

GOOD Life News

at The Village Health Care Center

OCTOBER 2017

www.villagehealthcare.com

Kathy's Korner

Several of Missoula's medical providers like urologists, Rocky Mountain Eye, podiatrists and orthopedics are requiring the Power of Attorney to be present at outside appointments. Please review the letter from Rocky Mountain Eye as an example of their communication. We want to continue to assist with the transportation but the communities are expecting more from the family members.

Dear Facility Administrator: (From Rocky Mountain Eye Center)

We have found it necessary to implement a new policy in an effort to ensure the safety of our patients and staff, and to allow us to provide the most efficient patient care. We now require that all nursing home patients who are not coherent and cannot consent to medical treatment be accompanied to our clinic by their Power of Attorney (POA) for the duration of the time spent in our office. We now require that all patients who are not ambulatory must be accompanied to our clinic by a staff member physically capable of assisting the patient for the duration of the time spent in our office. We continue to have situations that compromise both the safety of the patient and our staff which gives us no choice but to implement and follow this policy. Oftentimes these patients may need assistance with transferring to an exam chair, help in the restroom, assistance completing paperwork or medical questions the patient may be unable to answer. Patients not accompanied by the appropriate POA or staff member capable of assisting the patient during the entire visit will have their appointment rescheduled to a later date. The patient will be returned to your facility without the scheduled treatment.

Village's transport team will continue to work with our families with transportation to outside appointments to ensure residents receive their care from outside providers.

Remember my door is always open.

Kathy Hammond, Executive Director



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

Health Literacy Month

This annual October observance is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopt a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit blog.thegoodmangroup.com.

A Note From Life Enrichment

It is time to begin our fall activities. This October, we will be going to Denny's, Walmart, the Book Exchange and the Rocky Mountain Elk Foundation. We will also be taking a drive around the city to see the changing colors of the fall foliage. Griz football is in full swing and we will be hosting a float again this year. Griz tailgate parties will also begin with snack and drinks. A Halloween party and costume contest will begin at 2:30 p.m. on Oct. 31. Residents will hand out candy to trick-or-treaters starting at 5 p.m. Bring in your children/families for some holiday treats. Please join us for any of our activity events.

— Robert, L.E. Director

Food and Beverage/ Dining Services

Our facility is participating in the new Montana Harvest of the Month program (www.montana.edu/mtharvestofthemonth). Each month, our facility along with other participating schools, preschools, after-school programs, colleges and grocery stores throughout Montana will showcase one locally or Montana grown or raised food by a) serving it in a meal or snack, b) offering taste tests to students, and c) doing educational activities. The two primary goals for this program are to expose Montanans to local, nutritionally dense foods and to support Montana's farmers and ranchers.

Watch the food service menu and information displayed and distributed in our facility for more information about the Harvest of the Month foods being featured. We encourage you to talk about the Harvest of the Month food and prepare these foods at home during the month that they are promoted. This year, we will feature the following foods.

- **September:** Summer Squash
- **October:** Kale
- **November:** Apples
- **December:** Winter Squash
- **January:** Carrots
- **February:** Beets
- **March:** Beef
- **April:** Grains
- **May:** Lentils
- **June:** Leafy Greens

We welcome your feedback during this pilot phase of Montana Harvest of the Month program at our facility. Please share your stories with the team by submitting your story at <http://www.montana.edu/mtfarmtoschool/connect/share-story.html>. We hope you join us in this opportunity to promote healthy eating and strong economies. Montana Harvest of the Month

Resident Spotlight

Maurice S. was born March 2, 1925 in Ekalaka, Mont. to Doris and Gordon. His father rented large tracts of land and raised cattle. His mom stayed home to raise him and his brother and four sisters. The family moved to Dixon, Mont. where Maurice attended Dixon High School. When not in school he helped his dad by feeding and roping cows, haying, and if there was free time he would hunt and fish and ride horses.



After high school, he went into the Army as a para-trooper in the Army 82nd Airborne during WWII. At the age of 88, his daughter Bev escorted him to Washington D.C. on the WWII Veterans Big Sky Honor Flight.

Upon his return from the military, he moved to Thompson Falls where he was employed by Flodin's Lumber as a lift truck driver and later, a yard boss. He would work there for 41 years!

In the fall of 1950, Maurice met Ilene. He fell in love and on December 27 they were married. They built a house outside of Thompson Falls where they raised Cheryl, Bev, Pamela and Heidi. The only other male in the family was the dog. The girls spent many weekends helping their dad get firewood and their mom tend the garden. Every weekend they baked bread for the week. Mom insisted the bed be made before the girls went anywhere — habit that is ingrained to this day. They had many chores and if completed, they earned the privilege of swimming in the river or going to a local football game. Their parents supported the Blue Hawks basketball and football teams for over 60 years and traveled for playoff games. Recently, they received an award from the school for their patronage.

