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TEAM MEMBERS

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Director of Nursing
Joy Dawe

Director of Sales & Marketing
Mark Himsl

Life Enrichment Director
Vicky Taylor-Fritz

Business Office Director
Kathy Root

Housekeeping Director
Theresa Bassett

Culinary Director
Scott Sylling

Dining Room Director
Ramona Montez-Burns

Quality Coordinator
Samantha Gravning

Maintenance Director
Carlton Nelson

Spiritual Care Director
Brad Kelly



Resident Referral Perk

Residents who refer a friend who moves in will receive one month free rent!*

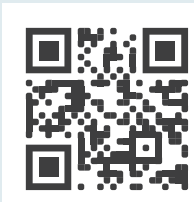
Family Referral Perk

Family members who refer an individual who moves in will receive a \$2,000 referral fee!*

*Additional terms may apply. Contact our community for more information.

Share Your Experience!

We value and appreciate your feedback. Your online review can also assist other families who are exploring senior living options for themselves or their loved ones. Help us continue providing exceptional care by sharing your story on Google, Facebook or Yelp today!



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Good Life NEWS

at The Village Senior Residence

MAY 2026

HAPPY MAY

Dear Residents, Families and Friends,

Happy May! As the days grow longer and flowers begin to bloom, we're reminded of the beauty of renewal and the importance of staying active, engaged, and — most importantly —

safe. As the saying goes, "Spring adds new life and new beauty to all that is." It's a wonderful time to embrace fresh beginnings while keeping wellness at the forefront.

Safety is always a top priority in our community, and this season brings a few helpful reminders. With warmer weather inviting us outdoors, please remember to wear supportive footwear to prevent slips and falls, and use handrails whenever available. Hydration is also key — keep a water bottle nearby, especially during outdoor activities, to stay refreshed and energized.

We also encourage everyone to be mindful of changing environments. Spring cleaning and rearranging can sometimes create unexpected tripping hazards, so please ensure walkways remain clear and well-lit. Our team is always happy to assist if you need help organizing or adjusting your space for maximum safety and comfort.

Medication safety remains an essential part of your well-being. Please continue to take medications exactly as prescribed, and don't hesitate to reach out to our nursing team with any questions or concerns. If you need medication assistance, talk to Joy or Samantha about starting a medication package. We are here to support you every step of the way.

Finally, let's not forget the importance of emotional wellness. Social connection, laughter and a positive outlook all contribute to a healthier, safer lifestyle. Join us for our May activities and enjoy the wonderful sense of community that makes this place so special. Thank you for allowing us to be part of your care. Wishing you a joyful, safe and sunny May!

Warm regards,

Joy Dawe
Director of Nursing

MONTESSORI MOMENTS

Last month, the residents in our Pearls of Life® memory care neighborhood thought it would be a grand idea to make Easter favors to distribute in the dining rooms on Easter Day. There was grass to stuff in, candy to fill, labels to make and tie on, and then the delivery, so it was all hands on deck for this Easter project. A big thank you to our Pearls of Life® residents from everyone on the receiving end of this springtime gift!



Easter favor delivery



Thank you!



Finishing touches



Easter favors!

May

May you be sunny,
May you be warm,
May you be free from weary, dreary storms.
May you bless us with flowers and bright green hills,
May you be finished with those blustery, frigid chills.
May you be good to us, and we'll be good too,
May, we cannot wait for your lovely skies of blue!

By Kat, Life Enrichment



IN LOVING MEMORY

We remember our dear friends who have passed in the last month:

- Alvin A.
- Midge B.



NEW RESIDENTS

We would like to welcome our newest residents!

- Arlene B.
- Bonnie K.
- Carol B.



BIRTHDAYS

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

- Margaret E. - 5/4
- Bob A. - 5/25
- Jim M. - 5/31
- Annette B. - 5/6
- Peter B. - 5/28
- Janet W. - 5/7
- Chuck T. - 5/29



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THE VILLAGE
Senior Residence

2815 Old Fort Road, Missoula, MT 59804 | 406-549-1300 | villagesenior.com



MANAGED BY The Goodman Group





RESIDENT SPOTLIGHT

Meet Wilma M.

Sweet Wilma thinks her life isn't very remarkable, but when asked, she can share plenty of interesting details. Born in 1935, she was raised with two brothers on her grandfather's homestead outside Laurel, Montana. Wilma

was born into the difficult farm era when machinery was still pulled by horses. At the end of the workday, her father would leave the equipment in the field, unhitch the horses, and "throw the kids up on Dick and Sally to head home." Her loving father would always remind the children, "Be sure to duck down at the barn door!" so they wouldn't hit their heads or be knocked off the horses' backs. Wilma felt much loved by her father, who would let her, his only daughter, drive their tractor after automated farming became the norm.

Wilma attended a two-room country schoolhouse until the fourth grade. Her father was on the school board and believed very strongly that "country kids" deserved the same opportunities and quality of education as children in town schools. He lobbied for the local farm children to be bused into the elementary school in nearby Laurel. Wilma attended school in that small town until her graduation in 1953.

After high school, she enjoyed working as a secretary in county agricultural offices. She met her future husband, Stan, at age 27 while working an evening job at a local gas station. A couple of very helpful co-workers introduced the two. Wilma laughed as she shared that Stan's mother was awfully happy to have Wilma take over caring for her son, as he had recently been widowed and was "at loose ends." The couple had two daughters and later divorced. Wilma proudly worked for 30 years at Eddie's Bakery (which later became Sweetheart Bakery), doing packing and factory work.

