

GOOD Life News

at *The Inn On Westport*

MARCH 2018

www.innonwestport.com

Executive Director

Resident Council meets the last Monday of every month at 1:30 p.m. in the City Lights Cafe. All residents who reside at The Inn on Westport are invited and encouraged to attend. The purpose of the council is to give residents an opportunity to discuss, receive and share ideas and suggestions to enhance their living experience at The Inn. All feedback, positive and negative, is valued.

Every year, a resident chairperson is appointed, and committee members are appointed or volunteer to serve. The committees are as follows: Hospitality/Welcoming, Life Enrichment and Food.

The duty of the committee members is to meet monthly with a respective department team member. The chairs of the committees are designated as follows: Melissa Morton, Admissions Coordinator, Kathy Scott, Life Enrichment Coordinator, and Brenda Norby, Dietary Director. If you are interested in serving as a member of one of the committees, please contact the front desk or inform Kathy Scott.

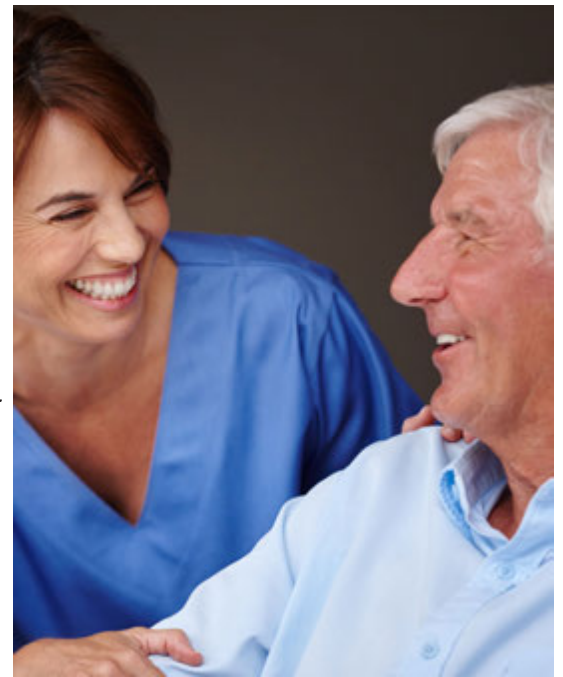
Committees meet monthly, and reports are submitted to the Resident Council to be read at the monthly meeting. The Executive Director also prepares and presents a monthly report at Resident Council. One Life Enrichment employee attends the monthly meeting for the purpose of recording the minutes. A representative from each department will attend to answer questions pertaining to that specific department on a monthly rotating basis. All issues, suggestions and concerns will be addressed, signed off on by the ED and reported back to the council.

I encourage all residents to join us monthly at Resident Council!

— *Kyrsten Fokken*, Executive Director

Volunteer as a Cornerman

The Rock Steady Boxing program offers a rewarding opportunity for volunteering as a cornerman. The RSB gyms rely heavily on the cornermen. A cornerman helps provide the safety of a spotter when the boxers do difficult drills and helps boxers know what station to move to next. Truly, they are a great source of motivation and encouragement for the boxers. If you are interested in helping as a cornerman in the RSB gym, contact Coach Lisa at 605-362-1210 or by email lisa.howard@innonwestport.org. Join in on fighting back!



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"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 means that what we do and the way we do it is the result of a direct personal connection with our team and residents. Being an ambassador goes well beyond the concept of being "good at our job," it requires an emotional connection. Here, we are fortunate to have such dedicated, skilled and upbeat team members who make our community a great place to live and work.

"Integrity is what we do, what we say, and what we say we do."
—Don Galer

Rock Steady!

Rock Steady Boxing at The Inn on Westport Celebrates Eight Months of Improving Lives!

The Rock Steady Boxing (RSB) Gym at The Inn on Westport has grown with great success since its grand opening in May 2017. In the past eight months, almost 40 boxers have enrolled in our classes. The program offers four classes for all levels of Parkinson's Disease. Our youngest boxer is 46 and our oldest boxer is 86. The boxers come from as far away as Yankton, Bigelow, Minn., and we have four boxers from across the border in Iowa. In January, a Monday evening class was added to complement our Tuesday/Thursday 5 p.m. class, giving all our boxers another class option. We also hired a part-time coach to help with teaching. Adding the coach added a class. Her name is Jennifer Ernst and comes to Rock Steady Boxing with great experience in personal training and group fitness class instruction. She went through the Rock Steady Coaches Certification this past November, and we are pleased to add her to our team.

Each boxer is re-assessed after six months, and the re-assessment results are coming back strong. Of the boxers that have been re-assessed, walking speeds have increased anywhere from 2 to 4 seconds, boxers have gained leg strength, more flexibility and endurance. Balance scores have increased in all boxers from 2 to 7 points! In addition, the social aspect of the classes plays a huge part of the boxers well-being. When asked about how they would rate the increase or decrease in their emotional well-being since the day they started RSB on a scale of 1-10 (1-worse, 10-best), scores are coming back in the 7-8-9 range on all boxers, meaning they feel much happier since starting this program.

