



Good Life

NEWS

at The Inn on Westport

SEPTEMBER 2019

EXECUTIVE DIRECTOR

Greetings,

We are so excited to announce we will be having a Fall Carnival, Thursday, Sept. 12, from 4-7 p.m.! This event is for residents, families and the community. Please join us for food, games, prizes and entertainment with music by Mogen's Heroes. I hope to see you all there!

Kyrsten Fokken, Executive Director



FROM THE SPIRITUAL CARE DIRECTOR

It is difficult to think it is already September. My eldest, Vera, is already back at school and hard at work in third grade. Our little one, Truett, is still in daycare. That hasn't changed much. But for Vera, going back to school has meant adjusting the schedule, reacquainting herself with old friends and adapting to the structure of a new teacher. She goes back to school and we all have to adjust again.

Life is a series of adjustments and course corrections. In fact, I have yet to meet a single person whose life turned out exactly as they planned or envisioned. Nobody is immune from change. How we react to change, though, will determine our happiness. We can get frustrated or bitter with what we perceive to have lost. We can let anger rise in our hearts that "life wasn't supposed to be this way." Put another way, we can get focused on what we have lost, or we can view change as an opportunity. What can we learn from this experience? What is this moment teaching us about ourselves?

Sometimes, like my daughter, we need to go back to class. Sometimes we need to learn new patterns and new ways of doing things. Sometimes we need someone who has been through it to come alongside us, like a mentor or teacher. We are in this together. Marc Anderson

FOOD AND BEVERAGE/ DINING SERVICES

The Inn on Westport encourages you to invite your family or friends to join you for a meal in the Crystal Dining Room. Residents who wish to have a guest for a meal must make reservations at the front desk prior to the requested meal. Cost per meal is as follows: Breakfast: \$6, Lunch: \$8, and Dinner: \$10. Due to our limited seating, guests are available on a first come, first served basis. Room reservations for the City Lights Café and the Family Dining Room may also be made through the front desk.

Brenda Norby, Dietary Manager

RESIDENT BIRTHDAYS

Ginny K., 2nd	John B., 12th	Paul L., 22nd
Ardith R., 3rd	Mary W., 13th	JoAnn H., 24th
Annie H., 3rd	Vicky H., 15th	Carol S., 24th
Buff G., 4th	Fred B., 18th	Phyllis H., 28th
John B., 8th	Jerry N., 22nd	

RESIDENT SPOTLIGHT

When Cathy and Wilson moved to The Inn in late spring 2018, they didn't know exactly what to expect. They did know, though, that they would make this adjustment like they had made so many others in their lives. Life for the these two has been one transition after another, so let's start at the beginning.



Wilson is one of seven children. He grew up in the extremely small town of Lowry, S.D., where his parents farmed. "The town probably has no more than 50 people in it," says Wilson. It was there he learned the basics of farming and what it meant to do hard work. After he finished school, Wilson entered the military, serving two years in the Army from 1956-1958. Much of his deployment was served in Germany. When he returned, he went back to farming with his family, not giving much thought to having a family of his own.



Cathy meanwhile grew up 15 miles north of Brookings, where her family also farmed. She went to country school for eight years before attending Brookings High School. Because of the distance, Cathy had to find someone to stay with in Brookings so she could attend her classes without worry she would be snowed in or unable to get there on time. Between her sophomore and junior years, her parents moved the family to Canton, S.D. In Canton, she attended Augustana Academy, graduating in 1950. From there, she went to Concordia College in Minnesota, earning a degree in music and elementary education.

When finished at Concordia, she taught music in many spots throughout South Dakota, Iowa and Minnesota. Eventually, she landed in Owatonna. Interestingly enough, one of Wilson's younger sisters was a teacher at the same school, and they become good friends. When Wilson's sister got married, she asked Cathy to play the piano and for Wilson to sing a solo. This was Wilson and Cathy's first time meeting each other. Over the course of some time, love blossomed.

Wilson and Cathy married each other in October 1972. They were almost 40 years old. "Because we were that old, we couldn't have children. We ended up adopting two brothers from Korea who were 5 and 7." As a new family, they settled into farm life back in Lowry, taking over farming operations from Wilson's parents. When they retired about 20 years later, they moved to Sioux Falls, where Cathy took up a third career, assisting individuals through home health. Wilson then worked as a valet at Sanford Hospital.

Now that they are fully retired, they enjoy walking, music and singing. They are active in various activities throughout The Inn, like the Bible studies, vespers and bingo. They love connecting with their sons and their nine grandchildren. They hope to be around for some time, as they plan on celebrating their 50th wedding anniversary together in 2022. When you see them around (almost always together), say hi to them and let them know you are rooting for them to hit that anniversary.

