

# GOOD Life News

*at The Inn on Westport*

JANUARY 2018

www.innonwestport.com

## Executive Director

The Inn on Westport Joins Struthers Parkinson's Care Network

The Inn on Westport has recently become a member of the Struthers Parkinson's Care Network (SPCN). By participating in this network, The Inn on Westport staff members receive specialized training and support to maximize quality of life for individuals, care partners and families living with Parkinson's disease.

Rock Steady Boxing Director Lisa Howard was trained as a Site Champion, and she will share her knowledge and skills with other staff members at The Inn.

This training follows the nationally recognized TULIPS curriculum developed by the Struthers Parkinson's Care Network, which is affiliated with the Struthers Parkinson's Center, a Parkinson Foundation Center of Excellence.

We are proud that we are members of this organization and remain committed to excellent care of our residents and families.

For more information about Struthers Parkinson's Care Network, contact Lisa Howard at 605-362-1210.

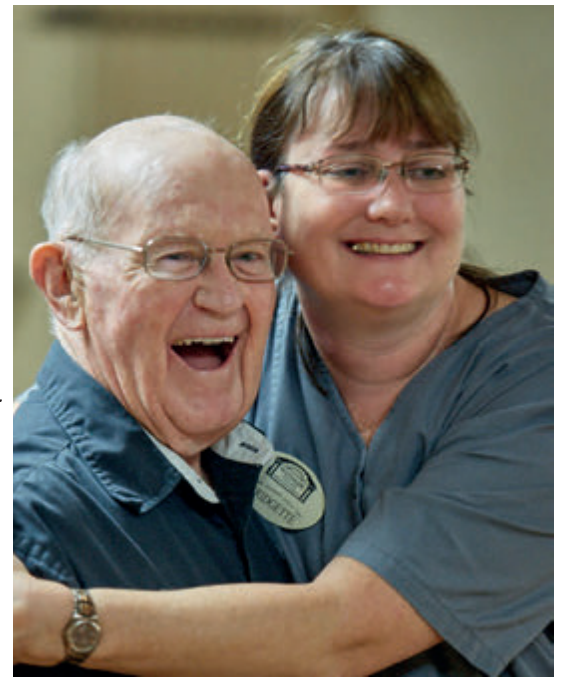
*Kyrsten Fokken*  
Executive Director

## Valiant Veterans® Serving Others

It is astounding what happens when we make connections and work as a team. Recently, a resident from our Valiant Veterans® group and I participated in a ceremony for a veteran receiving services from Compassionate Care Hospice. This veteran was presented with a plaque recognizing his service and a patriotic quilt. We talked with him and his family for nearly an hour, while he shared with us stories from his life. We left the visit feeling like we were able to do something important for someone else. This visit, we hope, is the start of being able to serve veterans on hospice throughout the Sioux Falls community.

It almost didn't happen. If it weren't for our Director of Nursing and Director of Life Enrichment who made connections with Compassionate Care Hospice, our veterans would not have had the opportunity to serve others in such a unique way. They saw a possible ministry and sought to connect our veterans with other vets in the area. They were willing to try something new. May we all be open to new ways of connecting with others and new ways of doing things.

*Marc Anderson, Spiritual Director*



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*"I am responsible for the quality of the work environment and I am valued when I share ideas, feedback and opinions in a professional manner."*

We know that one of the best ways to create a welcoming and great experience for everyone that lives, works or visits our community is by considering each person's feedback. Here, we are fortunate to have an employee base committed and dedicated to our residents and their wellbeing. Being committed to involving each resident and employee helps us improve our overall service. Sharing ideas, feedback, and opinions is essential and always appreciated. Our door is always open!

## Resident Spotlight

Bob O. was born at the hospital in Black River Falls, Wis. His family lived in a very small town called Humbird. Bob's father was a Free Methodist pastor, and so was his father-in-law and Bob's brother. It was a profession he would enter into as well. Following in his father's footsteps, Bob left home at 16 to attend Wessington Springs Junior College and High School in South Dakota. The year prior to leaving Wisconsin, Bob met his future wife, Barb, at a farm that was having a hay ride and corn boil. Once he left for South Dakota, they kept up a writing relationship for 7 years before he saw her again. He went back to Wisconsin for a visit and fell in love. They got engaged just before Bob left for Air Force basic training. When training was finished, they were married in Mitchell, where his parents were living.



After a short honeymoon in Sioux Falls, they went to Syracuse, N.Y., where Bob was stationed. While there, he learned Polish. Their first daughter was born in New York. They shipped overseas to Darmstadt, Germany, and he worked in the security service for the Air Force for three years. He was in Germany at the time of the Cuban missile crisis and assassination of President Kennedy. At this time, there were many stoppages of convoys by the Russians and there were constant worries over the possibility of war. His second daughter was born in Germany. Upon return to the States, they were stationed in San Angelo, Texas, where he taught at a Tech School for almost 3 years. His third daughter was born in Texas. He left the Air Force to return to school to become a Chaplain and attended Asbury Seminary in Kentucky. After graduating, they returned to South Dakota and settled in Sioux Falls, where he pastored a church for four years. He resigned after four and a half years to become the unpaid associate pastor. Besides pastoring, Bob worked at Arndt's Wreck King for 7 years as office manager/bookkeeper and then went to the post office, where he was a mail handler for 16 years. He retired from the post office at 60 and worked other jobs. One of those jobs was at Sioux Falls Parks and Rec where he thoroughly enjoyed working outside. He also liked working in produce at Hy Vee. For most of his years in Sioux Falls, he was a volunteer in the prison ministry programs at both Sioux Falls prison locations. He found this to be very rewarding work. He also volunteered at Eugene Field Elementary school for six years prior to moving to The Inn on Westport in 2015. As hobbies, Bob enjoys gardening and reading, but says his greatest hobby was his family. He and Barb have 11 grandchildren and 16 great-grandchildren. Throughout his life, Bob also loved to sing and was a member of many choirs, a cappella groups, traveling quartets and the Norse Glee Club. His love of the outdoors is what made them choose The Inn on Westport as home because of the Atrium. He also enjoys the people he meets at The Inn, whether residents or staff. Bob's volunteering days are not done yet though, as he steps in occasionally to lead church services and Bible studies here. Bob has also served on our Welcome Committee.

