



# Good Life

## NEWS

at Valley View Estates Health & Rehabilitation

JANUARY 2022

### LOVING LIFE

My name is Nikki Stevenson and I am very excited to be Valley View Estate's new Life Enrichment Director. I am a Montana native, born in Missoula, and have lived in Hamilton for two years. I share my life with my husband of 11 years, Richard, and our cats. My professional background includes administrative experience, teaching, music education and flute performance degrees, a Master of Arts degree in Integrated Arts Education from the University of Montana, and a Doctorate of Musical Arts from Boston University. I look forward to bringing the arts to Valley View residents. My hobbies include quilting, needlework, cross-stitch, crafts, and driving mountain roads and exploring ghost towns. I am not afraid of a challenge and I love to solve puzzles. I believe creativity is my greatest asset, and my worst enemy is the snooze button on my alarm clock. As I get to know each of the residents and their families I hope to help the Life Enrichment Team provide as much joy and well-rounded activity as possible. Please reach out and introduce yourself, I would love to meet you.

I am so happy to be a part of the Valley View family and look forward to a wonderful 2022!

Happy New Year!

### BE A MENTOR

January is National Mentoring Month, the perfect time to consider becoming a mentor. Research shows that youths who are mentored have higher self-esteem and do better in school, often moving on to higher education. They also have a lower chance of engaging in risky behavior.



As a senior, you have experiences, knowledge and skills that are extremely valuable to a young person. By sharing what you've learned, you can help your mentee solve problems and accomplish goals. You may even learn something new yourself!

The ultimate purpose of mentoring is to provide young people with a trusted adult who cares about them. You can be a safe person with whom a child or teenager can share their concerns as well as the new and exciting things in their life.

Mentoring is often done through specific community programs, but there's no reason you can't find someone to mentor on your own. You are sure to find that mentoring is fun and beneficial for both of you!



## SILLY OLD BEAR

Every year, Pooh Day on Jan. 18 celebrates the sweet-as-honey storybook bear Winnie-the-Pooh and his creator, A.A. Milne, who was born on that day in 1882.



Milne was already a successful playwright, mystery author and magazine writer when he began to write children's poems after the birth of his son, Christopher Robin. The character of Winnie-the-Pooh, based on Christopher's teddy bear, made his first appearance in Milne's 1924 poetry collection "When We Were Very Young."

The books "Winnie-the-Pooh" and "The House on Pooh Corner," published in 1926 and 1928, revolve completely around the honey-loving Pooh and his friends Piglet, Eeyore, Tigger, Kanga, Roo, Owl, Rabbit, and, of course, Christopher Robin.

The characters of Owl and Rabbit come from the surrounding countryside of the Milnes' home, which also inspired the stories' setting, the Hundred Acre Wood. The remaining characters are based on other toys belonging to the real Christopher Robin.

Fans of the stories included Walt Disney's daughters, motivating the company to acquire the rights to the characters in 1961. Through the years, Disney has produced films, a television series, toys and storybooks about Pooh and his friends.

## WAKING UP WITH 'TODAY'

Many folks start their day by drinking a cup of coffee while watching some feel-good morning news. "The Today Show" was the first TV series to offer this type of programming, and it celebrates its 70th anniversary this month.

Airing live every weekday morning from New York City's Rockefeller Plaza, "Today" takes an upbeat, relaxed approach to broadcasting, mixing the latest news headlines with longer human-interest stories, as well as reporting the weather and featuring celebrity interviews and musical performances.

"The Today Show" debuted Jan. 14, 1952, with Dave Garroway as the lead anchor. Over the years, the series has launched the careers of journalists who became household names, including Barbara Walters, Hugh Downs, Tom Brokaw, Jane Pauley, Bryant Gumbel and Katie Couric. The show is also known for its popular weathermen. Willard Scott entertained viewers with his travel pieces, comedic props and segments wishing happy birthday to centenarians. The current forecaster on "Today," Al Roker, is beloved for his joyous energy and interviews with fans gathered outside the studio.

Currently at the helm of the morning broadcast are co-anchors Savannah Guthrie and Hoda Kotb.

## A "CUPPA" TRIVIA

Fill your favorite mug with your drink of choice and cozy up to these facts about hot beverages:

- Scientists say hot drinks have a strong psychological effect. In one experiment, people holding hot beverages were seen as friendlier than those with iced ones.
- Many people use the terms hot cocoa and hot chocolate interchangeably, but technically, cocoa is made with powder, while hot chocolate is made by melting bits of chocolate.
- Mulled drinks, like apple cider and the old-timey wassail, get an extra punch of flavor and fragrance from simmering in mulling spices, typically allspice, cinnamon, cloves and nutmeg.
- Many coffee drinks are made with espresso, steamed milk and frothed milk in different ratios, creating unique flavors and textures. Treat yourself to one of the latest trends and order a breve — a rich, creamy latte that uses half-and-half instead of milk.
- Or give chai a try! Black tea blended with aromatic spices such as cinnamon, ginger and cloves, it's usually served with milk. Add espresso for a "dirty" chai.
- Sipping a hot drink will warm you up, but did you also know it can help you cool off? That's why hot tea is popular in warm climates like India; the beverage boosts your body temperature enough to make you sweat, which cools you down.



