EXECUTIVE DIRECTOR

The safety and well-being of our residents is our top priority. Valley View Estates Health and Rehabilitation is closely monitoring the Coronavirus disease 2019 (COVID-19) situation and staying abreast of updates from the Centers for Disease Control (CDC), state health officials, and local officials.

To protect our residents, we continue to follow standard infection control practices. We are encouraging family and guests restrict visitation at this time. We are encouraging alternative ways to visit residents such as Skype, FaceTime, and phone calls and email. The more people we have coming into the facility, the greater the risk to our residents and staff. We are also reminding staff, contractors and volunteers to stay home if they are sick.

Per the CDC and to protect our residents, all healthy visitors are reminded to take the following preventative actions known to prevent the spread of viruses including:

• Wash your hands and use alcohol-based hand sanitizers (60%+ alcohol).
• Cover your cough.
• Wash and clean your hands and use hand sanitizer after coughing or sneezing.

We will continue to monitor the evolving situation and communicate additional information as needed.

Sincerely,

Keith Dorris
Executive Director

DINING SERVICES

Pastry Picks

They’re a sweet and satisfying accompaniment to a cup of coffee or tea. Sample some traditional pastries that are served up in other countries.

**Cannoli** — A favorite in Italy, these tube-shaped shells of fried dough are stuffed with creamy, slightly sweet ricotta cheese. Chocolate, nuts and powdered sugar are sometimes added as garnishes.

**Bo lo bao** — Its name means “pineapple bun” in Cantonese, but there’s no fruit in this Hong Kong specialty. The roll is named for its sugary crust’s crisscross pattern that resembles a pineapple.

**Pastelito** — The traditional filling for this Cuban puff pastry is guava and sweet cream cheese. Pineapple and coconut are also favorites.

**Scone** — Popularly served with tea, this British baked treat looks similar to a biscuit, but has a crumbly texture and lightly sweet taste. It’s typically topped with clotted cream and jam.

**Gulab jamun** — Balls of fried dough are soaked in a syrup flavored with sugar, rose water and cardamom to make this Indian dessert.

**Franzbrotchen** — A cross between a cinnamon roll and a croissant, this flaky, spiral pastry is a breakfast staple in the German city of Hamburg.
SOARING: SUPPORTING THE SOUL

With the approach of spring, my wife and I are planning on what delectable vegetables to grow in our garden. Sorting through some old packets of seeds, I stopped to gaze at these lifeless creations, amazed at their hidden potential. For instance, when you examine an individual seed there is nothing attractive or appealing to the human eye. It has no beauty or ability to create hope in a bountiful harvest of flowers or fruit. But, the truth is this: If you plant this small creature into the ground, what emerges is simply miraculous.

Another truth about an earthly seed is that it provides a lovely window into a much bigger and more wondrous truth. The Bible describes God’s Word as an “imperishable seed,” which if planted in the human heart gives birth to immeasurable blessings. It is an imperishable seed because what it produces will never pass away. When a person receives the gift of God’s grace into his life, like a seed, it germinates and begins to grow, bringing forth a beautiful bouquet that is pleasing to the eye, and fruit that is tastefully pleasant. I have seen this seed of God’s love take root in people all over the world and have witnessed how gardens of kindness and compassion were born. Although some would look at this heavenly seed with incredulity and unbelief, one cannot ignore the lovely fruit that has blessed the world through things like hospitals, orphanages, schools, food banks, and nursing homes. Unlike other forces in the world, this heavenly seed does not seek power or profit, but simply empowers people to become the kind of person they want to be and hopes to find in others. May you be blessed this spring with more than an earthly garden. Receive the seed of God’s grace. Be blessed and be a blessing.

SNIPPETS FROM SOCIAL SERVICES

Spring is here and so is spring cleaning. When visiting your family members you may want to remove their excess clothing and items that may be causing clutter in their room. Any clutter in the room can be a safety hazard, could cause a fall, and could prevent the use of equipment safely. Our housekeeping staff has limited time for each room, so the more clutter, the less effective the cleaning. Our rooms are small and are double occupancy, so there is limited room for extra items. Please take some time to look at the room and remember safety for our residents is a high priority. If you have any questions, please feel free to call me.

Thank you.

Doug Simmons
Social Service Director

A LITTLE RED WAGON

It hauls toys, children and pets, and with a little imagination, it can also be a race car, spaceship, dump truck and more. The iconic Radio Flyer wagon has inspired playful adventures for more than a century.

The wheels first began turning in the early 1900s, when young Italian immigrant Antonio Pasin built wooden wagons to tow materials around his Chicago cabinet shop. Soon he was selling more wagons than cabinets, and in 1917, he formed the Liberty Coaster Co., named after the Statue of Liberty.

