

# GOOD Life News

*at The Village Health & Rehabilitation*

FEBRUARY 2018

www.villagehealthcare.com



## Kathy's Korner

I would like to share an article my son Kavan published for ChangingAging. Kavan works for Dr. Bill Thomas to disrupt the myths of aging. I feel blessed to have a son who will forever see me as young at heart and with the capability to contribute as a valued senior.

We Need an Age Friendly Revolution

*by Kavan Peterson, Editor, ChangingAging.org*

"A powerful antidote to the seemingly relentless trauma and divisiveness gripping our country is to do something unexpected — start an Age Friendly revolution.

As John F. Kennedy said, 'We all breathe the same air. We all cherish our children's future. And we are all mortal.'

Of all the toxic '-isms' that needlessly divide our communities — racism, sexism, jingoism, ableism — Ageism stands out because it amplifies all the other '-isms' and, eventually, every single one of us will feel its sting. But I strongly believe that Disrupting Ageism head on, bringing together people of different ages and knocking down ageist stereotypes, has the power to expose, combat and heal prejudices of all stripes and kinds.

I believe the Age Friendly revolution is already here and it proves that we have more in common than we do dividing us. I hope you'll join."

As February focuses on the heart and love, we have a lot of work to do to assist with the love we have for all of society, regardless of age and background. This is one revolution I look forward to assisting in a positive direction.

Remember, my door is always open!

## Star Performer

Our Star Performer at Village Health Care this month is Rachel Poole.

Rachel is part of our Life Enrichment Team, and everyone will agree she is enriching the lives of our residents with her helpfulness and kindness on a regular basis. Rachel is always willing to help her co-workers whenever she can, therefore she is well-respected by all.

Thank you, Rachel.

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

**Platinum  
Service®  
Standard #19**

*"I am a leader and I lead by example. I am a good steward of the environment and a role model both at work and in the greater community."*

Platinum Service® is the cornerstone of our operating philosophy. This hospitality approach drives our community. Our community is committed to demonstrating kindness, responsiveness, commitment, integrity, and other positive traits that improve the satisfaction of our residents, their family members, and team members. Every day we work hard to make a difference in the lives of those we serve!

## Nursing/Health Care

It's Influenza Season in Montana

Take time to get a flu vaccine:

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. Flu vaccination can reduce flu illnesses, doctors' visits and missed work and school due to flu, as well as prevent flu-related hospitalizations. Vaccination of high risk persons is especially important to decrease their risk of severe flu illness. People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older. Not only does getting a flu vaccine help you, but it also helps those around you, including the residents by preventing spread of the virus.

Take everyday preventive actions to stop the spread of germs.

- Cover your nose and mouth with a tissue when you cough or sneeze. If you do not have a tissue readily available, cough into your elbow.
- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

## New Residents

Alice V.	Mary N.	Marie H.
Ruth C.	Nancy A.	Hazel C.
Pepper W.	Kathryn O.	Robert P.
Elizabeth K.	Terry D.	Donna W.
Lorraine S.	Shirley W.	Allan O.
Donald G.	Michelle A.	

## A Note from Life Enrichment

Hello,

This month, the residents will be attending a movie at the Carmike Theater, going out to lunch at Denny's and shopping at Walmart.

The Pearl Garden residents will also be going to Walmart. The Valentine's Day parties will be at 2:30 p.m. on Tuesday, Feb. 13, for Pearl Garden and Wednesday, Feb. 14, for long term and subacute. The residents will vote for a King and Queen and enjoy live music and tasty treats. Please join us for any of our activities or socials.

Thank you,  
*Robert*



## Food and Beverage/ Dining Services

As registered dietitians, we believe that consuming nutrient rich foods will lead to healthy outcomes among individuals. This is why we promote the consumption of fruit, vegetables, whole grains, lean proteins and healthy fats. The other thing we promote is exercise. Just as it is important to fuel the body with the right nutrients, it is also important to move your body. It seems simple, right? Healthy foods + exercise = healthy life. Well, winter months can make the exercise piece of that equation more challenging. Cold, snowy and cloudy winter months can make getting outside seem difficult or sometimes impossible, but just because the snow starts falling doesn't mean you have to stop exercising. You don't need to rush out and join a gym to get active. Here are a few simple ideas to keep you active through winter months.

