



# Good Life

## NEWS

at The Village Health & Rehabilitation

SEPTEMBER 2020

### ADMINISTRATOR'S CORNER

Have you noticed how dark it is early in the morning these days? September is definitely bringing us fewer daylight hours.

In addition to shorter days, September means we will be conducting our long-term resident satisfaction survey. We would like to thank everyone in advance — residents and families — for their participation in the survey. We appreciate your valuable feedback. Please know that we will identify areas that we need to work on and improve service where needed. We are always striving to give the best possible Platinum Service®! 'Tis the season for surveys here at Village, as we also recently surveyed our staff.

I'd like to introduce you to Amanda Ziegler, who was recently promoted to Reception Supervisor. Amanda joined us earlier this year as our part-time Evening Receptionist and is stepping up to replace Alisha Falk, who has moved on to another opportunity. Amanda juggles so much, including resident trust accounts, accounts payable, special accounts, etc. Please take the time to introduce yourself to Amanda.

As this is written, we are working on a plan to conduct weekly COVID testing for all staff as we completed the earlier baseline testing of all staff and residents with no negative results. Testing every week is part of our requirements to allow visitation. Our concern at this time is that the state cannot complete the testing timely. We'll keep you posted as we solidify a plan for testing and subsequent reopening.

My door is always open if you need anything.

Peace,  
Dee

### LIFE ENRICHMENT BROADCAST

Hello,

I hope everyone had a great and safe summer. We are still having small programs observing social distancing. We will continue to have snow cones, Happy Hour, Fit exercise programs, Bingo and music played using the intercom system. I have added a few more programs as CMS allows. The residents have enjoyed having families visit using phones, iPads and window visits.

We realize how important it is for families to visit at this time. Please contact Life Enrichment if you would like to set up a visit.

Thank you,  
Robert

### ADMISSIONS NOTES

Here at The Village, we are proud, but humbled, to say we are currently Covid-free. Our staff and residents have worked hard to slow the spread of the virus. It has taken its toll on our residents, as they can't engage with the community as they are used to. We are still taking admissions, but at a slower rate, as isolation precautions have bottle-necked our regular capacity. We wish everyone the best. Please stay safe, think of the vulnerable populations in your life, and wear a mask.

Sincerely,  
Juli and Amber

*"No man is an island, entire of itself; every man is a piece of the continent, a part of the main."*

*John Donne, No man is an island — A selection from the prose*



## RESIDENT SPOTLIGHT

Mike was born Sept. 19, 1967, in Missoula. He has two brothers — Tim in Billings and Grant in Great Falls.

Mike went to Lewis and Clark Elementary. He was on the football, basketball and baseball teams. He graduated from Sentinel High School class of 1986.

Mike had a gun accident in 1980 and was in a coma for four months. He woke up to the television show “I Love Lucy.”

Before and after his accident, he worked for his dad at the Rusty Nail and Harry David. We (father and son) drove the water truck, pulling a rubber tire packer, preparing the track for racing at Garden City Speedway.

When he got old enough, he loved to go to the Eagles Lodge where he had a lot of friends, listened to the bands, and maybe have a couple Bud Lights.

His mother, who was his caregiver for 30 years, passed away Nov. 14, 2013. He was mostly on his own living with his father until he broke his ankle in November 2018 and was placed at Village Health and Rehabilitation.

Mike is very proud of his heritage. He would be glad to tell you all about them coming to the United States in 1734. They founded Maclayville now called Harrisburg, Pa.

I think if Mike had not gotten hurt, he may have been the next Maclay Senator. He has done remarkable things and his family are very proud of him.

Mike is well-known by staff and residents alike for his jovial and joking manner. He has nicknames, Doc and Hollywood. He makes his rounds throughout the building all day, greeting all passersby. Life Enrichment staff tease him about his drive by pedaling because he pedals in the FIT classes — 4 miles in 15 minutes.

