

# GOOD Life News

*at The Village Health & Rehabilitation*

AUGUST 2018

www.villagehealthcare.com



## Stay Safe in the Heat

When temperatures rise, we need to take precautions to prevent heat exhaustion and heat stroke. These conditions are caused by the body overheating and can be potentially dangerous, especially for older adults. Follow these tips to stay safe and cool this summer:

**Stay inside** — During extreme heat, the safest place is an air-conditioned area, especially during midday hours. Stay indoors or opt for outings to cool places such as a shopping mall, library or movie theater.

**Hydrate** — Even if you don't feel thirsty, sip on water or juice throughout the day, and eat hydrating fruits and vegetables. Avoid caffeinated beverages, which can contribute to dehydration.

**Dress appropriately** — Wear lightweight, loose-fitting clothing in light colors. When outdoors, keep your head cool with a wide-brimmed hat or umbrella.

**Take a break** — On hot and humid days, it's best to avoid strenuous physical activity, including exercise, even if you're indoors. Rest often and take it slow.

**Check your meds** — Some medications can affect the way the body regulates temperature. Ask your physician or pharmacist if any of your medications increase your risk of heat-related illness.

**Watch for symptoms** — If you or someone else shows signs of heat exhaustion, which can lead to heat stroke, seek medical help right away. Symptoms can include heavy sweating; cold, damp skin; weak, rapid pulse; nausea; dizziness; and headache.

## A Note From Life Enrichment

This month, we will be attending the Western Montana Fair to view the art projects the residents have entered along with looking at the animals, other various exhibits and enjoying some yummy fair food. We will also be taking trips to the Miracle of America museum in Polson, going on our monthly Walmart shopping outing and to Salmon Lake.

Have a great August,

*Robert R.*

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

**30 Years  
Recognizing  
Senior  
Citizens Day**

The United States Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom, leadership, and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include: starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.

## Resident Spotlight

Brenda S. was born May 21, 1946 in Nashua, N.H., to Leslie and Priscilla. Her father worked for more than 30 years for Improve Machinery as a paper machine builder, and her mother was a stay-at-home mom and later a cook at a private girl's school. Brenda has a younger brother, Leslie Jr., and sister, Claudia.

She attended school in Nashua through the sixth grade. She lived in an apartment complex and therefore had many friends. All the kids in the neighborhood would play together riding bikes, ice skating, roller skating, building bonfires and in general spending time outside when not in school. Brenda fell in love with roller skate dancing, which she did for about three years with a man who taught her the art. She also had a lot of extended family around, so when not with friends, she was visiting family for picnics, BBQs and reunions.

The family bought a house in Merrimack after sixth grade, where she completed her education. In the spring of 1962, she met her future husband, Earl. He worked with her father who decided to bring Earl home to dinner with the family. Brenda was already engaged but states it was interest at first sight. Brenda was working as a waitress at Dick's Diner, and in walked Earl. He said they both had birthdays that week, and he invited her on a drive to the White Mountains under the condition that she took off her engagement ring. They were married Oct. 26, 1963.

They moved to Nashua, where their sons, Kevin and Michael, were born. Later, they moved to Lebanon, N.H., where her son, Bryan, was born. In 1966, her husband started working for a large department store. After only six months, they put him in their Management Training Program. He would spend the rest of his career as a Manager for very large department stores. Later, his job was to travel and set-up new stores.

In 1975, they moved to North Conway and opened Reader's World. They stayed very busy running the store and even opened a second store in Berlin. They also attended the boys sporting events, organized neighborhood BBQs, went on family picnics, camped, traveled all over New England and danced as a couple whenever possible. They sold the stores in 1986, and in 1993, after the boys were raised, Brenda went to work for Aubachon Hardware. She worked there for 10 years before permanently retiring.

Her husband was still working in Management setting up large stores and managing the local CVS Pharmacy. For about a year, she spent two weeks a month on the road helping her husband. They were able to see many beautiful places up and down the east coast and Mid-Atlantic.

In 2010, her husband retired and they moved to Missoula with their youngest son. Sadly, her husband had a heart attack in 2013 and died. Brenda chose to move into Missoula Manor, where she was very active and met many new friends. In 2017, she moved to VHCC where she continues to be very active and has met many new friends.

By Annmarie C.



