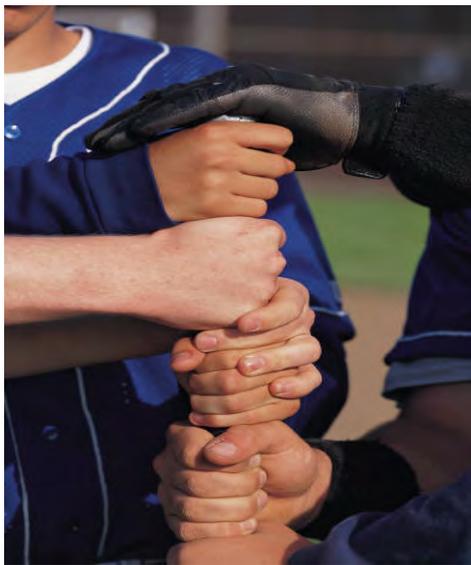


The Valley Vibe



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Finding the right long term care facility can be a difficult and tiring process. In this cover story, you'll find questions to help guide you through the process.

Questions to Ask a Skilled Nursing Facility

When searching for the perfect Skilled Nursing Facility, it's important to ask many questions so that you are choosing the best possible care for you and your loved one. The following questions may help make this process easier. Our Director of Social Services and Admissions, Meagan Lesley, has compiled the following list from www.rivervalleynursinghome.com that may help ease this process.

more on **2**

Questions to Ask (continued)

Can residents bring their own personal items in the room?

What is your ratio of staff to residents?

Is the facility and the current administrator licensed?

How often do doctors visit?

What are your visiting hours?

Do you have abuse prevention training?

Are residents clean, well groomed, and appropriately dressed each day?

Do you provide transportation to events, concerts, and activities outdoors?



Are there pharmacy, lab, and X-ray services available onsite?

Is nursing care available 24/7?

How often do residents receive baths?

Do you conduct background checks on all staff members prior to hiring?

Do residents make choices regarding their everyday routine?

Is the interaction between staff and your residents friendly and respectful?

Do residents have the same care givers on a regular basis?



Foods that Promote Healthy Living

Is it possible to add years to your life by changing your diet? According to EatingWell.com, the answer is yes!

By making simple changes to your everyday diet, EatingWell.com claims you can "help slow the aging process and even stave off age-related diseases." Cooking with olive oil is a simple change that will help promote good health. Yogurt is a great source of calcium and also contains "good bacteria" that promotes good intestinal health. Omega-3s can be found in fish, which help prevent cholesterol from building up in your body. Nutrients found in dark chocolate have also been suggested as good to help the function of blood vessels. Need a snack? Grab a handful of almonds! Nuts are a great source of nutrients and are high in protein and antioxidants. Some studies have shown that wine in moderation can also help fight against heart disease. Blueberries are known as super foods because their antioxidant power can promote memory and motor function. For more information, visit: www.eatingwell.com

Peach & Blueberry Cobbler

Adapted From:
Eatingwell.com



3 tablespoons unsalted butter
3 tablespoons olive oil
1 cup 100% whole wheat flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1 cup reduced fat milk
1/2 cup organic cane sugar
1 teaspoon vanilla extract
3 ripe, firm peaches, pitted and sliced into eighths
2 cups blueberries

Preheat oven to 350°. Combine flour, baking powder, and salt in a large bowl.

In a separate bowl, combine milk, sugar, and vanilla until well combined. Add this mixture to the dry mixture and stir. Slowly add in melted butter mixture and stir.

Pour the batter into the hot cast iron pan and spoon peaches/blueberries evenly over. Bake until cobbler is browned and batter around fruit is set, about 1 hour. Cool pan on a wire rack and serve warm.



Staff Spotlight:

Dr. Steven Corder, Medical Director

Each issue, we will be focusing on a different staff member for you to meet. This month, we've selected our Medical Director, Dr. Steven Corder.

