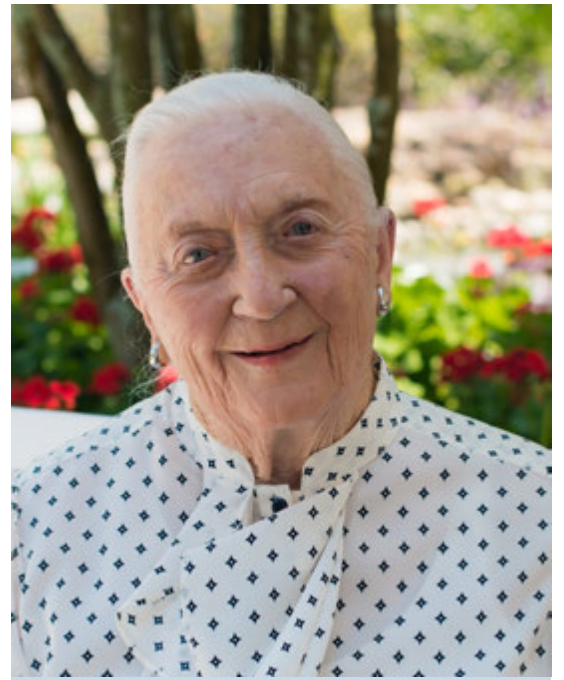


# GOOD Life News

at *The Inn on Westport*

SEPTEMBER 2017

www.innonwestport.com



## Executive Director

Sept. 10 kicks off a week-long celebration, National Assisted Living Week! This year the theme is “Family is Forever.” National Assisted Living Week was created by the National Center for Assisted Living (NCAL) in 1995 to recognize the role of assisted living in caring for seniors. During this week, assisted living communities around the country offer a variety of events and activities to celebrate residents and staff as well as educate members of the community about this distinct area of long-term care.

The “Family is Forever” theme for National Assisted Living Week was inspired by a quote from the famed poet Maya Angelou: “Family isn’t always blood, it’s the people in your life who want you in theirs: the ones who accept you for who you are, the ones who would do anything to see you smile and who love you no matter what.”

In the announcement of the theme “Family is Forever” for this year’s celebration, NCAL Executive Director Scott Tittle said “Anyone who has spent valuable time in an assisted living community has seen how staff can come to think of their residents like family. It takes a special person to work in our profession, and often, caregivers form bonds that can never be broken. This National Assisted Living Week, we want to recognize these amazing individuals who give their heart and soul to their residents, as well as those seniors and individuals with disabilities who leave a lasting imprint on their caregivers.”

We want to take this opportunity during National Assisted Living week to thank our wonderful staff members who consistently go above and beyond the call of duty and to celebrate the amazing residents who help form valuable life-long connections and make The Inn on Westport a special place to work!

— *Kyrsten Fokken*, Executive Director

## Our Talk. Our Walk. Every Day! Healthy Aging Month

This month’s theme is designed to focus national attention on the positive aspects of growing older. Just like Carolyn Worthington, editor-in-chief of Health Aging Magazine, we believe it’s never too late to find a new career, sport, passion or hobby. She says, “Use September as the motivation to take stock of where you’ve been, what you really would like to do if money was no object. And try it! Who says you have to do something related to what you studied in school? Who says, you can’t start your own home business later in life, test you’re your physical prowess, or do something wildly different from anything you’ve done before? Only that person you see in the mirror!”

## New Residents

- Harlene D., Apt. 303
- Delores D., Apt. 344
- Peggy E., Apt. 345
- Carolyn H., Apt. 125

## Nursing/Health Care

I recently read an article in a professional journal regarding studies showing a connection between falls and doing activities while walking. This study measured brain activity of a person while doing a cognitively demanding task such as talking and walking at the same time. By obtaining brain images, they found those people who showed high levels of activity in the prefrontal area of their brain were at a higher risk for falls. Add cognitive changes, slow gait, previous falls and being frail and the risk climbs much higher. This appears to be an easy, inexpensive way to assess someone for a risk of falling. It needs more testing before it could be accepted in a clinical environment. Here at the Inn on Westport, we also assess our residents for falls. We currently use two assessment tools, which when implemented a couple of years ago were part of leading research. They are called Timed Up and Go and Functional Reach. Those residents who are on assisted living or participate in one of our fitness classes may be familiar with these tests given by our Nursing or Activities department. These tests are done every six months. Good Care, our therapy partner here at the Inn, now has ACP (accelerated care plus). This device operates similar to a Tens unit and provides improvement in balance by helping the muscles get stronger. If you have any questions, please see one of the Resident Care Coordinators.

— Laura Johnson, Director of Nursing

## Upcoming Events

- 9/5 at 2:30 p.m.: Reminiscing with Donna King
- 9/8 at 9:30 a.m.: Walking at Arrowhead Park
- 9/10 at 2 p.m.: Musical Guest, Kathy Alvin
- 9/12 at 1:30 p.m.: Celebrity Golf
- 9/14 at 3 p.m.: Musical Guest, Whistlin' Dixie
- 9/15 at 1 p.m.: Family Photo Exhibit
- 9/18 at 12 p.m.: Grand Falls Casino Trip
- 9/21 at 2:30 p.m.: Valiant Veterans® Club
- 9/22 at 3 p.m.: Musical Guest, The Nissels

## FIT Member of the Month

Congratulations to Kay J., our September FIT Member of the Month.

