

GOOD Life News

at The Village Health Care Center

JUNE 2017

www.villagehealthcare.com

Kathy's Korner

This month we will be celebrating National Assistants' Week and recognizing our Certified Nursing Assistants who provide day-to-day care to our elders. Please take the time to say "Thank You" for all they do.

Village received the results of our Resident Satisfaction, and we had an 86 percent response rate. We will have the opportunity to focus on our priority action items to work on improvement. Along with the survey report, we also received comments from the residents I would like to share.

1. On a day-to-day basis, care is excellent. Any problems or complaints I have when reported are attended to in a reasonable length of time
2. Staff Performance; they take good care of me talking and laughing with me.
3. You're caring for me, taking me to doctors' appointments and paying attention to me.
4. Staff watches me like a hawk to prevent me from falling. Meals are getting better, much better. Some staff I miss when they're not here. They are good.
5. Activity group works hard for us. They load us on the bus and bring us back.
6. I like the trips we take.
7. Hire some more help.
8. What I appreciate most is you do different things to try to improve.

It is a pleasure to serve our residents daily.

Nursing Home and Nurses Week was celebrated last month, and thank you to every one for making this a wonderful success.

Remember, my door is always open!

— Kathy Hammond, Executive Director

New Residents

Maurice S.

Robert R.

Paul M.

Melvin R.

BettyLou C.

Victor D.

Joseph G.

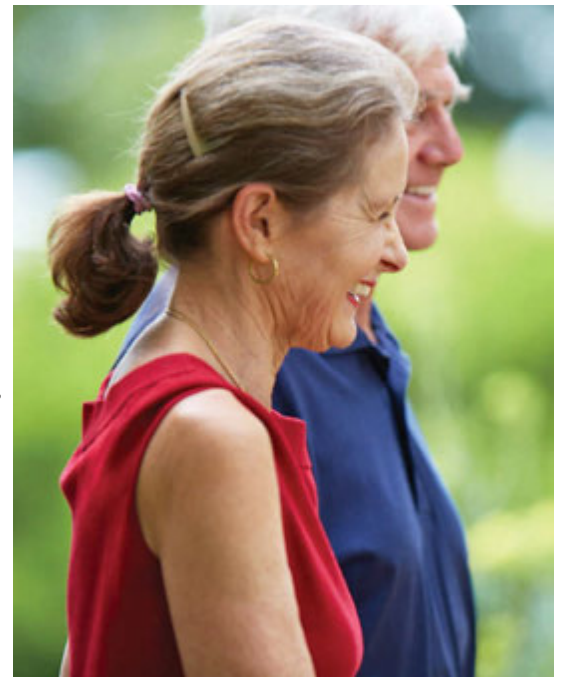
Joanne S.

Don H.

Cecil C.

Vera C.

Stanley S.



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

National Safety Month

Summer's start is a great time to think 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 – a great time to reconsider how we can "Keep Each Other Safe," this year's theme. 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 programs that can help increase muscle and bone strength!

Social Time With Social Services

We are happy to welcome Annie Waylett, our new Director of Social Services, to the VHCC Social Services Team. Here are some interesting facts about Annie we wanted to share:

What are you most excited about in your new role as Director of Social Services?

"I am most enthusiastic about working with the Village Health Care team and residents in promoting a great rehab and care experience. I also look forward to connecting with patients and their families in their path to return home to a safe environment and assisting when their health changes their long-term goals for living and independence. I have been impressed by the strong sense of responsibility to patients and team members from the staff here and am grateful to be part of your team."

What do you find to be the most rewarding aspect of your career choice in social work?

"I enjoy being part of the Missoula community and working within our community to improve the day-to-day lives of clients, while providing options for support that allows them to remain in the local community and close to their family and friends. I find the Missoula community has such a strong network of caregivers and caregiver support options and look forward to providing those opportunities to maintain those relationships and living situations. It is most rewarding to remove fear of the unknown and lack of access to resources for clients and families, while developing paths to returning to maximal independence."

Your Devoted VHCC Social Services Team:
Cheryl Armstrong, Joy Mills, Annie Waylett and Heidi Whyte

Employee of the Month

Scott Sylling — Dietary

On his days off, you can catch Scott riding his motorcycle, something he enjoys very much. Another thing he is passionate about is his Scandinavian roots.

Scott is a hard worker who is very appreciated by his co-workers.

