EXECUTIVE DIRECTOR

Welcome July.

I hope everyone has had a wonderful summer so far. As COVID-19 has changed our lives this year, I am sure you are all finding new and innovative ways to spend your time. I think this year my flower beds have never been so weed-free but boy has it been a battle to get things to grow this year. It seems that everyone and their brother have decided to have a green thumb this year. I will be curious to see how much this newfound hobby continues into next year. No matter what, I hope all the new gardeners out there get as much satisfaction and peace from their efforts as I do. In these times of stress it has been really helpful to have a hobby that takes me away from the news and most electronic devices to allow me to just “be” and relax my mind a bit. As I write this, Montana is continuing to re-open and we are in Phase 2 of the re-opening strategy. We have not yet been able to welcome our families back into our building and although it has been for the right reason to restrict this, it makes me so sad to have tell everyone to hold on a bit longer. It is odd to me how the closer you get to something you want, the slower time seems to go. This is true in all aspects of life it seems.

We are eagerly awaiting our fresh haircuts still up here at Hillside and I wish you all the best this Independence month. Please be safe as you go about your new lifestyle and continue to practice social distancing and frequent hand washing.

As always I would welcome the opportunity to visit with any of you who are reading this for ideas for improving our resident and employee experiences. Don’t hesitate to call me to set up a time.

Best Regards,

Bernice Zimmermann, Executive Director

PATRIOTIC MOVIE PICKS

Enjoy the Fourth of July with these movies that celebrate the red, white and blue.

“Yankee Doodle Dandy” (1942) — This biographical musical stars James Cagney as Broadway entertainer George M. Cohan, who composed the celebrated tunes “You’re a Grand Old Flag” and the World War I anthem “Over There.”

“The Longest Day” (1962) — With an all-star international cast that includes John Wayne, Richard Burton and Sean Connery, this drama follows the 1944 D-Day invasion from multiple points of view.

“Glory” (1989) — Denzel Washington and Morgan Freeman star in this Civil War drama about one of the first African American regiments in the Union Army.

“Independence Day” (1996) — An invasion by space aliens, a Fourth of July mission, and a rousing speech about saving mankind make this action movie a favorite decades after it premiered.


“Captain America: The First Avenger” (2011) — With a superhero sporting red, white and blue and a World War II setting, this Marvel Comics adventure radiates American pride.

“Hidden Figures” (2016) — Based on true events, this film follows the lives of three female African American mathematicians who work at NASA during the 1960s space race. The trio overcomes obstacles and helps in the mission to make John Glenn the first American to orbit the Earth.
LIFE ENRICHMENT

Happy Summertime! We have, unfortunately, had to cancel our July backyard Barbecue/Concert due to Covid-19. We look forward to these events all year, and it’s yet another disappointing reality in these times of necessary social distancing. The next Concert/Barbecue is scheduled for Aug. 12 with Tom Catmull. We need to be well enough to Phase 3 to hold the event or have visitors, so it remains to be seen when that will be. We just entered Phase 2, and we need to remain there with no increase in cases before Phase 3 is considered. We will keep you posted. Whatever has to be canceled, we will try very hard to reschedule for down the road when we can all gather again.

The Life Enrichment staff has been conducting many 1:1 activities with residents, whether it be to reminisce, play a game of cards or checkers, or facilitate a video call with a loved one. We want to hear from you with ideas for you or your loved one. We are trying to reach everyone to fulfill their psychosocial needs, but sometimes that might be something specific that we need to know about.

We continue with weekly hallway Bingo and have resumed with holding monthly Resident/Staff Council in a modified format, visiting each resident room-by-room to collect their concerns or compliments. Family is welcome to call the facility at any time to express your concerns, which can be added to the Resident/Family Council agenda.

We had a couple of parades in June. The first was family members who drove around the building yelling, honking and waving signs. The residents truly enjoyed sitting outside and seeing their people drive by. That parade sparked another from the Missoula Cruisers who brought a large collection of their classic vehicles over and drove around our building for the residents to view. The people in the cars were all smiles and waves, and it was very heart-warming to have them do this for us. The residents were even willing to sit outside in a little rain for it!

I hope you all are enjoying some warm, sunny days. We are going outside whenever possible to soak in the fresh air and vitamin D.

Please feel free to contact me any time.

Megan King
Life Enrichment Director
406-251-5100 ext 2323
megan.king@hillsidesenior.com

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RESIDENT SPOTLIGHT

Maytha S. can usually be found enjoying coffee with friends, helping with laundry, working on art, and generally giving us all knowing looks with her big blue eyes. She grew up in Arizona and enjoyed climbing the trees and being outdoors. Later, she moved to California and was a singer in bars and churches, and a nurse’s assistant. She has fond memories of her patients and says she loved them all very much. Some of her favorite things include her children, niece and nephew, Patsey Cline, and Alan Jackson’s gospel music. We love hearing Maytha laugh and sing, and appreciate her keeping us in line. She is a joy to spend time with and she harmonizes like no other!

