

# GOOD Life News

at The Village Health & Rehabilitation

FEBRUARY 2019

www.villagehealthcare.com



## Administrator's Corner

Congratulations to Carrie Delger, who was recently named 2018 Employee of the Year at Village Health & Rehabilitation.

A chef in the culinary department, Carrie started at Village 11 years ago this February. Joining our team as a cook, she has worked every position in the kitchen. Carrie has an associate's degree in culinary arts from the University of Montana culinary arts program.



Carrie says she always knew she wanted to work in the hospitality industry — particularly health care — where she would have the opportunity to get to know the residents. Prior to joining Village, Carrie worked at Community Medical Center.

Originally from Missoula, Carrie says most of her family is here. In her free time, Carrie loves to travel and has been to Germany, Paris and Hawaii. This past year, she made several trips to Yellowstone National Park.

"I love to cook. I love to bake. I love to cater," says Carrie. "I love all of it!"

We here at Village are happy to have Carrie on our team!

Peace,  
Dee

## Nursing/Health Care

Happy New Year. Many of us make New Year's resolutions that are so drastic we have a hard time keeping them. Why not make some simple changes this year instead that are more attainable? For instance, try and increase the amount of water you drink daily, if only by one glass. You can even try and become more active, even if it means parking a little farther away from the door or taking the stairs instead of an elevator. Little changes can make a big impact. Most of all, we wish you and your family health and happiness for this New Year.

**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*

## Resident Spotlight

Our featured residents this month are Don and Eileen G. Both of them were born in Chicago in the early 1940s. They would not meet each other for another 30 years.

Don was the eldest of three boys born to Don and Eleanor. His mother was a homemaker, and his father worked in Sales for Edison Electric Company. His mother had inherited a couple of farms from her dad, so Don spent many summers working on them and thus developed an interest in agriculture. During the school year, he had a newspaper route and later worked part-time in the newspaper mailing room.

Don graduated from Glenbrook High School in 1959 and earned a BS in Agricultural Economics from Southern Illinois University in 1963. After graduation, he enrolled at Colorado State University Graduate School. He decided to take a job for a large fertilizer manufacturer in Marketing/Advertising rather than finish his degree. He worked in advertising for the next nine years before transferring to a technical writing company that developed training programs. This is when he would meet Eileen.

Eileen was the second oldest of one boy and three girls born to Eileen and George. Her mother was a homemaker, and her father was a Comptroller for a large Chicago Hotel. Her family enjoyed taking day trips to the country to buy fresh vegetables and every summer, rented a cabin in Northern Wisconsin, where Eileen developed a love of horseback riding. After college, she would ride by horseback from Limerick to Dublin, Ireland.

Eileen graduated from Alvernia High School in 1960. She worked at the FBI as a stenographer for a year before starting college. She earned a BA in English Literature from Rosary College in River Forest, Ill., in 1965. During her college years, she did editorial work for La Leche League. After graduation, she worked as a newspaper reporter for The New World. She would continue to work in Journalism and Editorial positions for the next 16 years. It is during this period of her life that she traveled around Europe and to Ireland.

Although both Don and Eileen grew up and attended college in Chicago, they would not meet until 1976 in Wisconsin. Eileen was working in Public Relations for the Miller Brewing Company, and Don was there training brewery workers on the technical aspects of processing beer.

For the next four years, they would maintain a long distance relationship, with Eileen living in Chicago and Don in Colorado. They were married Feb. 16, 1980, and moved to Denver, where Don continued in Agricultural Sales and Eileen worked for the Federal Government in the editorial/word processing department.

In 1991, they moved to the Gulf Coast of Alabama where Don could be closer to his mother. Don managed a pizza restaurant. He had a good fishing buddy and was moving into retirement mode. Eileen continued to work in Journalism. In 1999, Don retired, and in 2000, they moved to New Mexico. Eileen continued to write for a travel magazine until 2009, when she retired. They spent a lot of time improving their property, especially the landscaping. They also enjoyed traveling, including one trip from Alabama all the way to San Francisco and back.

In October 2015, Eileen moved to Missoula for better medical services. She stayed with her brother, George, and sister-in-law, Nancy, until moving to VHR in August 2016. Don left New Mexico in November 2017 to move in with Eileen. They regularly come out for a variety of activities and were instrumental in getting a group together to play Scrabble.

