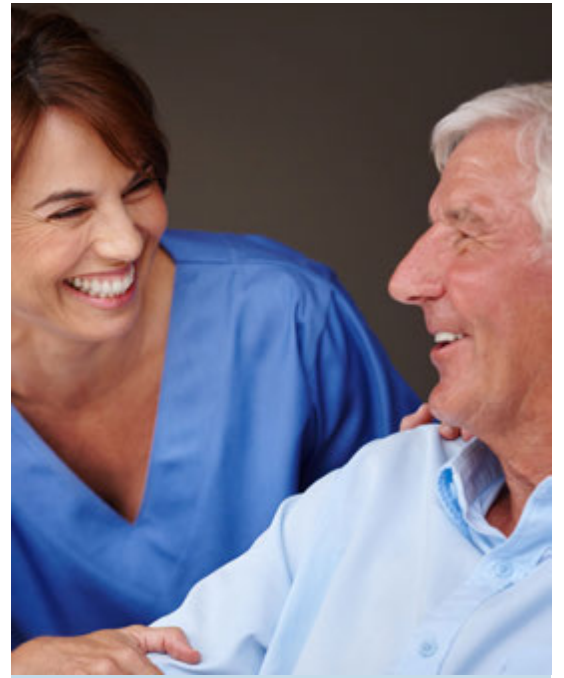


# GOOD Life News

*at The Village Senior Residence*

MARCH 2018

[www.villagesenior.com](http://www.villagesenior.com)



## Kathryn's Korner

Dear Friends,

On these cool, damp and sometimes foggy, snowy and icy mornings, it may seem that spring will be a long time coming, but it will be here before we know it!

Spring is my favorite season because of God's renewal of the earth following the winter. May you enjoy celebrating a happy spring beginning March 20!

— Kathryn E. Beaty, LNHA  
Executive Director

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

**Platinum  
Service®  
Standard #20**

*"I am an ambassador for our company and continually promote our services. I always conduct myself with integrity and uncompromising values."*

What does it mean to be an ambassador for our community? An ambassador is not only a representative; being an ambassador means that what we do and the way we do it is the result of a direct personal connection with our team and residents. Being an ambassador goes well beyond the concept of being "good at our job," it requires an emotional connection. Here, we are fortunate to have such dedicated, skilled and upbeat team members who make our community a great place to live and work.

*"Integrity is what we do, what we say, and what we say we do."*  
—Don Galer

## March Happenings!

### St. Patrick's Day Party!

We will be having our annual celebrating of the Green on Friday, March 16. Ellie Nuno and friends will be here to help us celebrate St. Pat's Day, so come down to our main dining room at 2 p.m. with your green on!

### Good Friday Service

Friday, March 30, is Good Friday this year. We will have our Good Friday Service in our main dining room at 2 p.m. The folks from the Presbyterian Church will be here to lead the service for us.



## Resident Spotlight

Randy was born in 1948 in Iowa. Randy is the oldest of four with two brothers and one sister. Four days after he was born, they moved to Oregon. His dad was a truck driver in Iowa but decided to move to be closer to his family. Once the family got to Oregon, his dad stopped driving trucks and started working in the plywood mills. His parents moved quite a bit around Oregon while Randy was growing up, finding work at plywood mills around the state. Growing up, Randy liked to go hunting and fishing with his dad.



Randy liked school and played a variety of sports. He played any position they put him at in baseball, football and basketball and was even an assistant coach for the baseball team in Port Orford, Ore.

They lived in Oregon for about 15 years. Halfway into his sophomore year in high school, they moved to Missoula because his dad was offered a position here. Before graduation, Randy started working for a plywood company in Missoula as a general cleanup crewman. After high school, Randy went to a trade school in Washington state, but after four months, he got homesick and decided to come back to Missoula. He went back to work for the plywood company as their janitor, block setter and general maintenance crew for about 12 years.

In 1979, Randy started working at Opportunity Resources Incorporated in their wood shop, working on a variety of projects every night, where he met his future wife, Janet. They met one night while Randy was going into work and Janet was getting off of work. They had both worked in the wood shop but had not known each other until they bumped into each other that night. Randy started refinishing furniture while at Opportunity and asked Janet to work with him. Theirs was a long dating process lasting about 14 years from meeting each other to Randy asking her to marry him. Randy also worked at Pizza Hut for about five years as a multi-faceted employee, working any position they needed help with.

In 1992, he started working at the Missoula Country Club as a prep cook and on the cleanup crew. He also worked as a dishwasher and all-around handyman. He worked there for 23 years.

