

GOOD Life News

at The Village Health & Rehabilitation

APRIL 2018

www.villagehealthcare.com

A Note From Life Enrichment

Hello,

Hopefully spring is finally here! The residents are ready to get outside and participate in outdoor activities as well as outdoor van outings when the weather permits. This month, we will be going to Fuddruckers, Walmart, The Book Exchange and to the Lee Metcalf National Wildlife Refuge with our Long Term and Pearl Garden residents. We will be taking a picnic lunch to eat while observing the wildlife. Please come and join us for any of our activities.



Thank you,
Robert Redfield, L.E.

Food and Beverage/ Dining Services

Family and friends of residents: Please remember to put a name and date on food that is brought in and stored in the fridge for residents. We strive to guarantee food safety and quality to all residents. Your part in labeling the food will help us to do this. The date and resident's name are important to guarantee that resident's food does not go bad, get thrown away early or get given to the wrong person.

April's Harvest of the Month featured Montana food is grains! Montana is the third top producer of wheat and barley. In addition, oats and corn are grown in Montana. Including whole grains in your diet is good for digestion and can help prevent chronic diseases. While refined grains, such as white rice and white flour, have had much of their fiber and nutrients removed through processing, whole grains are rich in fiber, B vitamins and minerals. Try to make at least half of the grains you eat whole grains. Examples of whole grains are whole wheat bread, pasta and crackers, oatmeal, quinoa, brown or wild rice, and hulled barley.



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

Our Platinum Service[®] program is the centerpiece of our promise to each of our residents, families and all those we serve to deliver the highest quality of service on a legendary scale. At The Goodman Group, this program transcends everything we do. It is intrinsic to our culture and woven into the fabric of who we are. We respect our residents and guests and promise to create a positive and enriching experience to gain lifetime loyalty.

**Our Platinum
Service[®] Pledge**

"Providing unparalleled service is the focus of our team efforts and my main personal role. I am committed to following and supporting our service philosophy."

Resident Spotlight

Ann G. was born an only child on December 31, 1948 to Bill and Betty in Lufkin, Texas. Her father worked in an iron factory and her mother had been a dental assistant until her marriage. Ann attended St. Patrick's Catholic School through fifth grade.

Ann's family moved to Missoula, Mont. when she was 13. She had two uncles who urged them to relocate. Her dad got a job at Circo Manufacturing which assembled office tables and Ann started school in Lolo and later, Lowell Grade School. In 1967, she graduated from Hellgate High School.

Her favorite subject at school was spelling. When not in school, she loved playing outside with her best friend who lived across the street. They loved playing jokes, especially on April 1 (her friend's birthday). Her dad often took her fishing and taught her to cast. Her high school graduation present was a Remington 22 rifle. Her dad would take her grouse hunting and she got to be a very good shot. She also remembers family vacations to Smoky Mountain National Park, Canada, Utah's Bryce Canyon and Zion National Park and the Oregon Coast. Her family had a camper so they did a lot of camping in the summer. She also spent a lot of time babysitting her three young cousins.

After high school, Ann got a job at Hillside Manor as a housekeeper. When she quit, she discovered her replacement needed a babysitter. She watched the three girls for 10 years until they moved away. They became like family.

In 1971, she married Greg, who worked at the USPS as a mail handler. Ann helped supplement the family income through babysitting. Their son Brian was born August 3, 1982. They continued to do a lot of camping and vacations with her parents. Brian's grandparents were a big part of his life.

In 1993, Ann divorced her husband and took full custody of her son. Ann continued to live in the family home and supported her son through her babysitting. In her spare time, she enjoyed beading, making jewelry, adult coloring books and listening to music. After her dad died, she sold her house and moved in with her mom, who had dementia. She took care of her for the next five years until her death. She then moved to various locations in Missoula until coming to live at VHCC in early 2017. She enjoys many of the Life Enrichment activities, is an avid reader and enjoys knitting with a loom. She even volunteered to teach others in our Knitting Club. She is happy to share that, due to her own diet restrictions, she has lost 98 pounds since moving into the Village. Good job! She especially enjoys visits from her son Brian, daughter-in-law Stephanie, grandsons Ethan and Emmet, and granddaughter Emily.

By Annmarie Chambers



Social Time With Social Services

We are happy to announce a new staff member to our team! Marisa Foskette has recently moved from Helena, Mont. and joined our social services team. Here are some interesting factors about Marisa that we wanted to share:

What interests you about your new Social Services position?