The kids recall Dad giving them their daily wake-up call at the house on Eddy Flat. Dad would sit at the kitchen table in the morning and pound his elbow on the wall then proceed to the bedroom and flick the lights. This was their second warning. He would then go out to get the paper. If the girls were not awake when he returned, next was a cup of cold water. They also recall Dad got an elk every year. He was not a road hunter; rather, he scoured the hills searching for his elk. He has also always been a people watcher and enjoyed seeing others have fun.

When the youngest daughter Heidi was in seventh grade the family moved to Thompson Falls where Ilene started a floral shop. Maurice supported his wife in this endeavor over the next 8-10 years.

Maurice and Ilene will be married 67 years this December. After his retirement they went on cruises and spent a couple months in Alaska in a motor home. They also played Pinochle at the Senior Center every Sunday and participated in marathon couple games. And of course, they continued to watch the Blue Hawks basketball and football games.

Maurice moved to VHCC due to an illness. To be near, his wife Ilene moved across the street. He has almost daily visits from his "girls". Recently, they asked Dad what he would like to do and he answered, go on a picnic with his girls.

Social Time With Social Services

As we settle into fall, it is a good time to review some autumn health and safety tips. Steps to protect against the flu include getting a flu vaccination, covering your nose and mouth when coughing or sneezing and washing your hands often. Replace batteries for carbon monoxide batteries twice per year and smoke alarms once per year; test these monthly. Keep food safe during the holidays by cleaning hands and surfaces often, avoiding cross-contamination, cooking to proper temperatures and chilling promptly. Fall is a great time to learn your family history with family holiday gatherings, and learning about your family's health history can help for a healthier future. Start preparing for cold temperatures and weatherizing your home as exposure to cold temperatures can lead to serious health issues. All these little steps help promote wellness and avoid unanticipated illnesses. Hope you have a great October and Halloween.

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

Gathered from the Centers for Disease Control and Prevention Website.

Nursing/Health Care

The summer months in Montana seem to bring us wildfires which produce smoke. The following information comes from the New York State Department of Health: the smoke released by any type of fire (forest, brush, crop, structure, tires, waste or wood burning) is a mixture of particles and chemicals produced by incomplete burning of carbon-containing materials. All smoke contains carbon monoxide, carbon dioxide and particulate matter (PM or soot). Exposure to high levels of smoke should be avoided. Individuals are advised to limit their physical exertion if exposure to high levels of smoke cannot be avoided. Individuals with cardiovascular or respiratory conditions (e.g., asthma), fetuses, infants, young children and the elderly may be more vulnerable to the health effects of smoke exposure. Inhaling smoke for a short time can cause immediate (acute) effects. Smoke is irritating to the eyes, nose and throat, and its odor may be nauseating. Avoiding smoky situations is the best way to avoid exposure. If your age or health status places you at risk from smoke exposure you should speak with your doctor about alternative steps you can take when encountering smoky situations. We are encouraging our residents to remain indoors when it is smoky outside during this season.

Beth Moua, LPN, CDP
Long Term Care Unit Manager

Admissions and Marketing

Happy fall to everyone! October is National Breast Cancer Awareness Month! Try to sneak some pink into your wardrobe when you can!

The admissions office is eagerly awaiting actual fall weather to come to western Montana and hopefully put an end to the massive fire season we've all suffered through. Whether you've been affected by smoke or had to be evacuated from your home, we hope everyone is safe and back home by now.

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

"I'm so glad I live in a world where there are Octobers ... "

— Anne of Green Gables

New Residents

Elmer F.
Lawrence R.
Barbara M.
Marco D.
Joann S.
Frances G.
Nina T.
Edwin K.
Jolene N.

Resident Birthdays

Helen H., 7th
Mary W., 9th
Kay L., 10th
Charles D., 11th
Margaret J., 16th
Donna H., 20th
Anna Mae P., 21st
Barbara B., 22nd
Joan W., 26th
Donald B., 31st



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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

Eric Sorenson

Housekeeping Director

Cherol Branch

Maintenance Director

Mike Briggs

Social Services

Cheryl Armstrong

Heidi Whyte

Joy Mills

Annie Waylett

Star Performer

Our Star Performer this past month was Martine Harris.

Martine is a part-time receptionist who has been with us for almost three years. Martine wears many hats. She has graciously helped out in many departments as needed.

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!

