



HIGHGATE SENIOR LIVING

3000 11th Avenue S • Great Falls, MT 59405 • (406) 454-0991

March 2010

Highgate Administration

Executive Director

Nancy Berry

Community Relations

Melanie Danelson

Administrative Assistant

Mariah Scott

Director of Resident Care

Rachelle Harp

Director Resident Care Assistant

Amy Sundstrom

Manor Supervisor

Marlena Azure

Cottage Supervisor

Holly Vaughn/Mariah Scott

Life Enhancement Specialist

Lisa Moser, Supervisor

Food Service

Charlene Stringfellow

Housekeeping

Jo Jo Patnaude

Maintenance

Troy Bonde

Transportation

John Dawsey

Changing Appearance

Highgate Senior Living is proud to announce we are embarking on major remodeling and renovations throughout the Great Falls Highgate community. Groundbreaking started in January, with an estimated time for completing in June of 2010.

"We have created a personalized 'in-home' care atmosphere for residents for over a decade, customized for seniors' needs," stated Executive Director Nancy Berry. At Highgate we provide independent retirement living, assisted living and separate/secure memory care for those with Alzheimer's or other forms of dementia.

Renovations are underway in the Cottage kitchen, relocating the heart of our community, expanding the hub, where residents, staff and families gather for cooking, entertaining and great conversations.

During the remodel, Highgate nursing staff members Rachelle Harp, RN - Director of Resident Care (DRC), and Amy Sundstrom, DRC Assistant, are relocated to Manor apartment #221.

The Executive Director Nancy Berry and Community Relations Coordinator Melanie Danelson's offices are currently under construction. Residents, family members and friends are asked to stop by the front desk for the Executive Director or CRC.



Construction crews continue to work on the new Manor Activity Center.

HAPPY BIRTHDAY TO OUR HIGHGATE RESIDENTS

Mildred D. March 2
Arlene A. March 3
Gladys Gerrity March 7
Hazel E. March 8



Welcome Highgate's New Residents

Please welcome new residents to
Highgate's community
Robert "Bob" L. 118
Darlene S. 220
Constance "Connie" C.
122

HAPPY BIRTHDAY TO OUR HIGHGATE STAFF

Seanna Mc. March 6





Let Us Know!

Restoration Program

Residents receiving health care services from outside agencies, such as Spectrum Medical Services, will be able to continue physical and occupational therapy during days that Spectrum staff are not attending in the community.

Highgate staff trainer Holly Vaughn will work directly with Spectrum Medical Services as residents require additional services. During times when residents are receiving treatment, additional services will be offered to residents to increase their strength while focusing on continued recovery.

Guidance and support for resident improvement will be directed by Spectrum Medical Therapist.



Melanie Danelson, Community Relations Coordinator

Marketing Marvel

Highgate Senior Living welcomes the new Community Relations Coordinator (CRC), Melanie Danelson, to the Marketing office.

Melanie was hired in April 2009 as a Life Enhancement Specialist. Melanie accepted the promotion to CRC in January.

She has over 25 years of marketing experience and an associate degree in mid-management/marketing from Lewis Clark State College in Lewiston, ID, where she also grew up. Melanie has lived in Great Falls for over 15 years, prior to living in Red Bluff, CA. She has two children and her husband, Dan, is employed by RBC Wealth Management.

Shift in Responsibilities

On a temporary basis, Holly Vaughn will be assisting family members and residents with daily cares.

Holly will be assisting staff members with Cottage residents.

Marlena Azure will be supervising the Manor staff with the cares and communication for residents residing within the Manor.

Administrative Staff

Visitors will see a change at the front desk during the weekends. Highgate is adding a receptionist position covering the front office during the weekend. The new team member will be working 8 a.m. to 4:30 p.m. on Saturdays and Sundays.

In addition, Highgate Management Team members will continue to cover the weekends, providing residents and

family members with management support throughout the week.

