

The Inn on Westport

INNSIDE NEWS



APRIL 2012

www.innonwestport.com

EXECUTIVE DIRECTOR

The peak of the flu season for 2012 has passed; however, there are still many viruses and bacteria which can create havoc and cause illnesses for us.

The norovirus continues to be the most common cause of gastroenteritis in the U.S., with the majority occurring in healthcare settings, including assisted living communities. Outbreaks of noroviruses can happen in an instant and can spread quickly when people spend more time indoors.

There is much we can do to prevent and minimize the impact of possible norovirus outbreaks. We all should know the signs of norovirus. Notify one of our nurses if you experience any of the signs or symptoms. Symptoms include nausea, diarrhea and stomach cramps. You could also experience a

low-grade fever, chills, headache, muscle aches and fatigue. Typically the norovirus symptoms last two days. It is important to remain in your apartment while experiencing the symptoms, to prevent spreading the virus. Call the front desk receptionist to have nursing staff evaluate you and assist with bringing you liquids. Frequent hand washing with soap and water is the number one way to prevent any spread of viruses. There is no vaccine, and the illness cannot be treated with antibiotics. Keeping well-hydrated is very important.

Education about this is important so that we can all keep The Inn on Westport a healthy, happy place to live!

— Donna King, Executive Director

HIGHLIGHTS FROM MARKETING

Spring is a busy time of year for The Inn on Westport's Marketing Department. In addition to showing apartments to those who are interested in moving here, the Marketing staff can often be found participating in events both in and outside of the building, where we provide information about our community, education about senior living options and sponsorships for various organizations. At the end of March we will again be the host venue for the annual National Association of Social Workers luncheon. This event brings in social workers from our local area for a yearly awards and recognition luncheon. In April we will be a participant in the annual Parkinson's Awareness Month Conference as an exhibitor. On May 3 you will find us at the Active Living Expo at Active Generations. Then, on May 4 and 5, we will open our doors here at The Inn for our Annual Spring Open House event, where we invite the public to stop by for refreshments and a tour. This will be our third year as sponsor of the Active Generations "Bouquet of Colors" Quilt Show and Wine Tasting in June. This two-day event showcases hand-made quilts from local artists and includes a wine tasting event. The Marketing staff is on hand to display community information and answer questions about The Inn on Westport.

Partnering and supporting these organizations is an important way that we can continue to bring information to the public and make them aware of the services we have to offer if and when they need us.

— Michele Rasmussen, Marketing Director

BILLING

Billing is done at the end of each month to prebill for the month ahead. The bills are sent out by the last business day of the month and can be put in the resident's mail slot in the mail room, mailed to a designated representative or both, depending on your preference. The bills are due by the 10th of the month. There is a \$20 late payment fee; however, we are flexible if you make arrangements with us ahead of time or if you notify us that a payment might be late for some reason. Payments can be mailed to The Inn, given to the Front Desk Receptionist, given to the Business Office Manager or put in the rent box in the mail room.

When a resident discharges from the facility, it is imperative that a forwarding address be left with the Business Office in the event that further correspondence is needed, particularly for a final bill or a refund check. Any questions about billing can be directed to the Business Office through the Front Desk by calling 605-362-1210 or stopping by the Front Desk to ask for the Business Office Manager.

— Matt Birk, Business Office Manager

WHAT TO DO!

Join us for the following special events in April.

- April 1 at 6 p.m.: The Living Last Supper
- April 2 at 2:30 p.m.: Great Plains Zoo Visit
- April 3 at 1:45 p.m.: Wii Bowling With Prince of Peace
- April 4 at 10:30 p.m.: Women's Coffee at HyVee
- April 6 at 2:30 p.m.: Good Friday Service
- April 8 at 2 p.m.: Music With Whitney Christensen
- April 10 at 2:30 p.m.: Music With Kazukes
- April 11 at 1 p.m.: Music With Cherie
- April 13 at 6:45 p.m.: Sioux Falls Concert Series
- April 17 at 1:30 p.m.: Ansel Adams Exhibit
- April 22 at 2 p.m.: Music With Double Play
- April 23 at 2 p.m.: Music With Duke Zecco
- April 25 at 10:30 a.m.: Walmart Trip
- April 27 at 1 p.m.: Quarry Tour

NATIONAL PARKINSON'S AWARENESS MONTH

Parkinson's disease is a neurodegenerative brain disorder and usually progresses slowly in most individuals. PD affects body movement. Walking, talking and swallowing are all examples of functions that can be impacted. Over one and a half million people in the United States are affected by this disease. There is currently no cure for Parkinson's disease; however, there are several treatments aimed at controlling symptoms. Medication and surgical therapy are two examples of treatment options. Also, lifestyle modifications and physical, occupational, and speech therapies are common approaches to managing symptoms. The National Parkinson's Foundation lists the following as 10 early warning signs of Parkinson's disease.

