

GOOD Life News

at The Village Health Care Center

AUGUST 2017

www.villagehealthcare.com

Kathy's Korner

Our annual Mini Sturgis was a hot success. Even though the temperature was in the 90s, we managed to enjoy the music, good food and especially the motorcycle rides. I would like to thank everyone who assisted in achieving the success of this special event.



Aug. 22 is Be An Angel Day, a day to do "one small

act of service for someone." Every day we have angels in our building who are dedicated to service, compassion and love for the individuals we are so privileged to care for.

During "Wonderful Wednesday," we were reminded no matter how you feel in the morning, wake up and face the day with a smile. First, the smile will trick you into being happy. Then, it will trick others into thinking you're happy. Eventually, you just are happy. Facing uncertainty, chaos, difficulty or unhappiness with a positive outlook is good for your soul. Oh, and because happiness is extremely contagious, you may just spread it around too.

Remember, my door is always open!

Kathy Hammond, Executive Director

Admissions and Marketing Team

"Summer afternoon; to me those have always been the two most beautiful words in the English language." — Henry James

The heat is on! Wow, did it get hot fast or what?!

August can be the hottest month here in the Missoula Valley, so be sure to drink a lot of water and keep that sunscreen handy at all times.

The Admission and Marketing team wants to thank everybody who came out in the heat to donate blood for our annual blood drive. The Red Cross and patients across the country are grateful to you!

According to the Red Cross, "the number of whole blood and red blood cell units collected in the U.S. in a year is 13.6 million!" Plus, they say, "blood cannot be manufactured — it can only come from generous donors." Donors like you! Thank you!

Stay healthy (and cool), 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



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

**29 Years
Recognizing
Senior
Citizens Day**

The U.S. 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.

A Note From Life Enrichment

Hello,

Hope everyone is having a great summer. This month we will be attending the Missoula County Fair. The residents have entered projects in the fair and are curious to see what ribbons they have won. The other outings for this month will be going to a museum in Polson and then to Flathead Lake for a picnic. We will also take a shopping trip to Walmart this month and a picnic lunch to Travelers Rest. Please come join us for any of our activities.

Enjoy the warm weather,
Robert Redfield, LED



Village Health Care Star Performer

We are happy to introduce this month's Star Performer, Tori Stahl.

Tori has been a part of the Village Team for over 20 years. She has been a dedicated CNA and most recently studied to become a Med-Tech here at Village. Congratulations, Tori, on your new position, and thank you for all your years of service as a CNA.

New Residents

Eileen G.
Lana B.
Alma M.
Eva T.
Johanna N.
Clary C.
Patsy W.
Gary G.
John R.
Randal B.
Maureen S.
Sharon D.
Glenn S.
Marie H.

Nursing/Health Care

Happy Summer. Here are a few ideas from the CDL to prepare for the high temperatures: Take measures to stay cool, remain hydrated and keep informed. Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. People age 65 and older are at high risk for heat-related illnesses. Those who are at the highest risk include people 65 and older, children younger than two and people with chronic diseases or mental illness. Closely monitor people who depend on you for their care and ask these questions: Are they drinking enough water? Do they have access to air conditioning? Do they need help keeping cool? People at greatest risk for heat-related illness can take the following protective actions to prevent illness: Stay in air-conditioned buildings as much as possible. Drink more water than usual and don't wait until you're thirsty to drink. Check on a friend or neighbor and have someone do the same for you. Don't use the stove or the oven to cook; it will make you and your house hotter. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. Limit outdoor activity, especially midday when the sun is the hottest. Wear and reapply sunscreen as indicated on the package. Pace activity. Start activities slow and pick up the pace gradually. Muscle cramping may be an early sign of heat-related illness. Wear loose, lightweight, light-colored clothing.

Stay cool and hydrated.
Your Nursing Team

Resident Spotlight

Susan was born at Hamilton's Marcus Daly Hospital on a beautiful spring day April 27, 1965. Her parents, Bill and Marilyn, owned a ranch/farm in Stevensville, which Marilyn still lives on. She has two older sisters, Laurie and Julie.

