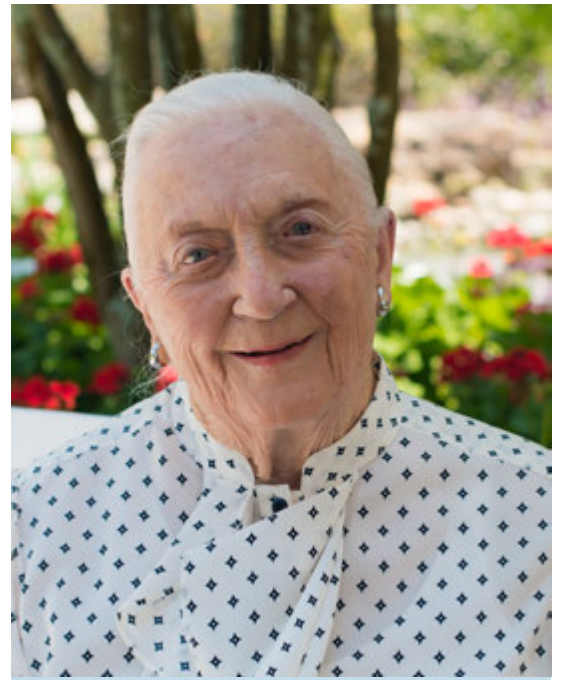


GOOD Life News

at *The Village Senior Residence*

SEPTEMBER 2017

www.villagesenior.com



September Happenings!

National Assisted Living Week Is September 10-16!

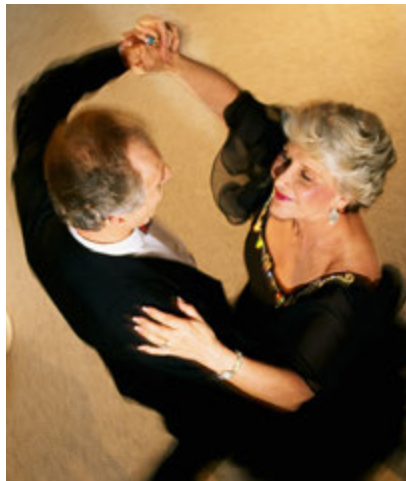
Family Is Forever!

"Family isn't always blood, it's the people in your life who want you in theirs, the ones who accept you for who you are, the ones who would do anything to see you smile and who love you no matter what."

— *Maya Angelou*

Fall Dance!

Our annual Fall Dance is Sunday, Sept. 10! We will have the fabulous Mudflaps here to provide music for us. We will serve our buffet dinner from our Parlor starting at 5 p.m. Family and friends are invited!



Walk To End Alzheimer's!

On Friday, Sept. 15, we will do our Second Annual Walk To End Alzheimer's!



We will have the Mayor here and hopefully some other special guests. So many people have been touched by Alzheimer's in some way. Please join us, to help bring awareness not only to this awful disease, but to our loved ones who are affected by it. The event begins at 1:15 p.m. outside in the front of our building!

Kathryn's Korner

My, how quickly our summers pass! Most of the students are back in school or heading there soon. Please be extra mindful of the bus stops as well as pedestrians and cyclists.

Katie and her crew have some fun events lined up for our annual Assisted Living Week and we hope that you join us in celebrating.

— *Kathryn E. Beaty, LNHA, Executive Director*

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

**Healthy
Aging Month**

This month's theme is designed to focus national attention on the positive aspects of growing older. Just like Carolyn Worthington, editor-in-chief of Health Aging Magazine, we believe it's never too late to find a new career, sport, passion or hobby. She says, "Use September as the motivation to take stock of where you've been, what you really would like to do if money was no object. And try it! Who says you have to do something related to what you studied in school? Who says, you can't start your own home business later in life, test you're your physical prowess, or do something wildly different from anything you've done before? Only that person you see in the mirror!"

Mini Sturgis 2017!

Thanks for the memories and we'll see ya next year!



People, people everywhere
 We were set for a day of fun
 Laughing and talking under the tents
 The sky was blue, the rain did not come

Terrific hamburgers, wieners and brats were served
 The kitchen crew was at its best
 Drinks and cookies were on hand
 We were treated as preferred guests

For many of us with problems
 You made it possible to decide
 Many of us had never dreamed of taking
 A wonderful Harley ride

The music was great as we tapped our feet
 A thank you from all of us to you
 Katie and her crew deserve a star
 For a wonderful day again THANK YOU!

Sonia



Resident Birthdays

- | | | |
|-----------------|-------------------|-------------------|
| George M., 1st | Florence R., 15th | Alvin A., 18th |
| Barbara O., 1st | Mary D., 15th | Sonia D., 20th |
| Gloria S., 2nd | Peggie C., 17th | Virginia V., 25th |
| Roger M., 10th | Frances M., 18th | Bill T., 29th |

Anniversary

Russell & Sandra C., 9/4/2016

New Neighbors!

