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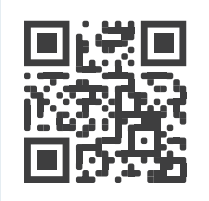


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# Good Life NEWS

at The Village Health & Rehabilitation

APRIL 2026

**LIFE ENRICHMENT UPDATE**

I hope everyone enjoyed our St. Patrick's Day party, and thank you to Pat O. for joining us and putting on one heck of a show! I hope everyone is enjoying the warmer weather, although we've had some random flurries here and there. April showers bring May flowers!

This month, we will be going to Walmart and the Butterfly

House. If the weather permits, we will also go to the Lee Metcalf National Wildlife Refuge to view wildlife and have a picnic lunch. Residents have had many fun trips to the game preserve. We have watched geese, ducks, other birds and wildlife with their young. With the warmer weather making its way, we have many barbecues and other outdoor outings to look forward to. Have a great spring!

*Robert Redfield*  
 Life Enrichment Director

**TEAM MEMBERS**

**Executive Director**  
 Dee Strauss

**Director of Nursing**  
 Christie Brown

**Life Enrichment Director**  
 Robert Redfield

**Culinary Director**  
 Ben Badelles

**Maintenance Director**  
 David Younger

**Social Services Director**  
 Sydnie Benjelloun

**Admissions Coordinator**  
 Juli Cusker



**BIRTHDAYS**

We want to wish the following residents a very happy birthday:

- Ruben N. - 4/5
- Yvonne P. - 4/5
- James A. - 4/7
- Betsy A. - 4/10
- Janis N. - 4/13
- Laura T. - 4/15
- Nadine K. - 4/15
- Anita A. - 4/24
- John C. - 4/24
- Lloyd M. - 4/26
- Robin H. - 4/27
- Theresa C. - 4/29
- Marilyn C. - 4/30



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Soaking up the sun!



Bird watching!



Who doesn't love a barbecue?

**RESIDENT SPOTLIGHT**

**Meet Shelly M.**

Shelly M. was born in Wichita, Kansas, on a lovely February day. She was raised in Wichita by her two incredible parents, whom she holds dear to her heart, and her sister, Rhonda. Her memories of growing up are some of her fondest. Shelly's father worked for Beech Aircraft and owned a plane. She recalls that she and her sister, after church each Sunday, would visit where her dad's plane was stored and play in the cockpit. Her dad was a big hunter, so there was no shortage of fresh meat for their family to enjoy. Because of this, her family also had a couple of hunting dogs, which is where her love of animals — dogs specifically — began.

Shelly is a sporty girl! Growing up, she played on an all-girls baseball team where she was the pitcher. She also played basketball. To this day, she loves sports and watching them is

a hobby she enjoys. Shelly also has a love for music, especially its ability to make people smile and feel good.

After college, where she attended the University of Wichita, Shelly moved to Missoula and knew there was nowhere else she would want to live. She fell in love with the place. It was also where she raised her two children.

Shelly has one daughter, Courtney, and a son, Justin. She says she has the best kids in the world, and she is incredibly grateful to God for the children and grandbabies she was given. Shelly is a social butterfly and has no shortage of friends here at The Village Health & Rehabilitation. We are so happy to have her join our family.



2651 South Avenue West, Missoula, MT 59804 | 406-728-9162 | [villagehealthand rehab.com](http://villagehealthand rehab.com)

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## APRIL IS NATIONAL GARDEN MONTH!

April is National Garden Month, a time to celebrate the many benefits that gardening and spending time outdoors can bring to our health and well-being.

Gardening is not only an enjoyable activity, but it can also support both physical and mental health. Simple tasks such as planting flowers, watering plants or tending to a small garden help encourage gentle movement, which can improve flexibility, strength and coordination. Spending time outdoors also provides exposure to natural sunlight, which helps the body produce vitamin D and can support bone health.

In addition to the physical benefits, gardening has been shown to improve mood and reduce stress. Being around plants, fresh air and nature can create a calming environment that promotes relaxation and emotional well-being. Gardening can also provide a sense of accomplishment and purpose as plants grow and flourish over time. Whether planting flowers, growing herbs or simply enjoying the beauty of a garden space, spending time outdoors is a wonderful way to nurture both body and mind.

## ADMINISTRATOR'S CORNER

### Meet Culinary Director Ben Badelles

Ben Badelles has been named culinary director, replacing Roberto Dominguez, who relocated to another position. Four years ago, Benjie joined The Village Health & Rehabilitation as a breakfast cook and was later promoted to assistant director.

"I am not new to the Village, and to many of you, my face is familiar, as you see me in the kitchen all the time," Benjie explained. Benjie's background in the food and service industry started very young. His family owned a restaurant and catering business. Benjie took over the business when his mother retired. He was also a crew trainer with a multinational restaurant in Sydney, Australia, and worked as a sous chef while living in Toronto, Canada. Since moving to Missoula, Benjie and his family have been enjoying what Montana has to offer, traveling and exploring the beautiful outdoors. He likes to spend his time cooking and enjoying the local food scene, as well as trying out what other places have to offer.



Last year's "Night Under the Stars"

### Night Under the Stars

The Fun Committee is excited to announce the third annual "Night Under the Stars," which will be held Thursday, April 9, in the main dining room. We hope you will join us!

Peace,

Dee Strauss  
Executive Director

## PARKINSON'S DISEASE AWARENESS MONTH

April is Parkinson's Disease Awareness Month, a time to recognize those living with Parkinson's and to have healthy discussions about how to move the needle in research for this disease.

