

# Valley Voice



Valley Health Care Center



1807 24th Street West



Billings, Montana



59102

SEPTEMBER 2010

## JUST FROM JENNIFER

There is an important event and date that you as a family member, responsible party, and/or loved one need to be aware of. The Federal government has made a new assessment process called MDS 3.0. The utilization of MDS 3.0 is set for October 1st, 2010. The new assessment will bring significant changes to the way long term care providers operate on a daily basis. The changes have been established to promote the highest quality of care but proper steps must be taken by the nursing home to ensure the goal of the new assessment process is achieved. How this affects you and your loved one in the nursing home is simple. You will be noticing that there will be a significant focus on "The Resident's Voice". This means that more clinical data will be measured from resident interviews, which is a fairly new concept in information gathering. The MDS and Clinical teams will be conducting several interviews throughout the resident's length of stay at the facility to obtain such information as mood, pain, cognition, and preferences with the resident's perspective being top priority. These interviews will assist the team to best meet the needs of our residents and your loved one. As we enter into the new

era of assessment completion we welcome your input on this new and exciting adventure.

If you have any questions about this new interviewing process, feel free to contact the Executive Director, Jennifer Merecki or the Director of Nursing, Bill Holloway.

Thank you for your time,

Jennifer Merecki  
Executive Director

*Always in our hearts ...*



*Robert Wicks  
Leo Radecki  
Beverly Johnson  
Gene James  
Bosa Rubich  
George Morella*

*Bert Slunaker  
Frances Rollwitz  
Clarice McGlone  
William Gahagan  
Paul Dolechek  
Pat Mysse*

# ACTIVITY ANTICS

Autumn is already here, it is so amazing to me how time just flies by. Although I always love seeing all the autumn changes that occur I'm still hoping for that summer weather throughout the month.

I would like to send out a HUGE biker thank you to everyone that participated, volunteered and worked at our 1st Annual Valley Rally. I would like to thank the HEADBUTTERS for your rockin' music, Beartooth Harley Ownership Group, Bone Daddy's in Red Lodge for donating a t-shirt, Pepsi, Sysco, Nathan for renting out your stage, and Shawn at Aces for your cool logo design. We appreciate everyone's dedication and teamwork to make this event a great success. Thank you so much everyone!!

All right now back to business. Our September outings are as follows: the 7th shopping at Target at 2:00 p.m., the 14th lunch in Red Lodge leaving at 11:00 a.m., the 21st a bus ride and treat around Billings, and the 28th a trip to the zoo.

Also on the 11th we will be remembering the attack on America with news articles and photos. On the 17th at 10:00 a.m. we will participate in the Pledge across America and we'd like to have staff, residents and guests express their pride and patriotism for our country.

Have a wonderful Labor day.

Mandy Lang – Director of Life Enrichment.

## A SPECIAL RELATIONSHIP TO TIME

You gotta love Jazz and September is Jazz Month!

Jazz is difficult to define. It started in the

early 1900s and has been evolving ever since. Joachim Berendt, a world-renowned Jazz critic, defined Jazz as “a form of art music which originated in the United States through the confrontation of blacks with European music”.

Although it is difficult to define, “improvisation” is a key element in Jazz. Early blues started with a repetitive pattern but was also highly improvisational. This element came from the work songs and field hollers. The European classical elements contained interpretation, the primary goal being to play a composition as it is written.

In Jazz you blend the skilled performer's ability to play the classical elements with the improvisational. The performer's job is to play a tune in a very individual way, meaning never play the same composition exactly the same way twice. Jazz musicians are notorious for depending on mood and personal experience to make their music.

Although no one can say precisely where Jazz started, it did have a profound effect on the community of New Orleans. Many jazz performers started here in the bars of the red-light district. These bands often mixed well educated musicians with the self-taught creating such a unique sound.

The 1920s and 30s is when Jazz really took off. This time is considered the Jazz Age and was largely due to Prohibition in the United States. These Jazz bands played underground in forbidden bars and brothels.

So for the month of September try to take the time to listen to Jazz. It is a huge part of our American History and the making of our country. And never forget to just dance to some Jazz!

Megan Brinton, Admissions / Marketing

**BIRTHSTONE:**

Sapphire (Love & Clear Thinking)

**FLOWER OF THE MONTH:**

Aster (Alt. Morning Glory)

**COLOR OF THE MONTH:**

Brown



- |                    |                  |
|--------------------|------------------|
| Arlen Kyhl         | Aileen Bevolden  |
| Emma Boyd          | Ellen Zaharko    |
| Ruth Heth          | Mary Rogers      |
| Richard Gruman     | Shirley Bell     |
| Jessie Seadorf     | Lorraine Huschka |
| Shelia Clarke      | Virgil Boelter   |
| Thomas Kelly       | Rae Couture      |
| Albert Litle       | Stan Nielsen     |
| Mercedes Lund      | Ernest Zinne     |
| Fred Lund          | Jiggs Denittis   |
| Carolina Rodriguez | Chuck Springer   |
| Norma Grider       | Jeri Sorenson    |

