

# Better Living

## at Terrace Communities

VALLEY TERRACE

July - October 2020

Dear Residents, Families, Staff and Friends,



### COVID-19 Pandemic

Although the Governor is slowly opening up parks, campgrounds, lodging operations, and other businesses in Vermont the NO VISITOR order is still in place for Assisted Living Facilities.

I'd like to use this platform to remind you of the rules we have in place since the COVID-19 pandemic:

\*Upon entering the property you must wear a Mask at all times.

\*Please limit your time on the property to 15 minutes.

\*If you happen to see residents walking on the property or sitting on the porch please do not get out of your vehicle. If you have exited your vehicle and a resident happens to be outside you must go back to your vehicle. Please remember our residents cannot get in their cars and go for a ride they only have our property to get outside and enjoy the weather. By asking you to stay in or return to your cars alleviates the risk of any exposure.

\*No visiting near porches or directly by windows. You must be at least a distance of 6-10ft and located in the driveway or on the furthest side of the walkway away from the building.

\*During your visit 1st floor residents must remain in the building, they cannot be out on their porch, and they cannot have their window open.

\*No direct contact with any of the residents.

\*No direct transfer of items to any resident

\*Package drop off hours are between 9:00am and 3:30pm. Please place your items in a bag, plastic, or paper, write the residents name on the bag and leave it at the front door. Please do not ring the doorbell. We will check our front porch every few hours. If items are dropped off after 3:30pm they will be left outside until 9:00am the following morning.

Please remember to stay home if you are sick.

Keep a 6 -10 foot distance from others.

Frequently wash your hands (hand sanitizer is acceptable when soap and water are not available).

Coughing and sneezing into your elbow (even if you are wearing a facial covering).

Wear a facial covering over your nose and mouth when you go out.

Limit non-essential trips.

Please know the safety of our residents, as well as the safety of our staff remains paramount. We are committed to doing what is within our control to keep our residents and staff safe.

As always, we appreciate your understanding and support and thank you for the confidence you have in us to protect our residents and staff during this time.

Please feel free to call me with any questions or concerns. I can be reached at, 802.280.1910.

Stay safe, Stay healthy!

Best, Angela



## Nightingale Notes - Summer 2020

The World Health Organization declared 2020 as the Year of the Nurse and Midwife in celebration of Miss Florence Nightingale's 200th birthday on May 12, 1820. Her thoughts on nursing, ethics, statistics, and social reform still resonate today in her published works and letters. She set an example of compassion, commitment to patient care, along with diligent and thoughtful hospital administration. She was a force to be reckoned with and was extremely vocal about medical sanitary conditions which in turn led to high mortality rates. Miss Nightingale came to prominence while serving as a nurse during the Crimean War, where she tended to wounded soldiers. She was dubbed "The Lady with the Lamp" after her habit of making rounds at night. Miss Nightingale's lasting contribution has been her role in founding the "modern" nursing profession.

The first official nurses' training program founded by Miss Nightingale, is The Nightingale School for Nurses and Midwifery at St. Thomas' Hospital, London, which opened in 1860. It's commanding buildings still sit beside the Thames river opposite the Houses of Parliament. Miss Nightingale incorporated a formal, no nonsense training where she expected high standards of care and long hours.

Here at Valley Terrace we chose to come together as nurses and enjoyed a Victorian tea party gathering on Miss Nightingale's birthday, May 12. We shared some of our own nursing stories from our student days and throughout our careers, which as you can imagine were varied, colorful, insightful, emotional, and humorous. We are blessed at Valley Terrace to have such super nurses who have all trained in different locations, worked in multiple clinical areas, and who have a collective knowledge base of 261 years! (and counting)

Our huge appreciation and thanks go to the following "modern" nurses on this Valley Terrace Team for their commitment, longevity, integrity, and laughter.

Kevin Brislin LPN, Cheryl Demers LPN, Laurie Hedstrom LPN, Lane LaPierre RN, Jen Mariotti LPN, Chris McSherry LPN, Shey Miller RN, Angel Small LPN, and Elissa Silverstein RN.

