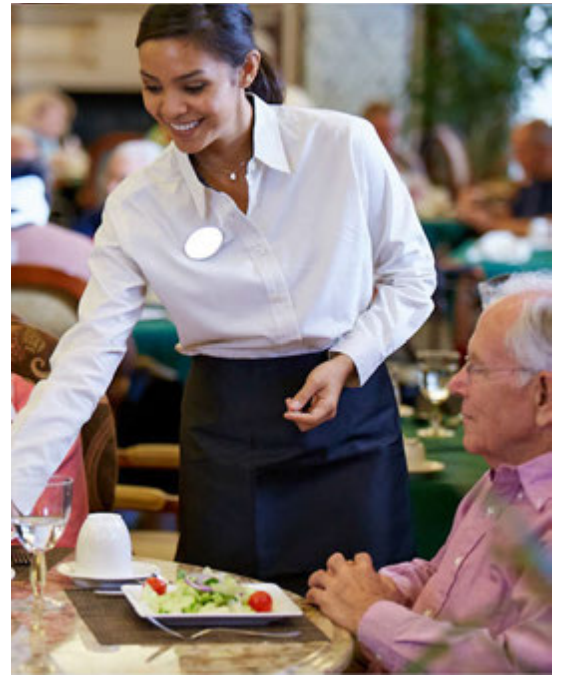


GOOD Life News

at The Inn on Westport

JULY 2017

www.innonwestport.com



Executive Director

I want to take a moment to remind everyone of the partnership between Goodcare At Home Rehab and The Inn on Westport. We entered into this partnership over a year ago and have had very positive outcomes for our residents. This program allows residents to receive physical, occupational and speech therapy in their own apartments. This is a beneficial added service to promote independence for those who are appropriate.

How the program works is when there is an identified need, nursing makes a referral to Goodcare At Home Rehab. A Doctor's order is then obtained to begin therapy. When approved, the service is covered by Medicare part B and your supplemental insurance. Some examples of individuals who may benefit from therapy services in their home include: transitioning from an inpatient medical setting back home, helping to decrease pain, increasing independence to remain home longer and implementation of a home exercise program.

Please contact nursing through the front desk at (605)362-1210 if you have any further questions regarding the program or if you believe you or your family member may benefit from this service.

Kyrsten Fokken
Executive Director

Nursing/Health Care

As we age, the skin becomes more fragile, drier and less supple. The epidermal layer of the skin becomes thinner and skin loses its elasticity, due to the reduction of collagen, elastin and enzymes. There is a reduction in cell turnover and the ability to retain moisture decreases from the sebaceous oils. This can lead to dry skin, which can cause other complications and needs to be monitored. When taking showers, make sure to apply a moisturizer after and avoid a lot of scrubbing, exfoliates, hot water and alcohol-based products. Look for lotions that do not contain alcohol and that are thicker. Apply the lotion to your skin as soon as you are out of the shower, and this applies to men also. Now that the summer is here, don't forget to drink water, not only to hydrate your skin but it is important for your whole body. If you experience dry skin that does not seem to improve with the use of lotions or worsens, causing itching or infection, see your Health Care Provider. Laura Johnson, Director of Nursing

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

**Enjoying
the Summer
Bounty**

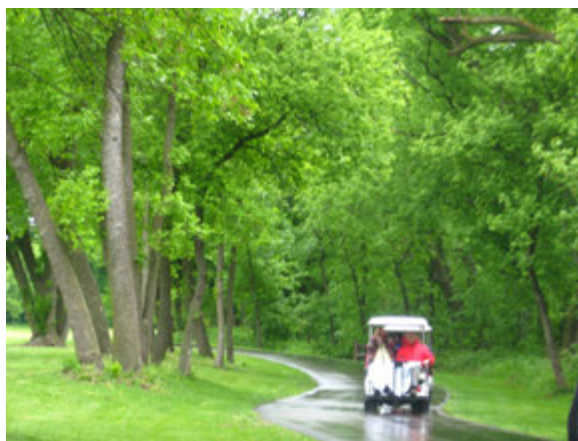
At long, last summer is here! That means fresh fruits and vegetables straight from the garden, food co-op, roadside stand or local grocery. We're here to help you enjoy the best of the season's bounty and reap the benefits. Eating well this season is about fresh, colorful food, and on many occasions, eating outside with friends or family adds to the fun. Search out super foods like spinach, raspberries or blueberries. Research suggests that healthy eating can promote mental acuteness, resistance to illness and disease, and increased energy.

