



Good Life

NEWS

at The Village Senior Residence

OCTOBER 2020

ANGELS AMONG US

Thank you to Donna Heilman for submitting the following article! If you'd like to submit something for our monthly newsletter, let Gina (Life Enrichment Director) know!

The pastor at the church my husband used to attend said the volunteers who helped the church programs to function were angels in our midst. Well, I think we here at the VSR have angels in our midst, people who make our lives a little, or even a lot, easier than those lives would be without these people. The first angel I've observed is Alvin. I know, I know, he doesn't have wings or a halo. He's just an ordinary aging man from a small town in Western Montana, but let me tell you what he does. When the Missoulian stopped delivering the morning paper to our doors, Alvin picked up the slack and saw to it we had our paper available when it was convenient. Now my idea of the proper morning is to switch on the coffee (which I set up the night before), put on my robe and slippers, pour my freshly brewed coffee and read the paper. If Alvin didn't see to it that my paper was there when I wanted it, I would have to get dressed, comb my hair, put on a little makeup and go down to the front desk to pick up my paper. The whole day would be ruined.

Since members of our families cannot come inside the building, and since my daughter picks up my dirty laundry and then returns it cleaned, it's often Alvin who sees that it gets to me. Since I have to use a walker in order to get around, I can't drag the laundry basket around, so I'm dependent on people like Alvin to do this. Often, he brings groceries my daughter has bought for me. My son often sends flowers from my garden, and Alvin brings them too.

Another angel is Lois Hartse. She gets up at 6 a.m. (I know, I know. That's terrible. I do well to get up at 9 a.m.) Then she goes down to the front door and gets the papers from the Missoulian man and delivers them to the other wing of the building to the residents there. But in my own life, Lois played a major role. Recently, I had some serious health problems and felt I had to tell someone about them. Again, our families can't enter the building, so I felt I had to share my fears with someone here. Lois and I are not close friends, but we're about the same age and have many experiences in common. In spite of feeling I was intruding on her, I called and asked her to come to my apartment. After I told her about my situation, she called the nurse's office, who in turn called my daughter. The result was that I was sent to the emergency department at Community Medical Center, then hospitalized for a couple of days and was able to return home. All of this — my recovery — I owe to her. You see why I consider her an angel?

I have two more angels here at the VSR I must tell you about. While I was recuperating from these problems, either Lucas or Morgan came in regularly. Each would check my condition, then as per instructions, call my daughter to report to her. When the flowers on my deck were wilting in the heat, Lucas even watered them for me. Just their presence and their caring demeanor made me feel better, and I looked forward to those visits each night.

Of course, none of those angels have wings or halos, but angels are identified not by their looks but by their actions. I'm sure there are others in our midst. In fact, I spotted one at dinner recently.

If you know of others here and think they deserve recognition, let me know. Maybe we can reveal them too.

-Donna Heilman

OCTOBER IS RESIDENT RIGHTS MONTH!

This month, we are happy to share a guest article written by our Local Ombudsman, Mary Dalton, about reaching out to our loved ones:

Connection Matters!

October is Resident Rights month, help us celebrate by embracing this year's theme "Connection Matters!"

Many of us have experienced first-hand the detrimental impact of social isolation and loneliness as we are encouraged to stay at home and social distance during the pandemic. For vulnerable populations, this is a particularly difficult time.

With new directives placing strict limits on visitors to nursing homes and many assisted living facilities taking similar precautions, friends and families of residents living in long-term care facilities are using creative ways to connect through technology, snail mail and window visits. Video chat, FaceTime and Zoom are just a few ways to stay connected through technology. Residents love to receive hand-written notes or cards, or a care package including photos, crossword puzzles or snacks.

October is Resident Rights Month, an annual event we celebrate every year in conjunction with the National Consumer Voice for Quality Long-Term Care (Consumer Voice). This year's theme "Connection Matters" emphasizes the importance of connection to family, to friends and to the community as an essential component of good health and quality of life for all people living in long-term care.