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| Don Feyhl          | 3  |
| Carolina Rodriguez | 13 |
| Shirley Bell       | 20 |
| Trudy Tortorich    | 21 |
| Ed Rogers          | 27 |

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|---|---------------------|
| Executive Director .....                    | Jennifer Merecki    |
| Director of Nursing .....                   | Bill Holloway       |
| Assistant Director of Nursing .....         | Lauri Feralio       |
| Medical Records .....                       | Jolene Music        |
| Admissions/Marketing .....                  | Megan Elbert        |
| Education Coordinator .....                 | Ginger Carrig       |
| Unit Manager (Rimview) .....                | Misti Axtman        |
| Unit Manager (Mountainview) .....           | Kathy Waymire       |
| Unit Manager (Sunnyview) .....              | John Brown          |
| Social Services Director .....              | Valerie Brainard    |
| MDS Coordinator .....                       | Leah Lund           |
| Payroll/Payables .....                      | Bobbie Painter      |
| Dietitian .....                             | Brian Hagerty       |
| Sr. Dietary Services Manager .....          | Gwen Rodriguez      |
| Director of Life Enrichment .....           | Mandy Lang          |
| Housekeeping Manager .....                  | Marty Hein          |
| Laundry Manager .....                       | Dez Goff            |
| Maintenance Supervisor .....                | Joel Bushard        |
| Central Supply / Staffing Coordinator ..... | Bonnie Bushard      |
| Beautician .....                            | Lily Smith          |
| Receptionist .....                          | Janice Ross         |
| Receptionist Weeknights/Weekends .....      | Sandy Gohn          |
| Medical Director .....                      | Charlotta Eaton, MD |

# PROSTATE HEALTH MONTH

September is National Prostate Health Month. It was initiated to educate men on prostate disease, treatment and maintaining prostate health. Prostate problems including Benign Prostatic Hyperplasia (BPH) or enlarged prostate, prostatitis and cancer are extremely common. In fact, eight in 10 men will eventually develop an enlarged prostate and one in 10 men will develop prostate cancer. Despite the prevalence of prostate disease, men lack awareness about prostate health or are reluctant to seek treatment.

BPH is the most common prostate condition. Symptoms of BPH include difficulty initiating urination, weak urinary stream, and waking several times at night to urinate. BPH is more common among older men, because as a man ages, his prostate naturally enlarges. BPH can be treated by a variety of methods, including, prescription medications and surgery. It is important to note that BPH does not necessarily lead to cancer; however, a man can have BPH and cancer at the same time.

Prostate cancer is a malignant tumor that most

often begins in the outer part of the prostate. Treatment options include watchful waiting, hormonal therapy, radiation, brachytherapy and surgery. Two tests critical to detecting men at higher risk of prostate cancer and other prostate diseases are the digital rectal exam (DRE) and the prostate-specific antigen test (PSA test). A high PSA can indicate a greater chance of developing prostate cancer. However, a high PSA does not necessarily mean cancer is present. Many men with BPH also have elevated PSA levels.

Most patients lack knowledge about prostate health and are afraid of diagnosis and the potential side effects of various treatments including impotence and incontinence. With increased public attention to prostate problems, fear or embarrassment should no longer be a barrier to maintaining prostate health as there are many patient-friendly treatments available. In addition there are many ways men can maintain prostate health, including getting regular check-ups, maintaining a healthy lifestyle and using dietary supplements.

Information Received From: [www.usrf.org/prostate](http://www.usrf.org/prostate)

Lauri Feralio, RN ADON

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## HELLO FROM SOCIAL SERVICES

I would like to remind everyone of some assistance that is available to residents and families from the social services department.

- Resident advocate: I am here to assist residents and their families with questions, concerns and everything in between.

- Discharge planning: I assist residents and families in coordinating discharges. This includes making sure there are physician orders, home health services and obtaining equipment. (We ask for a 3 day notice before a discharge in order to complete all the necessary paperwork and arrangements.)

- Resident and family councils: Resident Council is scheduled for the 1st Monday of every month at 10:30am, and Family Council is scheduled for the 1st Tuesday of every month at 4:00pm. Each meeting is held one time a

month. Please feel free to contact myself or Jennifer Merecki for questions regarding these meetings.

- Misplaced belongings: If a resident or family member notices some clothing or belongings are missing, please notify myself or a charge nurse as soon as possible. We can be reached by calling the main Valley Health Care Center number 656-5010 or stop by my office. If I am unavailable when you are in the building feel free to leave a message at the front desk and I will get in touch with you. Please remember to make sure all belongings are properly labeled for identification, that is, mark clothing with the first initial and the last name. We are glad to provide you with a laundry marker; just ask for one at the front desk.

I look forward to helping you with all that I can, and you are always welcome to stop by to visit.

Valerie Brainard, MSW – Social Services