

# GOOD Life News

*at The Village Health & Rehabilitation*

NOVEMBER 2018

www.villagehealthcare.com

## Executive Director

### Administrator's Corner

I'm excited to let you know that our culinary department is rolling out new menus!

According to our Registered Dietitian, Emily McKey, the new menu will also be a five-week rotation. A lot of work has gone into these menus, and Emily has worked closely with corporate staff to develop the new rotation.

There will be much more cooking from scratch. "Scratch cooking allows us to have more control over the ingredients," explains Emily. "In particular, salt and sugar, allowing residents requiring low sodium and diabetic diets to receive the same meals as everyone else."

What will residents be seeing as they get the new menu? The registered dietitians in The Goodman Group facilities will be individualizing for residents requiring more restrictions than the menu provides. Emily says everyone will see new items, which will be even healthier. This means residents currently receiving low sodium and renal diets should see much tastier meals.

We will let you know more as we hear details from our corporate chef. As always, we will be incorporating fresh fruits and vegetables as the market allows. Also, we plan to continue the infused water throughout the year as so many truly enjoy it.

The Village team wishes everyone a safe and happy Thanksgiving!

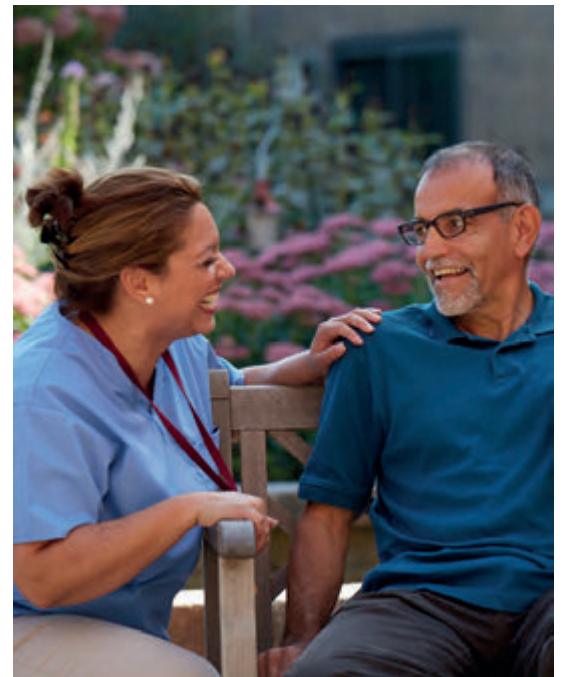
Peace,  
Dee

## Nursing/Health Care

As summer winds down, it's a good time to review your loved one's clothing and ensure warmer clothes are available for the winter. Closet space is limited, and we want to be sure your loved ones have adequate fall and winter attire to be comfortable. We recommend layering, as fall can be tricky with temperatures fluctuating. Winter coats, hats and gloves are important additions for outings, appointments and just sitting outside in the fall to enjoy a few minutes of the beautiful fall colors in Montana. Please be sure clothing items brought to the facility are marked with laundry RubDub pens available at each nurses station.

Thanks,

Toshua Krushensky, DON



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

### Platinum Service® Standard #4

*"I am committed to my ongoing development. Knowledge and skills are essential in creating a great experience for our residents."*

We use our Platinum Service Standards to measure our ability to serve our residents and each other. When we live up to the requirements of Platinum Service and fulfill our job duties in an exceptional way every day, we know that we are truly doing a good job. Measuring individual and team performance against standards allows us to identify areas of improvement. This is important for the residents who will always enjoy great service from us and for us as employees. In fact, understanding how to better serve our residents, and how to minimize mistakes and rework makes us more efficient, productive, and ultimately more satisfied in our jobs.



## Resident Spotlight

“Peggy” Margaret J. was born Oct. 16, 1931, in Anaconda to Pete and Mamie, the seventh of seven children. She grew up in Anaconda and attended St. Peter’s Catholic Grade School, where her parents also attended. She graduated from Anaconda High School and then attended Nursing School. She worked at St. Anne’s Hospital in Butte. She worked in the lab sterilizing equipment in the autoclave, taking notes for the doctor, developing cardiographs and feeding the frogs, which were used for lab tests. She made \$85 a month.

Her nursing career was cut short when she married Robert “Jasty” J. on Sept. 29, 1947. They were blessed from this union with six children, who were all raised in the Catholic faith and attended St. Peter’s Catholic School like their mother and grandmother before them.

Peggy grew up, raised her family and lived her whole life in Anaconda. Her husband worked on the railroad, and she stayed home to raise six children. After 20 years of marriage, they were divorced, and Peggy took cleaning and bartending jobs to support her family. Peggy remained in Anaconda until coming to live at VH & R in July 2014. She never misses Bingo, and her tablemates repeatedly remind us to go get Margaret. It is because she is very loved.

Peggy donated a considerable amount of her time helping operate the Anaconda Food Bank. She made many long-lasting friends over the years, and people are always drawn to her sweet, innocent, friendly manner. Many people say she has a “Heart of Gold.” She is very proud of her six children, four grandchildren and one great-grandchild. She never misses calling them on their birthday and singing the entire song of Happy Birthday over the phone. This is something they all look forward to.