We are so happy to have him here at Village Health.

Resident Spotlight

Shirley N. was born at home in Deer River, Minn., on Sept. 29, 1936, to Eino and Eleanor. She has two sisters, Dianne and Sandra. As kids, they loved to pack a picnic lunch and take the tractor by the Mississippi River to go pick wild blueberries. They would fill two to three 12-gallon milk pails.

In high school, she was very popular joining every musical group and cheerleading all four years. Her last two years of high school she spent the summers working at her aunt's resorts. The summer after junior year she worked at Webb Lake close to the Minnesota-Wisconsin border. In 1954, she graduated as Valedictorian and then went to work at Little Winnie Resort. She loved to work where she met a lot of people.

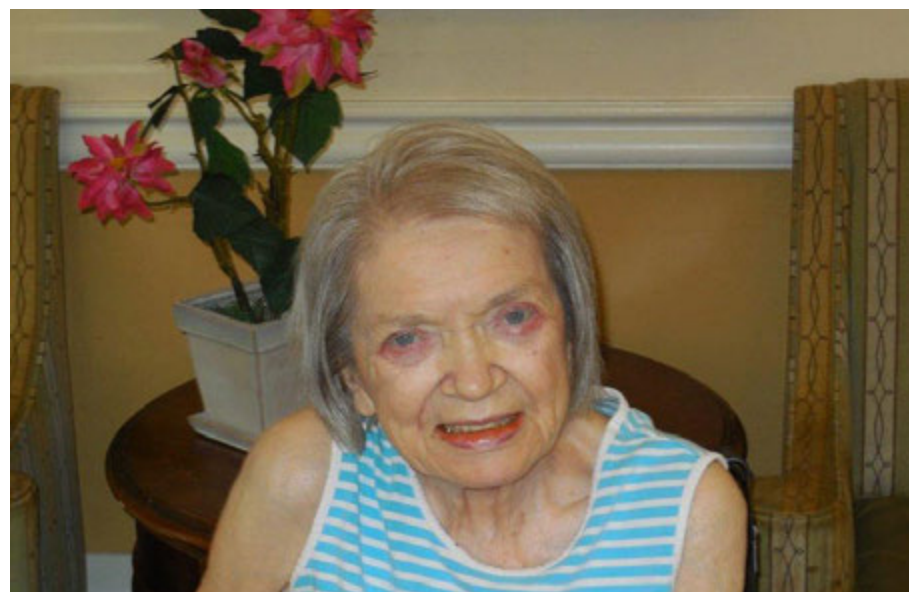
In the fall, she left with six friends for Minneapolis and enrolled in a nine-month crash course in the Minnesota School of Business. She was hired by the Grand Rapids Hospital as a receptionist. She worked there for several years and during this time got engaged to Bob, her high school sweetheart. He had enlisted in the Army and was to be stationed in Augsburg, Germany, so he decided to come home so they could get married. They were married Jan. 14, 1956, in Deer River, Minn. After a short honeymoon, they flew back to Germany.

Their first son, JayMe, was born here. In 1958, they moved to Missoula, Mont., where Todd and Paul were born. Shirley spent many years at home taking care of her sons. She and Bob both got their private pilots licenses, and Shirley got her instrument license. They flew their own plane for several years. Shirley also enjoyed working with ceramics and making macramé flower pot holders. Shirley was always busy helping other people and keeping her own time. Her husband said she'd be late for her own funeral.

In 1970, they moved to Stevensville and to Florence in 1989. Over the years, Shirley worked at the USFS, the USPS as a rural mail carrier and at the Smokejumper Center in Missoula. For many years, she sang with the Missoula Sweet Adelines and won many awards. In 2001, she traveled with her two sisters to Finland to visit relatives.

Shirley came to live at VHCC in April 2016. She participates in many activities including movies, music, singalongs, cooking club, current events, happy hour, church, bingo and trivia. You can always find Shirley out in the halls staying busy, so stop and say hello.

— Annmarie Chambers, Life Enrichment Aide



A Note from Life Enrichment

We are very excited to have some warmer weather, and with that, the garage sale season kicks off. We will be having our annual Garage Sale on Friday, June 23, and Saturday, June 24, so please come pick up some needed items. There will also be hot dogs, chips and a drink to purchase for lunch. All proceeds go to the Resident Fund, which is used to take the residents on all of our outings throughout the year. Our outings this month will be to the Museum of Flight, Beavertail Pond and Walmart. The Father's Day party will be held on Friday, June 16. We will also be planting various herbs and vegetables in our garden boxes. Please come and join us for all of our activities.