*David (Mike's Dad)*



*Mike M.*

## AN ODE TO ROBERT FROST

The close of summer brings about wistful longings for everlasting days, the searing heat of river or beach stays, and the constant chirp of grasshoppers in the fields. It feels as if winter were yesterday! Weren't we all just wishing for the spring? Alas, spring seems only a distant memory now, and summer is surely not far on its heels. Yet, as fall approaches, there is also a rush of excitement for the earlier dusk, the cooling evenings, and the crunch and scrape of leaves underfoot. The closer we inch toward autumn, we cannot help but covet all treats made of pumpkin. We delight in the scent of fall fires burning, and daydream of the promise of our most whimsical and cherished holidays running back, to back, to back. In the most trying of years, as this one has been, hold fast to such things as crisp autumn evenings and families gathered close. Find beauty in the small things and explore your time wisely with those you hold dear. While the strain of these times may make us weary, we must also recognize the opportunity presented to us. This fall, although our gatherings may be smaller and our circles ever-closer, simply enjoy the intimacy of it all. In this tech-savvy, lightening-paced world, perhaps we ought to enjoy the slowing of these times, and the closeness it prescribes. Here's to bidding summer a fond farewell and looking forward to a glorious fall, for as Frost imparted in his wisdom: Nothing gold can stay.



Cheers and Warm Wishes,

*Amanda Z.*

### “Nothing Gold Can Stay”

*By Robert Frost*

Nature's first green is gold,  
Her hardest hue to hold.  
Her early leaf's a flower;  
But only so an hour.  
Then leaf subsides to leaf.  
So Eden sank to grief,  
So dawn goes down to day.  
Nothing gold can stay.

## A FALL POEM WITH SOCIAL SERVICES

### “An Autumn Day”

*By Carmen Lagos Signes*

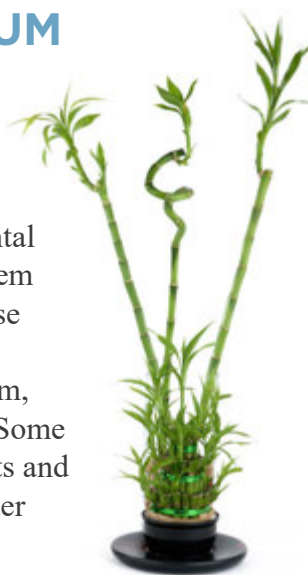
Pumpkins in the cornfields,  
Gold among the brown,  
Leaves of rust and scarlet  
Trembling slowly down;  
Birds that travel southward,  
Lovely time to play;  
Nothing is as pleasant  
As an autumn day!

Happy Fall from your Social Services team — Cheryl Armstrong, Marisa Foskette, Joy Mills and Annie Waylett

## NURSES' FORUM

### Indoor plants: Air Purifier

Indoor plants are not only for display (ornamental purposes), but some of them serve as air purifiers. These plants are ideal to put on any corner of a living room, bedroom, and bathroom. Some of the known indoor plants and best air purifiers are: Spider plants, Dwarf Date Palm, Boston Fern, Kimberly Queen Fern, Chinese Evergreen and Bamboo Palm.



- All Spider plant varieties produce long, slender leaves that arch up and over the container. Long slender stems, called off-shoots, grow from the plant and hang two-three feet below or near the container.
- Pygmy Date Palm Tree (common name: Dwarf Date Palm) is a subtropical spreading palm. It has fine leaves, an attractive trunk and is suitable for using indoors in cooler climates.
- The Boston Fern is closely related to the Sword fern. They grow beautifully in humid locations that receive plenty of indirect sunlight, but when the threat of frost arrives in the fall, they must be brought indoors if they are to survive.
- Kimberly Queen Fern, same as the rest of the Fern family, also needs extra care. It is also called Sword Fern because of its straight and narrow upright fronds.

According to the study conducted by Environmental Health and Toxicology (2014), indoor plants' placement decreased the indoor concentrations of volatile organic compounds (e.g. formaldehyde and benzene are carcinogenic). However, the health condition especially for those asthmatic could additionally be affected by other environmental conditions such as the kinds of or amount of indoor plants being placed, the indoor air temperature, and the symptom degree of participants.