## EMPLOYEE OF THE MONTH

This month our Employee of the Month is Addie Bouchard.

Addie has been with Valley View since May of 2021. She came to us in the role of Life Enrichment Director, but has since moved to the roll of Culinary Director. Addie has enjoyed being here at Valley View and continues to strive to help enrich the lives of the residents and to help keep their bellies full.

## WHAT IS SENSORY THERAPY?

The human body's five major senses are easy to name — touch, sight, hearing, smell and taste — but the way they affect our overall well-being is anything but basic. That's why sensory therapy, a method of engaging one or more of the senses, has become commonplace in health care.



Although anyone can benefit from sensory therapy, it's often used to relieve agitation in those with dementia. Providing meaningful objects can soothe an upset person or bring back a happy memory. For example, someone who loved to visit the beach may find comfort in holding seashells or playing with sand.

Stimulating the senses also boosts brain activity, so using finger paints, forming shapes with clay, and playing "guess the scent" games can be fun exercises for people with dementia. Tasks such as folding towels, sorting coins or shuffling cards have a similar effect while also giving folks a sense of purpose and raising their self-esteem.

No matter who you are, focusing on a specific sense can calm a stressed-out mind. A soft blanket, gentle melody or soothing fragrance are classic relaxing techniques that also count as sensory therapy.



## COURT ENTERTAINERS

For 95 years, the Harlem Globetrotters have "hooped" it up as one of the world's most talented and entertaining basketball teams.



Formed by Chicago businessman Abe Saperstein, the Globetrotters played their first game on Jan. 7, 1927, in Hinckley, Ill. The team was given the name "Harlem Globetrotters"



in order to be associated with the African-American cultural hub in New York City and to imply that they were world travelers.

At first, the Globetrotters stayed within the Midwest region of the U.S., playing thousands of games and introducing basketball to audiences who had never seen the sport before. In the late 1930s, the team began to perform comedy routines and ball-handling tricks while on the court. Spectators responded well to these antics, which also gave team members a chance to rest while one player showed off his skills with the ball. These acts of showmanship, combined with the whistling theme song "Sweet Georgia Brown," became the Globetrotters' signature brand of entertainment.

In 1950, the team started traveling to other countries, earning international attention and praise. They played their first actual game in Harlem in 1968.

To date, the Globetrotters have played more than 25,000 games for millions of fans around the world.

## EMPLOYEE BIRTHDAYS

Geraldine Hartman, 4th      Charlotte Davis, 18th  
Shannan Veber, 16th

## SERVICE ANNIVERSARIES

Bobbi Noakes, 1/12/1999  
Charlotte Davis, 1/13/2016  
Kimberly Jones, 1/27/2020



# VALLEY VIEW ESTATES

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MANAGED BY  The Goodman Group

## STAFF

**Executive Director**  
Rick Bucheit

**Director of Nursing**  
Amy Bibeau

**Life Enrichment Director**  
Nikki Stevenson

**Maintenance Supervisor**  
Jim Vandertook

**Business Office Director**  
Bobbi Jo Noakes

**Dietary Director**  
Addie Bouchard

**Medical Records Director**  
Bobbi Jo Noakes

**Social Service Director**  
Doug Simmons

**MDS Coordinator**  
Dawn McCann

**Spiritual Care Director**  
Thad Butcher

## NUTRITION GOALS FOR THE NEW YEAR

Our overall wellness is greatly affected by what we eat. Use the new year as motivation to dig into some fresh healthy eating habits.



### **Share meals with others —**

Dining alone can cause you to eat mindlessly or too quickly, which can lead to weight gain; or you may form a habit of skipping meals, preventing you from getting proper nutrition. When possible, share meals with friends and family members. Engaging in conversation at the table helps you look forward to the experience of fully savoring your food.

**Try new things —** Enjoying many types of food prevents meals from being boring, and also gives you a greater chance of getting the wide variety of nutrients your body needs. Maybe you think you don't like a certain vegetable or seafood because you've only had it cooked one way. Branch out and try it prepared differently. You may discover a new favorite!

**Practice moderation —** You don't have to completely give up great-tasting foods that aren't so great for your health. Depriving yourself can take the joy out of eating and often sets you up for failure. Instead, reduce portion sizes of your favorite indulgent foods, or splurge on a treat just once a week.