

# GOOD Life News

*at The Village Senior Residence*

JULY 2018

www.villagesenior.com



## July Happenings!

### Fourth of July Celebration!

Come down to our main dining room on Wednesday, July 4, at 2 p.m., and help us celebrate our independence! We will have Western Union here to entertain us. See you there!



### Mini Sturgis!

Saturday, July 21, is our annual Mini Sturgis! We will be serving a BBQ lunch outside and giving motorcycle rides. There will be great music from the band, Blue Collar, and face painting for the kids. The fun starts at 11 a.m. and goes till 2 p.m. Your family and friends are invited! See you there!



## Kathryn's Korner

Dear Friends,

Many of us are very patriotic and are looking forward to celebrating our great nation's birthday on Tuesday, July 4. I think many of you would agree there is some interesting reading in the Declaration of Independence written by our forefathers in Congress on July 4, 1776.

I enjoyed a wonderful opportunity in 2015 visiting Philadelphia. I don't even have the adequate words to describe how fascinating it was to view the Liberty Bell and the Halls of Congress. Oh, if those walls could only talk! One of the most fun sites is the Benjamin Franklin Post Office which remains in operation. How often do you see a hand-stamped cancellation these days?

May you enjoy a wonderful celebration and time of remembrance!

Long may freedom ring!

*Kathryn E. Beaty, LNHA*  
Executive Director

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

**Platinum Service®  
Standard #2**

*"I build lifetime relationships with our residents by creating memorable experiences."*

"The customer always comes first" is an old saying that still rings true today. When surveyed, customers said they didn't feel it was a good service experience when employees worked on something else when they were waiting for assistance or when employees continued talking to each other as the customer waited for help.

At The Goodman Group and in our managed communities, Platinum Service® shows how we are always trying to focus on our residents to ensure these types of things do not happen. Through our service standards and our service approach, we make these promises to our residents: To be genuinely caring, reliable, create a great personalized experience, and be friendly and cooperative.

## Resident Spotlight

Joanne was born in 1942 in New Leipzig, N.D. She lived there until the third grade, when she and her family moved to Missoula. Her dad had gotten a job in a saw mill. She had three sisters and one brother. Her mom worked at the Gil Porter Potato Factory for 35 years making potato chips. Joanne started at the Jefferson Grade School the year it was brand new. It was surrounded by fields. The kids used to see the Native Americans come and set up their teepees and dig for the bitterroot.

She graduated from Missoula County High School in 1960. In July of that year, her family went back to New Leipzig to visit. She went to a dance on July 4. She grew up in a religious German Baptist family, so she never learned how to dance. Her future husband, Elmer, was at the dance. He came over to ask her to dance, and she told him she couldn't dance. He pulled her out on to the floor anyway. After a few minutes, he said to her, "You really don't know how to dance. Why are you at a dance?" Well, they spent the next week together, and then Joanne and her family came back to Missoula. Joanne had planned to go into the Army and had everything set up to do that. She was supposed to go the beginning of August, but Elmer called her on Aug. 1 and asked her to marry him. She married him instead of going into the Army. They knew each other for one month before they were engaged, but their families knew each other. In fact, their mother's had gone to the same country school house when they were young.

After they were married, they came back to Missoula and got jobs at the Bus Depot. They eventually became the managers and ran the Bus Depot for the next 25 years. They saw and met many interesting people through the years.

They had two children, a son and daughter. Joanne says after they had the two kids, they realized what caused them and did not have anymore. They now have six grandchildren and two great-grandchildren.

Elmer retired at 47 years old. After that, they traveled. They traveled all over the world. They went to all 50 states, every province in Canada and most of South America, Australia and New Zealand. They took their RV to Alaska and spent a lot of time there just seeing the country. Her favorite place was Australia, and they spent the most time in South America. They traveled until just a few years ago. Elmer passed away not too long after they moved into The Village Senior Residence.

Joanne actually has a very amazing story as to how God spared her. When she moved in here, she was on hospice and not expected to live long. One night, she woke up and could feel what she calls electricity going through her body. The next morning she knew something had changed in her body. The Hospice folks were a little slow to believe, but a blood test confirmed she had been completely healed. She says she doesn't know why she was spared at this time in her life, but it changed her. She says she's still her colorful self, but she has an inner happiness that wasn't there before. Joanne loves living here, and we enjoy having her!