During the pandemic, residents living in long-term care still have a right to receive good care and services to obtain their highest level of well-being. Missoula Aging Services Ombudsman are privileged to serve as advocates to help protect resident rights and resolve concerns brought forth by the residents.

I encourage community members to join in the Resident Rights Month celebration and share this year's theme "Connection Matters" by reaching out to people you know who live in long-term care through technology, mail or window visits. Your creative connections help reduce social isolation and loneliness, empower residents and help to ensure quality of care and quality of life.

Mary Dalton, Local Ombudsman



LIFE ENRICHMENT

Happy Fall, everyone! Here are a few opportunities coming up this month:

Any interested residents are welcome to help us decorate for Halloween on Wednesday, Oct. 7, starting at 2 p.m.!

Halloween Door Decorating Contest! On Oct. 28, take a walk around the building and vote for your favorite door. First, second and third place prizes to be announced.

Research shows that contributing to a community volunteer project increases feelings of fulfillment and belonging. Join us on Friday, Oct. 16, at 2 p.m., in the Activity Room, to brainstorm ways we can give back in a meaningful way.

I bet it's been a couple of years since you participated in a cake walk? The time has come! Let's celebrate Halloween with costumes and a delicious dessert.

More details coming about all of these events!

HAPPY HALLOWEEN! ENJOY A HANDFUL OF M&M'S TRIVIA

It's the chocolate covered in a candy shell that "melts in your mouth, not in your hand." Munch on some facts about M&M's.

- A product of Mars Inc., about 400 million M&M's are made every day at the company's New Jersey and Tennessee factories.
- They were introduced in 1941 as U.S. military rations during World War II.
- When peanut M&M's debuted in 1954, they were only made in the color tan.
- The trademark "m" was first stamped on the pieces in 1950.
- A typical package today contains a mix of 30% brown candies, 20% each of yellow and red, and 10% each of orange, green and blue.
- M&M's are provided as a snack for astronauts aboard the International Space Station.
- The popular M&M's "spokescandy" characters first appeared in TV commercials in the 1950s.

NURSING NEWS

Please join us for our VSR Flu Shot Clinic on Tuesday, Oct. 13, from 1-3 p.m. in the Activity Room. There is no charge for flu shots with your Medicare card (and most other health insurances). Sign up at the Front Desk to reserve your time slot, and don't forget to bring your Medicare/insurance card!

SOARING: SUPPORTING THE SPIRIT

Fall is a season for honest reflection, for grieving our losses and for watching the colors come out. Having moved from New Mexico last year (summer 2019), I was not sure if I knew what "fall" really was anymore. But I was astonished! Fall in Missoula is absolutely breathtaking.

Someone has said: "The trees are about to show you just how beautiful letting go can be." I find myself thinking about this quote often as we approach fall in the midst of life as it currently is. I love its simplicity and depth to speak to us now.

We have had much this year that we have had to let go. We have lost or missed chances for seeing family, visiting friends, hugging a loved one, shaking hands and at times, even just going outside. We have also lost several friends and neighbors already this year. The brisk chill in the air reminds us just how much of the year has already gone.

Grief is a healthy and natural response to our circumstances, but grief needs expression. I want to invite you to explore ways of expressing this grief in creative, artistic or energetic forms. Perhaps you could draw, paint or play or listen to music. Perhaps you could exercise, walk or work on puzzles. Whatever it is for you, try to find an outlet that gives release to your grief.

One of my own favorite outlets is writing. You might try to journal your thoughts or your feelings about grieving and loss. You might try a daily tally of the "highs" and "lows" the day held. You might try even writing a letter to friends or family. The mail is running slower these days, but a handwritten card still fosters friendship and fellowship as it always has.

No matter what form you choose, I hope you find some expression for your grief. I also hope you find the beauty in letting go for this season.

-James Waddell,
Spiritual Care Director

RESIDENT SPOTLIGHT

This month, we shine our Resident Spotlight on a sweet and sassy member of our Pearl Garden neighborhood, the one and only Dorothy B.

Sit down next to Dorothy and you are bound to have a laugh. Her sparkling eyes and wonderful sense of humor make her an absolute joy to be around.

