

GOOD Life News

at The Village Health & Rehabilitation

JUNE 2018

www.villagehealthcare.com



Interim Executive Director

Most of you have probably heard the old saying, “Those are going to be some big shoes to fill,” or you maybe remember the good old country music classic song “Who’s Gonna Fill Their Shoes?” The content of these has been flowing through my mind as we will be losing our Executive Director for the past 10 years, Kathy Hammond. We are happy for Kathy, as she will be retiring and enjoying more time with her husband, Tim, her family and members of her church.

Kathy joined Village Health and Rehabilitation in 1995, where she served and achieved in a couple of roles, and then was promoted to Executive Director in 2008. She has effectively lead the team for 10 years and thus the question, “Who’s gonna fill those shoes?” The short term answer to that is I will have to honor to serve as Interim Executive Director as we search for the right person to lead the team at Village. In the 25 years I have been working with Village, there have only been three Executive Directors, so we are being intentional in our search and selection.

Please know the high standards and quality services that have been established over the years will continue on after Kathy’s departure, and I know she feels that is the best gift she could receive as a tribute.

I look forward to working with the highly capable team at Village on a daily basis to serve all our residents and families in the interim period. I will be out and about and know many of you already, but please feel free to stop by the office to see me or catch me in the hall to chat.

Spring has sprung, and we are moving quickly into a beautiful Missoula summer. I look forward to sharing that time with everyone at Village.

Sincerely,

Paul Teagle, PT, NHA

A Note From Life Enrichment

This month’s outings will be a drive to see the wildflowers, Salmon Lake and Walmart. A Father’s Day party will be held on Friday, June 15, at 2:30 p.m., in the dining room. Our annual garage sale will be held Friday, June 22, and Saturday, June 23, from 9 a.m.-4 p.m. on both days. All proceeds from the sale will go to the resident council fund.

Have a great summer,

— Robert, LE Director

**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.

Resident Spotlight

Edith was born June 1, 1924, in Livingston, Mont., in her Grandmother Ollie's kitchen. Her grandmother was the town mid-wife and delivered most of the town's babies by herself. Her mother, Pansy, had just turned 16 and was too young to assume responsibility, so her grandmother and grandfather, John, became her primary parents. Edith remembers her first bath in front of the kitchen stove with her clothes warming in the oven. Her grandmother had a huge vegetable and flower garden. Edith was selling flowers by the age of four to the local businesses. No one could resist buying flowers from such a young girl.



Edith attended school in Livingston. She remembers her first and second grade teachers as great mentors. They took the time to train her in memory, penmanship and writing. By the time she was in second grade, she won first place in a state contest for memorizing and reciting a long poem. Even now at the age of 93, Edith has an excellent memory and vocabulary. She can tell detailed stories of her life as well as beat any competitor at Scrabble.

Edith developed a love of music. She started violin lessons at six and would continue playing throughout her life at church, for clubs and barn dances or just to entertain family and friends. She always wanted to get a music degree but could not afford to attend a university.

She met her husband, Carl (a farm boy from Hamilton), at a dance. He was leaving for the Army, so they were married Feb. 24, 1945. They would remain married for almost 64 years.

After a year absence, Carl returned, and the couple moved to Hamilton, where Carl worked as a top salesman for Electro Lux Vacuum. He traveled all over Montana and Wyoming winning many trips and prizes over the years.

They had three children together, Carlene, Penny, and son Courtney. She currently has three grand and three great-grandchildren. Edith stayed busy raising her children, working on and off in the clerical field, staying very involved in church, playing her violin, hunting/fishing and taking all the trips her husband would win. Edith remained in the same house in Hamilton until moving to VHCC in 2016. She is very involved in all activities, but Bible Study/Church, Bingo and playing Scrabble are definitely her top three.

By Annmarie C.

New Residents

- Lester A.
- Natalya B.
- Gail C.
- Mildred B.
- Barbara M.
- Kathie F.
- Sally M.
- Audrey P.
- Billie d.
- Mary S.
- Anthony M.
- Floyd T.
- Dorthea C.
- Joyce D.
- Alice T.
- George S.

Social Time with Social Services

Recent research has shown that being a volunteer can help ward off depression and dementia. Multiple studies have been undertaken over the last few years which show that even as few as two hours per week can lead to higher cognitive functioning. The rewards for this seem to be impacted by helping others not in your core family but by doing something more like helping a shelter or local charity organization. In our local community, there are many agencies who can assist in finding a good match to include Missoula Aging Services with foster grandparents, respite caregivers and meal delivery. At Village Health and Rehab, we highly value our volunteers who provide everything from music to one-on-one time with our residents. We encourage our residents to also be an active member of our community, as this can provide a sense of purpose in a space and time in their lives that some find difficult to display their unique gifts and talents. Please contact the Social Services team if you would like to explore any of these opportunities. Thank you to all the people in our lives who go out and help others as volunteers — you are true gems!

Social Services Team — Cheryl A., Marisa E., Joy M. and Annie W.

