



Good Life

NEWS

at Hillside Health & Rehabilitation

OCTOBER 2021

EXECUTIVE DIRECTOR

October 2021

Hello everyone,

As I write this, we are still awaiting our annual survey. I will let you all know once we have welcomed the survey team and share our results with you all. As I mentioned last month, there is nothing we can do but wait and chalk it up to one more thing that COVID has altered in our lives.

At the beginning of October, we will transition to a new electronic medical record system so please be patient with us as we learn our way around a new computer program. Many of us have never worked within any system but our original one. We are super excited for this transition as there are so many wonderfully thoughtful process improvements over our old system. I look forward to this new system to allow us to be more efficient with our documentation, allowing us more time to do what we love, spend time with our residents and you all! It will be much easier for us to run reports that will allow us to better focus on quality improvement projects and tracking how we are doing with our interventions. As with many changes, this one is a massive undertaking and we are very fortunate to have a lot of regional and home office support to complete the data transfer into the new system and to train our team on how to use it.

And finally, as I am sure you are all aware, it has continued to be a challenge to find quality people to hire and we need your help. If you know someone you would like to be a part of the team who takes care of your family member, please encourage them to apply online. Our website application can be found on our webpage: www.hillsidesenior.com. We would very much like to interview them. I promise this is a wonderful place to work and they will have the greatest opportunity to improve someone's life by helping them.

I hope you all enjoy our beautiful October weather.

Best Regards,

Bernice Zimmermann, Executive Director

NURSING/HEALTH CARE

I cannot believe that October is here. This is the time of year when you feel that cool, crisp air in the morning. You see dew on leaves and all the animals all scuttle away to hide out until warmer temperatures come. Here is a short excerpt on the history of autumn.



Autumn, season of the year between summer and winter during which temperatures gradually decrease. It is often called fall in the United States because leaves fall from the trees at that time. Autumn is usually defined in the Northern Hemisphere as the period between the autumnal equinox (day and night equal in length), Sept. 22 or 23, and the winter solstice (year's shortest day), Dec. 21 or 22; and in the Southern Hemisphere as the period between March 20 or 21 and June 21 or 22. The autumn temperature transition between summer heat and winter cold occurs only in middle and high latitudes; in equatorial regions, temperatures generally vary little during the year. In the Polar Regions autumn is very short. The concept of autumn in European languages is connected with the harvesting of crops; in many cultures rites and festivals revolving around the season's importance in food production have marked autumn, like the other seasons. Animals gather food in autumn in preparation for the coming winter, and those with fur often grow thicker coats. Many birds migrate toward the Equator to escape the falling temperatures. A common autumn phenomenon in the central and eastern United States and in Europe is Indian summer, a period of unseasonably warm weather that sometimes occurs in late October or November.

Copied From:

<https://www.britannica.com/science/autumn-season>

RESIDENT SPOTLIGHT

This month we are shining our Resident Spotlight on Dianne M. Dianne was born in Whitefish, Mont., and moved to Whitehall, Mont., until she was 5. Then she moved to Missoula with her mom, dad, and eight brothers and sisters.



She moved to Hamilton, Mont. in 1994, where she worked as a CNA at Valley View Estates Nursing Home until she retired at age 62. Dianne has two children, one boy and one girl, and is hoping for grandchildren sometime in the near future.

In her free time, Dianne enjoys embroidering, painting with watercolors, drawing and just being artistic. She also enjoys reading. Dianne is kind and friendly, and has made many new friends in the short time she has been at Hillside. It is a true pleasure getting to know Dianne.

