

GOOD Life News

at The Inn on Westport

NOVEMBER 2017

www.innonwestport.com

Executive Director

The holiday season is a special time of year here at The Inn on Westport! The Fall Festival was a great success! Thank you to the residents and families who participated in the festival by attending or providing scarecrows to display in the atrium. Also, thank you to The Inn on Westport team members for all the hard work that goes into planning and hosting this fun event every year!

Moving forward into the holiday season, we will be having a resident and family Holiday event! More details will be coming regarding this festive annual event. The Inn on Westport's holiday decorating will be completed on the weekend following Thanksgiving. That will give us plenty of time to enjoy the decor and to get everyone in the holiday spirit!

This time of year is a time of celebration for many, but we also realize it may be a difficult time as well. Many of us are struggling with the loss of loved ones, and this time of year can be especially hard or lonely. Our Spiritual Director, Marc Anderson, is a wonderful resource and is available to meet with residents and family members to provide support and work through grief related to loss during this time of year or any time. If you or your family would like to meet with Marc, please reach out. You can contact the front desk, reach out to Marc directly or let any staff member know, and they will connect you. We have also partnered with Asera Care Hospice to provide a grief and loss support group that meets at The Inn on Westport in the Family Dining Room on the third Tuesday of every month at 2:30 p.m.

With Thanksgiving approaching, I wanted to take the opportunity to give thanks and express my sincere gratitude for the residents and team members at The Inn on Westport. We are truly blessed to be surrounded with such wonderful caring people!

Kyrsten Fokken, Executive Director

New Residents

Welcome

Louise E., Apt. 108

Carole H., Apt. 217



**Our Talk.
Our Walk.
Every Day!**

FIT Functional Fitness®

Our FIT Functional Fitness program is designed to go beyond typical senior fitness programs to help improve core strength, balance, cardiovascular health, and promote relaxation. Developed in partnership with a board certified exercise physiologist, the program's targeted exercises are created to deliver the maximum benefit for each participant. The goal is to increase overall health and wellbeing, reduce potential for falls and encourage residents to remain active. FIT Functional Fitness incorporates four fitness programs, taking current health levels into consideration and allowing all residents to participate.

Resident Spotlight

Resident spotlight — Phyllis C.

Phyllis was born in Lake Preston, S.D. Her father was a farmer, and she had three brothers and a sister. When she was one, the family moved to Rock Rapids, Iowa, where she grew up and graduated from high school. Phyllis moved to Omaha and worked as a nanny while attending Business College. After graduation, she worked as a secretary for the sales manager of Kellogg's Cereal Company in Omaha. She met her husband, Edward, who lived in the same building she did. They were married in Rock Rapids on June 26, 1955. They continued living in Omaha and were blessed with a daughter and son, Georgia and Jeff. Realizing that Omaha wasn't the safest place to raise young children, they decided to move back to Rock Rapids, where they built a house and lived until Edward's death in 1989 at the age of 57. Phyllis moved to an apartment in Rock Rapids, where she lived until moving to The Inn on Westport in 2015. Phyllis has always been a crafter and traveled to many craft shows. She still participates by sending her crafts to shows with friends. She went with friends to Alaska and has been on many bus tours all over. She has four grandchildren and four great-grandchildren. At the Inn on Westport, Phyllis enjoys socializing with other residents and her weekly shopping trips with her daughter.



Marketing News

The Marketing Department hosted a Health & Wellness Fair in October. This was a public event which offered the community the ability to come to The Inn on Westport to get their flu shot while also visiting many other health-related vendors. Residents and employees were also invited to visit the booths. Participating vendors included Quick Health Urgent Care for flu shots and biometric screenings, Adult Daycare, Health & Fitness, Home Health Hospice, Essential Oils, Parkinson's & Alzheimer's Associations, Hy-Vee, Avera Home Medical Equipment, Osher Lifelong Learning Institute (OLLI) and more. We also offered Rock Steady Boxing and "Chair Chi" demonstrations by The Inn on Westport and Food for Life Snacks. We plan to make this an annual event.

Michele Rasmussen, Marketing Director



From the Spiritual Director

One of my favorite stories just happens to come from one of my favorite authors, Barbara Brown Taylor. She writes in "Leaving Church: A Memoir of Faith" about a time a friend came to visit her in her rural, northern Georgia town. It was before the age of Google Maps and automated navigation. All her friend had was an out-of-date map, and she couldn't find her way. She drove and drove looking for the correct turn off, the proper direction, the final destination, but it was no use. She was lost. As her anxiety increased, so did the speed of her car. That is, until a cop pulled her over. Just listen to how her friend describes what happened next when the officer arrived at her window.

