

# GOOD Life News

at *The Inn On Westport*

OCTOBER 2018

[www.innonwestport.com](http://www.innonwestport.com)



## Executive Director

Knowing what to do is your best defense in an emergency. Disasters can strike quickly and without warning. Being prepared and understanding what to do can reduce confusion, anxiety and fear. The Inn on Westport takes a number of precautions to make sure that all residents and staff members are safe in the midst of an emergency situation.

All staff members are trained upon orientation and at an annual emergency preparedness in-service. This in-service covers many different situations; fire, tornado, missing residents, power outage and complete evacuation of the building.

A fire drill is conducted every month, once on each shift per quarter. The Inn on Westport is constructed as five different buildings with firewalls dividing each section. This means that the building should not need to be completely evacuated during a fire and that residents and staff members will be safe just by moving from one area of the building beyond the closest fire doors.

In case of a fire, residents should stay in their apartments if the fire is not in their immediate apartment. A staff member will come to you and escort you beyond a firewall if your area of the building is affected. The Inn on Westport has a sophisticated fire alarm panel that goes directly to the fire department upon notification. The fire panel system also notifies staff members exactly where the fire is in the building so we can attempt to extinguish and move residents out of immediate danger quickly. All of the apartments and common areas are also equipped with a sprinkler system that would begin running if there was a fire.

The front desk and each of the nurse's stations have emergency preparedness binders for all employees to use for guidance in case of an emergency.

Please let us know if you have any questions or concerns.

Thank you.

*Kyrsten Fokken*, Executive Director

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

## Health Literacy Month

This annual observances month is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopting a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit: [blog.thegoodmangroup.com](http://blog.thegoodmangroup.com).

## Resident Spotlight

Diane was born on Feb. 10, 1963, and grew up in Yankton, S.D. She has four brothers and three sisters. They were all born within 10 years of each other, so her mother was very busy! Diane is the youngest in her family, and she has one sister close to her in age who lives in Harrisburg, S.D.

Diane has never married and has no children of her own, however, she has 16 nieces and nephews and 18 great-nieces and nephews, with the possibility of more to come!

She was a paralegal in the Minneapolis area, then moved to Madison, Wisc., continuing her paralegal career. After that, she moved to Sioux Falls and worked at Davenport law firm, then moved to Woods, Fuller, Shultz, and Smith Law Firm.

Diane is an avid reader who loves fiction books, mysteries and the occasional non-fiction. She has also traveled to the Dominican Republic for her brother's wedding.

Another interesting thing about Diane is that she is a cancer survivor. She found out she had a brain tumor and had surgery to remove the tumor on Jan. 29, 2009. She had many radiation and chemotherapy treatments during that year. On Dec. 3, 2009, she finished her treatment. Diane said she is a more outgoing person than she was before her cancer diagnosis and is thankful for that! She loves to laugh and tease others.

Diane says she loves a lot of things about the Inn on Westport. Some of her favorites are the food and the friendly people, and she loves to play games like Bingo, Rummikub and Skip-Bo. She thanks God every day for her health, family and friends.

## Help Feed Seniors Now!

The Inn on Westport is participating again this year in the Comfort Keepers food drive for seniors in need! We will be having a collection box in the mailroom from Oct. 3 through Oct. 17. Please feel free to donate any non-perishable non-expired items to the food drive. By making a donation, you will help to provide healthy, nutritious meals for seniors in need in our community.

Thank you!

*Shauna Welker*

Director of Business Development/Community Outreach

## Food and Beverage/ Dining Services

### October 2018

We will be serving our Large Traditional Thanksgiving meal from

11 a.m. to 1 p.m. in the Crystal Dining Room on Thursday, Nov. 22.

We ask if you are a resident of The Inn on Westport and you 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.

### Food For Life

Fall is a time for fall squash. Look for the addition of fall squash on our menus. This fleshy fruit has health benefits that you need year-round as it is low in fat and full of dietary fiber, which keeps you feeling full and may help reduce the risk of developing type 2 diabetes. Specifically, the bright orange color of butternut squash indicates it is packed with carotenoids, nutrients that may help prevent against heart disease. A one-cup serving packs nearly half of your daily dose of vitamin C.

## From the Spiritual Director

Recently, my wife and I took our two daughters to a high school football game. As we sat down in the bleachers with way too much food from the concession stand, the crowd was already cheering the first score of the game. My wife watched as our alma mater, Roosevelt, obliterated Rapid City Stevens. On one of the scoring drives, the offensive line returned to the bench, which was relatively close to us. One lineman was cheering and yelling at the others, "This is it! This is what we prepared for! This is why we are here!"

