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New Residents

Please make them all welcome.
Augustia H.
Betty M.
Art & Barbara R.

Key Lime Pie

Preparation Time: 5 minutes
Cook Time: 8 minutes

INGREDIENTS:
One 9-inch prepared graham cracker crust
Two 14-oz cans of sweetened condensed milk
½ cup of sour cream
¾ cup key lime juice
1 tbs. grated lime zest

INSTRUCTIONS:
1. Preheat oven to 350°.
2. Place milk, sour cream, lime juice, and grated lime zest in a medium bowl. Whisk until thoroughly combined and pour into the prepared graham cracker crust.
3. Bake 5-8 minutes, until pinhole bubbles burst on the surface of pie.
4. Chill at least two hours before serving. Top with whipped cream.

If you have not had a chance to visit Valley View, please consider visiting soon. We pride ourselves in creating a comfortable environment for our residents and visitors. Our activity and living rooms as well as all outdoor patios are in constant use most all day long. We really enjoy the hustle and bustle of active residents and families out and about throughout the community. If you have a chance, say hello to any of the staff you will see. They love to meet everyone and get to know family!

When it comes to qualified staff, Valley View takes pride in hiring and training the best in the industry. Each staff member is screened throughout the interview and hiring process. Once hired, each staff member undergoes a complete training program covering physical and mental health, assisting with care, observing and reporting, resident rights, medication management, and much more. Ongoing training is provided monthly for every staff member covering a wide range of topics that all involve community-based care and the senior living environment.

A registered nurse has an oversight team contributing 120 hours a week, continually checking and monitoring resident care and services. By working directly with our residents, families, and physicians, care plans are created unique to each resident. Our healthcare team is always available to answer questions. Just call ahead to set a visit time.

If you know someone who would be a good fit for Valley View, whether a new team member or a future resident, please do not hesitate to make the referral. We have a very gentle approach to introducing people into the senior care industry.

—Stephanie Rodríguez, Executive Director

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—Stephanie Rodríguez, Executive Director

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**Marketing Notes**

**COMMON QUESTIONS ASKED WHEN LOOKING FOR CARE**

Is it time for you or someone you know to make a decision to find a good support for your senior family member? Somewhere that provides a caregiver that will take care of every need, 24 hours a day.

Families always have the same questions. What are the options? How much does it cost? What will life be like? How can you make the transition easy? There is no love like the love family has for one another. Here are some questions below that have been asked by many families I have talked with over the past few years:

1. Is there assistance with personal care available? A: We have a plan to encourage and help our residents receive personal care services.
2. Is there assistance with medications? Both giving and ordering? A: Our RN works with our residents’ doctors to ensure the medications are correctly scheduled and re-ordered.
3. I would like my loved one to join in activities. Can you encourage specific activities my loved one would like to do? A: Our program for interaction and activity starts with a meeting with you and your loved one to find out what would be of interest. There are reminders and escorts available to help ensure our residents get to their favorite activities.
4. How often can I visit? A: We have an open door policy. You may visit at any time.
5. My loved one has dementia and does not remember how or when to compete tasks. Can your staff help? A: We offer reminders and cueing to all residents as often as they need it.
6. Is there ongoing training and meetings for families to learn more about Dementia? A: We have monthly meetings that help with day-to-day interaction with loved ones with Dementia. Look for invites to monthly meetings on our Facebook page as well as on the calendar at the Senior Center.

There are never too many questions when it comes time to taking care of your loved one. Call me at any time. I am here to help answer any of your questions, and help your loved one get to the proper care they need.

**Life Enrichment Coordinator’s Notes**

Summer is here! With the warm weather we like to enjoy fun in the sun as often as we can. Join us this year when we go on outings such as picnics to parks, fishing trips to a nearby pond, field trips to museums, excursions to the Grant County fair, and driving our bus in the local parade.

Our resident garden boxes are filled to the brim with so many beautiful flowers blooming in a rainbow of colors. This year we have many vegetables planted as well such as: tomatoes, butternut squash, acorn squash, spaghetti squash, peppers, cucumbers, an assortment of herbs. We are hoping for a bounty of harvest!

You will find us sitting in the shade of the patio umbrella, watching the birds fly in and out of their bird houses and feeders, enjoying the hummingbirds and butterflies fluttering from flower to flower, and looking at the majestic Strawberry Mountains in the distance while sipping on iced tea.

Take time this summer to enjoy the warm breeze and stop and smell the flowers!

—KIM AUSLAND, LIFE ENRICHMENT COORDINATOR

**Nursing Notes**

Medications—we take them because our doctor tells us to, right? A recent survey of 17,000 Medicare beneficiaries found that two out of five patients reported taking five or more prescription medications (this does not include vitamins or other over the counter supplements). As we age, chronic conditions such as diabetes, high blood pressure, and arthritis become more common and the number of pills taken in a day can increase dramatically.

So how do you know which medications you should take at which time? For many of us, the doctor’s prescription will have instructions for example “take one tab by mouth once a day” leaving you to decipher what time of the day you should take it. It is important to consult with your pharmacist to determine a daily regiment for each pill you take. For example, should your diabetes medication be taken with food? Without food? At bedtime? Taking this pill at a “convenient” time for you might not be the best way for the medication to work.

It is also important to keep in mind if one medication will counteract with another. Many prescription bottle labels say, “take on an empty stomach” but if you have two prescriptions that say that, is it ok to take them both at the same time? Your doctor and/or pharmacist will be able to help you manage your medications so each one is working most effectively. Taking your prescribed medications, along with diet and exercise, can help your body function at its best to help you live a happier and healthier life.

If you have any questions regarding medications, please visit with me. My office is located in the memory care wing. I look forward to meeting you.

**Happy Birthdays**

**July**

Fred J. ...............3
Josie S. .............26

**August**

Geri P. .............17
Merle S. .............19
Wally W. .............26
Evelyn R. .............30
Joan M. .............30

**September**

Randy P. .............3
Mary M. .............6

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**Join us for fun**

Bingo each Monday at 1:00: open to guests
Bunko each Friday at 10:30: open to guests, please RSVP
Exercise each Wednesday at 10:30: open to the community

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**There is always something fun happening at Valley View**