## Nursing/Health Care

Happy New Year! As winter settles in and we are stuck indoors, we need to focus on staying healthy. In October, we received the flu shot, and there seems to be some concern regarding its effectiveness for this season. Last season (2016) was about 42 percent effective. This was due to a mutation found in the influenza A virus. The A virus are the strains that are responsible for the large epidemics, and B virus are smaller strains that do not produce outbreaks. Each season, vaccines are made from viruses that are expected to circulate that year. The effectiveness depends on how well the vaccine matches the active virus.

Epidemiologists monitor the southern hemisphere to determine what our season may be like. Australia has had a high amount of people diagnosed with the flu this year. Remember, our summer is their winter time. They state that August was the worst month on record. It also should be noted they are now using more sensitive testing to diagnose, and in prior years, these cases may not have been diagnosed positive. It is too early to determine how our season will unfold, so we need to keep ourselves healthy and not catch these viruses. If you are coughing or have a fever, please notify nursing and stay in your apartment. Please remind visitors not to come if coughing, sneezing or if they have a fever. Remember to wash your hands frequently to prevent the spread of germs, and always wash them before you eat or after using the bathroom. Use soap and water when washing, and scrub vigorously. If you have any questions about this flu season or ways to stay healthy, please see me or one of the nurses.

*Laura Johnson, Director of Nursing*

## Welcome Committee

Every resident at The Inn on Westport was new to our community at some point. The Inn on Westport's Welcome Committee is made up of residents living at The Inn whose purpose is to help new residents through the transition of moving in by making them feel welcome.

Welcome Committee Members do the following:

- Make a visit to a new resident's home shortly after they move in to deliver a welcome gift bag and escort them to a meal in the dining room.
- Serve as greeters to the public at special events held at our community.
- Attend monthly meetings held once a month on the third Wednesday at 9 a.m.
- Attend a Welcome Party held every other month for new residents. This event is an informal time to socialize and make new friends.

Would you like to help a new resident get acquainted with The Inn on Westport? We are looking for new members for our Welcome Committee for 2016! Contact Melissa in Marketing to learn more.

*Michele Rasmussen, Marketing Director*

## Sharing Christmas

Each year, The Inn on Westport participates in Sharing Christmas, which is coordinated by The Community Outreach and Center of Hope. Sharing Christmas provides Christmas gifts to families in need through the support of community churches, businesses, community organizations and individuals.

This year, residents, team members and families donated generous gifts of clothing, toys, money and personal items to a family of five (one adult and four children). The gifts given are pictured.



## Resident Birthdays

Betty K., 1st	Gail C., 19th
Ruth J., 4th	June Z., 20th
Phyllis C., 4th	Gertie B., 22nd
Edna J., 4th	Kathleen P., 25th
Delores J., 11th	LaVerne D., 26th
Betty J., 11th	Chiyoko T., 27th
Jackie O., 19th	

## Food and Beverage/ Dining Services

Culinary Services is inspected twice a year by the Sioux Falls City Health Department and once a year by the South Dakota State Health Department. This is to ensure we are using proper techniques in regards to the preparation/handling of the food we prepare for you and also the sanitation of the work areas. 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.

Congratulations to our Dietary Department for receiving a perfect score of 100 on the City Health Department's Survey held in December 2017.

### Food for Life

We will continue to offer fresh steamed vegetables on our menu. The fresh steamed vegetables are low in calories and fats but contain good amounts of vitamins and minerals.

*Brenda Norby, Dietary Manager*

## Upcoming Events

**Jan. 1, at 2 p.m.:** Musical Guest, Bob LaRoy

**Jan. 3, at 10:30 a.m.:** Veterans Question and Answer

**Jan. 14, at 2 p.m.:** Musical Guest, L'attitude

**Jan. 15, at 3:30 p.m.:** Singalong with Rosie

**Jan. 17, at 10:30 a.m.:** MOPS — Creating Play Dough

**Jan. 21, at 3 p.m.:** Palooza Sunday with Sioux Falls Tempo

**Jan. 23, at 6:30 p.m.:** Golden Hits by Aaron Shoemaker

## New Residents

Marcie S., Apt. 332



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## Staff

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Kyrsten Fokken

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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

**Community Outreach Director**

Shauna Welker

**Business Office Director**

Matt Birk

**Maintenance Director**

Joey Rokusek

**Rock Steady Boxing  
Program Director**

Lisa Howard

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## Silver National Quality Award

The Inn on Westport is a recipient of the 2017 AHCA/NCAL Silver National Quality Award. To celebrate this achievement, we are planning an open house mixer on Thursday, Feb. 1, from 4:30 to 6 p.m., in the atrium. We hope you will mark your calendars to attend to learn more about the award and what it means to those individuals we serve on a daily basis.



## 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!