By Annmarie Chambers, Life Enrichment



## Food and Beverage/ Dining Services

TMAO levels in the blood significantly increase after eating TMAO-rich foods such as fish and vegetables. In addition, the liver produces TMAO from trimethylamine (TMA), a substance made by gut bacteria. The cause of high TMAO levels in the blood and the compound's effects on the heart and circulatory system are unclear. It was previously thought that TMAO blood plasma levels — and heart disease risk — rise after the consumption of red meat and eggs. However, "it seems that a fish-rich and vegetarian diet, which is beneficial or at least neutral for cardiovascular risk, is associated with a significantly higher plasma TMAO than red meat- and egg-rich diets, which are considered to increase the cardiovascular risk," researchers from the Medical University of Warsaw in Poland and the Polish Academy of Sciences wrote.

The researchers studied the effect of TMAO on rats that have a genetic tendency to develop high blood pressure (spontaneously hypertensive rats). One group of hypertensive rats was given low-dose TMAO supplements in their drinking water, and another group received plain water. They were compared to a control group of rats that did not have the same genetic predisposition and received plain water. The dosage of TMAO was designed to increase blood TMAO levels approximately four times higher than what the body normally produces. The rats were given TMAO therapy for either 12 weeks or 56 weeks and were assessed for heart and kidney damage and high blood pressure.

TMAO treatment did not affect the development of high blood pressure in any of the spontaneously hypertensive rats. However, the condition of the animals given the compound was better than expected, even after more than a year of low-dose TMAO treatment. "A new finding of our study is that [a] four- to five-fold increase in plasma TMAO does not exert negative effects on the circulatory system. In contrast, a low-dose TMAO treatment is associated with reduced cardiac fibrosis and [markers of] failing heart in spontaneously hypertensive rats," the researchers wrote.

"Our study provides new evidence for a potential beneficial effect of a moderate increase in plasma TMAO on pressure-overloaded heart," the research team wrote. The researchers acknowledge that further study is needed to assess the effect of TMAO and TMA on the circulatory system. However, an indirect conclusion from the study could underscore the heart-healthy benefits of following a Mediterranean-style diet rich in fish and vegetables.

## Happy Valentine's Day



## Admissions and Marketing

Well hello, February! As we get into our second month of the new year, we are excited for new adventures visiting different ALFs in Missoula. Amber and Annie will be marketing Village Health and Rehab, creating a stronger relationship to let them know what a great place our facility is to the community and our elders. We always love to get new ideas out, make ourselves known and visit and get to know the staff of each facility. We like this quote, because it is fitting for our topic for this month. February represents the month of love, which each and every one of us does on a daily basis as we care for our residents. In our world here at Village, we do it every day and every month. Thank you all for doing what you do, bringing joy and love to our residents. Looking forward to what March will bring!

Juli and Amber

*"February days are a marketing gimmick; love happens every day." —Randeep Hooda*

## Social Time With Social Services

### Winter Sunrise

By Lyn Littlefield Hoopes

Oh so slowly dawn opens her new box of crayons  
Silently she peers inside and breathes the waxy darkness  
where all her colors hide  
Shyly she peels the pink, peach, plum and lights of the  
wings of clouds  
One by one the sun!  
A shiver of amber to light your way, lemon and  
clementine, a silver smile and she's off to play, leaving  
the daystar to shine.

## Resident Birthdays

Thomas R., 2nd	Raymond K., 14th
Sandra P., 2nd	Doris K., 17th
Ericka T., 6th	Timothy T., 17th
Rita S., 12th	Robert S., 19th
William G., 13th	

## New Residents

- Sharon N.
- Shirley M.
- Edward L.
- Catherine S.
- Norman F.
- Robert G.
- Carol A.
- Joan B.
- Anita C.
- Mary D.
- Debbi L.
- Daniel M.



**THE VILLAGE**

Health & Rehabilitation

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 The Goodman Group

## Staff

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Toshua Krushensky

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Robert Redfield

**Resident Care Coordinator**

Beth Moua

**Housekeeping Supervisor**

Linda Calkins

**Director of Admissions**

Amber Aaseng

**Dietary Director**

Eric Sorenson

**Maintenance Director**

Mike Briggs

**Social Services**

Cheryl Armstrong

Joy Mills

Annie Waylett

Marisa Foskette

## A Note From Life Enrichment

This month's outings will be to Carmike Theater, lunch at Denny's and Walmart shopping. This month, we will be having a Valentine's Day party which will be held on Feb. 14 at 2:30 p.m. in the main dining room. If anyone needs help adhering to a New Year's resolution, our new volunteer Health Coach is now beginning her internship with us. Alisha is excited to meet everyone. She will soon be available to meet with those of you who may be interested in making healthy behavior changes. Alisha is graduating from U of M in May, with a Bachelor's degree in Community Health. She is passionate about wellness. She can help set goals, encourage and motivate.

*Robert Redfield & Alisha Faulk (Intern)*



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