References:

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<https://plants.ces.ncsu.edu/plants/phoenix-roebelenii/>

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## EMPLOYEE SPOTLIGHT

Hello all,

I was asked by Dee to introduce myself in this month's newsletter in order to get to know everyone a little better! My name is Amanda Ziegler and I am the new Reception Supervisor here at The Village. I am a married mother of four daughters: Emma, Victoria, Corrine and Natasha, and my husband Larry is a retired Navy Seabee and served our country proudly for 20 years. We recently moved to the Bitterroot Valley from Missouri, but for me it was coming home as I lived here throughout my adolescence and my 20's and the majority of my family still resides here. I have lived all over the United States as well as England, and travelled extensively in my late 20's and early 30's before I had my first daughter and began working on my education. I achieved my Bachelor's Degree in Psychology this past May, and will have my second Bachelor's in English Literature this Christmastime, and will then graduate and say goodbye to school for now. I have a passion for writing. I also have a passion for collecting books and currently have over 2,000 boxed in my storage as we build our home, so reading will always be on my list of to-dos! I truly enjoy my job and feel I was always meant to come back to working with our aging population. I am grateful to be here and look forward to getting to know everyone better, making your day a little bit brighter, and working alongside you all!

*Amanda Z.*



## FRESH FRUIT BOWL RECIPE

Berries are available all year round in most areas, but there is nothing quite like easy dessert recipes made from summer fresh berries. As summer comes to a close, why not make this with fresh berries while you can?

### Summer Fruit Bowl

Feel free to mix the berries you use in this recipe to suit your taste. Raspberries would be wonderful, too.

Makes 8-10 servings

### Ingredients

- 14 ladyfinger halves
- 1 cup fresh blueberries
- 1 — 14 ounce can pineapple chunks, well-drained
- 1 tablespoon sherry or orange juice
- 1 cup seedless green grapes
- 1 cup dairy sour cream
- 1 cup sliced fresh strawberries
- 1 cup flaked coconut
- 1 teaspoon vanilla extract

### Directions

1. Sprinkle the ladyfingers with sherry or orange juice, and line 1 1/2 quart serving bowl with the cookies.
2. Combine strawberries, blueberries and grapes.
3. Mix coconut, pineapple, sour cream and extract.
4. Stir this mixture lightly into the fruit.
5. Spoon it all into the lined bowl.
6. Chill before serving.

*Chris Brickey*

## RESIDENT BIRTHDAYS

Lucas S., 2nd	Frances M., 18th
Lois H., 3rd	Michael M., 19th
Phyllis B., 5th	Gary D., 21st
Linda G., 12th	David B., 21st
Viola O., 12th	Matty D., 23rd
Allan O., 14th	Louise R., 26th
Verna R., 16th	Hilaria S., 27th
Brenda N., 17th	Patricia R., 29th
Shirley W., 18th	



# THE VILLAGE

Health & Rehabilitation

2651 South Avenue West, Missoula, MT 59804  
406-728-9162 | villagehealthcare.com



MANAGED BY



The Goodman Group

## STAFF

### Executive Director

Dee Strauss

### Director of Nursing

Toshua Krushensky

### Life Enrichment Director

Robert Redfield

### Resident Care Coordinator

Elena Cornwell

### Housekeeping Supervisor

Linda Calkins

### Director of Admissions

Amber Aaseng

### Dietary Director

Chris Brickey

### Maintenance Director

Eric Tippett

### Social Services

Cheryl Armstrong

Joy Mills

Annie Waylett

Marisa Foskette



## NEW FACES

- Edward B.
- Dean B.
- Janice B.
- Elizabeth B.
- Lynn C.
- Judith C.
- William F.
- Linda G.
- Rodney G.
- Roger H.
- James K.
- Gladys L.
- Arthur L.
- George L.
- Viola O.
- Andrew P.
- Diane T.
- Sylvia W.
- Alicia W.
- Shirley W.



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