NURSING/HEALTH CARE

I recently read an article in a professional journal regarding studies showing a connection between falls and doing activities while walking. This study measured brain activity of a person while doing a cognitively demanding task such as talking and walking at the same time. By obtaining brain images, they found those people who showed high levels of activity in the prefrontal area of their brain were at a higher risk for falls. Add cognitive changes, slow gait, previous falls and being frail and the risk climbs much higher. This appears to be an easy inexpensive way to assess someone for a risk of falling. It needs more testing before it could be accepted in a clinical environment.

Here at the Inn on Westport, we also assess our residents for falls. We currently use two assessment tools which were implemented a few years ago as part of leading research. They are called Timed Up and Go and Functional Reach. Those residents who are on assisted living may be familiar with these tests given by the Nursing or Life Enrichment department. These tests are done every six months. Good Care, our therapy partner here at the Inn, now has ACP (Accelerated Care Plus). This device operates similar to a Tens unit and provides improvement in balance by helping the muscles get stronger. If you currently are not involved in one of the fitness classes, I encourage you to get started to stay strong and healthy. If you have any questions, please see one of the Resident Care Coordinators.

Laura Johnson, Director of Nursing

EMPLOYEE OF THE MONTH

Pam Butler, Life Enrichment Coordinator, was named August 2019 Employee of the Month. Pam has been with The Inn since June 2005, beginning her career here in nursing. Pam is always great to chip in and help when needed. Being a team player and caring for the Residents makes Pam an asset to The Inn on Westport. Congratulations, Pam.



PINOCCHIO

Gepetto fashioned the puppet in the image of a small boy. The Blue Fairy gave that puppet, Pinocchio, the gift of life. The Inn on Westport presented the Missoula Children's Theatre adaptation of a beloved children's story, "Pinocchio," as we learned with Pinocchio that there are no shortcuts on the road to becoming a real, live boy. The 37 member cast included 27 young stars and one youth director, seven Resident stars from The Inn on Westport and two staff members. The performance was directed by Missoula Children's Theatre directors Viktorija Vidziunas and Thomas Chubb. Congratulations to all the cast, directors, accompanist, greeters and ushers. Theater week was a success!



A real live boy



Urchins



Pinocchio and Friends



Toys



Blue Fairy, Pinocchio and Gepetto



Pleasure Island Kids



Candlewick and Crew



Donkey fever



Toys

UPCOMING EVENTS

9/6 at 1:30 p.m.: Musical Guest, Geoff Gunderson

9/8 at 2 p.m.: Musical Guest, Bob LaRoy

9/10 at 1:30 p.m.: Celebrity Golf Tournament

9/12 from 4-7 p.m.: Fall Carnival

9/13 from 1-3 p.m.: Art Exhibit

9/13 at 2 p.m.: "Habits of Happy People" Sierra Linneweber/Humana

9/15 at 3 p.m.: Music by Sioux Falls Tempo

9/16 at 7 p.m.: Musical Guest, The Blue Sky Music Machine

9/17 at 2 p.m.: Jazz Reflections

9/21 at 2 p.m.: The Singing Cowgirl, Lisa Murphy



THE INN ON WESTPORT

Senior Living

4000 South Westport Avenue, Sioux Falls, SD 57106
605-362-1210 | innonwestport.org



MANAGED BY  The Goodman Group

STAFF

Executive Director
Kyrsten Fokken

Director of Nursing
Laura Johnson

Sales and Marketing Director
J.R. Fieldsen

Life Enrichment Director
Kathy Scott

Community Outreach Director
Shauna Welker

Admissions Director
Melissa Morton

Business Office Director
Matt Birk

Maintenance Director
Joey Rokusek

Dietary Manager
Brenda Norby

Spiritual Care Director
Marc Anderson

**Rock Steady Boxing
Program Director**
Lisa Howard



NEW RESIDENTS

- Mory M.
- Larry J.
- Frank C.

MARKETING UPDATE

Oh my! What a wonderful facility this is! Every time I look around, there is something special happening or being scheduled. As most of you know, the next “big” thing is the Fall Carnival. As the flyer states, there will be something for everybody, so please tell your family and friends. As the marketing department continues to come up with new and creative ways to share our facility, we are going to create a testimonial. If you or a family member would like to join me in spreading the good news about The Inn On Westport, please let me know.

J.R. Fieldsen, Marketing Director



LIKE US ON FACEBOOK

@TheInnOnWestport

Visit [facebook.com/TheInnOnWestport](https://www.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!