ENVIRONMENTAL SERVICES

It’s July already. This year so far has been something else. As the country slowly starts to open back up and people begin to get outside more to enjoy the warm weather, please remember to be safe. Hot weather can pose a unique health and safety risk to seniors. As warm days get hotter, here are some summer safety tips to keep yourself and your loved ones healthy through the summer months.

Drink plenty of water to stay hydrated. Older adults are particularly susceptible to dehydration and electrolyte imbalances. Keep water nearby and drink it often. Encourage loved ones to drink water as well; young children and senior citizens often need reminders to keep hydrated. Water is also essential to prevent heat stroke and a great way to help stay cool while spending time outdoors. Use sunscreen, hats, and other sun protection. Getting outside for some much needed Vitamin D is important but protecting our skin from the harmful rays is also important. Another thing to remember is to protect your eyes from the bright sun, using hats or sunglasses. If you plan on being in an area with lots of bugs, remember to bring bug spray. When getting ready for your outdoor adventure you should apply the sunscreen then apply the bug spray so that the bug spray isn’t rubbed into your skin with the sunscreen. If you’re going to be doing work in the hot sun, remember to take it easy. Take breaks when needed and do not overwork yourself. I hope you all enjoy the summer months and remember to stay safe.

Ronda Loftus-Helit
Housekeeping Manager

NURSING/HEALTH CARE

During the COVID-19 pandemic, we have been working hard to stay in the loop with all guidance from the many governing bodies we answer to such as the CDC, WHO, CMS, Montana government, Missoula County Health Department and the Missoula County and State Disaster Coordinators and our own home office and regional support teams. We were approached in June and asked to participate in the state-wide efforts to test all nursing home residents and staff with a basic nasal swab test to confirm everyone’s COVID-19 status. We conducted this event in mid-June. As I write this, we are preparing to complete this and my hope is that we will not have any surprise positives. We are very fortunate that we have kept our residents and staff pretty healthy and we are prepared if we should see a positive but I do not believe this will happen. We have been preparing for the worst for the past 2 months now and hoping for the best so we will be ready if the worst happens.

I will be able to report off and on the results of the testing in the next newsletter installment, but if you don’t like to wait, please feel free to give us a call and we will gladly share some statistics with you.

Have a great month,

Sincerely,
Joseph Vai
Culinary Director

FOOD AND BEVERAGE/DINING SERVICES

Let me introduce myself. My name is Joseph Vai, your new Culinary Director. I look forward to providing our residents with a quality Dining Experience.

Please feel free to reach out and share your thoughts as I transition into my new position.

Sincerely,
Joseph Vai
Culinary Director

SIMPLE STRETCHING MOVES

Stretching on a regular basis helps to strengthen your muscles and increase your range of motion, which can make everyday physical activities easier. The following stretches are simple ones that can even be done from bed. Check with your health care provider before beginning a new routine.

Hands — Spread out your fingers and extend them until you feel a stretching sensation at the base of each finger. Then touch each finger, one at a time, to your thumb. Repeat with your other hand.

Wrist and arms — With your palm facing down, rest your forearm on a flat surface, such as a table or a bed. Rotate your wrist toward your pinky finger so that your palm is facing inward and hold for 10 seconds. Next, rotate your wrist in the other direction with your palm facing outward and hold for 10 seconds. Be sure to keep your forearm on the flat surface throughout the exercise.

Legs — Lie on your back and bend your knees so that your feet are flat on the bed. Lift one leg, supporting your thigh with your hands if needed. Rotate your lifted ankle in a clockwise motion, then counter-clockwise. Repeat the exercise with your other leg.

Body stretch — Lie on your side with your legs together and knees bent. Extend both arms in front of your chest, palms pressed together. Imagine your arms are the covers of a book, then “open the book” by lifting the top arm and stretching toward the other side of your body as far as you comfortably can. Slowly return your arm to the closed position. Repeat three to five times.

SERVICE ANNIVERSARIES

Rhoda B., 7th
Regine S., 7th
Elizabeth K., 7th

Rhonda Loftus-Helit
Assistant Administrator
Did you know ...

There are multiple departments within Hillside?

This month we’ll take a look at the Transportation Department. There is a van for transportation to medical appointments within business hours and also the use of Medicab, which do their own billing. The Scheduling and Central Supply Director will help you schedule van transportation for your appointments. In the event you need accompaniment on an appointment, please let her know and she will schedule a CNA to go with you. For those on Medicare and Private Pay, there will be a $30 charge, each way, per trip plus an attendant fee if a staff person accompanies the resident to an appointment.

Wendy Schoonmaker
Intake Coordinator

NEW RESIDENTS

- Reuben S.
- William S.
- Alice R.
- Neil B.
- Gilbert A.
- Douglas S.