

GOOD Life News

at Valley View Estates Health Care Center

APRIL 2014

www.valleyviewestates.org

Kathryn's Korner

Dear Friends,

Spring is here, at least according to the calendar! What would springtime in the Rockies be without a variety of temperatures and moisture? After all, April showers, bring May flowers — right? Many of you know that I enjoy the different aspects of the seasons. I especially enjoy spring. To me it's a time of joy and celebration of God's renewal of the earth.

In the spring we like to show special recognition of our dedicated, thoughtful volunteers. I would like to take a moment to say "thank you!" to our many wonderful volunteers.

"The people who make the difference are not the ones with the credentials, but the ones with the concern." — Max Lucado.

"The miracle is this — the more we share, the more we have." — Leonard Nimoy

"May happiness touch your life today as warmly as you have touched the lives of others." — Rebecca Forsythe

So many of you have deeply touched the lives of others and you do so out of the goodness of your hearts, never wanting praise or recognition. We truly appreciate the many wonderful talents you share with us throughout the year.

I have some wonderful employees to brag about. On March 7, during our Annual Employee Appreciation celebration, each person who was selected as Employee of the Month during 2013 was recognized. From this group of valuable team members, the Employee of the Year 2013 was chosen by an election. Each team member had one vote and Lois Smith was elected — for the second time! Congratulations, Lois!

Most of you know Patsy Golay LPN. Patsy came to Valley View Estates on April 1, 1971 — no fooling! Please join me in wishing her a very Happy Anniversary! We are so proud to have so many caring, dedicated people on our team.

Happy Spring!

— Kathryn E. Beaty, LNHA, Executive Director

Good Life Learning

You're invited! Mark your calendars!

Valley View Estates would like you to join us for the final presentation of our gardening series:

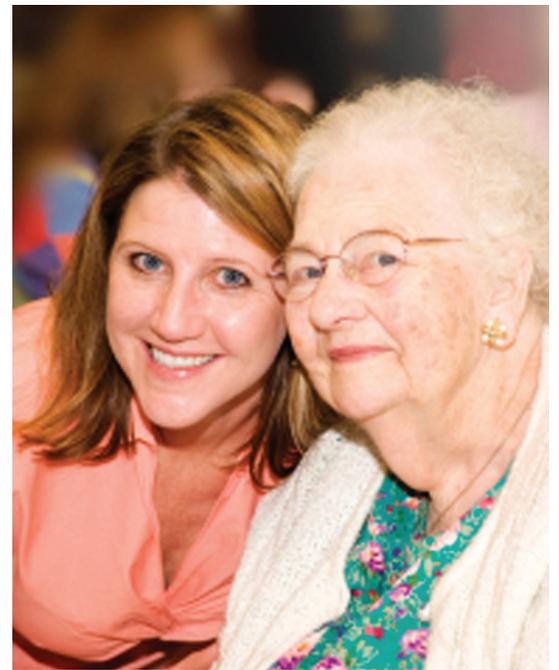
The Challenges and Rewards of Growing Dahlias in Our Area

Presented by
Helen Allen

Date:
Saturday, April 5

Time:
10:30 a.m.

No cost to attend. No need to call in advance. Just come on in and enjoy yourself. Bring a friend



**Our Talk.
Our Walk.
Every Day!**

Our Service Approach

Step 2 – Fulfillment and Anticipation of Resident and Guest Desires

During Platinum Service training, we learned that customer loyalty is achieved when an organization focuses on providing personalized service to its customers. This is the heart of our Service Approach to residents and guests.

Some techniques we use to meet residents' unique and personal requirements include engaging and adjusting to their pace, fulfilling expected and expressed wishes, anticipating any unexpressed wishes, and asking if any other assistance is desired. We are able to deliver this service by being proactive, using the resident or guest's name, and remembering their preferences. Our goal is to go over and above the "ordinary" service that might be expected.

