
Hillside Herald

January
2012



Hillside Health Care Center * 4720 23rd Ave * Missoula, MT 59803 * (406)251-5100 * (406)251-5912



Celebrating January

Hot Tea Month

Soup Month

Trivia Day
January 4

Old Rock Day
January 7

Bubble Bath Day
January 8

Letter Writing Week
January 8-14

Houseplant Appreciation Day
January 10

**Dr. Martin Luther King, Jr.
Day**
January 16

**Chinese New Year:
Year of the Dragon**
January 23



Australia Day
January 26

Letter from the Executive Director

Greetings and Happy New Year!

I hope you all had a wonderful Christmas! I know that the residents of Hillside enjoyed the celebrations. Hopefully some of you were able to join us in our celebration of such a joyous season.

As we welcome 2012, I would like you to know we are changing the look of this monthly news letter and calendar of events. So please look for the **Hillside Herald** beginning February 2012. Tonya has been working on this project for some time and hope you enjoy all the new communication items in this new format and brand new look. If you have any suggestions for the news letter or calendar I would love to hear from you. Please contact Tonya or myself at 406-251-5100.

I hope to see you in the coming year at community events and in the halls as you visit. As always my door is always open if you have concerns or questions. Have a wonderful NEW YEAR!

Starla Horwath
Executive Director

Food For Thought

Well everybody, it appears yet another year has come to an end. They say you're supposed to, "Make every New Year better than the last", so the dietary department has taken that advice. We have started a resident dining committee to help us achieve our New Year's resolution. The goal is to have as much satisfaction with our menu choices and food quality as we can possibly provide. The committee focuses on food items that we would like to see more or less of. Thus far this meeting has been productive, as we were able to make several changes to the menu that all in the committee were satisfied with. We will announce meeting time at resident council in the beginning of every month. Please join us and voice your opinion. You will be heard! Happy New year everyone!

Jami Gorman
Dietary Director

Admissions & Marketing

Happy New Years readers! I hope everyone had a wonderful Holiday and Happy New Year. In the marketing world of Hillside we like to get involved with the community as much as possible. Over the years we have invited our neighbors to our summer barbeques and concerts, our plant sales for Relay for Life, and a some small arts and crafts fairs we have hosted as well in hopes to share a little piece of our family her at Hillside with you. It is important to Hillside to be a part of the community and share our lives with you, so we hope to be even more involved with community events in this New Year.

Coming soon:

You can find Hillside at the Health Fair, Jan 7th located at the South Gate Mall. We will have booth their full of goodies and information, so don't forget to stop by. We will be planning our fundraising for the 2012 relay for life, so be ready for our summer plant sale again, along with some new events we hope to create for such a wonderful cause (Advertisements to come).

Part of marketing is to ensure that the public will have ample access to information about the amenities and services we offer here at Hillside. Not only do we provide this information through events, such as the January Health Fair, and the educational seminars the Senior Options and Services organization (S.O.S) puts on, which is a non-profit organization that we are a part of to help education and inform our communities, you can also access our website at hillsidesenior.com. Or call me, Kaley Burke Admissions and Marketing Director, to set up a tour or to answer any questions you may have, at 406-251-5100 or 406-207-9667.

I hope you have a wonderful month, and I look forward to sharing more with you in the future.

Kaley Burke
Admission/Marketing Director

Social Services

Happy New Year Everyone! I would like to remind all family and friends that every resident here has a right tot furnish their rooms with personal items of pictures, as their space allows. We encourage you to personalize their space, as this makes them feel more at home. Please check with our staff if you need any help with hanging an item or question if an item would be appropriate for their space.

I look forward to this year and the joy each of your loved ones bring to us!

Riva Fenlon,
Social Services Director

“Remember, if you ever need a helping hand, you'll find one at the end of your arm...as you grow older you will discover that you have two hands. One for helping yourself, the other for helping others.”

-Audrey Hepburn

Maintenance Corner

Happy New Year and welcome to another Montana Winter! If the sidewalks and parking lot are snow covered, please wipe your feet on the carpets as you come into the facility. We don't want anyone slipping on a wet floor due to melting snow on the floor. Thank you in advance for doing this and keeping everyone safe. Also, Please be aware of weather conditions if you plan to take your loved one out of the building. The parking lot and stairs can be wet and slippery, so please use caution! If you plan on taking your family member out, be sure to bundle them up! We want them to enjoy their time outside with you, but we also want them safe and comfortable. We are working hard to make Hillside a safer place, so if you see anything that doesn't look safe to you, please address it to one of our team members and we will fix the problem immediately. I really appreciate your help! I encourage you to contact me if you have any questions or concerns about Maintenance or Safety. Have a great Winter Season and best wishes to you in the coming new year!

