

Good Life News

at West Hills Health and Rehabilitation Center

FEBRUARY 2014

www.westhillshealthandrehab.com

Letter From the Executive Director: "Let Me Call You Sweetheart"

The month of February is an exciting month — it is the month of the Super Bowl, Presidents Day and Valentine's Day! This Valentine's Day, I'd like to reflect on the relationships that are valued here at West Hills Health and Rehabilitation.

We have three married couples that live here at WHHR. They enjoy spending time with one another and living their days in our supportive environment. Our fulfilling Life Enrichment program offers couples the chance to participate in a variety of activities that interest them both together and individually.

We are blessed to have a campus environment that offers many options on the continuum of care. West Hills Village offers independent and assisted living, and West Hills Health and Rehab offers skilled rehabilitation and long-term care. The variety of options allows everyone's individual needs to be met. We have one couple at our campus that is benefiting from this flexibility; he receives care and resides here, and she lives in an apartment at West Hills Village. They enjoy living close by each other and participating in activities together, as she visits almost daily.

I have been married to my husband for 11 years. When I reflect on what our own living needs might be when we are the age of our residents, I truly believe that West Hills would be the ideal setting to meet those needs.

This Valentine's Day, take a moment to show the people in your life how much you care about them; we are reminded every day here how precious those special moments can be.

— Nicole Easley, Executive Director

Quote of the Month

"You know you are in love when you can't fall asleep, because reality is finally better than your dreams."

— Theodore Geisel, aka Dr. Seuss



Our Talk. Our Walk. Every Day!

Platinum Service® Standard #20

"I am an ambassador for our company and continually promote our services. I always conduct myself with integrity and uncompromising values."

What does it mean to be an ambassador for our community? An ambassador is not only a representative; being an ambassador implies the ability to demonstrate the values of the organization in our daily actions. It also means that we care for the organization and we support its aspirations and goals. As company representatives serving our residents, we are proud of what our communities stand for, and we are comfortable in promoting our company's services with confidence and enthusiasm. In other words, what we do, and the way we do it, is the result of a direct personal connection with our team and our confidence in our community. Being an ambassador goes well beyond the concept of being "good at our job," it requires an emotional connection with our profession.

"Integrity is what we do, what we say, and what we say we do."

— Don Galer

Resident Spotlight: Miguel A.

West Hills Life Enrichment Department would like to introduce you to a wonderful man; his name is Miguel. He is a very doting, loving husband to another resident here, named Rosa. They have happily lived here at West Hills for a year now. Miguel and Rosa attend more and more activities each month, always together as a couple. More often than not, you can see them hand-in-hand at these events.

Miguel was born in Peru in 1916. His native language is Spanish, which you may or may not know as one of the Romance languages. Translations for those of us who do not speak Spanish are often provided by their aide(s), and the aides are always there to provide assistance with everything Miguel and Rosa want to do.

Peru is also where Miguel and Rosa were married in 1944, making this the year of their 70th anniversary, and we have big celebration planned for the two



Miguel and his blushing bride, Rosa

of them. Miguel is a truly romantic man in his relationship and stated, “Every moment has been the most romantic moment.” That is why we chose to focus our spotlight on him, since February is referred to as the “month of romance.”

Congratulations, Miguel and Rosa, on making our year glow brighter and on making the past 70 years so romantic for each other!

A True Love Story

This is a true love story that is still being told. I met him at a friend’s birthday party. He spied me from across the room and pursued me all night, much to my annoyance. After a couple of hours of this cat-and-mouse game, I finally gave in and danced with him. I still wasn’t too sure and just wanted to visit with my friends, but he persisted.

At the end of the night, he begged me for my phone number. While he was figuring out his phone and I was trying to determine if he deserved my number, we began to talk about things we liked to do. We were both shocked and surprised to find that we loved the same things! I gave him my number, which he promptly called that night. He left a message saying that he thought I was a good person and really wanted to talk more.

We texted back and forth the next morning, and I decided to meet him for coffee before he headed to church. At the coffee shop, I could feel the electricity in the air as we met again. We talked forever; the whole world disappeared and time stopped as we shared our stories. He left for church and I for home, both of us even more intrigued by each other.

During the following week, we spoke to each other on the phone every chance we could get, digging deep, asking tough questions and getting to know one another on a deep and emotional level. We kept finding more and more qualities we had in common: values, morals, upbringing, goals, dreams, etc.

We had our first date on Dec. 21, 2013. Again, time stopped when we saw one another, and the night was perfect. We saw each other again on Christmas Day; that was when he told me he loved me for the first time, and I knew that I loved him.

