

# GOOD Life News

at *The Inn On Westport*

MAY 2018

www.innonwestport.com

## Executive Director

We are all vulnerable to scams, but seniors are often times targeted and become victims. Seniors over the age of 85 are at the highest risk for being victims of scamming. Seniors are known to be polite and have a hard time hanging up on phone callers. This population is also known to have financial savings and have good credit, therefore, many scammers aim for the elderly population. It is important to report any calls you believe to be a scam to either your family or to staff you trust. This will allow us to be on the alert for any further scams for other residents, and also to report the scam to authorities as necessary.

Never give out your Social Security number, Medicare number or bank account number over the phone. If it is a legitimate call, the institution would never ask for this number over the phone, knowing it is not safe to do so.

If you feel any suspicion at all or if the caller will not identify him/herself by name, you should hang up, or ask for their number so you can call them back and see if the responder identifies the business by name.

Never give out any personal information by phone, even if they identify themselves as someone you typically do business with. Sometimes they will go so far as to give information about your family to make you believe it is legitimate, or they might give you a sad story to play on your emotions. This is when it is advised that you hang up, do not listen and report the call to the front desk or your family.

Awareness is the best defense against scam artists and the main form of helping to protect others also. Please let the front desk or myself know if you have any further questions or concerns.

Thank you.

— *Kyrsten Fokken*, Executive Director

## New Residents

Kent K., Apt. 315

Diane B., Apt. 228



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

**Platinum  
Service®  
Standard #1**

*"I place our residents at the center of everything I do, personalizing my services to meet their preferences."*

Our service delivery is designed to consistently create resident satisfaction and to build loyalty. Through our Platinum Service program, we practice the fundamentals of business etiquette, such as promptly greeting residents and guests with a warm and sincere welcome, introducing ourselves, and if necessary, offering assistance. Our interactions are personalized and appropriately paced to meet the unique needs of our residents. Service is then adjusted to their diverse backgrounds and cultures, creating memorable experiences. We are attentive, friendly and caring, delivering to our residents, guests and visitors a distinctive experience.

## Resident Spotlight

Esther J. was born in Rock Valley, Iowa, and grew up there with four brothers. She graduated high school and left to work in Washington, D.C., during the final year of WWII. She was a civilian working on a military base but had no idea what she was doing because everything she filed was all in code! She returned home to Iowa after the war ended and soon after, moved to Sioux Falls to work. She worked at JC Penney, which she didn't really enjoy, and then at a restaurant, which she loved. While first in Sioux Falls, she lived with a family that was also originally from Rock Valley. Their daughter's boyfriend had a brother (Lewis) returning from his military service and introduced Esther to him. She and Lewis were married for 21 years and had three children, Geoffrey, Keith and Wendy. She later married Ken, who was in the Sioux Falls Air National Guard. They were together for 42 years until he passed away in 2016. Together, Esther and Ken visited all 50 states and many overseas countries including Germany, Russia, Spain, Japan, France, China and her favorite of them all, Africa! Esther has enjoyed playing bridge regularly for many years and still plays three times a week. She was on a bowling team and was very involved at Grace Lutheran Church in Sioux Falls. Her favorite pastime has always been dancing, and she spent many fun times at the Arkota Ballroom. Esther moved to The Inn on Westport in June 2015 and says, "the food is very good and the helpers are very nice." Her favorite activities include playing bingo and going on most any outing she can.

— Michele Rasmussen, Marketing Director



## Thank You, Volunteers!

Thank you to all who share their talents and time with our community.

Volunteering helps you connect with others and strengthens our community. If you are interested in volunteering, please do not wait to be asked. Contact a Life Enrichment Team Member to get started.

Recognizing the Residents of The Inn on Westport who volunteer:

**Welcoming, Food Committees and Greeters:** A., Garald P., Donna W., Robert A., Bob O., Garald P., Deanna A., Vi H., Gail C., Jewell R. and Sylvia H.

**Resident Council Chairman:** Gail C.

**Tour Assist:** Carolyn H., Jewell R., Maxine S., Gail C. and Shirley H.

**Pearl Garden:** Gertie H. and Anita B.

**Chapel:** Bob O., Robert A., Garald P., Donna W., Forrest H.

**Blanket Making:** Frankie O. and Vi H.

**Rock Steady Boxing:** Bob O.

**Theater Cast Participants:** Kay J., Buehl K., Bob O., Craig T., Frankie O., Forrest H. and Gail C.



Volunteer, Bob O.



Volunteer, Gail C.

## Food and Beverage/ Dining Services

Our Culinary Department is dedicated to providing you safe/healthy food items. To ensure we are using proper techniques in regards to the preparation/handling of the food, our Chefs pass a food safety class and are certified by National Serve Safe. On our most recent survey, our Dining Services received a score of 100 percent 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

We use sunflower oil and olive oil, which have no GMOs (genetically modified organisms), to help provide foods that are cooked in a healthier way.

