

GOOD Life News

at The Inn On Westport

JULY 2018

www.innonwestport.com



Executive Director

We have reason to be proud and celebrate at The Inn on Westport!

We received an outstanding score of 93 percent on our HUD REAC inspection that was completed on May 18! We are extremely pleased with this score, as it is difficult to accomplish. It is very reassuring to know the building is in great working order and very well taken care of. First, I want to say thank you to all of the residents of The Inn on Westport for your cooperation and being so flexible with allowing staff members into your homes multiple times for inspection and repairs. It is very much appreciated!

I want to thank Joey Rokusek, Maintenance Director, for heading up the process of preparation for this inspection. I also want to thank Rene Atchison, Environmental Director, and environmental team members for all your hard work. Also, team members from nursing, dietary, marketing and life enrichment pitched in and helped where needed. It truly was a team effort, and many employees gave of their time to assist in the prep work!

In other exciting news, the Dietary Department received 100 percent on the city health inspection! They are inspected every six months, and it is very difficult to receive a perfect score, so excellent job Brenda Norby and dietary staff!

— Kyrsten Fokken, Executive Director

Upcoming Events

July 1 at 1:20 p.m.: L'attitude

July 14 at 2 p.m.: Musical Guest,
Kevin Anderson

July 15 at 3 p.m.: SF Tempo

July 17 at 7 p.m.: The Blue Sky
Music Machine

July 18 at 1:30 p.m.: Musical
Guest, David Vanderlinde

July 21 at 1:30 p.m.: The Singing
Cowgirl, Lisa Murphy

July 23 at 1 p.m.: King Arthur's
Quest Auditions

July 24 at 1:30 p.m.: Speaker:
Gaylord — DAV

July 27 at 6:30 p.m.: King
Arthur's Quest

July 28 at 2 p.m.: King
Arthur's Quest

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

**Platinum Service®
Standard #2**

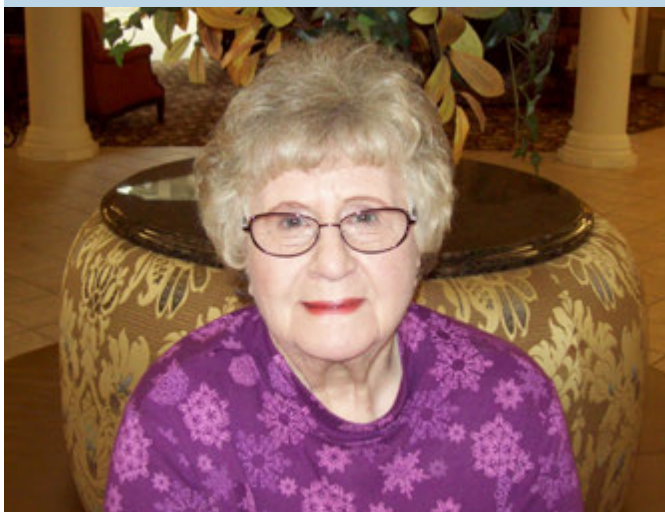
*"I build lifetime relationships
with our residents by creating
memorable experiences."*

"The customer always comes first" is an old saying that still rings true today. When surveyed, customers said they didn't feel it was a good service experience when employees worked on something else when they were waiting for assistance or when employees continued talking to each other as the customer waited for help.

At The Goodman Group and in our managed communities, Platinum Service® shows how we are always trying to focus on our residents to ensure these types of things do not happen. Through our service standards and our service approach, we make these promises to our residents: To be genuinely caring, reliable, create a great personalized experience, and be friendly and cooperative.

Resident Spotlight — Wanda O.

Wanda was born in Inwood, Iowa, and grew up with three sisters. Her dad was an auto mechanic, so she knows a lot of mechanic stuff. Her first job was in a cafe, and she worked in a dime store. She met her husband, Milo, on the sidewalk by the dance hall. They began going to dances every week, and after four years of going together, they were married. Milo was a farmer in rural Inwood, Iowa. Wanda loved farming! She helped plow, disc, plant and with everything else that needed to be done. She loved ceramics and had her own kiln. She also taught others the art of ceramics. She was an active member of Our Savior Lutheran Church in Inwood and taught Sunday school, confirmation and adult classes for years. When she finally decided to “retire” from teaching, her congregation recognized her contributions by gifting her with a special Bible. She has always studied the Bible, and you will still find her doing so in her apartment at The Inn on Westport, where she moved in March 2015 shortly after Milo passed away. She participates in worship services, Bible Study and Devotions and is also a regular at FIT classes! Wanda and Milo had three children, one daughter and two sons, and two grandchildren. She is proud and blessed to have been able to pass on her interest in studying the Bible to her children and that they will pass it on to their children.



Nursing/Health Care

We hear in the news how more and more athletes are becoming more protective in regards to head injuries. In a recent study from The University of Washington, researchers were reviewing data on 2.8 million people and found that those who sustained a traumatic brain injury from a blow or jolt to the head were 24 percent more likely to develop dementia later on. The more serious the injury, the higher the risk, but even a concussion, the mildest form of brain injury, raised the risk. The American Academy of Neurology noted that even mild traumatic brain injuries can double a person’s risk of developing Parkinson’s disease.