He wasn't wrong. I am sure that they have spent hours in the weight room, early mornings watching film and in practice. They have a goal to win football games, and they put in the corresponding effort. I know I won't be hitting the football field anytime soon, but I do want to be successful in my life. I have goals I want to achieve. That means I need to prepare accordingly. Put another way, I need to be intentional about the way I live my life. If I want to see certain things develop, I need to practice those things. If I want patience, I need to practice patience. If I want more joy, I need to practice being joyful. Whatever you need to practice, I hope it leads to a more fulfilling life and a deeper sense of purpose.

## Resident Birthdays

Reynold E., 6th

Alvin K., 9th

Doris S., 9th

Darlene N., 10th

Gil K., 12th

Lois Y., 18th

Janet J., 24th

Gunnvor M., 30th

## Marketing

The Inn on Westport partners with AseraCare Hospice to provide a grief support group each month. The meetings are open to anyone who has experienced loss or is preparing for a loss. Residents, family members, friends, employees and anyone dealing with loss are invited to attend as often as they wish. The group meets on the first Tuesday of each month at 2 p.m. in the Family Dining Room. Please mark your calendars for the following upcoming dates:

- Oct. 2
- Nov. 6
- Dec. 4

*Michele Rasmussen*

Marketing Director

## Fall Festival

Attention residents and family! Our Fall Festival Costume Party will be Oct. 25, at 6 p.m., in the Atrium. All ages are welcome! There will be awards for costumes. Light refreshments will be served and there will be music.

During the Fall Festival, we will also hand out prizes for the top three scarecrows. Scarecrows must be homemade. They can be placed in the Atrium any day from Oct. 1-24.



## On the Calendar

October is a month where our attention turns to the holiday season. This month, our focus will be on Halloween, so look for the following events:

Scarecrow creating/decorating. The first session will be Oct. 5 at 2 p.m. in arts and crafts. We will provide a number of dates and times to create a scarecrow. We will then place the scarecrows throughout the atrium, and at the end of the month, they will be judged with a prize awarded to the winner!

There are also a number of musical guests this month:

Monday, Oct. 15, Brian Detmers will play.

Friday, Oct. 19, will feature the Nissles and their Polka Music. This will be in conjunction with resident happy hour.

Saturday, Oct. 20, will feature the Singing Cowgirl, Lisa M.

Sunday, Oct. 21, the Sioux Falls Tempo will play.

If you want to look at the changing leaves in our community, a Joy Ride is scheduled for Oct. 22. As with all joy rides, a sign-up sheet will be posted the week prior at the front desk.

There is also a lunch outing to Grille 26 on Oct. 29. A sign-up sheet will be posted the week prior at the front desk. Grille 26 is viewed as one of the top restaurants in Sioux Falls. Just this last year it was voted as one of the Local Best.

## Nursing/Health Care

Welcome, fall; it is a beautiful time of the year and also a scary time of the year. It is the start of the cold and Flu season. People 65 and older are at a high risk for serious outcomes and morbidity related to the Influenza infection and the immune system becoming weaker with age. The most effective way to prevent getting the Flu is by receiving the recommended Flu vaccine annually.

Besides getting the Flu vaccine, always cover your mouth when you cough and please wash your hands often and always before you eat. Stay in your apartment if you are feeling ill to avoid spreading germs to others. If you are feeling ill, please let nursing staff know as soon as possible. We will be having our resident Flu clinic on Oct. 16, and reminders are posted in the elevators. If you do receive the Flu shot at a doctor's appointment, please let the front desk know.



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Senior Living

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 **The Goodman Group**

## Staff

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Rene Atchison

**Life Enrichment Director**

Kathy Scott

**Community Outreach Director**

Shauna Welker

**Business Office Director**

Matt Birk

**Maintenance Director**

Joey Rokusek

**Dietary Manager**

Brenda Norby

**Rock Steady Boxing**

**Program Director**

Lisa Howard

## New Residents

We welcome the following individuals:

- Marvyl E., Apt. 350
- Ben and Rose H., Apt. 341
- Mary P., Apt. 204

## Support Group

On the second Tuesday of every month, we have a dementia support group that meets in the City Lights Cafe. The group is designed for caregivers and family of individuals who have dementia. The next meeting on Oct. 8 will cover the topics of grief and loss.



## Like Us on Facebook

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