Although Dorothy has strong Montana roots, her family is originally from Russia. The family immigrated to America via Ellis Island in the late 1800s. From there, they traveled by covered wagon, ending up in the Dakotas. After facing economic hardships, the family moved to Great Falls, Mont., seeking better opportunity. It was here that Dorothy grew up with five brothers and two sisters, only two being born in a hospital and the rest at home. Her mother was a homemaker, and her father was a machinist. Sadly, when Dorothy was just in high school, her father passed away, and her older brother Andy became the man of the house. The family bought a farm to live on together while raising chickens and pigs and growing vegetables.

When Dorothy graduated from high school, she became the first in her family to go to college. She went to nursing school, and afterwards, joined the Navy as a nurse during the Korean War. It was in the Navy that Dorothy met her future husband, Dick. Dick was a patient under her care and a stubborn patient at that! Dorothy warned him he couldn't drink pineapple juice because of the medication he was taking. After Dick repeatedly pestered her for pineapple juice, Dorothy finally gave in and let him do what he wanted. Of course, he drank the juice, spit it out and got sick! It wasn't long after that Dick said, "I'm going to marry that woman."

Since relationships between Navy personnel were forbidden, Dick and Dorothy kept their relationship a secret. After Dorothy became pregnant, she successfully hid her pregnancy all the way to the end of her term! She and Dick went on to have three children over the next four years. Dorothy is now also a proud grandmother, as well as great-grandmother.

In addition to being a mother, Dorothy led a career as a highly respected nurse. She went on to become the Director of Nursing in both a nursing home and an ER. Spend some time with Dorothy and it becomes clear what a good nurse she must have been — not only is she kind and caring, but she also knows how to take charge when the situation calls for it! We are so fortunate to have Dorothy's heart of gold and positive presence in our Pearl Garden neighborhood. We love you, Dorothy!

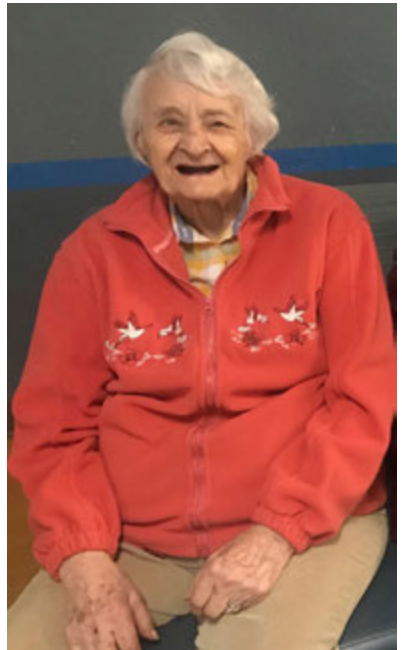
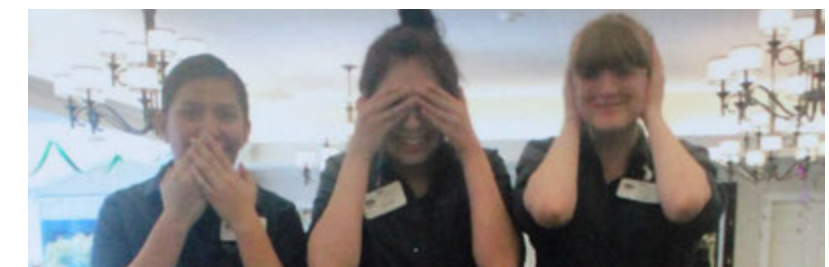


PHOTO GALLERY



Thanks to Tomme Lu for submitting this photo!

"Speak no evil, see no evil, hear no evil — not a bad way to go!"



THE VILLAGE

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RESIDENT BIRTHDAYS

Jeanne L., 6th

Joan W., 8th

Ray D., 8th

Terry S., 8th

Tom T., 9th

Eileen B., 14th

Carl M., 23rd

Don M., 26th

Vernon G., 27th

Marietta F., 29th



NEW RESIDENTS

We'd like to extend a very warm welcome to our new residents:
Shirley T. and Gus N.!



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