In football, autopsies are revealing severe brain tissue trauma from concussions that players have received from tackles on the field. Imagine the tissue damage in children whose brains are just developing. At any age, sustaining a head injury can be serious and, as we get older, can lead to immediate problems with our thinking, memory, vision, hearing, balance, communication and behavior. The Centers for Disease Control and Prevention states, “traumatic brain injuries are common among older adults age 75 and older, they are most likely to be hospitalized with a brain injury and seniors who experience a concussion recover more slowly.”

How can we lower our risk of receiving a brain injury as we get older? Make fall prevention a priority. This means staying active and strong, participating in fitness classes and walking. Keep those leg muscles strong. Here at the Inn on Westport we have several FIT classes to help you begin and stay strong. We also partner with Good Care therapy to get those muscles back in shape to participate in maintaining strength and balance. If you have any questions, please speak with me or one of the Resident Care Coordinators. Laura Johnson, Director of Nursing

Food and Beverage/ Dining Services

The Culinary Department would like to remind our residents that our “Hostess” uniform is a cobalt blue shirt. This color allows our residents to identify the hostess/dining room supervisor. If you have questions that your server is unable to answer or any further assistance you may need in regards to culinary, please look for the staff wearing the cobalt blue shirt. They will be happy to help you.

Food For Life

Hydration is key to staying and feeling healthy. Your body has an intricate system of keeping fluids and electrolytes balanced, and proper hydration is a main component of this process. In the elderly, this regulation system may no longer function properly on its own, making dehydration more common. The Inn on Westport offers infused water which is available in the lobby daily.

— Brenda Norby, Dietary Manager

From the Spiritual Director

In 1980, a project began to preserve the frescoes of the Sistine Chapel. The chapel itself was built in 1481, but the frescoes were not finished until about 1560. Still, that is over 400 years ago! Inspection of the pictures revealed they all needed a good cleaning, so a group began restoring the artwork. It took 14 years until they were finished, but the results were astounding. Gone were the dim, muted hues associated with the chapel for four centuries. In its place were bright, vibrant greens and pastels. The entire chapel popped with color. The result was so staggering that one art historian claimed that every book ever written about Michelangelo — the primary painter of the chapel — would have to be revised.

The process wasn’t without controversy, though. Some thought the restoration went too far, peeled off too much dirt and grime and washed out some of the paintings. Most hailed the restoration as a magnificent achievement. I think the restoration of the Sistine Chapel holds a truth about our own lives. In the course of living, our lives can often accumulate dirt: the harsh words spoken to us by others, negative ways of thinking, poor habits and practices that are not life-giving. Perhaps like the frescoes, from time to time we need to clean off the grime in our lives that covers up who we really are. So today, start a new habit. Commit yourself to a new way of thinking. Stop a destructive narrative in your head that says “I can’t” and start saying “I can.” Maybe, just maybe then, your life will be a bit brighter.

— Marc Anderson, Spiritual Director

Welcome New Residents

JoAnn H., Apt 316 Wilson B., Apt 343
Naomi N., Apt 322 Barb H., Apt 117
Cathy B., Apt 343 Tom R., Apt 168

Resident Birthdays

Kay S., 3rd	Karen S., 15th	Joyce T., 28th
Leone T., 4th	Robert A., 18th	Arlene B., 29th
Shirley H., 14th	Louise E., 19th	Erna D., 31st
Ginger W., 15th	Julie S., 26th	

Meet the Directors of “King Arthur’s Quest”

The Inn on Westport will be partnering with Missoula Children’s Theater the last full week of July and will present “King Arthur’s Quest.” Directing the play this year are Carissa Lund and Whitney Brennan Ward.

Carissa Lund

Carissa is thrilled to be touring with the Missoula Children’s Theatre. She grew up in Bozeman, Mont., where she first fell in love with theatre. She recently graduated from the University of Montana with a Bachelor of Fine Arts in acting and a Bachelor of Arts in dance. Her most memorable roles are Juliet in “Romeo and Juliet,” Connie in “A Chorus Line” and the role that started it all, Knight #1 in MCT’s “The Frog Prince” in fifth grade. Carissa would like to thank her family and friends for loving her and her passions.



Carissa Lund

Whitney Brennan Ward

Whitney is delighted to be touring with the Missoula Children’s Theatre and is overjoyed to share her love of theatre. She has a BFA in musical theatre from Central Washington University and is from La Grande, Ore. Some of her favorite roles include Repulsa (one of the wicked step-sisters) in “Cinderella,” Factory Girl in “Les Miserables” and Dorcas from “Seven Brides for Seven Brothers.” Whitney thanks her family for their unflagging support and love.



Whitney Brennan Ward

Auditions for youth and Residents will be held on Monday, July 23, at 1 p.m. Rehearsals will follow Monday through Friday afternoons with performances on Friday, July 27, at 6:30 p.m., and Saturday, July 28, at 2 p.m., in the atrium of The Inn on Westport. If you have questions, contact Kathy Scott, Life Enrichment Director, at 605-362-1210.



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Dietary Manager

Brenda Norby

Rock Steady Boxing

Program Director

Lisa Howard

\$500 Referral Bonus

In 2017 as part of the Referral Bonus Program, we awarded two IOW residents with a \$500 credit on their monthly bill! We have already awarded one in 2018! Do you know of anyone who might be interested in moving to The Inn on Westport? Share their name and address with Michele Rasmussen in Marketing, and we will reach out to them with information or 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!



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