



# VALLEY MONTHLY HIGHLIGHTS



Volume 31, Issue 5 --- May 2024

## Valley Senior Living May 2024 Longevity Recipients

### 30 YEARS

Heidi Ebertowski - VC RN Care Coordinator

### 15 YEARS

Sam Jallo - Employee Health Nurse

### 10 YEARS

Tenneh Bility - TS Head Cook

### 5 YEARS

Sofia Hernandez - WV CNA

*As employees celebrate their milestones in their career, Valley will be recognizing staff during their anniversary month. Staff's longevity award for years of service will be deposited into their account on the pay period following their anniversary date.*

## Happy Nurses Week May 6th-May 12th

Your dedication to our residents does not go unnoticed. You bring comfort to so many with your excellent care. Thank you!



## Welcome New Employees

### Valley on Columbia

Sienna Cariveau	Neelah Martin-Bernier
Susan Christiansen	Stella Nelson
Emma Lande	Fayth Williams

### Woodside Village

Hailey Chapman	Cora Hobus
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### Town Square

Trenton Aune	Purna Rai
Liberty Komanetz	

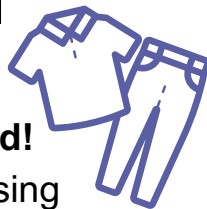
### Tufts Manor

Anelaonalani Hughes-Fuse

### CNA Class

Mariah Berlanga	Ally Grainger
Moiwoh Bettina	Kylie Hodnefield
Jasmine Butler	Adin Staquet
Tiffany Emanuel	Lauryn Wesolowski

## Valley Apparel Store



**New items have been added!**

If you are interested in purchasing Valley clothing and other items with the Valley Senior Living logo, please visit the Valley store:

<https://valleyseniorliving.itemorder.com/>

# Employee Assistance Program

May is Mental Health Awareness Month. Valley employees and their family members have access to 8 free sessions per episode/person/year through Live Well Solutions. The Employee Assistance Program services are completely confidential.

Live Well Solutions  
 TOLL-FREE: 1-866-831-2181  
 EMAIL: [EAP@livewellworklife.com](mailto:EAP@livewellworklife.com)  
 WEBSITE: [www.livewellworklife.com](http://www.livewellworklife.com)  
 CLICK ON: Living Well Resources  
 COMPANY CODE: Valley



# MAY BIRTHDAYS

## Valley on Columbia

Sheila Denney - 2	Phyllis Moen - 12
Angel Holbrook - 2	Myrna Dyrdal - 14
Katie Harris - 3	Rylie Fode - 14
Patricia Lougee - 4	Madison Munter - 15
Katie Curran - 4	Jody Burns - 17
Shalana Brueckner - 4	Emily Frigaard - 17
Noely Rodriguez - 4	Amelianna Lee - 19
Julie Lofberg - 5	Lexi Litzinger - 20
Kayla Porter - 5	Liz Lipsh - 21
Betty Siakalee - 7	Hanso Ahmed - 23
Mike Lien - 7	Sofie May Swanson - 23
Tiffany Decoteau - 8	Morris Massaquoi - 24
Marlys Goulet - 8	Duyan Forkpa - 25
Heidi Kotowicz - 8	Angela Lachowitz - 25
Kimberly Daugherty - 9	Lindsey Bohlman - 28
Kamille Bismonte - 9	Maggie Biermaier - 28
Cindy Danielson - 12	Bolanle Oluwadare - 28

## Woodside Village

Samiya Hussein - 1	Sarah Nelson - 14
Chantal Umutesi - 1	Lisa Lyon - 17
Madeline Harris - 2	Bella Bianco - 18
Bella Eagan - 2	June Foltz - 18
Alexis Horner - 3	Elena Rash - 21
Carole Torgerson - 7	Abby Kirilin - 21
Sarah Forman - 7	Gina Roller - 24
Michelle Stevenson-Walker - 9	Sherri Rassier - 26
Brittney Munson - 10	Jackie Ewert - 27
Lee Wilkie - 12	Nathan Piseno - 28
Debra Kieckbusch - 13	Tessie Compton - 29

## Wheatland Terrace

Emily Schloe - 6	Cheryl Ekren - 24
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## Town Square

Sherry Gierszewski - 10	Kourtney Sinjem
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## Tufte Manor

Peter Brack - 20	Doreen
Sydney Maier - 21	Reindel-Rolshoven - 31

# Wellness Committee

## May Challenge

May's Mental Health focus surrounds relationships and conversation. The benefits of social connections and good mental health are numerous! Links noted and proven between social connections and good mental health are: Lower rates of anxiety and depression, higher self-esteem, greater empathy, an increase in trust, and improved relationships.

May's Challenge: Talk with individuals on your neighborhood and ask them questions that can be found on the Relationship Building Bingo Cards – cards can be found at the nurses stations, break room, and companywide email link. As you would with Bingo, the goal is to ask FIVE questions either horizontally, vertically, or diagonally. If you end up asking all of the question and complete a "Black Out", this will count as five entries. One caveat is that you cannot ask all of the questions to the same individual – at most, you can ask two questions to the same person on an entry form. Entries submitted will go towards the neighborhood total. The neighborhood with the most completed entries will receive a catered meal! In addition, an individual from that neighborhood who participated in the Challenge will also receive a \$100 VISA Gift card.

# Dates to Remember

## May 1st-31st

Older Americans Month

## May 6th-12th

Nurses Week

## May 12th-18th

Skilled Nursing Care Week



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