When asked about the best memory of her life, Wilma glows as she shares about volunteering at Florence Elementary School with first graders and one special teacher, Karla. She had a very special puppy partner, "Monty," who sometimes accompanied her to school.

It's delightful to listen to Wilma describe the satisfaction she felt when she noticed a child struggling with a subject like arithmetic and was able to help them understand a problem. Wonderful Wilma would take the child off to the side of the room and say, "Now, how about we look at this another way." The youngster might gasp, "Oh, now I know what it is!" and light up with understanding. She smiles as she recalls this: "And I lit up with them! That was the best 'paycheck' I ever had!"

How lucky those children were to have a patient, caring teacher like Wilma — and how lucky we are to have her as part of The Village Senior Residence since 2021!

Tuesday, May 5: *Mama's Gifts*

Renowned storyteller Carrie Sue Ayvar draws from personal, historical and traditional tales to celebrate our Mama's gifts — their lessons, love, and even their mishigas, their unique quirks!
Presented by Carrie Sue Ayvar



Tuesday, May 26: *Heroic Leadership of WW2*

Heroism took many forms in World War II — from leaders like Roosevelt and Churchill, to ordinary soldiers, civilians, and wartime correspondent Ernie Pyle, who kept the home front connected to their heroes. *Presented by Elizabeth Stice*

See activity calendar for time and location

MANAGING YOUR MEDICATIONS

With the advancement of medicine and the medical profession, we have more options for providers, care settings, and treatments. New medications are becoming available daily, some on a trial basis and others newly on the market following trials.



It is common to have more than one provider caring for you. Many of us have two, three, or even four physicians or providers, including a general practitioner or internal medicine doctor, a cardiologist, an orthopedic doctor, a podiatrist, or other specialists.

Each provider may order medications for different conditions, some for short-term issues and others for chronic conditions. Your doctor will review all medications at each appointment to avoid duplicative treatment. Pharmacists also review all medications in your record for the same reason. Both work together to ensure your medication regimen is safe.

However, the danger may not lie in current prescriptions but in retaining unused or expired medications. Surveys show that many people never dispose of old medications. More than half of respondents in one study kept unused or expired medications, with some saving remaining doses after procedures for "future use."

Unused and expired medications pose risks, including accidental ingestion by children or pets, misuse by others, and ineffective or harmful treatment if taken due to loss of potency or chemical changes. Expiration dates only guarantee a drug's strength and safety up to that point. Some medications degrade, lose potency, or change chemically, making them less effective or harmful. Liquid medications such as insulin and antibiotics degrade faster. Nitroglycerin tablets are also highly unstable and should not be used past the expiration date.

There are several ways to dispose of expired or unused medications. Many hospitals and pharmacies have drug take-back programs for secure disposal. Kits are also available from vendors, containing chemical additives to destroy or deactivate medications. Once full, follow the manufacturer's instructions for disposal; many can be discarded with regular garbage.

It is never recommended to flush medications down the toilet or sink. Flushing can pollute water supplies, harm aquatic wildlife, and contaminate drinking water. Wastewater treatment plants are not designed to remove all pharmaceutical chemicals, allowing them to pass into lakes and rivers.

Dispose of unused medications if dosages change. Regularly check expiration dates on all medication bottles, including vitamins and supplements, and keep medications secure and out of reach of children. Periodically review your storage cabinet.

If you have unused or expired medications and are unsure whether they should be discarded, call and speak with a pharmacist or healthcare team member.

SOARING®: SUPPORTING THE SPIRIT



May brings beautiful signs of new life and growth. We see trees and flowers in all their glory, and we are awed once again. But what about our spirits? Winter's gray days can leave us feeling depleted of hope, joy and peace. So where do we turn to be restored? How can we be reminded that we, too, are an integral part of creation?

In her book, "Pocketful of Miracles," Joan Borysenko writes of May, "It is a call to gratitude that everything in the universe is continually being re-created, including ourselves." Perhaps we can look at those miraculous new buds and blooms and offer thanks for what they teach us about renewal. May creation's model of new life provide hope and the opportunity for re-awakening in our hearts. May our spirits soar!

Consider the following blessings for this month as we navigate life together and seek the new:

- Be present.
- Let the day flow with grace.
- Expect joy, and be positive.
- Serve with compassion.
- Speak only kindness.
- Impart only love.
- Never forget you are not alone.
- Give thanks for everything.
- See goodness in others.



Take a moment to celebrate who you are and where you are, knowing that you are OK. You are still capable of learning, growing and flourishing. Take time to notice the plants and animals that have emerged with spring.

If you need a safe space to share or think out loud with someone from your heart, your spiritual care director is there to offer support and care for your spirit. Let them.

Lora Beth Reece
Spiritual Care Director
The Residence at Timber Pines (Spring Hill, FL)

HONORING MEMORIAL DAY

Memorial Day is a time to pause, reflect and honor the men and women who gave their lives in service to their country. Observed each year on the last Monday of May, it is more than just the unofficial start of summer — it is a solemn reminder of sacrifice and courage.

Across the nation, flags are lowered to half-staff, and communities gather for ceremonies, parades and moments of silence. Families visit cemeteries and memorials, placing flowers and small flags on the graves of fallen soldiers. These simple acts carry deep meaning, ensuring that those who served are never forgotten.

Honoring Memorial Day also means remembering the values these individuals fought to protect — freedom, unity and resilience. It is a day to express gratitude, not only in words but in actions, by supporting veterans, military families and one another.

As we enjoy time with loved ones, we are reminded that our freedoms come at a cost. Memorial Day calls us to remember that cost and to carry forward a spirit of respect and appreciation every day of the year.



Tammy Talley

Health Services Director of Survey Readiness
The Goodman Group