We made a mutual agreement to marry, as we both are ready for a lifelong commitment. We decided to marry on Feb. 14, 2014 — the most romantic day of the year. We continue to get to know one another every day, finding more ways that we connect and developing a deeper love for one another. “When you know, you know,” and we both just know. I feel very fortunate and blessed to have such a wonderful man come into my life at such an opportune time.

— Christina Mauroni

Dining at West Hills

Strawberry Chiffon Pie

- 3 3/4 pounds frozen strawberries
- 1 1/4 pounds strawberry gelatin
- 1 1/4 quart water
- 1 quart strawberry juice
- 2/3 cup lemon juice
- 3 cups whipped topping
- 10 (12 ounces) egg whites
- 1 teaspoon salt
- 12 ounces granulated sugar
- 10 ready-made pie crusts

Drain strawberries and save the juice. Bring water to boil and dissolve gelatin in boiling water. Add enough water to reserved juice to make 1 full quart. Combine lemon and strawberry juice. Add to gelatin mixture and chill until partially set, stirring occasionally. Fold in whipped topping. Add salt to egg whites and beat until soft peaks form. Gradually add sugar and beat until stiff peaks form. Fold in gelatin mixture and strawberries. Portion 1 1/4 pounds of filling into each baked pie shell. Cool quickly (within four hours), to below 40 degrees. Keep refrigerated until served. Enjoy, and happy Valentine’s Day!

— Betty, Dietary Manager

Fabulous February With Life Enrichment

Happy Groundhog Day, Valentine’s Day and Presidents Day this fun-filled month of February! We hope that your NFL team wins the Super Bowl this year!

In recent weeks, we are happy to report that our “Fit” program has gotten off to a fantastic start. The newest addition to the program, our “Fit to Pedal” class, has been getting great reviews. “Building the Band” is also still going strong, with love songs currently in the works for February performances.

Also this month, be sure to keep an eye out for some of our exciting and romantic activities such as British Invasion Week, marking the 50th anniversary of the Beatles coming to America to appear on “The Ed Sullivan Show.” Of course, we will also be having a Super Bowl Sunday get-together. Probably the most sought-after event for February will be our Valentine’s Day formal party, at which we will be crowning this year’s Valentine’s Court.

Stay tuned, West Hills!



West Hills’ own
“Queen of Hearts,”
Miss Gracie

Care Corner:

Winter Hydration

Urinary tract infections, commonly referred to as bladder infections, are a medical issue that can happen to anyone at any time of year, although they are more common in women. There are many causes of bladder infections, and as we age, the issue can be very serious. Symptoms of infection include fever, pain or burning with urination, low back pain and confusion. For people with other medical conditions, it can cause sepsis very quickly and can be life-threatening.

Poor fluid intake can contribute to infection, as the bladder is not producing adequate urine when there is poor intake. Poor toilet hygiene and incontinence can lead to infection when bacteria travels to the bladder. Some medications can cause urine retention, and holding urine in the bladder causes bacteria to grow.

There are some very important things that can be done to help prevent infection:

1. Drink plenty of water to keep the bladder working properly.
2. It is important to use proper toilet hygiene. If you are unable to clean yourself from front to back, we can help you.
3. If you only urinate small amounts, tell your nurse. We can check you for retention and treat that problem.

The most important thing is to drink, drink, drink. Please inform your nurse if you feel any of these symptoms. Early treatment is the key to keeping you healthy.

— Sherri, Director of Nursing

Resident Birthdays

Ina S., 20th
Peter P., 27th
Ginny C., 26th

New Residents at West Hills

Bill C.
Paul B.
Ali R.T.
Robert W.
Deborah M.
Richard F.
Katherine N.
Janice H.
Doris G.
Anne G.
Phyllis B.



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Staff

Executive Director

Nicole Easley

Director of Nursing

Sherri Nicholson

Life Enrichment Director

Anthony Nosen

Director of Dining Services

Betty Clemmer

Admissions Director

Deb Corwin

Maintenance Director

Eric Stein

Medical Records Director

Yolanda Morales

Social Service Director

Carrie Kish

Central Supply Director

Linda Mercado

Business Office Manager

Melissa Jugar

Community Outreach

Hello from the Community Outreach and Marketing Department!

We would like to extend special thanks to all the residents and staff who participated this past January in the Crab Feed, the Meals on Wheels neighborhood event that benefited seniors of Multnomah County. The event was a success, and we are happy that there was such a great turnout at the Multnomah Arts Center.

Another successful aspect of the previous year was our community outreach activities. We are happy to be supporting Alzheimer's Advocacy Day on Feb. 11 in an effort to increase funding for services for people impacted by Alzheimer's. We are also holding a silent auction on Feb. 10 to benefit the Northwest Pilot Project, which houses elderly citizens of Multnomah County in partnership with the Metropolitan Senior Network.

Please contact the Marketing Department for more information.

— Zak Pearson