- Gladyce B.
- Doreen S.
- Peggy C.
- Frances M.

Resident Spotlight

Juanita was born on Feb. 2 in St. Paul, Minn., where she lived with her family and one brother. Her father was a civil engineer for the Northern Pacific Railroad. Her dad had a vegetable garden during the Depression and as she and her brother were growing up, they learned all of the names of the vegetables that he grew, along with selling them during harvest. This may have been the start of her love of the nutrition field.



Moving around with the railroad, they lived in Minneapolis for a few years before moving to Fargo, N.D., where she attended grade school. After grade school, the family moved on to Livingston, Mont. and lived for four years where she was able to complete her high school education. After high school, Juanita moved to Missoula to attend the University of Montana, studying home economics, which led to her nutrition and institutional management degree. During her freshman year at the university, she met her future husband, Ted, who was a senior at the university. Her family had moved to Seattle during her time at the university, so when she completed her studies, she moved to Seattle, Wash. She worked in Seattle for about a year before moving to Detroit, Mich. for a dietetic internship at Henry Ford Hospital for one year. After that, she moved back to Seattle and worked for a year.

Juanita and Ted were married in Aruba where Ted had been assigned for his work. She recalls that Ted had to plan the whole wedding and that they were married twice in one day. The first wedding was a civil ceremony at the courthouse in Oranjestad and on their way to the church ceremony, they stopped at the consulate to have her passport changed. They honeymooned in Curaçao for a long weekend which she admits was the first of many honeymoons.

All of their four children were born in Aruba and baptized by the same pastor.

In 1966, they moved to Venezuela for Ted's work with Exxon for five years, after which they moved back to Aruba. They again moved in 1975 to Nicaragua until 1979, when the revolution in that country started. They left and returned to Venezuela until Ted retired in 1982. After retirement, they lived in Corpus Christi, Texas.

They bought a home in the Flathead area in 1966 so they would have a place to vacation during the summers instead of traveling across the States with four children. This was their home away from home for 35 years, spending summers here and winters in Texas.

Juanita enjoyed 15 years as a volunteer with Family Outreach. The organization focuses on prevention of child abuse.

They have enjoyed many vacations including driving through the Andes Mountains. The allure of a tourist cruise ship was not to their liking so they traveled on six or seven container ship trips to various countries. This involved booking passage to destinations like Australia, a trip which took 75 days.

They decided to move back to Missoula in 2001 where they lived at Brookside before moving into the Village in 2013.

Some very interesting stories were told to me during this interview. If you would like to hear some of them, stop and chat with Juanita but be prepared to be amazed.

Coffee Around The World

Do you like your coffee black or with cream and sugar? Perhaps you enjoy cappuccinos, mochas or lattes. Pour a cup of joe and learn how people in other countries drink coffee.

Finland and Sweden: Cubed cheese — made from cow, goat or reindeer milk — is placed in a cup of coffee or dipped into the java and eaten.

Ethiopia: The coffee plant originated in this country, where its beans are roasted and brewed in a ceremony that can last hours. The drink is served with salt, butter or sugar.

Malaysia: Those who can't decide between coffee and black tea can choose yuangyang, which is a mixture of both beverages and milk.

Mexico: Cinnamon sticks and unrefined cane sugar add comforting warmth to this coffee, which is served in a clay mug to bring out the flavors.

Morocco: Warm spices, such as cinnamon, cardamom, nutmeg and black pepper, are blended with dark coffee to create an aromatic beverage.

Turkey: After it's simmered in a copper or brass pot, coffee here is served strong and unfiltered, so a cup will include settled grounds.

Italy: Espresso is the signature caffeinated drink for Italians, who sip shots of the concentrated coffee while standing at cafes.

France: A favorite among the French, café au lait is brewed coffee with steamed milk. It is served in a wide cup for dunking croissants.

Australia: The velvety drink known as a flat white originated Down Under. Similar to a latte, it is made with a shot of espresso and steamed milk.





THE VILLAGE

Senior Residence

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Rhonda McCarthy

**Platinum Service®
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Housekeeping Manager
Arleen Turk

Quality Coordinator
Changmee Vang

We Now Have A Recycling Program!

We have joined with Republic Services to get our recycling program underway! There are now containers in each resident laundry room. Items from the containers will be picked up daily, Monday-Friday. Newspapers go on one side and mixed items on the other side. Cardboard will remain separate at this time.

Republic is NOT accepting glass. Please refer to the posters that are above each container in the laundry rooms for further explanations of materials being collected for recycling. If you have any questions, please contact Arleen Turk, Director of Housekeeping/Laundry or Jake Schauer, Director of Maintenance.



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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!