— Brenda Norby, Dietary Manager

## Upcoming Events

**May 2 at 3 p.m.:** Musical Guests, David & Maggie Houk

**May 3 at 3:30 p.m.:** Grand Connections

**May 4 at 1 p.m.:** Resident-Staff Art Exhibit

**May 9 at 1:30 p.m.:** Musical Guest, David Vanderlinde

**May 18 at 2 p.m.:** Guitarist, Geoff Gunderson

**May 21 at 3 p.m.:** Singalong with Rosie

**May 21 at 7 p.m.:** The Blue Sky Music Machine

**May 25 at 2 p.m.:** The Great Plains Zoo Zoomobile Visits

**May 30 from 9 a.m.-4 p.m.:** Pedaling Challenge/Sr. Fitness Day

## From the Spiritual Director

One of the poems that has stuck with me most over the last couple of years has one of the strangest titles, "Manifesto: The Mad Farmer Liberation Front." The poem was etched onto paper by Wendell Berry over four decades ago. It isn't even the entire poem that sticks with me, more so just the last two words: Practice resurrection.

Practice resurrection? These words stuck in my throat the first time I read the poem. What does it mean to practice resurrection? To Berry, practicing resurrection simply means that every day we "do something that won't compute." Every day we have the opportunity to thrive in the midst of difficulty, to love someone who doesn't deserve it, to forgive someone who isn't contrite. This is what it means to practice resurrection — to take something we could kill (or is already dead) and breathe new life into it. Each day is an opportunity for us to practice resurrection. May you do so today!

— Marc Anderson, Spiritual Director

## Resident Birthdays

Ila M., 1st	Betty M., 14th
Joyce B., 5th	Lowell C., 23rd
Donna W., 6th	Richard D., 23rd
Sylvia H., 8th	JoAnn M., 29th
Rosemary S., 12th	Gertie H., 31st
Pearl W., 14th	

## Nursing/Health Care

### Sensory Changes As We Age

As we age, our senses change, are less sharp and it becomes harder to notice fine details. Your senses include smell, vision, hearing, touch and taste. In all of these areas, stimulation is required, then the nerves will transmit that stimulation to the brain. As you age, more stimulation is required to obtain the awareness of the sensation, and sight and hearing are affected the most.

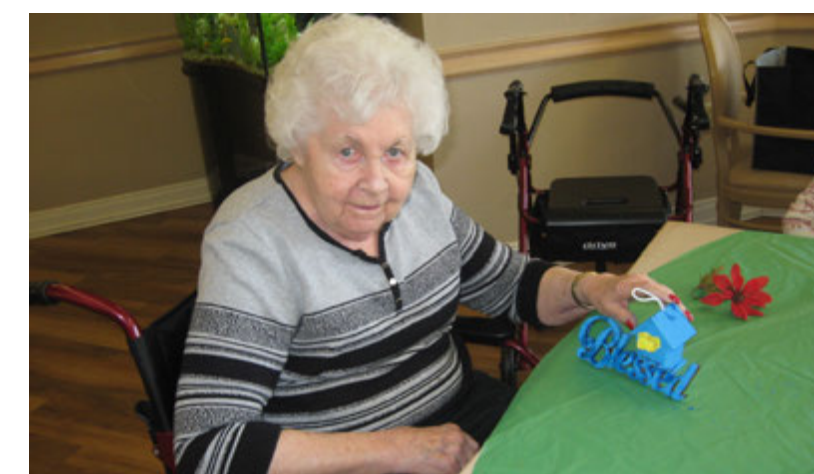
Taste and smell work together, and it has been said we have 9,000- 10,000 taste buds. This number decreases after age 60, with a decrease in the ability to distinguish sweet, salty or bitter foods due to shrinkage of the taste buds. Smell is affected after age 70 due to diminished nerve endings. Smoking, disease and decreased saliva production can speed up these changes.

Contact your Resident Care Coordinator or Health Care Provider if you have any concerns regarding changes in your taste, smell, vision or hearing.

— Laura Johnson, Director of Nursing

## Montessori Moments Matter

Pearl Garden residents worked on bird houses to hang in the Garden Patio areas. They take pride in their Garden and will soon be out planting flowers and vegetables. Montessori Lifestyle gives engagement a sense of purpose. Montessori Moments Matter.





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## Staff

**Executive Director**

Kyrsten Fokken

**Director of Nursing**

Laura Johnson

**Sales and Marketing Director**

Michele Rasmussen

**Environmental Services Director**

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

## Montessori Open House

Mark your calendars for a fun and educational Montessori Open House on Tuesday, May 22, from 4 to 6 p.m. Activities offered during the open house include resident guided tours of the memory care unit, information about the Pearl Garden and Montessori programs and a unique opportunity to experience the struggles of someone with dementia in the Virtual Dementia Simulation Tour. Tile art coasters handmade by Pearl Garden residents along with students from Sioux Falls Christian Schools will be available for purchase with all proceeds benefiting the Alzheimer's Association. We hope you will join us!



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