

GOOD Life News

at The Village Senior Residence

NOVEMBER 2017

www.villagesenior.com

November Happenings!

Brain Busters!

Our wonderful Pharmacy students will be back to help us work our brains on Thursday, Nov. 2, from 1-2 p.m.! Come to the activity room and play some fun games with us! We look forward to seeing you there!



Veterans Day Program!

We will be honoring our Veterans on Friday, Nov. 10, starting at 1:30 p.m., in our main dining room. The Target Range kids will be here to start us off with their wonderful Veterans program. Then, the Big Sky High School band will help us with the Missing Man Table Ceremony and as we honor each of our Veterans.



Kathryn's Korner

Dear Friends,

We pay tribute to our Valiant Veterans® on Nov. 11 each year.

I believe we should express our gratitude daily. Thank you to each of you veterans and your supportive families for your dedicated service!

Thanksgiving is a special time for us to be mindful of all we have to be thankful for. We are especially thankful for all of you who so unselfishly give to others. To our many volunteers, including residents, family members and staff, your generosity and willingness to share your many talents with us here at The Village Senior Residence is greatly appreciated all year long.

Happy fall, y'all! Wishing you and those you love a warm and special Thanksgiving!



Kathryn E. Beaty, LNHA
Executive Director



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

FIT Functional Fitness®

Our FIT Functional Fitness program is designed to go beyond typical senior fitness programs to help improve core strength, balance, cardiovascular health, and promote relaxation. Developed in partnership with a board certified exercise physiologist, the program's targeted exercises are created to deliver the maximum benefit for each participant. The goal is to increase overall health and wellbeing, reduce potential for falls and encourage residents to remain active. FIT Functional Fitness incorporates four fitness programs, taking current health levels into consideration and allowing all residents to participate.

Brain Busters!

Be sure to join us for the next one on Nov. 2 at 1 p.m. in our activity room!



Conversations with Jaimi

Watch for notices to come for some special times to visit with me in a group to discuss some basic topics and services we provide here at The Village Senior Residence. In the meantime, there is some helpful information in the article below.

The Fight Against Alzheimer's

National Alzheimer's Disease Awareness Month takes place every November.

Researchers are constantly learning more about Alzheimer's. Advances in brain imaging are helping provide a clearer understanding of how the brain is affected by the disease. Studies are exploring links to other health conditions, including heart disease, diabetes, stroke, high blood pressure and high cholesterol. This research may make earlier diagnosis of Alzheimer's possible, leading to better treatments and possible prevention.

Currently, there are medications that can temporarily slow the progression of symptoms and provide a better quality of life for patients. The Alzheimer's Association says several drugs that potentially could stop the disease from advancing are in the development and testing stages.

Non-medical therapies have been shown to help both patients and caregivers living with Alzheimer's. Music therapy often involves playing upbeat tunes during everyday activities, calming music near bedtime or to ease confusion, and familiar music from the patient's past to provide comfort and prompt memories. Art therapy can give patients a way to express themselves when communication is difficult.

Storytelling is another therapeutic technique and includes programs such as TimeSlips, which uses photographs to inspire those with Alzheimer's to create and share stories. Scrapbooks, photo albums and memory boxes are other tools that can encourage patients to reminisce and talk about their lives.

Happy fall!

Jaimi White, RN
Director of Nursing



Resident Spotlight

Luella was born in Hamilton in 1940 but grew up in Corvallis. She is one of nine children. She had six sisters and two brothers. One of her brothers died when he was only three years old from Rocky Mountain Spotted fever. Her dad had a farm. He grew sugar beets and wheat, and they had some cattle. Luella and her siblings



helped in the fields from when they were young. When she was 12 years old, they sold the farm, and her dad went to work for another rancher. She graduated from high school in 1958. After graduation, she moved to Helena, where one of her sister's lived with her husband. She got a job at the Union Bank & Trust Company.