Inspired by the automotive industry, Pasin began mass-producing 1,500 steel wagons a day. He labeled them with the name Radio Flyer to reflect his passion for two inventions: the radio and the airplane. The wagons sold well, even during the Depression, and the company became the world’s largest maker of toy wagons.

Production halted during World War II, but the thriving post-war baby boom era had wagons rolling off the assembly line. From that time, the Radio Flyer name became familiar with children, who built and imagined with their Garden gnomes continue to pop up in outdoor decor and have also appeared in advertisements and entertainment.

LOVING LIFE

March was a great kickoff in starting our celebration of a different country for every month. Of course, we celebrated Ireland in March. There is more to Ireland than just St. Patrick’s Day. We learned many different facts about Ireland. The residents made homemade Irish shortbread with caramel and fudge. It was very delicious!

Due to the COVID-19 outbreak, our St. Patrick’s day party was canceled. However, we still passed out Kiss Me I’m Irish pasties, along with other goodies, room to room. While we are in this tough time due to the COVID-19 virus outbreak, we will continue to provide activities of interest for our residents by providing them with activities for in-room use. At this point, our Easter Party is canceled, and we will not be doing group activities until further notice. We will, however, do like we did for St. Patrick’s day and go room to room with party favors. Thank you for your patience during these times. We will do all we can to keep every resident happy and safe.

NURSING

Pioneer for Parkinson’s

April is Parkinson’s Disease Awareness Month, with World Parkinson’s Day taking place on April 11. The date marks the birthday of Dr. James Parkinson, the English neurologist and scientist whose research laid the groundwork for the study and treatment of the disease.

The condition, which affects specific parts of the brain, was noted by several ancient cultures, but Parkinson’s 1817 publication “An Essay on the Shaking Palsy” was the first clinical, detailed description of the disease. From his observations of six people, the London doctor identified key symptoms, including weakness, trembling in the hands and arms, and a stooped gait. Parkinson also noted the slow progression of the disease and called for further research by the medical community.

More than 50 years later, French neurologist Jean-Martin Charcot expanded on Parkinson’s work and, recognizing its importance, suggested the condition bear his name. Since then, doctors and researchers have gained more knowledge about the disease and developed treatments to help manage symptoms.

In the 1980s, a Dutch horticulturist with the condition developed a new flower variety he named the Dr. James Parkinson tulip. A red tulip is now the global symbol of Parkinson’s disease awareness and the commitment and hope for a cure.

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Gnome Sweet Gnome

Many yards and flower beds are home to whimsical statues known as garden gnomes, which are believed to bring luck to all that grows around them. A number of European cultures include legends about gnomes — small, humanlike creatures, usually men with white beards, who live in forests and gardens. Mischievous, yet wise and helpful, gnomes were said to come to life at night to help humans with their plants as well as protect property and nature.

Ornamental versions of these beings were used in gardens as early as the 1600s, but they were carved totems rather than statues. The modern garden gnome emerged from the work of various craftspeople in the 1800s. One such artist in Germany, Philipp Griebel, made gnomes from terra cotta, and is credited with giving gnomes their now-iconic red-cone-shaped hat. His statuettes became popular throughout Europe.

Garden gnomes continue to pop up in outdoor decor and have also appeared in advertisements and entertainment.

EMPLOYEE SPOTLIGHT

Congratulations to our March employee of the month, John “J.M.” Magtubo. J.M. is an RN who does a magnificent job and is always there for the residents. Thank you J.M. for your Platinum Service®!

I would also like to welcome our new employees:

Sally Holm, CNA
Christopher Travis, CNA
Joshua Mouldrow, CNA
Michelle Stoner, CNS
Rebecca McGuire, CNA
Jessica Sherwood, Housekeeping

Welcome to our team! We look forward to working with you for many years to come!

Platinum Service® Standard:

#4. I take ownership of service excellence and offer solutions to achieve positive results for our residents and fellow employees.
ELDER AND DEMENTIA CAREGIVER SUPPORT GROUP

The Elder and Dementia Caregiver Support Group meets at Valley View Estates the first and third Friday each month, beginning at 1 p.m. in our South Living Room.

If you have any questions, please feel free to contact Kati Aiken, Local Ombudsman, at 363-5690, and she will be happy to assist you. We hope that you will take advantage of the knowledge and support that you can gain by attending. No one can offer better assistance than those who have walked where you are walking. Caring for a loved one at home every day and night can wear even the strongest of us down. This group will support you and lend strength when yours is exhausted.

Special invitation to family members of residents of Valley View Estates.