"To give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity." —Douglas Adams

Loving Life

An old proverb: "No matter how long the winter, spring is sure to follow." Spring is here and it feels good!

April 6-13 is National Volunteer Week.

Volunteers are everyday heroes whose service

really does make a difference. Thank you to all our volunteers here at Valley View Estates!

On April 18 at 3 p.m. we will be having an Easter Egg Hunt and Party for residents and their families as well as staff and their families. Please come and join us for some fun — the Easter Bunny will be here too!

Happy Easter, Happy Spring!

— Lois Smith

Life Enrichment Director and Volunteer Coordinator



Nerissa's Notes

Wake Up and Work Out!

We all know that regular exercise is a key part of looking and feeling our best. And while exercise at any time of the day is beneficial, more and more research indicates that morning workouts are best.

Studies show morning exercise jump-starts your metabolism, reduces food cravings, boosts mental focus, and improves your mood. And all these positive effects last hours after you've finished your workout.

Making exercise first on your to-do list also ensures you'll complete your workout before the day's distractions throw you off track.

— Nerissa Hawkinson, RN, BSA
Director of Nursing

Snippets From Social Services

Cyber Seniors

More and more seniors are getting on board the technology bandwagon and embracing the capabilities of smartphones, tablets and other mobile devices. So it should come as no surprise that there are a growing number of applications that many seniors find useful, some of which are designed exclusively for their demographic. Here are some categories to look for:

Reminders to remember — Consider these apps virtual sticky notes — whether you want to track and organize bills, receive notification of a doctor's appointment, or be reminded of your grandchild's birthday.

Social circle — From playing online board games to video chatting with your family and friends, there are dozens of apps to keep you connected.

Health and wellness — Keeping track of your medications, monitoring blood pressure and tracking physical activity can all be done with apps designed to assist with managing your health.

Knowledge and news — Many apps offer instant access to the latest news. You can also follow your favorite sports teams and check weather updates.

Games and puzzles — Some apps are designed specifically to help you stay mentally fit. They offer games that provide a brain workout that can enhance memory and cognitive speed.

— Doug Simmons
Social Services Director

Here's the Scoop: Fresh Ideas for Healthy Snacks

Wholesome snacks help keep your metabolism high, improve your mood and energy, and provide nutrients. A serving of fresh fruit and veggies is always a smart option, but that can get boring after a while. Try these combinations to keep snack time satisfying and nutritious.

- Banana fan? Spread two whole-grain crackers with chocolate-hazelnut spread and layer sliced bananas on top. Or create a bite-size "banana cream pie" with a graham cracker, vanilla yogurt and banana slices.
- Give canned artichoke hearts a tasty, Mediterranean twist by draining the hearts, then tossing with olive oil, lemon zest and chopped basil. Or slide a cherry tomato, a ball or cube of mozzarella cheese, and a fresh basil leaf on a toothpick to make a mini Caprese salad.
- Here's a healthy way to satisfy your craving for

crunch. Rinse and drain canned chickpeas, then dry with a towel. Next, toss with paprika and onion powder and roast at 350° F until crispy. Try other spices such as oregano and garlic salt for a variety of flavors.

- Need a protein fix? Split three slices of ham in half and wrap each piece around a celery stick. Dip in whole-grain mustard. Or stuff several large, pitted olives with pieces of string cheese, then lightly toss with olive oil, red wine vinegar and parsley.
- Satisfy your sweet tooth with a rice cake spread with peanut butter and topped with dried cherries and shredded coconut.

Here's to healthy snacking!