Randy and Janet have made quite a few trips to Chicago, where Janet's mother lived, taking in ball games and touring the Windy City. They have also toured Hawaii, Rome, the Caribbean and a few other countries. In 2015, Randy moved into The Village. He now likes attending all of the events we have here at The Village, taking long walks in the fresh air all around our area and taking in as many of the Montana Grizzlies games he can. He admits it all started with the football games and has blossomed to watching anything Grizzly. He likes to talk with all of our residents and employees.

## Health Perks of Positivity

March is Optimism Month, but those who make a year-round habit of looking on the bright side may reap a number of health benefits.

Better physical health: Optimists tend to have reduced rates of heart attack and stroke, as well as lower blood pressure and better cholesterol levels.



Evidence suggests that those who have a positive outlook are more likely to exercise, eat well and get enough sleep.

Increased life span: Since optimism and good health often go hand in hand, it follows suit that people who view life through rose-colored glasses are apt to live longer. A study of centenarians found that the majority had positive attitudes.

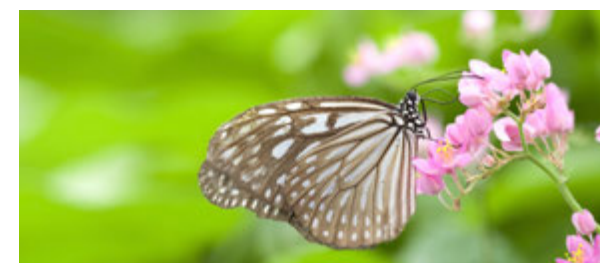
Stronger immune system: Research shows that being optimistic about a stressful situation can raise the body's immune response, increasing its ability to fight infection and disease.

Lower depression rate: Compared to pessimists, optimists are often more social, handle stress better and are more resilient. These qualities can help ward off depression.

Faster recovery: Recovery rates show that people with sunny dispositions bounce back from illness and injury faster than those who are less hopeful.

## New Neighbors!

Donna H.                      Thelma G.  
Dorothy H.                    Carol A.



## HIPAA: What Is It Anyway?

HIPAA is the acronym for the Health Insurance Portability and Accountability Act that was passed by Congress in 1996. HIPAA does the following:

- Provides the ability to transfer and continue health insurance coverage for millions of American workers and their families when they change or lose their jobs
- Reduces health care fraud and abuse
- Mandates industry-wide standards for health care information on electronic billing and other processes
- Requires the protection and confidential handling of protected health information

The HIPAA Privacy regulations require health care providers and organizations, as well as their business associates, to develop and follow procedures that ensure the confidentiality and security of protected health information (PHI) when it is transferred, received, handled or shared. This applies to all forms of PHI, including paper, oral and electronic, etc. Furthermore, only the minimum health information necessary to conduct business is to be used or shared.

How do HIPAA regulations affect the residents of The Village Senior Residence?

At The Village Senior Residence, we are one large family who have genuine concern about the health and welfare of our friends and neighbors. It can be very frustrating when inquiring about them only to be informed that the staff members can't provide the information. Please be aware they are following Federal Guidelines.

Some residents have requested that we release certain basic information about them to their friends and neighbors, such as letting friends know they are out of the building or their phone number. Others prefer to share the information themselves and appreciate privacy.

Residents helped to develop a form they feel will help clarify what information they would like the staff members to release and to whom.

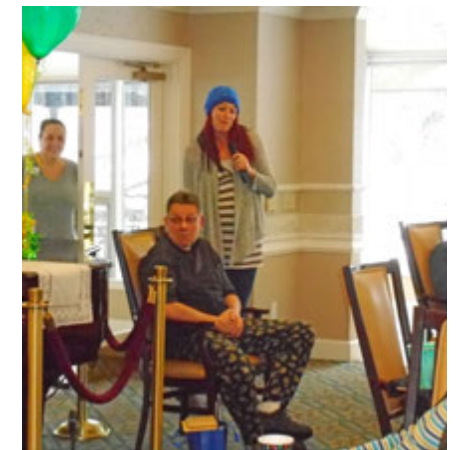
This is in addition to but does not replace the HIPAA release.

No resident is required to use this form.

Forms are available at the Front Desk with additional information.

## Jon's Retirement Party!

We said goodbye to Jon, our cook of 27 years. We wish him the best!



## Resident Birthdays

Ted B., 6th  
Randy S., 31st



**THE VILLAGE**

Senior Residence

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MANAGED BY  
 The Goodman Group

## 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

## We've Been Here Awhile

At Jon's Retirement Party, we took a picture of those employees who have been at The Village Senior Residence for more than 20 years. Pictured from the left with how many years they have served:

- Rhonda McCarthy, 39 years
- Kathryn Beatty, 28 years
- KathAnn McKinnly, 27 years
- Jon Winters, 27 years
- Jessica Moracca, 24 years
- Katie Knudsen, 23 years



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