The family worked very hard taking care of the grains, hay, corn, cattle, feed lot and a very big garden. Susan loved to help out in the garden, canning, baking, helping in the kitchen and helping her father with the branding and delivering horse oats to local customers. Baking was her favorite, especially baking cookies and delivering them on the four wheeler to her dad who was haying in the fields.

She attended Stevensville grade school and graduated from Stevensville High in 1983. She was always a good student, especially in math and reading. She was also a member of 4-H and raised two steers, Jacob and Esau. She named him Esau because he was red and hairy. Esau was reserve champion at the fair that year! Susan also won ribbons at the fair for her baking entries. Her mother recalled a time when Susan had a 4-H fundraiser selling lollipops. She had so much fun selling them that, unbeknownst to mom, she had ordered 200 more to sell. She did not find out until the UPS truck arrived at her door. Susan did sell every single one on her own. She was quite the salesman! In her free time she loved going fishing with her Dad at Lake Mary Ronan and catching bass and silver salmon. The family would spend time at their cabin at Medicine Hot Springs when they were able to get away from the ranch/farm.

After high school, Susan worked in the kitchen at the Stevensville Nursing Home for two years. Then, she moved to Missoula and worked at Opportunity Resources for 25 years! Her favorite jobs were refinishing furniture and folding and sizing shirts for the firefighters. She participated in Special Olympics running, bowling and swimming, enjoyed ORI outings and summer camp where she rode both on dog sleds and the stage coach. She lived in both independent living and in group homes until her retirement.

She moved back home with her mother for a couple years until repeated falls made it necessary to move into VHCC. She has been here since February 2016. She enjoys frequent visits from her mother Marilyn, watching the Disney channel, word searches, participating in FIT exercise classes, special meals, music, current events, socials, Happy Hour, sporting events, van outings, group relaxation and manicures.

— *Annmari Chambers*, Life Enrichment Aide



Food and Beverage/ Dining Services

Manhattan Clam Chowder vs. New England Clam Chowder

You think the rivalry between Manhattan clam chowder and New England clam chowder (sometimes called Boston clam chowder) isn't as serious as Yankees/Red Sox or Giants/Patriots? Consider this: in 1939, a bill was introduced in the Maine legislature to make it illegal to add tomatoes to chowder. For decades, New Englanders have viewed tomatoes in clam chowder as an affront to the very essence of soup. Chowder, New England adherents believe, should be thick, creamy and cream-colored, and that version has been around since at least the 1830s. Leave it to New Yorkers to reinvent something and call it their own. In the mid-1800s, the large Italian population in New York started using tomatoes in their chowder, thinning it out and giving it a reddish color, and hence, a new chowder was born. I think if you surveyed people, more would want the New England style versus the Manhattan Style.

— *Sean Shepard*, Dietary Manager

Resident Birthdays

Wilburn K., 2nd
Paula F., 3rd
John R., 7th
Prudence S., 10th
Alma M., 12th
Marilyn H., 12th
Cynthia L., 12th
Eva B., 19th
Lola M., 21st
Shirley H., 22nd
Marie B., 24th
Kurt H., 24th
Eileen C., 25th
Beverly L., 27th
Lawrence B., 29th
Vera C., 31st



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Staff

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Toshua Krushensky

Life Enrichment Director

Robert Redfield

Resident Care Coordinator

Beth Moua

Director of Admissions

Amber Aaseng

Dietary Director

Sean Shepard

Housekeeping Director

Cherol Branch

Maintenance Director

Mike Briggs

Social Services

Cheryl Armstrong

Heidi Whyte

Joy Mills

Annie Waylett

Social Time with Social Services

August is National Picnic Month, and the social work staff would like to take this time to encourage folks to connect with family and friends. During the summer, these connections can be even more enjoyable if that time can be spent outside in the courtyards available, in the regular outings available from Life Enrichment or with family outings, surrounded by the beauty of Montana. Personal connections lift our spirits, can make us feel re-energized and often lead us to being healthier and happier. Even going for a walk can create this boost, through connecting with nature. Throughout life, we continue to create connections that make our days more meaningful and give us interactions to look forward to. We hope you all have a great summer and continue to create these memorable moments.

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

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!