Bill Thompson
Maintenance Director

Cold Weather Tips for the Elderly

Brrrr! Winter has officially arrived, and it's time to invest in Kleenex for those drippy noses. For many, the chilly weather means snuggling up to cozy fires while sipping hot cocoa, but for others, cold weather signifies the sniffles, icy roads, & chapped lips. As we all undertake the dropping temperatures, it is important to be aware of ways to prevent incident or injury, especially in the elderly. Here are some cold weather guidelines for the elderly:

* Body changes that come with aging may make it more difficult to feel that you are getting cold & it may also be harder for the body to warm itself. Pay attention to the temperature outside, especially when windy, as this quickly lowers your body temperature. The inside your house should be regulated at a minimum of 68 degrees F.

* Wear several layers of loose clothing when it is cold. Layers trap warm air between them, whereas tight clothing can keep your blood from flowing freely, leading to loss of body heat. Change wet clothing & footwear immediately. Always wear a hat & wear boots that are non-skid to prevent slips & falls.

* Keep any illnesses under control and see your doctor regularly. Some illnesses make it harder for your body to stay warm. Take extra care if you have: low thyroid hormone; diabetes (or other problems that keep the blood flowing normally); psoriasis (or other skin conditions which allow your body to lose heat more quickly); arthritis & Parkinson's disease (which may make it more difficult to move around and/or add layers of clothing), history of a stroke or memory disorders (which can make clear thinking more difficult)

* Pay attention to the medications you are taking. Ask your health care provider how the medicines you take affect body heat. Some medications can increase the risk of accidental hypothermia.

* Avoid alcohol & caffeinated beverages to prevent dehydration. Alcohol can also make you lose body heat faster. Drink plenty of warm fluids. Also, eat well and maintain your ideal weight. Fat keeps heat in your body.

* Ask a neighbor, friend, or relative to check on you if you live alone. Have them check the temperature of your home regularly and monitor for signs & symptoms of hypothermia. Signs & symptoms of hypothermia include: Clumsiness or lack of coordination, slurred speech or mumbling, confusion or difficulty thinking, drowsiness or very low energy, weak pulse & shallow breathing, and progressive loss of consciousness.

* Closely observe seniors that tend to wander away. Buddy with a friend or relative and visit or call them regularly to check in.

* Before going outside to do tasks such as shoveling snow, do a few stretching exercises to warm up the body. These activities take more energy than most people think, and the cold weather puts an added strain on the heart.

* Ensure the storage of extra food in your home, or subscribe to 'meals on wheels' programs that deliver food to your home in case severe weather conditions prevent you from leaving the house.

-Jennifer Webinger, RN

-Christie Jones, RN DON

Quality Improvement Coordinator

Welcome to Hillside!

Daniel C.
Patricia D.
Ree F.
Dolores H.
James M.

Happy Birthday January

Hazel T.....102!!.....22nd
Duane M.....23rd
Max H.....26th
John W.....30th

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Hillside Place
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Coming soon!



Watch your mailboxes in
February!

Hillside is using a new printing
and design company to create
our calendars and newsletters
beginning in February.

Let us know what you think:
Tonya Blaney (406)251-5100

January Birthdays

Capricorns are born from January 1 to 19. Capricorns are pragmatic and forthright, so they have no problem sharing their advice. Great improvisers, Capricorns can adopt new ideas and make quick judgments in tricky situations. If you were born between January 20 and 31, you are an Aquarius. Water Bearers have attractive personalities and are very imaginative and intuitive. Aquarians have a strong desire to help humanity, create unity, and thirst for knowledge and truth.

Paul Revere (patriot) – Jan. 1, 1735
Paul Revere (musician) – Jan. 7, 1938
Kate Middleton (princess) – Jan. 9, 1982
Charo (comedienne) – Jan. 15, 1951
Ethel Merman (singer) – Jan. 16, 1909
George Burns (comedian) – Jan. 20, 1896
Django Reinhardt (musician) – Jan. 23, 1910
Paul Newman (actor) – Jan. 26, 1925
W.C. Fields (comedian) – Jan. 29, 1880