No Solicitation

In order to provide protection from solicitation outside the community from affecting residents, Highgate will no longer permit any kind of solicitation within the community.

If you have any questions or concerns regarding the No Solicitation policy, please contact Executive Director Nancy Berry at 454-0991.

Kitchen Chatter

Meal tickets at Highgate cost \$5 per meal, starting Feb. 7, 2010.

Family members, friends and visitors are required to purchase a meal ticket at the front desk or from dining room staff members before each meal.

Nursing News

Doctors' Appointments

Please make sure that you are notifying the nursing office of any appointments for your loved ones. Keeping the nursing office informed ensures that your loved ones are receiving the best care possible. The nursing office will have a copy of their Medication Record (MARS) at the front desk. The MARS are important because the physicians will often want to see that each med is being taken as scheduled. The nursing office will also provide you with a physician order form so that any med changes or new orders can be addressed. Please make sure that you stop by the front desk and pick up the MARS before leaving for any appointments. The Highgate van is available for transportation to appointments on Tuesdays and Thursdays from 8 a.m. to 5 p.m. For a nominal fee, a Highgate staff member will stay with your loved one during the appointment. Contact the nursing office at 454-0991 for more information.

Leaving the Community

If you are going to be taking your loved ones out of the community during a scheduled medication time, please stop and see the med tech. It is important that the residents take their medications every day at the scheduled time. The medication technicians can release meds to family members. If you have any questions, please stop by the nursing office.



Considering Changes

Administration and front line staff members are considering adopting a community animal, possibly a small dog.

The decision has not been finalized. A poll of Highgate staff members support the decision to find a small respite dog that would stay in the Cottage most of the time.

Executive Director Nancy Berry requests input from residents and family members from both the Manor and the Cottage regarding their comments and concerns pertaining to Highgate obtaining a house animal. What do you think? Please submit a written response directly to Ms. Berry either supporting or voicing concerns by March 31.



Menu for St. Patrick's Day

Corned Beef and Cabbage,
Buttered Red Potatoes and Irish
Soda Bread.

Please call 454-0991 by March 12 to R.S.V.P. Meal tickets are \$5 per meal.

Irish Blessing

May your blessings outnumber the shamrocks that grow; And may trouble avoid you, wherever you go.



Activity Office



Highgate residents Joan and Cindy enjoy dancing during a special music event in February.



Football at its finest at the residents' Super Bowl party held by Life Enhancement Specialists!



Highgate Senior Living Cook Bert Dickinson prepared refreshments for the football fans gathered at Highgate to watch the Super Bowl. The cake decorations represented both the Colts and the Saints.



Enjoying the beautiful day are (front row) Joan, Shirley S., Shirley B., Mack, Darlene, Verna. (Back row) Rosie P., Cindy, Mary P., Nellie, Shirley B. and Norma.

“This Month In History” MARCH

44 B.C.: The famous emperor Julius Caesar is killed on the Ides of March.

1781: Astronomer William Herschel discovers the planet Uranus.

1794: Eli Whitney receives a patent for his cotton gin.

1845: Stephen Perry patents the rubber band.

1850: “The Scarlet Letter” by Nathaniel Hawthorne is published.

1894: Coca-Cola is sold in bottles for the first time.

1903: In New York City, the Martha Washington Hotel opens, the first hotel exclusively for women.

1912: Juliette Low founds the American Girl Guides, better known today as the Girl Scouts.

1931: Congress officially adopts “The Star-Spangled Banner” as the national anthem of the United States.

1933: “King Kong” premieres in New York City.

1952: Jonas Salk first tests his polio vaccine, which he announces publicly in 1955.

1959: The Barbie doll, invented by Ruth Handler, debuts to the delight of little girls everywhere.

1961: President John F. Kennedy establishes the Peace Corps.

1978: Charlie Chaplin’s coffin is stolen from a Swiss cemetery and held for ransom.

1981: The “most trusted man in America,” anchorman Walter Cronkite, retires from the “CBS Evening News.”