## Resident Spotlight

Fred B., an only child in a Jewish family, was born in Beuthen, Germany. At the age of 10, his parents sent him out the back door when they saw the Germans coming for them. He never saw them again, and they perished in the concentration camps. Fred was able to escape to Czechoslovakia, where he worked on farms and various jobs for the US Army. In 1947, he went to Munich and found his cousin. He became an optician by trade and applied to immigrate to the US. He received those papers in 1952. He came by boat to New York and then traveled to Vineland, N.J., and eventually to Brooklyn, N.Y., where he worked for a time until he entered the US Army to help obtain his citizenship. He served from 1952 until 1954, attended NCO school to become a sergeant and was on the swimming team. Following his discharge, he was granted US citizenship in Montgomery, Ala. Back in New York, Fred worked in the warehouse for a lady's apparel line, Volume Merchandise. This is the job that would eventually bring him to Sioux Falls. Volume Merchandise was located next to Weatherwaxes on Phillips Ave., and Fred ran the warehouse on A Ave. During this time, he was purchasing office supplies from Western Commercial Printing, and the son of the owner set him up on a date with his sister who was coming back home from Chicago. They went on a date on Sunday, and Fred proposed to Roslyn on Thursday. They were married for 49 years and had two daughters, Lori and Vicki. They also now have five grandchildren. His job at Volume Merchandise was moved to L.A. but Fred now had a family in Sioux Falls, so he stayed and successfully sold insurance for 30 years until his retirement. Fred and Roslyn were members of Westward Ho Country Club and enjoyed golfing as often as possible. Fred was a Mason, a member of the Shriners and president of B'nai B'rith. He also participated in five bowling leagues. The couple traveled often for insurance conventions, enjoying trips to Acapulco and California. In 1996, he returned to Europe with Roslyn on a tour of Eastern European capitals, including Prague where his daughter was living at the time, while working for Honeywell. For eight years, they wintered in Salado, Texas, and for 10 years in Venice, Fla. They also visited Arizona a couple of times. Fred moved to The Inn on Westport in January 2017. He plays bingo and 500.



## Treasure Island

The Inn on Westport and Missoula Children's Theatre partnered to present two performances of "Treasure Island" the last weekend of July to full audiences in the atrium. Our directors, Skye Coyne and Jackie Greisen, worked with the cast throughout daily rehearsals and in just one week, had a fun tale of high seas adventure ready to perform. The cast included 16 school-age children and 10 residents and ranged in age from 7 to 94!

Cast members say the varying ages of the actors is what makes the production unique and meaningful. "You get to see a lot of perspectives and the cast is so different; that it's not something you would normally see if you went to a high school play or a professional play," says cast member Kaitlin Gross. The partnership is made possible through the Inn on Westport's Ages Entwined program.



## Food and Beverage/Dining Services

For our residents' safety, The Inn on Westport asks that you please ask staff to assist you with the proper placement of walkers during mealtimes. We do not want the resident to put their walkers by the wall if they are unable to walk to their table without assistance.

However for the safety of the resident, staff may ask you to move your walker out of pathways. When the resident is ready to leave the dining room, please ask staff to retrieve your walker. Also, please be sure your name is on your walker.

We appreciate everyone's cooperation in this matter.

### Food For Life

Vegetables steamed or fresh are offered daily at lunch and dinner. Vegetables are low in calories and fats, but contain good amounts of vitamins and minerals. All the green-yellow-orange vegetables are rich sources of calcium, magnesium, potassium, iron, beta-carotene, vitamin B-complex, vitamin-C, vitamin-A, and vitamin K. Go for greens today to help you stay fit and healthy!

— Brenda Norby, Dietary Manager

## Resident Birthdays

Ginny K., 2nd  
Ardith R., 3rd  
Veronika E., 8th  
Corinne A., 11th  
John B., 12th  
Peggy B., 14th  
Anita B., 18th  
Fred B., 18th  
Millie S., 29th



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## Staff

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Laura Johnson

**Sales and Marketing Director**

Michele Rasmussen

**Environmental Services Director**

Rene Atichison

**Life Enrichment Director**

Kathy Scott

**Food and Beverage Director**

Brenda Norby

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Shauna Welker

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## Step Big For Parkinson's

Step Big for Parkinson's was held on Saturday, Aug. 19, at the Canaries Stadium in Sioux Falls. The event is a fundraiser for the South Dakota Parkinson's Foundation. Monies raised at the event will be used to improve quality of life for South Dakotans dealing with the complications of Parkinson's disease, as well as for those who love and care for them. The Inn on Westport has long been a sponsor of this event and was also in attendance as vendor. Our teams raised over \$400 with both personal donations and those raised through the Missoula Children's Theatre performances.

## Like Us on Facebook

Go to [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!