(From online article on AARP website "Can Volunteering Fight Dementia")

Star Performer

This month's Star Performer at VHR is Jackie Sumido. Jackie is an RN who has been at VHR for two years. Jackie is a hard-working nurse who gives great care to our residents. She also goes above and beyond to help her coworkers.

Nursing/Health Care

Summer Skin Care Precautions for the Elderly

As you age, your skin grows thinner, more fragile and less likely to protect and rejuvenate itself. Because sun damage is the greatest threat to human skin, people with sensitive, older skin must take diligent precautions to avoid as much sun exposure as possible.

The best advice is to combine smart sun care to protect your mature skin from the harmful effects of the sun. Here are some tips to help keep you sun-safe all season long.

1. Don't Tan and Don't Burn

Use a sun shade or beach umbrella at the pool or shore. Sunbathing is not a good idea for mature skin that has already sustained a lifetime of damage from the sun's UV rays. Tanning and sunburn increase your risk for skin cancer greatly.

2. Pick Shade Over Sun

Whether you're at home or out walking, prevent sun damage to elderly skin by staying in shady corridors or porches, especially during the hottest part of the day. The American Academy of Dermatology (AAD) notes that the sun's rays are strongest in North America between 10 a.m. and 4 p.m.

3. Apply Sunscreen Daily

Sunscreen is the most powerful skin care product you can use to protect aging skin. Dermatologists recommend that you apply an SPF 30 formula to exposed skin daily, whether you'll be indoors or out. Sunscreen of this strength is scientifically proven to absorb 97 percent of harmful UV rays, which are able to pass through clouds and glass. Reapply sunscreen frequently.

4. Sun & Medication — Beware

Some people taking over-the-counter or prescription drugs find that their skin becomes oversensitive to the sun. They can get serious skin damage including sunburn, blisters, rashes or swelling when out in the sun. Some of the medications which may set off these reactions include antibiotics (tetracycline and sulfa drugs), diuretics (water pills), anti-depressants, anti-psychotics, anti-diabetic preparations and some acne drugs containing vitamin A or its derivatives.

5. Drink plenty of water

Although beverages containing alcohol and caffeine seem to quench your thirst, they actually cause dehydration. You may be on fluid restrictions, so speak to your doctor and verify the amounts of fluids you can drink when the weather is hot.

Many people who are elderly grew up in a time when little was known about how too much sun could cause skin cancer and premature aging of the skin. The truth is that it is never too late for sun protection. By protecting your skin from too much sun, you can help prevent the onset of skin cancer and more sun damage to the skin. Keeping your skin healthy can help you enjoy your "golden" years to the fullest!

(From HomeHelpers.com)

Resident Birthdays

Edith P., 1st
Raymond N., 2nd
James S., 3rd
Shirley M., 10th
Marcia S., 11th
Billie D., 14th
Terry G., 15th
Werner V., 16th
Henry B., 18th
Marguerite J., 19th
Lillian K., 28th
Helen J., 29th
Gene D., 30th
Ozalena M., 30th
Frank H., 30th

Food and Beverage/ Dining Services

Entomophagy is the practice of eating insects. People eat insects for many reasons! Insects are a renewable, sustainable, nutrient dense food source that is utilized around the world. Insects even have the potential to help with food insecurity in the United States and across other regions. Insects like crickets are lower in saturated fat and are a complete and efficient protein source when compared to animals. Crickets need less water and convert food into energy much more efficiently than chickens, pigs or cattle, which means we need less resources to raise them! Not only do insects produce less harmful byproducts than animals, but they convert waste into useful components for soil and provide a natural biocontrol for harmful species. Insects can also be used for animal feed, cosmetics, medical applications, pollinating, honey and silk. Because insects are in the same category as crustaceans, be careful if you have shellfish allergies.



THE VILLAGE

Health & Rehabilitation

2651 South Avenue West, Missoula, MT 59804
406-728-9162 | www.villagehealthcare.com



MANAGED BY
 The Goodman Group

Staff

Executive Director

Paul Teagle

Director of Nursing

Toshua Krushensky

Life Enrichment Director

Robert Redfield

Resident Care Coordinator

Beth Moua

Director of Admissions

Amber Aaseng

Dietary Director

Eric Sorenson

Housekeeping Director

Cherol Branch

Maintenance Director

Mike Briggs

Social Services

Cheryl Armstrong

Joy Mills

Annie Waylett

Marisa Foskette

Admissions and Marketing Team

Summertime also means it's tourist season here in one of the most beautiful parts of the world, so stay alert and aware on the road and the rivers.

Stay healthy everyone, and be well. Let us always remember to stay true to our mission — to enrich the quality of life for our residents by creating a sustainable, nurturing and professional environment through caring and personalized service — at the heart of everything we do.

— Juli and Amber



Like Us on Facebook

@VillageHealthCareCenter

Visit facebook.com/VillageHealthCareCenter to see pictures and catch up on all the fun here at The Village Health & Rehab. This is a great way for family members and friends to stay connected!