

GOOD Life News

at The Village Health Care Center

DECEMBER 2017

www.villagehealthcare.com



Kathy's Korner

Christmas in December is a wonderful way to close each and every year. With Christmas, we can share the gifts that have been given to us all year long. The most important gifts are the gifts that let each and everyone know how very special they are when they enter in and out of our lives. Our actions reflect how we use these gifts we are given. We have the gift of love that has been given throughout the year. This gift of love that says a pleasant hello and gives us a smile has the effect of changing lives. We have been given the gift of our senses and speech that uplift and aromas of the delicious holiday cooking that bring back the memories of those who have journeyed out of our lives and our memories of our special times we cherish. Reach out and share your gifts daily as you will receive many gifts in return.

Remember, my door is always open.

Kathy Hammond, Executive Director

Nursing/Health Care

With cold and flu season fast approaching, let's take a few tips on hand washing from the CDC. Hand washing is like a "do-it-yourself" vaccine, it involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular hand washing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick and prevent the spread of germs to others. It's quick, it's simple and it can keep us all from getting sick. Hand washing is a win for everyone, except the germs. What are the simple steps to hand washing?

1. Wet your hands with clean, running water (warm or cold), keeping your fingers pointed downward and apply soap.
2. Lather your hands by rubbing them together with soap. Be sure to lather the backs of your hands, your wrists, between your fingers and under your nails.
3. Scrub your hands for at least 20-30 seconds and 40-60 seconds if visibly soiled.
4. Rinse your hands well under clean, running water with your fingertips pointed down.
5. Dry your hands thoroughly using a clean towel.

Stay healthy!

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

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Standard #17**

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

We use this Platinum Service mission in all we do to create a wonderful, safe and friendly community for our residents to call home. When we live up to the mantra of "Putting you at the heart of everything we do," we know that residents, families and team members are enjoying a positive, enriching experience each day. Understanding how to better serve our residents and families is very important to us. It helps make us contributing and supportive members of the community we serve!

Resident Spotlight

Lynn M. was born to Dick and JoAnne on May 30, 1951, in Chicago. Her father was a Civil Engineer, and her mother was a swim instructor for the YMCA. Soon after her birth, the family moved to California, where her brother Kevin and sister Julie were born.

Lynn attended various schools in California. She enjoyed a variety of activities with her family including, swimming, camping, fishing and roller skating. She often spent time with her family at the beach, enjoyed going to Sunday School and was a member of Girl Scouts. She also participated in running, swimming and bowling in Special Olympics.

Lynn's parents were divorced, and in 1965, her mother re-married Steve, a fireman for the Los Angeles Fire Department. Lynn felt blessed to have two fathers. In 1970, the family bought a ranch in Hamilton, Mont. Lynn lived in various group homes in the state of Montana — Butte, Helena and for the last 35 years, Missoula. She eventually moved into her own apartment and owned several cats which kept her company. During the day, she worked at Opportunity Resources labeling envelopes, painting and making pottery to sell. She continued to participate in Special Olympics for many years. At home, she enjoyed watching TV, reading mysteries, crosswords and the Missoulian, growing flowers and tomatoes, and spending time with family. Her family took her on many vacations including Glacier, Yellowstone, Texas and Montana camping trips. She even went on a cruise to Mexico with her good friend, Peggy.

In December 2016, a spinal infection brought Lynn to the VHCC. She was very comfortable here and said it seemed like home, so she stayed. She participates in all the activity programs and can be found in the halls daily visiting with staff and residents. Current Events, Bible Study, Church, Bingo, Game Night, Outings, Special Meals and Parties are her favorites. Lynn is both an Aunt and Great Aunt and often has visits from family. If you are new to the building, she will likely be one of the first to get to know you!

Annmarie Chambers, Life Enrichment Aide



Admissions and Marketing

"Blessed is the season which engages the whole world in a conspiracy of love."

— Hamilton Wright Mabie

Happy Holiday to you all! Juli and Amber in the Admissions Department are really looking forward to the holidays here with the residents. The Village is transformed every year with an elegant Christmas theme.

Please join us here at The Village for our Annual Holiday Bazaar! It will take place in the Life Enrichment room Dec. 1 and 2. It's always exciting to see the creativity of our residents shine through!