"What interests me most about my new Social Services position is the opportunity to connect residents to resources in our community that they may not have known about. I'm also interested in getting to know the residents personally and watch their healing process unfold from start to finish."

What led you to work in senior care?

"I've always been interested in getting involved in senior care as it's a field that runs in my family. Both my mother and my grandmother have careers in senior care and their stories have always inspired me to take the same path."

Please join us in welcoming our newest team member.

Your VHR Social Services Team — *Cheryl Armstrong, Joy Mills, Annie Waylett and Marisa Foskette.*

Nursing/Health Care

As spring is around the corner, so is allergy season for many individuals. The following is some information from the CDC.

Allergies are the sixth leading cause of chronic illness in the United States. More than 50 million Americans suffer from allergies each year. Allergies are an overreaction of the immune system to substances that generally do not affect other individuals. These substances, or allergens, can cause sneezing, coughing and itching. Allergic reactions range from merely bothersome to life-threatening. Some allergies are seasonal, like hay fever. Anyone may have or develop an allergy, from a baby born with an allergy to cow's milk to a child who gets poison ivy, to a senior citizen who develops hives after taking a new medication. Allergies can generally not be prevented but allergic reactions can be. Once a person knows they are allergic to a certain substance, they can avoid contact with the allergen. Strategies for doing this include being in an air-conditioned environment during peak hay-fever season, avoiding certain foods and eliminating dust mites and animal dander from the home. They can also control the allergy by reducing or eliminating the symptoms. Strategies include taking medication to counteract reactions or minimize symptoms and being immunized with allergy injection therapy. Check with your doctor for specific information on available treatments.

Resident Birthdays

George A., 2nd	Kirk L., 20th
Yvonne P., 5th	Richard R., 23rd
Helen D., 10th	Susan K., 24th
Lucille C., 17th	Susan S., 27th
Eileen G., 19th	Kenneth M., 30th

Kathy's Korner

My turn has just arrived in the world of retirement. I am officially retiring at Village Health and Rehabilitation (in my heart, Village Health Care), effective May 18, 2018. This position has been my passion and the relationships I have been able to be a part of have been priceless.

I want to personally thank you for the many opportunities you have given me over the years. My time with the company has filled me with a sense of purpose and belonging that none other could offer.

When I applied and was promoted to the position of Executive Director 10 years ago, I was overwhelmed with gratitude and I have grown (older) personally and professionally, and I am pleased with the work I have done, as well as the leaders and staff I have had a privilege to work with. I have thoroughly enjoyed my time making Village a safe, clean and memorable environment for our residents. I will cherish the memories forever.

I will enjoy spending time with family, traveling and assisting my children with Harvest Home Care business in Missoula. I have worked at Village Health for over 22 years and I will miss being a part of our team and company. The residents, staff at Village and The Goodman Group will always have a place in my heart.

Thank you for the opportunity and best of luck in the years to come.

New Residents

- Jean P.
- Angelina H.
- Marcia S.
- Lyle S.
- Ila N.
- Erin O.
- Gay M.
- James S.
- Glenda B.
- Mary C.
- Shirley M.
- Mercedes Z.
- Rita H.
- John B.
- Monty P.
- Judith B.
- Rosario A.
- Dorinda T.

Star Performer

Our Star Performer for this month at Village Health and Rehab is Ashley Basque. Ashley has been a CNA here at VHR for over 10 years. (What dedication!) She is known for her kindness to the residents and being a wonderful team player. Thank you Ashley and congratulations on being this month's Star Performer.



THE VILLAGE

Health & Rehabilitation

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Maintenance Director
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Social Services
Cheryl Armstrong

Social Services
Joy Mills
Annie Waylett
Marisa Foscette

Admissions and Marketing

Spring has finally SPRUNG! It is such a pleasure to look outside our facility and see the gorgeous landscaping around Village!

The Admissions Team wishes everyone a happy and healthy month of April. Go outside and read a book! Play Pinochle! Play cards! Do some gardening in our main courtyard! But most of all, let's all enjoy this gift of life!

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

"A gush of bird-song, a patter of dew, a cloud, and a rainbow's warning; Suddenly sunshine and perfect blue — an April day in the morning."

— Harriet Prescott Spofford



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