



BOUNTIFUL HILLS

Senior Living Community

Notes From Home

In the News

Here at Bountiful Hills, 2015 ended with a flurry of holiday activity as we sashayed into the somewhat more peaceful New Year. The holidays were exciting for us with events of our own making and visits from many outside our community to wish us the best of the season. We decorated to the hilt with help from resident families and we looked fabulous. We crafted personalized ornaments for our trees and hosted a holiday open house that was eye popping and mouth-watering.

Early in December, Graceful Gospel Dance, a lively local troupe of dance students, entertained us beautifully in our second floor common area. Parents of the students joined with us, and it was a packed house for that special event. It was great to have a multi-generational gathering.

It seemed like we were always singing Christmas songs as several groups came in to carol with us, including the Methodist Church and "The Solid Rockers," from Mars Hill Baptist. The Christmas celebration was topped off with a Holiday Magic Show with phenomenal magician, Mr. Keith. We were mystified by his magic, and very much entertained. And, of course we sang more Christmas carols after the superbly staged show.

Christmas dinner was delicious and satisfying as some residents went out for a family day, and some invited families to dine with us. We capped the old year off with a New Year's Eve celebration that was planned to coincide with the countdown in the Republic of Georgia. We adopted some of their customs for the occasion, and tasted some of their foods, compliments of Frances' family.

So now we look to 2016, and all that it promises; we know it will be a rich and fulfilling one, and with a new van on the horizon, we anticipate a bit of out-and-about.



BIRTHDAYS

January 5: Carolyn, resident
 January 30: Claris, resident
 February 10: Wellean, Caregiver
 February 11: Carra, resident
 February 12: Ilisha, Caregiver
 February 16: Don, resident
 February 23: Beth, Caregiver
 February 28: Richard, Maintenance

Activities at Bountiful Hills

Activities are integral to the well-being of our Bountiful Hills Residents. We want them to live their lives as fully as possible, and activities are planned to allow and to encourage a life that is full and fulfilling.

We plan activities to address 4 areas that are important to the wholeness of our community

- Mental – these are activities like word games, trivia, puzzles, discussions and chats, and life history review.
- Social – many activities include this element, but

particularly church services, parties, card games, penny auctions, sing-a-longs and bingo.

- Creative – crafts and other activities like paint projects, flower arranging and performances are included.
- Active – Morning stretch tops the list with active games, walking club and gardening being other favorites.

Activities are planned, communicated and (usually) run by the Activities Department. But care staff also help with activities and sometimes conduct activities when activities staff are not in attendance. Volunteers also play an important part, bringing us performances and sometimes leading activities in which they are skilled.

Activities is usually the “fun” part of our day, but in addition to having great fun, we see activities as one way to promote the health and wholeness that comprise a full and rich life.



Someone That You Should Know...

You may enter the main lobby at Bountiful Hills and notice a slim and attractive man sporting a cap that he wears comfortably while lingering at a meal and working a crossword puzzle. That man is Dallas, and he is someone you should know.

Dallas is an artist with a rich career in advertising art to his credit. He comes from Michigan originally and spent many years working with advertisers in that area, many of whom were in the automotive industry. He found that he was good at writing advertising headlines and developed a love for words as well.

Prior to beginning his career, he served in the army in Korea and was decorated with a Purple Heart. After his stint in the Army, he attended the American Academy of Art in Chicago, where he developed his skills as an artist. Making his living, he got to move around a bit, which was to his liking. He has always enjoyed painting, and has sold some paintings along the way. He also has a love of photography.

Dallas may be found sketching an old railway station or telling an engaging story; he loves to converse and is definitely someone that you should know.



Upcoming Events

Jan. 23, 12:30 pm – Family Dinner/Family Synergy and Support Group

Feb. 13 – Valentine Party

Feb. 14 – Valentine's Day Dinner

Feb. 15, 2:30 – performance by "The Solid Rockers"

Feb. 18, 2:00 – performance by "The Mellows"

Feb. 27, 1:30 – live bluegrass by "Shiloh"

ADVANCED DIRECTIVES

By: Roselyn Cleveland, Executive Director

Talking about end of life planning is a challenge, at best. Addressing Advanced Directives seems intimidating, but the biggest mistake you can make is to put it off until another day!

Federal law states that each of us is in charge of our own medical care and decisions, and must say “yes” or “no” before any medical procedure can take place. Unless someone has been named to represent your wishes when you cannot adequately express them, physicians will proceed with medically indicated care, which may be care that you don’t want. Advance

Directives are important for us all! They are needed if there should come a time in your life when you are unable to make health care decisions for yourself. Advanced Directive allows you to control your own care through the voice of someone that you choose and the spelling out of anticipated medical decisions.