"I am so sorry," she said, handing [the license] to him along with her registration. "I know I was speeding, but I've been lost for the last 40 minutes, and I cannot find Tower Terrace anywhere on this map."

"Well, I'm sorry about that too ma'am," he said, writing up her citation, "but what made you think that hurrying would help you find your way?"

When I first read this story about five years ago, that question struck me like a punch from Muhammad Ali. How often had I thought just keeping busy would bring me what I wanted? How often had I thought I was making progress when reality was that I was spinning my wheels? What I needed to do was slow down, take my time and savor the journey. It is my hope that you try not to speed through life but that you would take time to enjoy the journey as much as the destination.

Marc Anderson, Spiritual Director

Upcoming Events

Nov. 5 at 2 p.m.: Musical Guest, The Blue Music Machine

Nov. 7 at 6 p.m.: Musical Guest, Duke Zecco

Nov. 9 at 6:30 p.m.: Musical Guest, Aaron Shoemaker — The Golden Hits

Nov. 10 at 10:15 a.m.: Veterans Day Service

Nov. 10 at 3 p.m.: Musical Guest, The Nissels — Polka Music

Nov. 12 at 2 p.m.: Avera Pharmacy — Over the Counter Medication Use

Nov. 14 at 2:30 p.m.: Behind the Scenes, Facility Tour

Nov. 16 at 12 p.m.: Lunch and Learn: "Caregivers Stress and How to Get Help"

Nov. 16 & 30 at 3:30 p.m.: Grand Connections/SF Christian Visit

Nov. 29 at 2 p.m.: Bingo with First National Bank

Resident Birthdays

Duane B., 4th

Wanda O., 10th

Betty B., 16th

Buell K., 23rd

Betty C., 25th

Nursing/Health Care

Hand washing

Washing your hands is the most important thing you can do to prevent sickness. Make sure hands are washed before eating or preparing food. Touching your mouth, eyes, blowing your nose, coughing or sneezing warrants washing your hands. Always wash your hands after using the toilet or touching trash. These are just a few examples of times needing hand washing.

The proper way to wash hands is to wet your hands, apply soap and scrub. The CDC recommends for at least 20 seconds. Make sure to scrub between fingers and under fingernails. Then rinse your hands with water and dry thoroughly. Experts state on average we should be washing our hands at least six to eight times a day. Don't forget to use hand lotion often to prevent hands from drying and cracking. Cracked skin can provide an opening for germs to enter the body.

Laura Johnson, Director of Nursing

Food and Beverage/ Dining Services

We will be serving our Large Traditional Thanksgiving meal from 11 a.m. to 1 p.m. in the Crystal Dining Room for the Thanksgiving Meal on Thursday, Nov. 26.

We ask if you are a resident of The Inn on Westport and will not be joining us for this meal, please let the front desk know. This will enable us to accept more guests for this meal due to our limited seating. Guest reservations may be made through the front desk. Also, if you are planning on using any private rooms for holiday parties, the room reservations are made through the front desk.

Brenda Norby, Dietary Manager

FIT Member of the Month

Congratulations to Frankie O. for being chosen as the FIT Member of the Month for November. Frankie keeps busy with many of the activities at The Inn on Westport and has been keeping up with good attendance at the exercise classes since she first arrived here. She attends FIT to Be Strong™, FIT to Pedal™, FIT to Balance™ and FIT to Stretch™!





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Food and Beverage Director

Brenda Norby

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Program Director**

Lisa Howard

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Holiday Decorating

As we are approaching the Holidays and festive decorating, it's fun to see all the wonderful decorations! Along with that, here's a couple reminders of Safety & Fire codes.

Holiday Decorations:

- Please use the shelf outside your door for decorations. Nothing, including rugs, vases or any obstacle, should be placed on the floor at your doorway at any time. This is a safety issue and Fire Code that we must abide by, since it could be a trip hazard for anyone entering or leaving your apartment.
- No "live" greenery such as trees or wreaths on the doors, etc.

Thank you, Rene A.

Environmental Services

Have a Happy Holiday Season.

Like Us on Facebook

Go to facebook.com/TheInnOnWestport to see pictures and catch up on all the fun here at The Inn On Westport. This is a great way for family members and friends to stay connected!