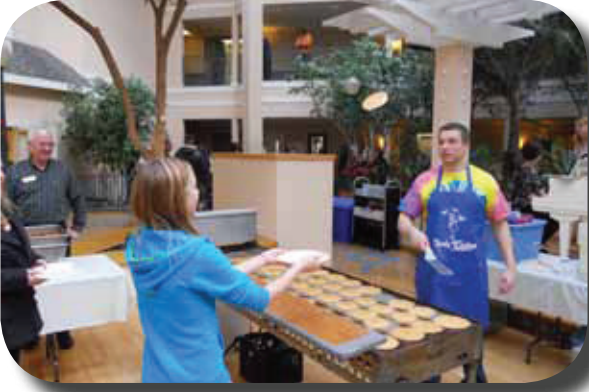
1. Tremor or shaking
2. Small handwriting
3. Loss of smell
4. Trouble sleeping
5. Trouble moving or walking
6. Constipation
7. A soft or low voice
8. Masked face (serious looking face)
9. Dizziness or fainting
10. Stooping or hunching over

The above information can be found in greater detail by visiting the National Parkinson Foundation website at www.parkinson.org or by contacting the office at 605-271-6113.

The Inn on Westport is involved with the South Dakota Chapter of The National Parkinson Foundation through many different events throughout the year. The Inn is an exhibitor at the Parkinson's Awareness Month Conference on Saturday, April 18, at the Sioux Falls Convention Center. We also host the association's annual New Year's Party and participate in their Parkinson's Walk every October.

— Krysten Fokken,
Community Outreach Director

EVENT SPOTLIGHT



Thank you to everyone who helped make our annual pancake breakfast a success!

NURSING/HEALTH CARE

COLD WEATHER/DRY SKIN

Many people experience dry, itchy skin when the weather gets cold and the furnace comes on. Certain medical conditions can also cause dry skin, such as diabetes, underactive thyroid and malnutrition, to name a few. There are also skin conditions such as eczema and psoriasis that cause skin to be dry and inflamed. These are conditions that you need to see a physician for, as there are treatments that can help keep things under control. Also, certain medications, such as those for reducing your blood pressure and medications to get rid of excess fluid, can cause dry skin. If your physician ordered these medications, you need to take them.

Others just have “every day” dry, itchy skin. Here are some things that you can do to try and help moisturize your skin and manage the itching:

1. Avoid long, hot showers or baths — In the winter, if you are not perspiring and getting dirty, you only need to wash the essential areas with soap and water and just rinse your arms, legs and back with water.
2. Make sure you are using your moisturizing lotions properly. It is important to use your moisturizer after you take your bath or shower, when your skin is damp but not dripping wet. Pat yourself dry with a towel and then apply the moisturizing lotion so that you can trap some of the moisture on your skin. After washing and drying your hands, also put lotion on right away if you have dry, cracked skin on your hands.
3. Avoid harsh antibacterial soaps. Use mild, fragrance-free soap to bathe with, as they are less drying to your skin. The key is fragrance-free, as this is different than unscented. Unscented means that there is no perfume added but it can still have a fragrance to it.
4. If wool is the only way you can keep warm in the winter, then but a thin cotton layer underneath to help prevent the itching from gloves or sweaters.
5. Keep yourself well-hydrated by drinking plenty of water for your health; not for dry skin. Unless you are really dehydrated, drinking extra water is not going to affect your skin, but it will affect your overall health.

If none of these things help, then you may want to seek a specialist to help you with your dry, itchy skin and make sure there isn't an underlying condition.

BIRTHDAYS

Lillian R., 2nd

Maxine S., 2nd

Art R., 8th

Harley S., 16th

Russell C., 18th

Lynn P., 26th

Pearl O., 26th

Agnes O., 30th

NEW RESIDENTS

Welcome to the following new residents!

Agnes O. in Apt. #347

Mary D. in Apt. #314

Bonnie B. in Apt. #222

Dorothy D. in Apt. #112

— Nita Birk, Director of Nursing



4000 South Westport Avenue
 Sioux Falls, SD 57106
 605-362-1210

PRESORTED
 STANDARD
 U.S. POSTAGE
PAID
 SIOUX FALLS, SD
 PERMIT #7887



A COMMUNITY
 PROFESSIONALLY MANAGED
 BY THE GOODMAN GROUP



STAFF

Executive Director

Donna King

Director of Nursing

Nita Birk

Sales and Marketing Director

Michele Rasmussen

Environmental Services Director

Rene Atichison

Life Enrichment Director

Cherilyn Dykstra

Food and Beverage Director

Brenda Norby

Director of Community Relations

Krysten Fokken

Maintenance Supervisor

Shane Voges

Memory Care Coordinator

Kathy Scott

Business Office Manager

Matt Birk

FOOD AND BEVERAGE/ DINING SERVICES

Lent lasts from Ash Wednesday on February 22 to Easter Sunday, April 8. The Inn will provide fish selections for both lunch and dinner during Lent. Please ask your server about our daily fish special. On Easter Sunday, April 8, we invite you and your family to join us for a special Easter Coffee Time at 2:30 p.m. in the coffee area.

SAFETY

We request that you place your walker in a safe area when sitting at the dining table. If you need assistance, please ask your server or the Dining Room Hostess. It is important to move the walker so that other residents and servers do not trip. Also, please have your name on your walker so that, when staff must move it, it is easily identified. Thank you for your cooperation in this to make our Dining Rooms safe and appealing.

— Brenda Norby, Dietary Manager