Senior Bike Trail Tour

Residents of The Inn on Westport took part in the free Senior Bike Trail tour offered by the City of Sioux Falls Parks and Recreation Department.

The Sioux Falls trail system, sometimes referred to as the Sioux Falls River Greenway, forms a loop of nearly 30 miles of paved, multi-use, pathways that link many of the city's parks and green spaces. Much of the trail runs adjacent to Big Sioux River, which encircles the city.

We had a really good time on our golf cart tour, viewing the beautiful spring scenery along the trails!



Food and Beverage/ Dining Services

Dining Services is inspected twice a year by the Sioux Falls City Health Department and once a year by the South Dakota State Health Department. This is to ensure we are using proper techniques in regards to the preparation/handling of the food we prepare for you and also the sanitation of the work areas. On our most recent survey, our Dining Services received a 100 percent score from the city health department. We continue to educate our staff on the importance of food safety with monthly staff in-services to ensure all staff are following proper food safety procedures.

Food For Life

Fresh fruit and vegetables are in season. Look for fresh berries, melons and vegetables from our local vendors. This is part of the ongoing Food for Life program offering you healthier food choices.

Brenda Norby, Dietary Manager

Upcoming Events

- July 5 at 3 p.m.:** Golden Hits by Aaron Shoemaker
- July 13 at 3 p.m.:** Legacy Law Firm-Estate Planning
- July 14 at 11 a.m.:** Courthouse Museum Concert outing- "Mogan's Heroes"
- July 14 at 3 p.m.:** David & Maggie Hauch, Musical Guests
- July 18 at 2 p.m.:** Coffee with Kyrsten F, Executive Director
- July 19 at 6 p.m.:** Canaries Game
- July 24 at 1 p.m.:** "Treasure Island" Auditions
- July 28 at 6:30 p.m.:** "Treasure Island" Performance
- July 29 at 2 p.m.:** "Treasure Island" Performance

Treasure Island

Now is the time to sign up for "Treasure Island." Play rehearsals run from July 24-28 from 1-5:15 p.m. (snack provided). Registration begins at 12:30 p.m. on Monday, July 24, at 1 p.m., with auditions following. The performances are July 28, at 6:30 p.m., and July 29, at 2 p.m. The Missoula Children's Theater production is open to anyone grade 1 through 12 and to those who live at The Inn on Westport. Ages Entwined® Theater Week is fun! Hope to see you there. Call 605-362-1210 or stop by the Front Desk to register.

Resident Spotlight

Resident Spotlight — Ernie T.