Parkinson's disease is a neurodegenerative disorder that affects movement and is named for James Parkinson, the first medical doctor to document the symptoms of Parkinson's. Symptoms include tremors, slow movements and trouble walking along with non-motor symptoms such as depression and issues with speech. The cause of this disease remains largely unknown, and there is no cure as of now. Treatment options vary and include medications, surgery or lifestyle adjustments. According to the Parkinson's Foundation, nearly one million people in the U.S. and more than 10 million worldwide are living with Parkinson's.

Many of our senior living and healthcare communities participate in Rock Steady Boxing, a fitness program designed for people living with Parkinson's, along with support groups and activities tailored to people with Parkinson's. This month, we are reminded of the encouraging progress scientists and researchers have made in understanding this disease, but also the challenges that still lie ahead.



## SPRING INTO SOMETHING NEW



The life enrichment team is always offering opportunities to try something new. While new experiences can be daunting, they can

increase your confidence and help you appreciate what you are made of. It could be attending a FIT Functional Fitness® class, engaging in arts and crafts or simply finding someone that shares your same interests. We invite you to join us at any activity listed on your monthly calendar. We can't wait to see you!

## WRITE AND PUBLISH YOUR MEMOIR



Join us on Tuesday, April 21

*A virtual presentation provided by Dave Bricker*

Can you name your great-grandparents? Do you know what they dreamed of, fought for, and laughed about? Rich, full lives vanish after only two generations... unless we do something about it. No one else has lived your life or seen the world through your eyes. In this engaging live workshop, you'll discover a simple way to organize your memories into a compelling book. Preserve your ideas, experiences, and memories, and leave a meaningful, lasting legacy.

*See activity calendar for time and location.*

## SOARING®: SUPPORTING THE SPIRIT



### Travel Without Leaving Home

One of the great joys of life is travel. There is something remarkable about stepping into a new place: the scents in the air, the colors of the landscape and the sounds of unfamiliar languages. Yet we don't always have the ability to pack our bags and set off across the globe. Physical limitations, finances or responsibilities may make long journeys difficult. The good news is that adventure and exploration are still within reach. Through "armchair travel," we can experience the wonder of cultures, foods and landmarks without leaving home.

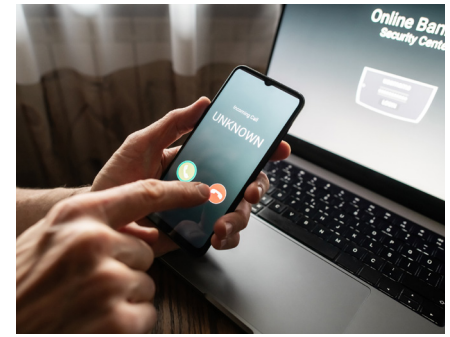
- **Books as Passports:** Books are wonderful travel companions. A novel set in Paris or a memoir about hiking in the Andes can open windows to new places. By reading together or sharing stories, we discover new cultures, histories and landscapes.
- **Films and Music:** Movies and music can also take us far. A documentary about the Serengeti or a concert filmed in Vienna gives us the sights and sounds of other places. Music can transport us: the strum of a Spanish guitar, the beat of African drums or the soaring notes of Italian opera.
- **The Adventure of Food:** Tasting new foods is often the highlight of travel. While we may not visit Moroccan markets or Japanese tea houses, we can bring those flavors to our tables.
- **Themed Events:** Community events are another way to "travel." A Hawaiian luau with leis and ukuleles or an "Around the World" week featuring different countries can be delightful.

Armchair travel is more than an alternative — it is an adventure of its own. With books, films, food, and community celebrations, we can awaken our curiosity, expand our understanding, and deepen our joy.

Lindsay Huffman  
Spiritual Care Director  
Garden Ridge (Peoria, AZ)

## PROTECT YOURSELF FROM CYBER SCAMS

Cyber scams come in many forms. Credit card scams occur when a purchase is declined, so you try another card, only to find both were charged. Dating app scams involve people pretending to be someone else. Messaging scams claim a family member is in distress and needs money. Tech support scams start with pop-ups showing a Microsoft or Apple logo, warning of a virus and asking you to call a number. Calling gives scammers remote access to your computer and personal data.



Some of these scammers are extremely clever. They can appear genuinely concerned and empathetic, but there are a few red flags to watch for:

- Unexpected calls from "tech support" are most likely scams. Hang up, even if the number looks real.
- Never click on pop-ups, share your password, give remote access to your computer, or follow instructions that allow someone to "see your keystrokes."
- Legitimate tech companies won't call, text, or email about problems with your computer, and their pop-ups will never ask you to call a number or click a link. Their business depends on you reaching out if you have a problem.
- If you shared your password, change it immediately. If you allowed remote access, update your security software and run a scan, or have a trusted technician scan your device.

Another red flag is emails claiming recent large purchases. These may appear from Amazon or Best Buy and instruct you to "click the link." Don't. Call the company directly using their official number.

Be wary of strange emails and attachments. Avoid panic-inducing phrases like "Is this you in this photo?" or "Help, I've been arrested," or messages from a "government agency" demanding contact. Recent scams target older adults claiming their Social Security number or identity was stolen.

I recently served on a jury where the defendant was convicted of wire fraud and conspiracy to commit wire fraud. He and his partners scammed over 30 people across the country out of more than 7 million dollars. Unfortunately, none of them will get their money back, as it was all sent to India, and India does not cooperate with the U.S.

If you think you've been targeted, file a police report and report it to the FBI's Internet Crime Complaint Center. The more information authorities have, the better they can identify patterns, link cases, and catch criminals. Please be safe with your tech interactions.

Tammy Talley  
Health Services Director of Survey Readiness  
The Goodman Group