ENVIRONMENTAL SERVICES

Fall time already, wow. It's getting colder out which means spending more time indoors. Keeping your living environment organized, clean and free from possible hazards is very important to keeping seniors healthy and safe. Here are some helpful tips for seniors to make the process easier. Organize the medicine cabinet. Remove all expired medications and ones you don't use. Having too many empty bottles or partially-used bottles can add to confusion about which medications you should be taking. Update your emergency plan. Cleaning doesn't have to only be about dusting your bookshelf or pulling out the vacuum. It's important to periodically check safety systems in the home. While cleaning for hard-to-reach areas, a broom can save you some time and back pain. Use a clean broom and cleaner to scour baseboards or to scrub shower walls. Keep hallways and walkways clear. When tidying up, make sure no items are blocking high-traffic areas to avoid tripping hazards. Give every item a home. If you don't have somewhere to put it, either discard it or get rid of something else to make room for it. Use small bins. Using small bins that can be easily carried from room to room is a great way to store craft supplies, wrapping accessories, cleaning supplies and gardening tools. Small bins can fit on most shelves or in most drawers and cabinets. Ask for help.

It is important to know your limitations. Cleaning a home can be overwhelming and stressful for anyone, especially older adults. So, don't be afraid to ask for help, especially if you're not feeling well enough to tackle the chores by yourself. When family and friends aren't available to help, professional cleaning services can help seniors maintain their home, especially if they no longer have the ability to keep up with housework. Hope you all have a wonderful October. Happy Halloween everyone.

Ronda Loftus-Helit

Housekeeping Manager

EMPLOYEE SPOTLIGHT

This month's Employee Spotlight is Mary R. Mary is a CNA and has been with Hillside for 24.5 years. She has been married for 18 years, and she has one son and two stepchildren, three grandkids and three great-grandkids. Her favorite part of her job is interacting with the residents, making them laugh, reminiscing with them but most of all enriching the lives of our residents the best she can while in her care. When not at work, Mary enjoys being out in nature, going for walks, but mostly, spending time with her family and friends.



JOE'S FOOD FOR THOUGHT

A Month of Pasta

Whether it's due to the red colored sauces we put on them, or the fact they resemble spooky guts, for some reason, the Halloween month seems to favor pasta. Oct. 6 is National Noodle Day, Oct. 17 celebrates National Pasta Day, and if that wasn't good enough, Oct. 25 is reserved as World Pasta Day. Now, I'm not arguing that pasta isn't great, but if I were to celebrate pasta three times in one month, I'd be liable to get fairly bloated. However, despite some intestinal discomfort, pasta has been an indelible staple of almost every culture throughout history.

Some popular legends claim that Marco Polo introduced pasta to Italy after exploring the Far East in the late 13th century. But pasta has been traced as far back as the 4th century B.C., where artwork in an Etruscan tomb showed a group of natives making what appears to be pasta. It is also well-known that the Chinese were making pasta as early as 3,000 B.C. Surprisingly enough, it wasn't the Italians, but the Greeks whom first created a device to make strings of dough — what we know today as spaghetti. Of course, Italy still maintains most of the credit for modern pasta recipes, as they were the inspiration for the English to begin cooking pasta for 30 minutes before covering it with sauces and cheese; a practice they later shared with the Colonists of the New World.

So, whether you're stuffing a prop zombie full of spaghetti to scare your neighbors on Halloween, or sharing a hearty, home-cooked meal with the family, I think we can all agree that pasta is an essential part of our culinary history and culture.

Sources:

Wikipedia "Pasta", <https://en.wikipedia.org/wiki/Pasta>

"The History of Pasta" Share The Pasta, National Pasta Association, <https://sharethepasta.org/pasta-101/pasta-iq/history-of-pasta/>

Joe Chapman

Culinary Director

MARKETING

Hello Everyone,

The beginning of autumn is upon us, leaves will start changing soon, the temperature will get a little chillier, and before we know it summer will be gone.

I am looking forward to the colors of fall, it's such a beautiful time of the year.

Hillside offers Rehabilitation, Long-Term and Memory Care. At Hillside, you are considered family and we enjoy having you with us for however long or short your stay is.

My office is by the front entry doors and is always open if you have questions or just want to chat.

Have a beautiful autumn month!

LIFE ENRICHMENT

Crisp, fall mornings and evenings, and milder temperatures during the day seems to be the new normal, and it feels like a welcomed change for all of us here. More residents seem to be venturing outside and enjoying the outdoor patios of the facility. It's also a favorite spot for families when they come for their scheduled visits.