On Dec. 14, we'll host our Pearl Garden Holiday Party with our very special memory care residents; while on Dec. 15, the long term and sub acute residents will be toasting good cheer and singing carols! You might even find some residents telling stories or reading to others alongside the fireplace in the Solarium!

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

New Residents

Jennifer C.	Dorothy V.
Arne U.	Darrel S.
Albert W.	Theresa B.
John M.	Frankie M.
June P.	Kay K.
Lucy B.	Berneice P.
Gene A.	Judie M.
Bernard S.	John M.

Food and Beverage/ Dining Services

Harvest of the Month: Winter Squash

This month's harvest vegetable does not actually grow in Montana during the month of December, but then again not much does. The winter squash grows through the fall; however, because of how sturdy it is it can be kept through the winter months if stored properly. Plants that grow in the cooler temperatures will put their energy into increasing sugars in their fruit's cells when temperatures get down around freezing. This unique characteristic and strategy lowers the freezing temperature of the water found in the fruit's cells. The plants do this in order to prevent the plant's cells from freezing and bursting. Luckily for us, this leaves us with a sweet flavored winter squash that we can do all kinds of cooking with. Everything from soup to pie can be made with squash! All squash are nutrient-dense forms of carbohydrate. Winter squash in particular are high in Vitamin A and C as well as potassium. Squash can be easily prepared by cutting it in half, removing the seeds, covering the inner surface with cooking oil and sticking it in the microwave or oven. Depending on the size of the squash, cook it between 375-425 degrees for 30-45 minutes. You should be able to easily poke a fork into the center. Once the inside flesh is soft, it's time to eat!

To enjoy more fun facts about harvest of the month check out www.montana.edu/mtharvestofthemoth

Social Time with Social Services

As we gather for the holidays, we would like to share some ideas for family and caregivers to help communication, especially for those who are hard of hearing or may have difficulty communicating.

1. Be aware of the situation you are trying to communicate in, engaging when the resident is well rested and not doing two things at once.
2. Ask for the context of the message from the speaker and use clarifying questions.
3. Be aware of noise interference and minimize it.
4. Adjust lighting so you can see each other's faces. Stand/sit close so you can look at each other.
5. Give undivided attention to the speaker, and attend to their face.
6. Make sure your own hearing is intact.
7. Strategies to repair communication breakdowns — tell speaker if you do not understand the message, let speaker repeat the parts not understood and ask for clarification if needed.
8. Use external aids like an amplifier, communication board, basic sign language, etc.

Please reach out to staff if you or your family are having difficulty communicating. As caregivers we practice these techniques, and oftentimes resources are available on site or can be purchased at a reasonable cost.

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

Source: Improving Communication from The Source for Dysarthria, Second Edition

A Note from Life Enrichment

Happy Holidays,

Our Christmas Bazaar will be on Friday, Dec. 1, and Saturday, Dec. 2, between 9 a.m. and 4 p.m. Our outings this month will be to the Mall and to Walmart twice, so the residents who need to shop for Christmas items have an opportunity to do so. The residents will also get to participate in a tour of Christmas Lights around town, which is always a fun event. The resident Christmas Party will be held on Dec. 14, at 2 p.m., for our Pearl Garden residents and on Dec. 15, at 2 p.m., for our long term and subacute residents. There will be a lot of carolers and other musical guests coming in as well, so please feel free to come and join us. A New Year's Eve party will begin at 9 p.m. and all are invited. Have a Merry Christmas and a Happy New Year's.

— Robert Redfield, L.E.

Resident Birthdays

Wanda B., 3rd
Bertha S., 4th
Mao Y., 10th
Lana B., 12th
Larry M., 12th
Jean B., 12th
Edward M., 13th
Geraldine H., 17th
Varney C., 18th
Karen H., 20th
Joyce B., 22nd
Dorothy L., 24th
Susan K., 25th
Christy O., 27th
Laurel F., 29th
Doris G., 31st



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Life Enrichment Director

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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

Heidi Whyte

Joy Mills

Annie Waylett

Star Performer

Jessie Alward started at Village after taking our CNA training. She worked the floor and then moved into a bath aide position. Jessie is a great team player and helps out wherever she is needed. Residents and families also appreciate her helpfulness and great personality. Thank you, Jessie.

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!