- Swimming: whether that be water jogging, laps or water aerobics
- Spin biking
- Dancing
- Yoga
- YouTube: HIIT, yoga, low impact aerobics
- Snowshoe
- Cross country ski
- Workout DVDs
- Brisk walks, step ups on stairs (if able to)
- Weight lift with water bottles
- Community classes
- Clean the house
- Bundle up and take a walk
- Resistance band workout
- Exercise while watching TV
- Squats
- Lunges
- Planks
- Jog in place

## Resident Spotlight

Resident Spotlight

Larane S. was born on Nov. 17, 1923, to Jay and Martha in Fairview, Utah. Her father was a cattle rancher/herdsman, and her mother worked in the fields and milked the cows. Larane is the oldest of seven kids and recalls she did most of the household chores, fixed breakfast and baked the bread. She was six when she started baking, necessitating standing on a chair to reach the counter.

The family moved to Arco, Idaho, where Larane would attend school through the second year of high school. She had a five mile walk to and from school. The kids walked down the railroad track in all types of weather. And yes, if a train was coming, you had better get out of the way.

Larane met her husband, Carl, when she was sweet 16. They were at a ballgame, and she was cheering for the wrong team. She was on a swing with a friend and not paying attention. Later, he saw her chasing cows while riding a horse and decided that was the girl for him. They had a short courtship and were married on July 20, 1940. They have been chasing each other around the kitchen table for over 77 years!

They continued to live in Arco, and Carl continued farming. Their first child, Alan, was born, and soon after, Carl joined the Navy. He was sent overseas to the Pacific Islands bringing tanks to land by ship.

After returning, he apprenticed as a painter and became President of the Union. They had three more children, Gayle, Betty and Kevin. Larane was busy at home raising the kids.

In the 1950s, Larane followed her parents to Kalispell, where her husband continued as a Painter for a Neon Sign Company. Five years later, he was transferred to a Missoula company.

Eventually, both Larane and Carl got jobs at School District #1, where their kids attended school. Larane worked as a Secretary at Willard School, and Carl was the Building Maintenance Painter for the entire school district. He later did double duty as both Maintenance foreman and Missoula County Sheriff. Eventually, both of them retired from School District #1. In retirement, they enjoyed driving cars for Bitterroot Motors and did dealer trade driving.

Larane and her husband were always very active. They played lots of board games in the evenings with their kids, camped and fished on weekends, hunted, enjoyed ice fishing on Georgetown Lake, rode horses and got together with other couples for Pinochle. They also were avid golfers and enjoyed playing in leagues, as well as square and round dancing. Larane was even one of our Cloggers.

In 2015, they moved to Village Senior, and recently, Larane moved to VHCC. Carl visits daily. They have many grandchildren and great-grandchildren.



## Social Time with Social Services

Winter-Time

Robert Louis Stevenson, 1850-1894

"Late lies the wintry sun a-bed,  
A frosty, fiery sleepy-head;  
Blinks but an hour or two; and then,  
A blood-red orange, sets again.

Before the stars have left the skies,  
At morning in the dark I rise;  
And shivering in my nakedness,  
By the cold candle, bathe and dress.

Close by the jolly fire I sit  
To warm my frozen bones a bit;  
Or with a reindeer-sled, explore  
The colder countries round the door.

When to go out, my nurse doth wrap  
Me in my comforter and cap;  
The cold wind burns my face,  
and blows

Its frosty pepper up my nose.

Black are my steps on silver sod;  
Thick blows my frosty breath  
abroad;

And tree and house, and hill and  
lake,

Are frosted like a wedding-cake."

From your Social Services Team —

*Cheryl Armstrong, Joy Mills, Annie  
Waylett and Heidi Whyte*

## Resident Birthdays

Sandra P., 2nd

Ericka T., 6th

Leslie C., 12th

Rita S., 12th

Karen H., 15th

Caroline H., 15th

Joan P., 19th

Karen H., 21st

Alice V., 22nd



**THE VILLAGE**

Health & Rehabilitation

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 The Goodman Group

## Staff

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Robert Redfield

**Resident Care Coordinator**  
Beth Moua

**Director of Admissions**  
Amber Aaseng

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Eric Sorenson

**Housekeeping Director**  
Cherol Branch

**Maintenance Director**  
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**Social Services**  
Cheryl Armstrong  
Heidi Whyte  
Joy Mills  
Annie Waylett

## Admissions and Marketing

Happy winter from the admissions office! Now that the holiday season is behind us, some of us are looking to make, and keep, New Year Resolutions. What's the number one resolution for folks? Weight loss! The Biggest Loser is back at Village Health and Rehab! Last year, our staff collectively lost dozens and dozens of pounds over the course of the competition. If you're signed up this year, good luck and stay strong! Winter is always a busy time for Village as census tends to spike and our staff work hard to make memorable and healing experiences with all of our residents.

Stay warm and cozy this season with your families and loved ones; and most of all, stay well.

All our best, *Juli and Amber*

"In the coldest February, as in every other month in every other year, the best thing to hold on to is each other."  
— *Linda Ellerbee*



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