## Cheers for Cherries

One of the tasty stars of summer, cherries shine as a fresh snack, the filling for festive pies and cobblers, and the finishing touch atop ice cream treats.

Cherries are believed to have originated thousands of years ago in the area around the Black Sea near Turkey. European settlers brought the fruit to America in the 1600s. Pioneers and fur traders later introduced cherries to the Pacific Northwest, a prime growing region for the fruit today.

Cherries range in color from various shades of red to yellow to purplish-black. Because they have a hard pit, cherries are classified as stone fruits and are related to peaches and plums. There are two main types of cherries: sweet, which are usually eaten fresh, and tart, used in baked goods, juices and jams.

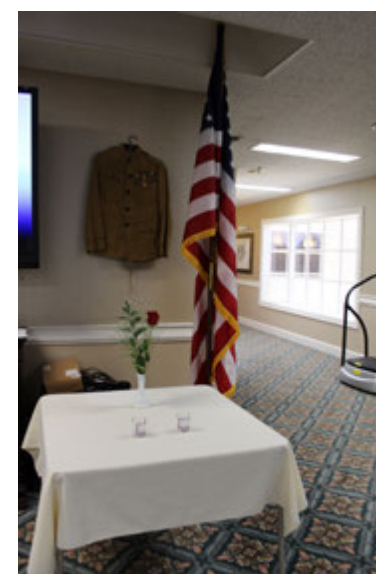
A 1-cup serving has 90 calories and is a good source of vitamin C and potassium. Cherries are rich in several antioxidants that can ward off heart disease and lower cholesterol. Melatonin in the fruit helps promote a healthy sleep cycle, while its anti-inflammatory properties can ease achy joints and sore muscles.



## New Residents

- Donna D.
- Doug and Zilpha F.
- Byron B.
- Jim and Willie S.

## Memorial Day 2018



## Resident Birthdays

Hazel C., 4th      Dale H., 25th      Margie F., 31st  
Dorothy W., 17th      Loren O., 28th

## Anniversaries

Dorothea & Regan C., 7/16/1951  
Carl & LaRane S., 7/20/1940

## Landmarks Across America

The United States is home to dozens of must-see landmarks that are widely recognized symbols of the country. Have you visited any on this list?

**Statue of Liberty** — A gift from France in 1886, Lady Liberty stands proudly in New York Harbor with her torch symbolizing enlightenment and freedom.

**White House** — A highlight of historic sites in Washington, D.C., the home and office of the U.S. president is the only private residence of a head of state that is open to the public free of charge.

**Gateway Arch** — This 630-foot-tall monument to America's pioneering spirit and expansion of the West offers spectacular views of St. Louis and the Mississippi River.

**Mount Rushmore** — The giant faces of Presidents George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln are carved into a granite cliff in South Dakota.

**Grand Canyon** — This geological wonder in Arizona was formed millions of years ago, when the Colorado River eroded a 277-mile ravine through layers of rock, creating breathtaking vistas.

**Golden Gate Bridge** — Instantly recognized by its "international orange" paint color and art deco design, this San Francisco landmark was voted one of the seven engineering wonders of the modern world.





**THE VILLAGE**

Senior Residence

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 The Goodman Group

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## An American Symbol

With his white hair, beard and patriotic top hat and tailcoat, Uncle Sam is an iconic symbol of America.

The character is linked to New York meat packer Samuel Wilson, a well-liked businessman nicknamed Uncle Sam. During the War of 1812, he supplied barrels of beef to the U.S. Army. When soldiers saw "U.S." stamped on his barrels, indicating United States property, they assumed the letters stood for Uncle Sam, and the name became synonymous with the U.S. government.

Political cartoonist Thomas Nast popularized the image of Uncle Sam in the 1870s, drawing him with chin whiskers and a suit adorned with stars and stripes. In 1916, artist James Montgomery Flagg created the most well-known portrait of the national symbol. A stern-faced Uncle Sam, his finger pointing at the reader, first appeared on a magazine cover. The next year, the image was used with the caption "I Want You for U.S. Army" on World War I recruitment posters. More than 4 million copies of the poster were printed. Versions of Flagg's Uncle Sam were also used as a call to action during World War II.



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