## Social Time with Social Services

This month, the Social Services team would like to review different forms which may be useful to organize your medical goals for care. An advance directive includes your Durable Power of Attorney for Healthcare (DPOA-HC) and Living Will conditions. DPOA-HC identifies who your decision maker may be if you are unable to speak for yourself or lose the capacity to make decisions. We often recommend this be a person you believe will follow through on your goals for living well and goals for end-of-life care. A Living Will is another piece of your advance directive, which helps define your goals if your doctor deems further medical care may be futile or of very limited benefit. A Physician Order set for Life-Sustaining Treatment (POLST) is a form recommended to be completed if your physician could state they would not be surprised if you had a life-ending event in the next year. The most important component of this communicates whether you would want CPR, but also addresses what types and the intensity of cares you are willing to have if hospitalized. We encourage residents and their families to complete these forms while well, to avoid difficult decision-making in a critical or stressful situation. If you would like further information about these, please contact one of our SS team. The following resources through the Montana State University may also be helpful: <http://msuextension.org/publications/FamilyFinancialManagement/MT200602HR.pdf> and <http://msuextension.org/publications/FamilyFinancialManagement/MT201112HR.pdf>

— Cheryl A., Marisa F., Joy M. and Annie W.

## Admissions and Marketing

### Refreshing Watermelon

Sweet and juicy, watermelon is a taste of summer. The refreshing snack is 92 percent water, so it can quench your thirst and cool you off when the temperature soars.

Watermelon is usually considered a fruit, but it has some properties of a vegetable. It is a member of the gourd family and related to cucumbers, squash and pumpkins. Therefore, some say it can be classified as both a fruit and a vegetable.

What is not debatable is the nutrition packed into watermelon. Its ripe red color comes from high levels of lycopene, an antioxidant that has been linked to a decreased risk of heart disease and cancer, and may protect the skin from sun damage. Watermelon is also a good source of potassium and vitamins A, B-6 and C.

More than 1,200 varieties of watermelon are grown worldwide. While most types have a deep green rind and red or pink flesh, some varieties have an orange, yellow or white interior. Usually sliced into wedges or cubed, watermelon can also be served up in salads and blended into juices or smoothies. Every part of the melon can be eaten, even the rind and seeds.

— Amber A. and Juli C.

## Food and Beverage/ Dining Services

The true benefits of drinking infused water

Everyone knows that drinking enough water is essential to maintaining a healthy body. The human body is 60 percent water, and every bit is used to promote proper blood circulation, food digestion, waste, temperature regulation and the movement of nutrients throughout the body. If you do not drink enough water, dehydration starts to show with signs of feeling tired or crampy and constipated. It is very important to drink enough water every day, and if fruit-infused water is a way you will drink it, then go for it. On a side-note, if you are drinking your infused water you are staying away from sugary high-calorie drinks that can make your body more dehydrated. Remember with all this hot weather to stay hydrated and fight dehydration to stay safe and healthy.

Thank You,  
Dietary Staff

## Nursing/Health Care

Happy summer! As the temperature outside continues to rise, so does our need for hydration. Dehydration is a condition that can occur when the loss of body fluids, mostly water, exceeds the amount that is taken in. There are many signs and symptoms related to dehydration. Some on the ones to look for are: dry mouth and tongue, sunken eyes, cheeks, listlessness or irritability, extreme thirst, less frequent urination, dark-colored urine, fatigue, dizziness and confusion. To prevent dehydration, drink plenty of fluids and eat foods high in water such as fruits and vegetables. Remember, an ounce of prevention is worth a pound of cure. Stay hydrated and enjoy the summer!

The Nursing Department

## Resident Birthdays

Prudence S., 10th

Jim D., 10th

Marilyn H., 12th

Cynthia L., 12th

Robert F., 15th

Eva B., 19th

Francis D., 21st

Shirley H., 22nd

Kurt H., 24th

Marie B., 24th

Barbara W., 25th

William K., 26th

Beverly L., 27th

Lawrence B., 29th

Daniel S., 30th

Vera C., 31st



**THE VILLAGE**

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 The Goodman Group

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Joy Mills

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Marisa Foskette

## Star Performer

Our Star Performer this month at VHR is Alissa Kickingwoman. Alissa has been a CNA at VHR for almost two years. Alissa is busy at home with all her children. Alissa's co-workers appreciate her hard work and helpfulness. We appreciate the great care Alissa gives our residents.

## New Residents

- David J.
- Susan M.
- Lois H.
- Maurice M.
- Levi E.
- Francis D.
- Marian B.
- William W.



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