I'm sure you will all agree that you generally feel happier when the sun is shining and you get to spend more time outside. There are a range of benefits to getting fresh air; it can help you destress and improve your physical and mental well-being.

Regardless of the time of year, we should always take advantage of the outdoors. Here are six reasons why you should spend time outdoors in the fresh air to improve your well-being:

1) Fresh air is good for your digestive system

Fresh air increases the flow of oxygen, helping you digest food more effectively so this will particularly help if you are trying to lose weight.

2) Fresh air helps improve blood pressure and heart rate

Avoid polluted environments particularly if you need to improve your blood pressure. Stay away from the busy traffic as the body will need to work harder to get the amount of oxygen it needs over polluted car fumes.

3) Fresh air makes you happier

The more fresh air you get, the more oxygen you will breathe which will increase the amount of serotonin (the happy hormone) you inhale, consequently making you happier.

4) Fresh air strengthens your immune system

By increasing the amount of fresh air we get, will increase the amount of oxygen which helps our white blood cells function properly by fighting and killing bacteria and germs.

5) Fresh air cleans your lungs

Your lungs dilate more from having an increase of oxygen so fresh air improves the cleansing of your lungs. You release airborne toxins from your body when exhaling through your lungs.

6) Fresh air gives you more energy and a sharper mind

You may have noticed after spending time outside, you come back indoors feeling brighter and perhaps ready to get back to work. More oxygen results in greater brain functioning, improving your concentration skills and providing you with more energy.

In addition, venturing outside will also help you produce vitamin D from the sun (when it does come out), which is essential for many bodily functions including supporting our immune system, strengthening our bones, teeth and much more.

Source: Good Relaxation blog

Megan King

Life Enrichment Director

SOCIAL SERVICES

As we all settle, somewhat, back into a routine of school or work, let's all learn 10 fun facts about October:

- Tourmaline and opal are the official birthstones of October.
- The birth flower of October is the bright orange calendula, also known as the marigold.
- The star sign of everyone born in October is either a Libra or a Scorpio.
- In October 1925, the first working TV was tested by John Logie Baird.
- October is National Pizza Month.
- October and January always start on the same day of the week in common years. In leap years, October doesn't start on the same day of the week as any other month. October and February also always end on the same week day!
- In October 1888, the first ever National Geographic magazine was released.
- The Statue of Liberty arrived in the United States all the way from France in October 1886.
- Disney World in Florida opened in October 1971.
- Halloween dates back more than 2,000 years ago.

Tamara Forward

Social Services Director



HILLSIDE

Health & Rehabilitation

4720 23rd Avenue, Missoula, MT 59803
406-251-5100 | hillsidesenior.com



MANAGED BY



The Goodman Group

STAFF

Executive Director

Bernice Zimmermann

Director of Nursing

Christie Brown

Life Enrichment Director

Megan King

Admissions Director

Tammy Jeffries

Housekeeping Director

Ronda Lofus-Helit

Maintenance Director

Mark Rideg

Medical Records Director

Ebonie Roberts

Social Service Director

Tamara Forward

Payroll

Trena Bailey

MDS Coordinator

Melanie Mace

Central Supply Director

Stephanie Misevic

Director of Culinary Services

Joseph Chapman

RESIDENT BIRTHDAYS

Audrey M., 1st

Doak M., 3rd

Donna A., 3rd

Sharon D., 13th

Beth I., 28th

Jean R., 29th

EMPLOYEE BIRTHDAYS

Linda B., 2nd

Joe C., 5th

Tom W., 6th

Jessica J., 17th

Ngawang C., 28th

SERVICE ANNIVERSARIES

Trena B., 10/2/2000

Linda B., 10/4/2002

Ronda H., 10/9/2018

Donna H., 10/19/2009

Robby B., 10/28/2013



NEW RESIDENTS

• Jeffery M.

• Dolly B.

• Sharon G.

• Jean R.