She met her husband while she was living in Helena. Her brother-in-law worked in a bar, and she and her sister would go see him. Her future husband would be in the bar sometimes, and they started visiting. They dated for a year and then got married in 1959. He worked for the railroad and would get transferred every so often, so they lived in several different places. After they were married, they moved to Livingston. They had their four children, boys boys and one girl, while they were there. When her oldest son was a senior, they moved to Missoula, which is where all the kids graduated from Sentinel High School. After they all the graduated and were off on their own, Luella and her husband moved to Spokane. While Luella was still in Spokane, she took up golf. She had a great time golfing in places like Idaho and Canada.

During this time, they separated, and Luella eventually remarried. She and her new husband settled in Oregon and bought a house there. Luella loved it in Oregon. They did some traveling to Hawaii, New York, Alaska and Mexico, along with some other spots. At some point, they decided they would move to Hamilton to be closer to some of their kids. In 2011, her husband got cancer and passed away. The house in Hamilton was too much for her to take care of so she moved into Missoula to the Union Square Apartments. She lived there for six years and then moved here into the Village Senior.

A little known fact about Luella is that she plays the accordion. She took lessons from Tom Collins who was a very well-known accordion player here. She started playing when she was in high school. She said she only ever played for her own pleasure and her family and friends. She no longer has her accordion and hasn't played in many years, but I'd bet if one was in her hands, her fingers would remember how to play!

Kitchen Kettle

Dear Residents,

Well, November is here, and so is the holiday season. It is full of special meals and parties, but what a fun time it is! November to February always goes by so quickly, and I can hardly believe we are in the home stretch of another year. Please look for the changes on the menus for meal times for the holidays. These changes can be seen on Thanksgiving, Christmas Eve, Christmas Day, New Year's Eve and New Year's Day. Also, we have a special meal and time the night of our employee Christmas party. All these changes will be posted the week(s) before the holiday to make residents aware.

Thanksgiving meals:

Light Breakfast: 7:30-9 a.m.

Brunch: 10-11:30 a.m.

Dinner: 3:30 p.m. (one seating)

These times will be posted in specific areas to remind everyone of the change in times. We will also be asking you all to stop at the front desk to let them know if you will be here for Thanksgiving and whether you will have guests. This is so we will know how many people to expect. Also, please keep in mind we are unable to accommodate numerous large groups of guests. Please let us know in advance if that is something you are planning.

We welcome to our team a group of wonderful new staff. Welcome Ashley Wilson to our full time crew. Welcome to our part time team Prabh Monder, Regina Huff, Collin Baker, Nathan Osellame and Nevaeh Gregory. Let them know how glad you are they chose the Village Senior Residence for their employer!

Lastly, we ask for your patience as we continue to discuss the changes we have implemented in our serving schedule — specifically the Sunday meals. Change is never easy, but I know it will be wonderful for many residents to have so many more options for eating times on Sundays as a result of this change. Please come to our next food meeting on Tuesday, Nov. 14, at 2 p.m., as we continue to discuss this subject. Please note I will keep it short so as not to conflict with Presbyterian Prayer & Communion that begins at 2:30 p.m. May this find you with a smile on your face and love in your heart!

Good Cooking

Jessica Moraca
Director of Culinary Services

Resident Birthdays

Jane W., 4th
Woody O., 7th
LaRane S., 7th
Norma M., 11th

Irene R., 14th
Chester H., 19th
Clarene D., 23rd



THE VILLAGE

Senior Residence

2815 Old Fort Road
Missoula, MT 59804
406-549-1300



A PLATINUM SERVICE®
COMMUNITY MANAGED BY



The Goodman Group
Moments matter. Live them well.®

thegoodmangroup.com

Staff

Executive Director

Kathryn Beaty

Director of Nursing

Jaimi White, RN

Life Enrichment Director

Katie Knudsen

Director of Marketing

Cyndi Kenck

Director of Dining Services

Jessica Moraca

Maintenance Supervisor

Jake Schauer

Business Office Director

Rhonda McCarthy

Platinum Service®

Ambassador

Jim Adams

Housekeeping Manager

Arleen Turk

Quality Coordinator

Changmee Vang

New Neighbors

Joe K.

June S.

Like Us on Facebook

Go to facebook.com/TheVillageSeniorResidence to see pictures and catch up on all the fun here at The Village Senior Residence. This is a great way for family members and friends to stay connected!