*Stay Well*

*C. Sarah Vaughan-France BA, RN, Health Services Director*

*The Nightingale School for Nurses and Midwifery Alum -1981*

*"Live life when you have it. Life is a splendid gift — there is nothing small about it" Florence Nightingale (12 May 1820 – 13 August 1910)*

*A special thank you to all Valley Terrace Employees  
for your selfless service during these difficult time.  
You are an Inspiration!*

### In Loving Memory



June Laskey  
Gordon Crandall  
Joyce Ainsworth  
Joan Sweetland  
George Smith  
Jeanne Carey  
Arthur Peacock  
Marianne Brigham

### New Staff Members

Please join us in welcoming the  
following new employees:

**Fyiona White**  
Resident Assistant

**Roberta Tessier**  
Resident Assistant

**Barton Dalley**  
Maintenance Director

**Anthony Colburn**  
Housekeeping

### Congratulations

to  
**Donna Uline**  
and  
**Lisa Chase**

**10 year  
Work Anniversary  
at  
Valley Terrace**

### New Resident Announcement

Please join us in  
welcoming the following  
new residents:

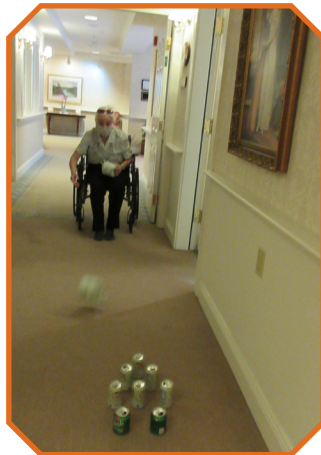
**Elizabeth Moulton  
Carolyn Porter  
Bernie Rogers  
Ralph Temple  
Pricilla Long**



# Valley Terrace Activities



*Toilet Tissue Bowling Thera*



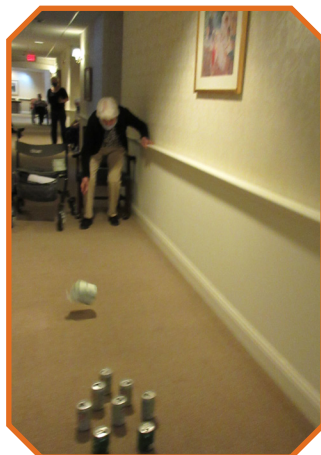
*Toilet Tissue bowling tournament in hall - Maggie*



*Maggie under the Spring Blossoms on a warm Spring day*



*Maggie and Jean J. husking corn for Memorial Day Barbecue feast*



*Toilet Tissue bowling tournament in hall - Lolly*



*Ladies playing Bingo on patio with Deb*



*Drive by 95th birthday parade for Barbara T.*



*Drive by parade*



*Puzzle master - Glen*



*Popcorn snack cart Trivia and Jean J.*



*Yoga class*



Important Notice



Monday, Wed, & Fridays Sit & Be Fit Exercise Group

Tues. Thurs., Sat. - Chair Yoga class

Wednesday - Hair Salon Open

Wednesday - 2pm - Current Event group

Thursdays - 3 pm - Beautiful Music with George

Trivia and Snack Cart - daily 2pm

Mon., Wed., Fridays - Happy Hour Cart & Stories 4pm

Face time and Zoom with families by scheduled appt.

## FUN'n'STUFF

### Upcoming Events for Summer/Fall 2020

With the Hot Summer comes front porch/lawn water fun, corn hole toss competition and Trivia socials. This year is very different from the past but we are being creative and making the most of the wonderful weather Mother Nature will give us. Music will be happening with events from the drive way and parking lot with our talented musicians; violins, guitars, steel drums etc. Our hallway art tours with activity staff will continue on rainy days, favorites have been picked out by many residents.

Families are encouraged to keep calling in or e-mailing to schedule face time and Zoom with Mom and Dad. E-mail to [Btrombley@terracecommunities.com](mailto:Btrombley@terracecommunities.com)

Creative dress up times have added a lot of smiles to the residents faces with themes like, Western Day, Mixed Match clothes day, favorite Holiday dress up; crazy pants; crazy socks, crazy hair day. We will continue with themes to include Nerd Day, Patriot Day and favorite sports team day.

Toilet Tissue bowling tournaments will continue in the halls along with hall way Bingo. Wii bowling is also a hit and very competitive.

We will have entertainers and volunteers back into our home as soon as it is safe, in the meantime we are finding different events to keep spirits up and smiles on our faces.



2820 Christian Street, White River Junction, VT 05001

Assisted Living, Respite Care, Alzheimer's & Dementia Memory Care

[TerraceCommunities.com](http://TerraceCommunities.com)

