

# GOOD Life News

*at The Village Senior Residence*

OCTOBER 2018

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



## October Happenings!

### Flu Shots!

We will have some Pharmacy folks here to offer flu shots again this year! That date is Thursday, Oct. 11. Look for more information soon!



### Halloween Party!

We will be having our annual Halloween Party on Wednesday, Oct. 31, in our main dining room at 2 p.m.! Come down and enjoy all the fun and yummy food for this ghoulish holiday!



## The Role of a Physician Assistant

In the health care industry, physician assistants, have a growing role in helping to meet the population's increasing medical needs.

The physician assistant profession began in the 1960s in response to a shortage of primary care doctors. Since that time, the career has become one of the fastest-growing in the medical field.

Physician assistants are educated in general medicine so they can provide a wide spectrum of care. They must earn the equivalent of a master's degree from a specialized program, which requires classroom training and clinical experience similar to that of a traditional medical school.

Working in collaboration with a supervising licensed physician, certified PAs can perform most of the same duties as a medical doctor. They can conduct physical exams, diagnose illnesses, prescribe medications and treatment plans, order lab work and other tests, and perform procedures. PAs work in a range of medical settings, including doctors' offices, health clinics, hospitals and senior living communities.



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

**Health  
Literacy  
Month**

This annual observance month 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 adopting 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](http://blog.thegoodmangroup.com).

# MCT Play 2018! King Arthur's Quest

Thank you to everyone who participated and came to see our play. We are excited for next year!



## Kathryn's Korner

My, what different weather conditions we have experienced this year!

It seems we had such an extended winter that went right into a very hot summer, which seemed all too brief.

Fall has arrived according to the calendar, and at this writing, the leaves are not yet changing color to all of the vivid reds, golds and oranges that we enjoy this time of year. I do look forward to seeing those colors before the snow flies.

Happy fall, y'all!

*Kathryn E. Beaty, LNHA*  
Executive Director

## Pizza Across the Planet

Pizza is a popular food in the U.S., with pepperoni, sausage, mushrooms and onions the top picks for ingredients. See what pizza toppings make the cut in other countries:

**Italy** — The place where pizza started boasts a variety of additions to their pies. Prosciutto, anchovies, eggplant, truffles and potatoes are among Italians' go-to choices.

**Brazil** — Green peas are a popular vegetable in this South American nation, and they're often found on Brazil's thin-crust pizzas, along with carrots, beets, raisins and quail eggs.

**Japan** — Seafood is a mainstay of this island nation, where pizza toppings include octopus, eel and seaweed. Squid ink is sometimes used to create a dramatic black sauce instead of the typical red tomato sauce.

**Costa Rica** — Coconut is the No. 1 pizza topping in this Central American country, and it's often paired with shrimp.

**Sweden** — A pie known as pizza Africana is very popular in this Scandinavian nation. Also called banana curry pizza, bananas and curry powder are the main ingredients, along with peanuts, chicken and pineapple.

**Australia** — Craving some "shrimp on the barbie"? Order an Aussie pizza with shrimp, pineapple and barbecue sauce. Local meats such as kangaroo, emu and crocodile are also featured on pies in the land Down Under.



## Sweets in Military Service

Providing energy, calories and a little taste of home, candy served America's fighting forces during World War II. Sample some of the treats included in troops' field rations:

**Chocolate bars** — The military knew that chocolate could provide soldiers with needed calories in an emergency, but melting was a problem. The Hershey Chocolate Co. solved the problem by producing special 4-ounce ration bars, which had a high melting point, but were hard, dense and bitter.

**M&M's** — After the U.S. entered the war, the chocolate candy with a hard sugar shell was made exclusively for the military since it was heat-resistant in tropical weather and its original cardboard tube package was easy to carry. After the war, GIs were hooked on the tiny treats.

**Tootsie Rolls** — These hearty, chewy, chocolate-flavored candies could withstand a variety of climates, so the military put them on the front lines with American troops.

**Life Savers** — Ads from the era explained that "some soldier, sailor or Marine is enjoying it somewhere," and that rolls of the hard "candy with the hole" could be hard to come by. More than 20 million boxes of Life Savers were supplied to the military. Other candymakers donated their sugar rations to keep the sweet in production.

**Chewing gum** — Ration kits also included gum to help quench thirst and release tension. Soldiers chewed tablet and stick varieties from brands such as Wrigley's, Beech-Nut, Dentyne and Chiclets.

## Resident Birthdays

Jeanne L., 6th	Joanne V., 22nd
Ray D., 8th	Don M., 26th
Eileen B., 14th	Marietta F., 29th
Carleen N., 15th	

## Anniversaries

Harvey & Margaret O., 10/24/1953



**THE VILLAGE**

Senior Residence

2815 Old Fort Road, Missoula, MT 59804  
406-549-1300 | [www.villagesenior.com](http://www.villagesenior.com)



MANAGED BY  
 The Goodman Group

## Staff

**Executive Director**

Kathryn Beaty

**Director of Nursing**

Jaimi White, RN

**Environmental  
Services Director**

Jake Schauer

**Life Enrichment Director**

Katie Knudsen

**Director of Marketing**

Cyndi Kenck

**Director of Dining Services**

Joe Martell

**Business Office Director**

Rhonda McCarthy

**Platinum Service® Ambassador**

Jim Adams

**Quality Coordinator**

Changmee Vang

## New Neighbors!

Donna J.

Marcella L.



## Like Us on Facebook

@TheVillageSeniorResidence

Visit [facebook.com/TheVillageSeniorResidence](https://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!