— Robert Redfield, Life Enrichment



Food and Beverage/ Dining Services

Phrases on Food Labels: What do they mean and who controls this?

By Briana Bruinooge, Dietitian Intern

Have you ever wondered what food labels such as organic, healthy or natural mean? It can be confusing. The Food and Drug Administration (FDA) regulates food labels, dietary supplements, food additives, infant formula and non-USDA-regulated products such as meat, poultry and eggs. The US Department of Agriculture (USDA) regulates organic foods, antibiotic and hormone use.

"Pasture Raised," "Cage Free" and "Range Free Eggs" are defined through the Certified Humane program. "Pasture-raised" chickens enjoy the most freedom and space, spending the majority of their days outdoors and sleeping inside at night for protection. Birds must be placed on a pasture with living vegetation for at least six hours each day. "Cage-free" birds are un-caged inside barns, but may be kept indoors all the time. "Free-range" birds must have access to an outdoor area for at least six hours each day with or without living vegetation. Certified organic birds have organic feed that is vegetarian and free of pesticides and antibiotics, as required by the USDA's National Organic Program.

"Raised without Antibiotics" is a phrase used for red meat, poultry and egg packages. Cow's milk treated with antibiotics cannot be sold, so this term shouldn't be on the label. FDA tests all milk going to be sold to make sure there is no trace of antibiotics. USDA for meat and poultry require animals not to be given antibiotics in their feed, water or by antibiotic injection.

Part 1

Nursing/ Health Care

As we have entered into May, we are now seeing more sunny days outside. With increased sunshine, we increase our exposure to UV rays. When UV rays reach your skin, they interact with a natural chemical in the skin called melanin, your first line of protection. It absorbs UV rays in order to shield your skin against sun damage. When the amount of UV rays you're exposed to exceeds the protection provided by melanin, however, you get a sunburn. You can help protect your skin. Use sunscreen every day; generously apply sunscreen with a sun protection factor (SPF) of at least 15. Choose products that provide protection against both UVA and UVB rays, and remember to reapply sunscreen every two hours. Wear protective clothing. Whenever possible, wear long-sleeved shirts, long pants, a wide-brimmed hat and sunglasses to further shield your skin from the sun. Stay in the shade during the hottest part of the day, usually from 10 a.m. to 4 p.m. is when the sun's rays are at their most intense. We have sunscreen available at all nurses' stations for resident use. Enjoy the sun, but stay safe.

Resident Birthdays

Edith P., 1st
Raymond N., 2nd
Donald H., 2nd
Evelyn W., 7th
Marcia S., 11th
Shirley B., 15th
Terry G., 15th
Werner V., 16th
Burton D., 16th
Marlene K., 16th
Henry B., 18th
Marguerite J., 19th
Jean S., 20th
Patricia B., 25th
Gene D., 30th
Ozalena M., 30th



THE VILLAGE HEALTH CARE CENTER

2651 South Avenue West
Missoula, MT 59804
406-728-9162



A PLATINUM SERVICE®
COMMUNITY MANAGED BY



The Goodman Group
Moments matter. Live them well.®

thegoodmangroup.com

Staff

Executive Director

Kathy Hammond

Director of Nursing

Toshua Krushensky

Life Enrichment Director

Robert Redfield

Resident Care Coordinator

Beth Moua

Director of Admissions

Amber Aaseng

Dietary Director

Sean Shepard

Housekeeping Director

Cherol Branch

Maintenance Director

Mike Briggs

Social Services

Cheryl Armstrong

Social Services

Heidi Whyte

Joy Mills

Annie Waylett

Admissions and Marketing

"It was June and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside." — Maud Hart Lovelace

It's June in the Rocky Mountains! Finally, summer is upon us, and we're all ready to enjoy the outdoors! Remember to wear your sunscreen and hats!

Save the date! Mini-Sturgis Week is the week of July 16! It's a big week around the Village, as bikers from all over Western Montana converge upon our facility to share comradeship with the residents. Bikers will be taking residents out for rides and there will be a BBQ and fun and games! Come and share with us as we celebrate the long-held American tradition of cruising on motorcycles and friendship!

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.

— Amber and Juli

Like Us on Facebook

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