Some testimonials include:

- "I feel much better physically. My back is better, I have more energy to do things and I sleep much better at night." —Allen
- "My strength, balance and coordination is much better. I like that the class holds me accountable to exercise — otherwise I wouldn't but in the intense effort we get at class." —Don
- "My parents say I look much better and stronger, and my wife notices that I don't appear as rigid." —Monte
- "My doctor thought I'm so much better in all areas, and my son said I'm getting back to my old teasing self!" —Herb
- "Since I started this boxing program, my nightmares have gone away and I can sleep better; my balance is much better and I enjoy being around people more. People that haven't seen me for a long time comment on how I look much stronger and seem much happier!" —Tom

Assessments are done to place boxers in appropriate classes. For more information on Rock Steady Boxing, or to request an assessment, please call Lisa Howard at 362-1210 or Email lisa.howard@innonwestporg.org

Resident Spotlight

Olive was born in McHenry, N.D. When she was five years old, she moved to Lake Wilson, Minn (near Luverne). She spent much of her childhood in Lake Wilson. When she was grown, she moved to Sioux Falls and has lived here since then. She worked at a dental lab in Sioux Falls for 13 years.

Olive met her husband, Wayne, in Sioux Falls and they had two children, one son, David, and one daughter, Diana.

Olive has one "wonderful" grandchild. His name is Hunter, and he is a freshman at Southeast Technical Institute. She is proud of her grandson and sees him quite often.

One thing Olive loves to do is play cards. She said she'll "play anything!"

Olive has lived at The Inn on Westport since September 2016 and is 90 years old! She said the thing she likes best about living here is "the friendly people!"



Upcoming Events

Tuesdays at 10 a.m. — Stress Busters

Thursdays at 3 p.m. — Health Connect Sessions

March 6 at 6:30 p.m. — The South Dakota Youth Symphony

March 9 at 3 p.m. — The Nissels Polka Music

March 10 at 8-9 a.m. — Pancake Breakfast — Residents and Guests

March 10 at 9-11 a.m. — Pancake Breakfast — Open to Public

March 11 at 2 p.m. — Musical Guest, Bob LaRoy

March 12 at 2 p.m. — Butterfly House Outing

March 18 at 3 p.m. — Sioux Falls Tempo-Palooza Sunday

March 19 at 3:30 p.m. — Singalong with Rosie

March 30 at 10:30 a.m. — Good Friday Service

Silver National Quality Award

The Inn on Westport is a recipient of the 2017 AHCA/NCAL Silver National Quality Award. We held an open house celebration mixer on Thursday, Feb. 1, from 4:30 to 6 p.m. in the atrium. Guests enjoyed music, wine and delicious hors d'oeuvres leading up to a short presentation by Executive Director, Kyrsten Fokken, who spoke about the award and what it means to achieve it. You can learn more about this award on the AHCA website. Thanks to all who could join us!



Food and Beverage/ Dining Services

March 2018

In a hurry but don't have time to join us in the dining room, or simply just want to get your food to go? Dining Services does have the option of a "To Go Meal." All food items are placed in disposable containers for you to take with you. To receive this service, you may stop by the front desk with your selected menu items. After you have given the front desk your requested menu selections, you will be asked to have a seat in the lobby area while your order is completed.

If you prefer not to wait in the lobby area for your "To Go Meal," you may instead call ahead to the front desk and ask for your "To Go Meal" to be left at front desk for you to pick up.

Food For Life

Try our Quinoa salad as a side at lunch.

Quinoa (pronounced KEEN-wah) is a grain-like food that's part of our Food for Life program. Quinoa can be a source of all nine essential amino acids in the correct proportions.

Nursing/ Health Care

Parkinson's and Exercise

Parkinson's is a disease of the nervous system. It is a progressive illness that affects how a person moves. It can be seen as a fine tremor up to a stiffness or frozen state. The nerve cells in the brain breakdown or die. These neurons produce a chemical called Dopamine, and with reduced levels, it leads to these common symptoms.

There is no cure, but there are medications to help improve the symptoms. Exercise is great because it helps with balance, strength, flexibility and overall well-being. Research on Parkinson's and exercise has made great strides, especially in bicycle riding and boxing. It has even shown a possible slowing of the progression of the disease. Some people say, "Why in the world would I start boxing?" Well, boxers train to improve their speed, agility, muscle strength and endurance, plus hand and eye coordination and footwork. All these are examples of why people with Parkinson's should do boxing. Here at the Inn on Westport, we offer boxing classes to our residents and members of the community. You must have a diagnosis of Parkinson's Disease. If you would like more information about this exciting program, see your nurse.

Resident Birthdays

Annic S., 1st	Tony B., 18th
Forrest H., 1st	Earl K., 20th
Floyd G., 5th	Bernice N., 21st
Bea H., 5th	Dorothy S., 27th
Rozella B., 8th	Vi B., 29th
Gladys B., 17th	



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Brenda Norby

Community Outreach Director

Shauna Welker

Business Office Director

Matt Birk

Maintenance Director

Joey Rokusek

Rock Steady Boxing

Program Director

Lisa Howard

New Residents

Lloyal A., Apt. 118

Shirley A., Apt. 118

Helen D., Apt. 201

Mary W., Apt. 344



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