Her loving daughter, Brenda Johnson



## Social Time with Social Services

The Social Services team would like to end our review of resources we find helpful to planning on aging with the



Family Resources page available at the Village Health and Rehabilitation website, [villagehealthcare.com/resources](http://villagehealthcare.com/resources). For November while we are gathering families for Thanksgiving, we encourage you to look at the resources available online for families and friends of our residents. The Social Engagement page looks at the emotional and spiritual benefits of spending time with others. Financing Your Lifestyle provides comprehensive information about financial matters. Key Factors to Consider provides guidelines for helping you during a health and rehab visit. The Senior Living Checklist provides ideas so you know what kinds of questions you should ask when searching for the right senior living community. We understand the transition into a supported living environment can be difficult, and we encourage the use of these resources for preparation and planning, with the hope residents and families feel well supported.

*Your SS Team — Cheryl Armstrong, Marisa Foskette, Joy Mills and Annie Waylett*

## A Note from Life Enrichment

Hello,

For this month’s outings, we will be going to Goodwill, Pizza Hut, Walmart and to the Mall. The residents are gearing up for the holiday season and will be busy this month creating tree ornaments and hand-crafted items to sell at our annual Christmas Bazaar. This will take place on Dec. 7 and 8 between 9 a.m. and 4 p.m. There will be plenty of candy, fudge, cookies, tree ornaments, centerpieces, wreaths and various other hand-crafted items to purchase. All of the proceeds go to the Resident Council Fund that is used to take them on various outings throughout the year. Please come and help us make this the best year ever.

Thank you,  
Robert, L.E. Director

## Resident Birthdays

Dorothy K., 1st  
Marilyn A., 1st  
Mary S., 2nd  
Johnny S., 2nd  
Dalt B., 4th  
Esther K., 9th  
Carmen H., 11th  
Don P., 12th  
Marjorie D., 13th  
Margaret A., 14th  
Douglas F., 16th  
Margaret B., 16th  
Larane S., 17th  
Luzie S., 19th  
Chester H., 19th  
Wayne F., 22nd  
Marlys A., 25th  
John H., 25th  
Jeffrey J., 27th  
Lorraine A., 28th

## Admissions And Marketing

November is a month of apple cider, fireplaces, warm blankets, cozy chairs, family and good friends! The Village provides all these to our residents day and night. Here at The Village, we work hard to create not just beautiful spaces but memorable experiences. Let the holidays begin!

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 nurturing and professional environment through caring and personalized service — at the heart of everything we do.

*Juli and Amber, Admissions Team*

*“Don’t wait until the fourth Thursday in November to sit with family and friends to give thanks. Make every day a day of Thanksgiving!”*

*-Charmaine J Forde*

## A Thanksgiving Poem

Thanksgiving Feasting

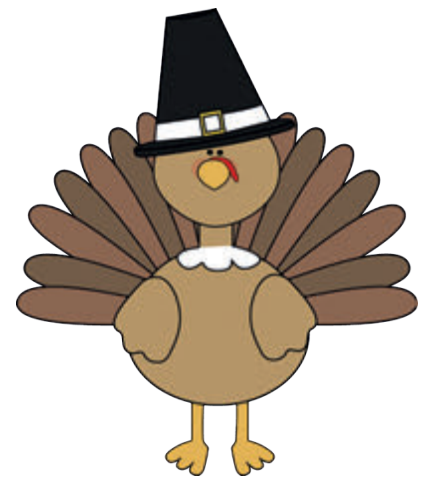
When the Halloween pumpkins are gone,  
And the leaves have all fallen to ground,  
When the air has turned windy and cold,  
The Thanksgiving will soon be around.

Thoughts of loved ones all feasting together,  
Pleasant pictures from past times appear  
To dwell in each heart and each mind —  
The Thanksgiving is finally here!

The kitchen has scrumptious aromas,  
The dining room looks oh, so fine,  
Decorations with pilgrims and turkeys,  
And now we are ready to dine!

First the napkins are placed on our laps;  
Now the prayer for the meal to be blessed,  
Then we stuff the good food in our tummies,  
And we hope for it all to digest!

*By Joanna Fuchs*



## Food and Beverage/ Dining Services

Did you know that your gut is inhabited by trillions of different kinds of bacteria? It is estimated that humans have 1-2 pounds of bacteria in their gut! This is referred to as our gut microbiota, often called the “forgotten organ.” There are approximately 10 times more bacteria cells in the gut than in any other cell of the body. In the past, bacteria has been associated with disease, but now we know that many strains of bacteria benefit our health by improving the gut microbiota, boosting our immune system and even enhancing our mood. These healthy strains of bacteria are called probiotics. Probiotics are live bacteria or yeast that when consumed, maintain or restore beneficial bacteria to the digestive tract. In doing this, probiotics heal the lining of the intestine by keeping harmful bacteria out, aiding in digestion and nutrient absorption and boosting our immune function. Recent studies have shown that probiotics can be useful in the prevention or treatment of diarrhea, constipation, IBS, ulcerative colitis, crohn’s disease, vaginal infection, UTI’s, ulcers, C.Difficile infection and eczema in children. You can find probiotics in food or as a supplement. Some good sources of probiotics are yogurt, kefir, sauerkraut, kimchi, kombucha and miso. Remember, a happy outside starts with a healthy inside!



# THE VILLAGE

Health & Rehabilitation

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MANAGED BY  
 The Goodman Group

## Staff

### Executive Director

Dee Strauss

### 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

## New Residents

- Sheryl S.
- John H.
- Ardella F.
- Ruth C.
- Marie C.
- Georgie W.
- William T.
- Loretta B.
- Helen K.
- Chris F.
- Norma G.
- Janet E.
- Alfred S.
- Doris B.
- Ralph S.
- Amelia C.



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Visit [facebook.com/VillageHealthCareCenter](https://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!