamins A, B-6 and C.

More than 1,200 varieties of watermelon are grown worldwide. While most types have a deep green rind and red or pink flesh, some varieties have an orange, yellow or white interior. Usually sliced into wedges or cubed, watermelon can also be served up in salads and blended into juices or smoothies. Every part of the melon can be eaten, even the rind and seeds.



Resident Birthdays

Marlyn W., 27th

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. Be safe and enjoy the hot August nights!

Doug Simmons
Social Service Director

Nursing/Health Care

Stay Safe in the Heat

When temperatures rise, we need to take precautions to prevent heat exhaustion and heat stroke. These conditions are caused by the body overheating and can be potentially dangerous, especially for older adults. Follow these tips to stay safe and cool this summer:

Stay inside — During extreme heat, the safest place is an air-conditioned area, especially during midday hours. Stay indoors or opt for outings to cool places such as a shopping mall, library or movie theater.

Hydrate — Even if you don't feel thirsty, sip on water or juice throughout the day, and eat hydrating fruits and vegetables. Avoid caffeinated beverages, which can contribute to dehydration.

Dress appropriately — Wear lightweight, loose-fitting clothing in light colors. When outdoors, keep your head cool with a wide-brimmed hat or umbrella.

Take a break — On hot and humid days, it's best to avoid strenuous physical activity, including exercise, even if you're indoors. Rest often and take it slow.

Check your meds — Some medications can affect the way the body regulates temperature. Ask your physician or pharmacist if any of your medications increase your risk of heat-related illness.

Watch for symptoms — If you or someone else shows signs of heat exhaustion, which can lead to heat stroke, seek medical help right away. Symptoms can include heavy sweating; cold, damp skin; weak, rapid pulse; nausea; dizziness; and headache.

Greetings From ...

Postal correspondence cards were first used in Europe beginning in 1869. The U.S. issued the first official "postal cards" in 1873. Pre-stamped with one-cent postage, these cards were blank, with one side for the address and the other side for the message.

The first souvenir cards were sold at the 1893 World's Fair in Chicago and featured colorful printed images of fair attractions. The cards were a hit and started a nationwide trend of using inexpensive postcards to mark special events, as well as for travel mementos and advertising.

Characteristics of a postcard give clues about the era in which it was printed. In the early 1900s, postcards with divided backs were introduced, allowing the address and message on one side. To reduce ink costs during World War I, a white border was added around postcard images. Linen cards, with a fabric-like texture and bright printed images, were popular in the 1930s. Color photo technology took over the market after World War II.

Many people collect postcards, a hobby called deltiology.

Surf-Inspired Sounds

In the early '60s, American pop music was all about the sun, sand and surfing the waves. Cruise through your surf music memories by remembering these epic acts:

The Beach Boys — With classics such as "Surfin' Safari," "Surfer Girl" and "Surfin' U.S.A.," this still-beloved group defined the vocal surf music genre with its songs about cool cars, California girls and sunny vibes.

Jan and Dean — Often collaborating with the Beach Boys, this duo performed the same style of tight harmonies and falsetto vocals, heard in the hits "Surf City" and "The Little Old Lady From Pasadena."

Dick Dale and the Del-Tones — Called "King of the Surf Guitar," Dale is considered the pioneer of instrumental surf music. His style of playing the electric guitar produced a sound that mimicked crashing waves. The group appeared in the 1963 film "Beach Party" and is known for the tunes "Let's Go Trippin'" and "Misirlou."

The Surfaris — In 1962, a group of California teens recorded one of the best-known instrumental tracks of all time, "Wipe Out," featuring a memorable guitar riff and drum solo.

Monthly Meditations

A favorite Psalm for Montanans is Ps. 121. It begins with these words: "I lift up my eyes to the hills — where does my help come from? My help comes from the LORD, the Maker of heaven and earth." Maybe this Psalm is so beloved because it is hard to look out your window without drinking in the majesty of the mountains. Their inspiring presence births wonder and worship toward the ONE who created such beauty. Saint Paul says, the LORD's "eternal power and divine nature have been clearly seen, being understood from what has been made, so that men are without excuse."

But the mountains play another important role in capturing the attention of the human heart. They give us perspective. When people live in the valleys, their range of sight is limited and shadows cast a premature darkness on the landscape. Yet, hikers and hunters know if you climb to the top of the mountain, one's eyesight increases. You gain a greater perspective of where you are and grasp how vast is the horizon before you. Not only are you free from the shadows but a pathway home is visible to the lost or confused. That is why the Psalmist encourages us to lift up our eyes to the hills — in order to discover a greater perspective on life. For those who are overwhelmed by life's trials, or those who feel lost and confused, an invitation is given: "Lift up our eyes to the hills." This invitation is what Saint John experienced while being persecuted and exiled to a lonely island. In his isolation, John heard the LORD speak, "Come up higher." John was encouraged to see things from a heavenly vantage point where he could rediscover three things: he was not alone, God was in control, and wondrous purposes were unfolding that would right all wrongs and restore all things. The invitation to see things from a heavenly perspective brought comfort to his troubled soul.

Simply put, the hills remind us there is a higher and clearer view of life than what we might be experiencing. I encourage you ... especially when life is hard, to heed the counsel of Psalm 121 by lifting up your eyes to the hills. Climb up higher and behold God's grace, hear God's Word and experience God's love. The Psalm wants us to know the ONE who never sleeps while His loved ones walk through life. He is ever-watching, guarding, shielding and sheltering His people.

— *Thad Butcher*, Spiritual Director



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.