— Pat Brubaker
Dining Services Supervisor

Monthly Meditations

History records the account of Sir Edwin Shackleton in the Antarctic summer of 1908-9. Shackleton and three of his companions set out on a journey from their quarters near the ocean to reach the South Pole. It was a huge undertaking. They set off with four ponies to help carry the load. Weeks later their ponies were dead, they were physically and emotionally spent, and they had not reached the South Pole. They turned back trudging through the cold, ice and snow determined to make it back to their quarters. Altogether they trekked 127 days. On the return journey as Shackleton records in "The Heart of the Antarctic," the time was spent talking about food — elaborate feasts, gourmet delights and sumptuous menus. As they struggled along, suffering dysentery as well as extreme hunger, every waking hour was occupied with thoughts of eating. We can only imagine their hunger and how good they must have felt when they finally had food again.

Jesus uses the thought of hunger to refer to spiritual matters. In the beatitudes, He says, "Blessed are those who hunger and thirst for righteousness, for they will be filled" (Matthew 5:6, NIV). Righteousness is basically living in right relationships with God and others. Another Scripture admonishes us to "taste and see that the Lord is good." (Psalm 34:8, NIV).

I wish for you the blessing of being filled with God's wonder and goodness.

— Doug Goodell, Chaplain

From Darcy's Desk

Transitions — Sub Acute Rehabilitation

We offer 10 private short-stay rehabilitation rooms in order to provide medical and therapy services to those recovering from a serious illness, injury or event. Our Transitions Unit provides necessary privacy, accessibility and peace of mind to patients recovering from a hospital stay. We are very pleased to partner with the Therapy Department of Marcus Daly Memorial Hospital.

There is easy access to the Social Services Director who assists with the transition to home or more permanent living situation.

Recovery and a return to your independent life is goal number one. The Transitions Sub-Acute Rehabilitation program provides the medical and therapy services needed to reach that goal.

Transitions is your bridge from hospital to home! Call me for a tour.

— Darcy Mathis
Admissions and Records Coordinator

Resident Birthdays

Virginia D., 14th

Creating Change

Among the many challenges faced by the Founding Fathers was the need for a respected monetary system. The solution came on April 2, 1792, when Congress passed The Coinage Act, authorizing the minting of money, as well as the construction of a building to house the new U.S. Mint.

Since that time, the mint has produced coinage for legal tender, as well as commemorative collectible coins and ceremonial pieces such as Congressional Gold Medals.

Originally built in what was then the nation's capital, Philadelphia, the mint was tasked with making coins of gold, silver and copper. The first coins struck in the mint are believed to have been made from silverware donated by George and Martha Washington.

Today, the mint's headquarters is in Washington, D.C., with operational facilities in West Point, N.Y., Philadelphia, Denver, San Francisco and the bullion depository at Fort Knox, Ky.

Each location performs unique functions, with the circulating coins we use for daily transactions being produced in Philadelphia and Denver. The two facilities minted more than nine billion coins in 2012 — more than half of which were pennies. Once in circulation, the average lifespan of a coin is about 25 years.



225 North Eighth Street
Hamilton, MT 59840
406-363-1144



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Staff

Executive Director

Kathryn Beaty

Director of Nursing

Nerissa Hawkinson

Life Enrichment Director

Lois Smith

Director of Dining Services

Pat Brubaker

Business Office Director

Bobbi Jo Noakes

Medical Records Director

Darcy Mathis

Social Service Director

Doug Simmons

Chaplain

Doug Goodell

Environmental Services Supervisor

Danny Herron

Elder and Dementia Caregiver Support Group

The Elder and Dementia Caregiver Support Group meets at Valley View Estates the first and third Friday each month beginning at 1 p.m. in our South Living Room. If you have any questions, please feel free to contact Kati Aiken, Local Ombudsman, at 363-5690 and she will be happy to assist you.

If you would like to attend, please remember that your loved one is welcome to visit with our residents during the meeting.

We hope that you will take advantage of the knowledge and support that you can gain by attending. No one can offer better assistance than those who have walked where you are walking. Caring for a loved one at home every day and night can wear even the strongest of us down. This group will support you and lend strength when yours is exhausted.

Special invitation to family members of residents of Valley View Estates.