An Advanced Directive document consists of two primary parts. It designates a PERSON and a PROCESS.

A Health Care Power of Attorney is someone you choose to legally make decisions on your behalf when you are unable to do so. The person you choose is legally permitted to make medical decisions on your behalf and can do so with confidence when in depth conversations happen ahead of time.

Delineating anticipated medical decisions is sometime referred to as a Living Will. The process is known as Advance Care Planning and spells out what actions an incapacitated person would or would not want in the way of medical intervention at the end of life. Ahead of time conversations will help you to say what you want recognized at this very important time.

The list is not simple or easy; your talks will be about choices of medical care, treatments, procedures or other options at the end of life to avoid routine procedures and technology that you do not want. You will want to be clear about your mindset and beliefs and what you value as it relates to quality of life. The conversations should take place over time, and be shared with family members and those on your medical team.

Many people believe that legal documents must be completed by a lawyer, but that is not true. A properly signed document can be completed by anyone as long as it is witnessed. The conversations with your loved ones about your wishes and desires are most important, and the signed

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and witnessed documents follow. The documents then need to be distributed to the appropriate people.

To make it simple, moving through the process of Advance Care Planning requires two things:

- Identification of a person to take the role of medical power of attorney and asking them if they are willing to do it.
- A document that details your directives and is executed properly.

The importance of thorough conversations throughout the process cannot be over emphasized, whether it is for you or for your loved ones.

As a nurse I believe in the value of Advanced Directives. I know that we can become so busy care taking our families and friends that we forget how very important these documents are, for us ALL.

Please join us at Bountiful Hills Senior Living on February 25 at 6:30 pm for our Advanced Directive Night! We will have documents available to complete for yourselves and some good conversation to get you on your way!

(Attendance is limited to 10, please RSVP)

February Employee of the Month!



Our Employee of the Month for February is Rebecca, a “bright light” caregiver on the 7 to 3 shift. “Becca” is creative and resourceful...and funny too. She is someone we can really depend on at Bountiful Hills. She has more than 3 years of experience as a caregiver, having started shortly after graduating from High School. She has always wanted to be a nurse and has been fitting in her nursing education between work and fami-

ly. She has only 7 courses yet to go before she gets her degree. Here at Bountiful Hills, she loves the residents and her co-workers.

She is the proud mother of a one year old, who has visited us several times, including on Halloween, when she was ingeniously costumed as a cabbage patch doll.

When she is not working, you might find Becca somewhere near a dirt track or at home enjoying her family and a good movie. (If you have a question about movies, she may be the one to ask...)

We are proud of you, Becca, and proud to have you working with us at Bountiful Hills. Congratulations on being our February Employee of the Month.

Note:

Note: Mealtimes at Bountiful Hills have shifted recently. The current schedule is Breakfast - 7:30, Dinner - 12:30, and Supper- 5:30.

BOUNTIFUL HILLS

SPOTLIGHT

At the beginning of the year we want to spotlight some absolutely indispensable members of our community, our kitchen staff. They faithfully provide meals for our residents that are nutritious and that provide a good deal of comfort as well.

Tracey, our head chef has worked in the food service industry for 14 years, beginning as a pastry chef, (that's probably why we have such great deserts) receiving her culinary training in Tennessee. She recently worked for a year and a half in another local senior living facility. Tracey does spectacular work for special events as well, has many creative ideas about food, and above all, loves our residents dearly.

Jennifer adds more experience to that department and has been with us from our opening. She can always be counted on and is an amazing hard worker. Some of her time proven recipes have become favorites with our residents. When asked about why she enjoys her job, her first response is not about what she cooks, but that she has great care for those who live at Bountiful Hills.

Lynn has demonstrated her great value to the community by the variety of roles she has played since she has been with us. She is the ultimate team player. Though she loves to cook, she has not had prior food service industry experience. She is a quick study, though, and eager to learn at every opportunity. As one of our staff commented..."she gets it done!"

We are fortunate to have a team that makes dining a delight and a demonstration of the care that are committed to provide.



BRAIN GAMES

Penguin Word Search



i o c e a n q a e s s
i c e s n h c c o l d
b f t n t f f p r i d
e i s o a e w e f d b
a s d w r a e n w e l
k h a y c t b g h s a
w i n g t h b u i n c
s w i m i e e i t e k
b y w u c r d n e m r

Antarctic

beak

black

cold

feather

ocean

penguin

slide

fish

ice

snow

swim

webbed

white

wing