Ernie was born on the family farm one mile north and two miles west of Crooks, S.D. He had two older sisters and one older and one younger brother. He began attending country school at a young age and graduated from Lyons High School. His father owned a hardware store in town where at times he worked, but he farmed their 360 acres mostly on his own after his brother entered the army. Ernie met his wife, Donna, while riding the bus during high school. They were married when they turned 21. Four months later, Ernie joined the Air Force. Donna moved around with him as he moved to different bases including a year at Boise, Idaho, before he was sent to the Libyan desert in Africa. He worked with intelligence there and later in Germany. When returning to the states, they were stationed at Wright-Patterson Air Force Base in Dayton, Ohio. He was discharged after four years in the Air Force as a Staff Sergeant. It was then he and his wife decided they wanted to return home to Sioux Falls. By now, his father had purchased a nearby farm with buildings that were vacant, so Ernie and Donna settled there, and he farmed the 200 acres. He also decided to take advantage of the GI Bill and attend college. He chose to attend Augustana and obtained a degree in Business Administration. Following graduation, a classmate called to tell him about a position in Rock Valley, Iowa, for a teacher. Ernie applied for it and spent the next 33 years teaching in the Rock Valley school system. It was in Rock Valley they raised their three children, Deb, Kevin and Steve. At first, it was tough to make it on his small salary, so he spent a couple of summers working construction and then sold Life and Health insurance for Paul Revere Life Insurance Company for another five years. Eventually he decided to return to school to obtain his Master's Degree at USD, and his teaching salary was increased. Ernie had purchased the 200 acres of farmland he and Donna had lived on in South Dakota and farmed for about 20 years at the same time he was teaching in Iowa. He was also asked by friends in Rock Valley to help them out with some bookkeeping for a grain elevator in Doon, Iowa. He figured he'd be a better accounting teacher if he was a practicing accountant, so he agreed. Over time, the books for three more grain elevators in Rock Valley, George and Edna, Iowa, were added to his plate. When he had time, he enjoyed hunting and fishing. Finally, he retired, and after 44 years in Rock Valley, he and Donna returned to South Dakota. They enjoyed spending winters in Arizona for 20 years. Ernie moved to The Inn on Westport in October 2016. He enjoys playing cards, particularly 6 p.m. pinochle, the fitness classes and socializing.

Michele Rasmussen, Marketing Director

From the Spiritual Director

Recently, Californians experienced something many of them had not seen in their lifetimes. Prior to this spring, California had been under a drought warning since 2011. For six years they rationed water. It was a drought that killed 100 million trees and saw the driest years in California history. All of that changed last fall and winter with massive amounts of rain in the lowlands and snow in the mountains. As a result, nature lovers saw something rarely seen in California history, a super bloom. Wide swaths of arid, parched earth were covered in the blues, yellows, reds, pinks, oranges and purples of wildflowers. In fact, the bloom was so large that satellite images picked up the changes. What was once dry and parched was now vibrant and full of life.

In many ways, we too go through periods of drought in our own lives. We may feel withered, lonely, a shell of our former selves. We may feel like we are wandering through our own deserts, wondering when we will find relief. In my own experience and listening to the experience of others, relief does come. It comes in the form of a friend who is willing to listen. It comes in the form of making changes and deciding to reach out to others. It comes in the form of being open to new opportunities and possibilities. Droughts do end; yours will end too.

Marc Anderson

Resident Birthdays

- Leone T., 4th
- Verna T., 12th
- Shirley H., 14th
- Karen S., 15th
- Robert A., 18th
- Richard L., 20th
- Margaret C., 21st
- Julie S., 26th
- Donna T., 26th
- Richard G., 26th
- Arlene B., 29th
- Erna D., 31st

New Residents

- Gil & Dorothy K., Apt. 353
- Bob L. Apt., 336
- John H. Apt., 332
- Marilyn S., Apt. 352



THE INN
ON WESTPORT

Senior Living

4000 South Westport Avenue
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Director of Nursing

Laura Johnson

Sales and Marketing Director

Michele Rasmussen

Environmental Services Director

Rene Atichison

Life Enrichment Director

Kathy Scott

Food and Beverage Director

Brenda Norby

Community Outreach Director

Shauna Welker

Maintenance Director

Joey Rokusek

Business Office Manager

Matt Birk

**Rock Steady Boxing
Program Director**

Lisa Howard

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Address Service
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\$500 Referral Bonus!

In 2016 as part of the Referral Bonus Program, two IOW residents were awarded \$500 credits on their monthly bill! We have already awarded one in 2017! Do you know of anyone who might be interested in moving to The Inn on Westport? Just let Michele Rasmussen in Marketing know who they are and how we can reach out to them with information, or offer an invitation to join you for a complimentary lunch and tour! If your referral results in a move in, you will be deciding how to spend your extra \$500! Michele Rasmussen, Marketing Director

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!