Dr. Steven Corder graduated from West Virginia University in 1984 with a degree in Chemistry, and from the WVU School of Medicine in 1988. From there, Dr. Corder completed a Family Practice residency at Akron City Hospital in 1991. Later that year he joined Dr. Doug Nelson at Springs Road Family Practice, and in 1988 the two merged their practice with four others to create Crown Health Care in Hickory. Crown Health Care has now expanded to thirteen facilities in six counties, and employ 5 PAs and 2 NPs who do long term care full time in the

(continued)

Staff Spotlight (continued)

facilities. Dr. Corder is currently the Medical Director at several Nursing Homes and Rest Homes.

Dr. Corder and his wife, Pamela, went to high school together in WV, dated in college, and have been married for 22 years. She is a "retired" Veterinarian who has been caring for their children and teaching Bible Study Fellowship. They have two daughters: Amanda, 21, a senior at NC State, and Hannah, 7, a senior at Hickory Christian Academy.

His hobbies include playing the trumpet and participating in triathlons.

Did you know?

Dr. Corder has
been the
Medical
Director at
Valley since
1995!

The Music Note



A solo performance at the Winter Music Concert

Thanks to all who came and supported the residents who performed in the Winter Music Concert! It was a great success and was a standing room only crowd. 2013 is off to a great start in the music therapy department. Whitney was recently named by Provider Magazine as one of the "20 to Watch." This feature on Whitney and her work at Valley was published in the January 2013 issue of this national health care magazine. (continued)

The Music Note (continued) We are excited to announce that Valley has hired another full time music therapist to join the team! John J. Walsh, MT-BC, received a Bachelor's in Music Education from the University of Northern Colorado in Greeley, Colorado and obtained a Master's Degree in Music Education with a concentration in music therapy from the University of Georgia in Athens, Georgia. John completed his internship at

The Center for Discovery in New York. For the past year he has worked with individuals who have been diagnosed with Alzheimer's disease, Parkinson's, and dementia. We're excited to welcome John in March!

**We need YOU for
the Family
Council!**

One of our greatest challenges at VNC is meeting the needs of all our residents and loved ones, while at the same time guaranteeing that we are able to meet these requests and concerns. Family Council is a way for the loved ones of our residents to let us at VNC know what they like and don't like, what programs are excelling and which need to be tweaked to make them more user-friendly.

We would like to encourage any family member that is interested in participating in Family Council to

come to the first meeting that will be held on:

February 19th at 6:30pm

Family Council is a meeting run by family members going over care and services provided by the facility and how they feel we are meeting these needs. It is not a negative meeting; it is a way for you all to brainstorm on things that you feel will make the residents home more enjoyable on a day to day basis. It is also a good way to build rapport with other families and becomes, in a way, a support group/system for the individuals involved.

To help get the meeting started, Meagan Lesley from the Social Work Department will attend the meeting to encourage interaction and to guide the meeting so that from that

(continued)

Family Council (continued)

from that meeting forward it is organized and driven by family members. Every family council is different and we want our family council to reflect what we need here at VNC. Thanks for your continued support!

Questions about Family Council? Contact Meagan Lesley:

MeaganLesley@valleyrehab.com

828.632.8146 x7115



The Life Enrichment Corner

The Life Enrichment Staff extends an invitation to family members to come with your loved one to any of our scheduled activities. A calendar of events is posted in resident rooms and on the large board at the entrance to the dining room. Hope to see you there as we make memories together!

Interested in volunteering at Valley? Contact our Life Enrichment Director, Deborah Durham:

828.632.8146 x7128

DeborahDurham@valleyrehab.com

Date	Time	Event	Location
Feb. 1	2:00pm	Old Time Pickers	Chapel
Feb 3	6:30pm	Super Bowl Party	Dining Room
Feb. 4	7:00pm	Men's Choir St. John's UMC	Chapel
Feb. 9	10:00am	Ballroom Dancing	Dining Room
Feb. 14	10:00am	Valentine Tea	Dining Room
Feb. 16	10:15am	The Lee Family Singers	Day Room
Feb. 22	2:00pm	February Birthday Party	Dining Room
March 7	3:15pm	Irish Festivities	Day Room
April 21-27		National Volunteer Week	



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