

GOOD Life News

at The Inn on Westport

MAY 2017

www.innonwestport.com

Executive Director

I would like to take this opportunity to introduce Lisa Howard, our new Rock Steady Boxing Program Director. We are so excited to have Lisa as a new addition here at The Inn! She brings so much initiative and enthusiasm to the new program. We are lucky to have her as a part of our team. Please join me in welcoming her to The Inn on Westport!

Lisa is a native of Freeman, S.D. She graduated from Freeman High School, where she was active in sports, the National Honor Society, the Quill & Scroll Club, plus other activities, and wrote for the school paper. She graduated in 1981.

She attended South Dakota State University from 1981-1982. She then transferred to the University of South Dakota, where she received her BS degree in Recreation with an option in Administration. She graduated from USD in 1985.

Lisa has over 30 years working with older adults, first at the YMCA as a fitness instructor and then in a long-term care setting. In Denver, Colo., she worked as a Recreation Director in a long-term care facility for four years and then moved into Marketing and Public Relations for the same company.

Since 1995, Lisa had been with Active Generations of Sioux Falls. As Program & Volunteer Director, she witnessed the phenomenal growth of this organization since they moved into their new facility in August 1997.

As Program & Volunteer Director, she was responsible for the organization and implementation of daily recreation/leisure and educational activities as well as special events for over 3,300 members. She ran their fully-equipped fitness center, which offers a comprehensive list of exercise classes for all levels. She has been certified as a Senior Fitness Instructor and has taught many classes throughout the years.

She also helped direct and manage over 350 volunteers who helped oversee these many programs. She has experience with marketing the organization in the community and creating community partners. She also handled sales for the Active Generations Lifetime news advertising.

She is married to Phillip and has two sons, Tyler, a senior at the University of Chicago where he plays basketball, and Gabe, a freshman at USD who along with studying works at Costco full time.



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

**Step into
Spring**

There's nothing like the beginning of a new season. Spring is the perfect time to get outside and spend time with your loved ones. Soaking up the sunshine can actually help improve cognitive function and increase one's happiness, according to the National Institutes of Health. Don't let Mother Nature have all of the fun — join her outside and try a fun springtime activity! Eat outdoors, partake in spring-cleaning, choose a local park or trail for walks, go on a picnic, or visit a plant nursery. We are here to help you experience whichever spring activity you most enjoy!

Kyrsten Fokken, ED

Resident Spotlight

Resident Spotlight — Forrest H.

Forrest was born in Doon, Iowa, where his family farmed and he had one brother. He attended country school and graduated high school at Northwestern Academy. He then attended Northwestern College in Orange City, obtaining a degree in Business Administration and went on to earn his Master's Degree in Criminal Justice at Bellevue College. Rather than be drafted, he enlisted in and spent seven years in the Navy. When he returned home, he found out he was a talented salesman and ran a successful insurance business for many years. Forrest met and married his wife, Lenora, in college, and together they raised two boys and a girl. Forrest enjoyed hunting, fishing and golf. Running was something he spent many hours doing for fun and exercise. The family spent summers at their lake cabin where a favorite pastime for everyone was sailing. Lenora passed away in 1999. Their family has grown to include eight grandchildren and one great-grandchild, with two more on the way. In 2001, Forrest married Beverly, and they just celebrated their anniversary. At The Inn on Westport, Forrest enjoys the entertainment activities, attending church services and devotions.



Marketing News

The Rock Steady Boxing (RSB) program at The Inn on Westport has officially begun! The Marketing team has hosted several small group events with various professional groups to spread news of the program throughout the community. We have had some terrific coverage by the local media as well. There has been lots of interest in the program, and classes have started. On May 18, we will hold a Grand Opening event, complete with live music, food and activities in the RSB gym. The open house is from 4:30-6:30 p.m. in the atrium. Invite your family and friends! Michele Rasmussen, Marketing Director

Upcoming Events

May 9 at 2 p.m. — Our Savior's Lutheran Church Gathering

May 9 at 2:30 p.m. — Whistling Dixie, Musical Group in the Atrium

May 11 at 3 p.m. — "Optimize Your Health and Well-being with the use of Probiotics and Antioxidants" by Kristin Sousek, RD, LN

May 12 at 1 p.m. — Christ the King Gathering

May 12 at 2 p.m. — Darwin Husby, Musical Guest

May 15 at 1-3 p.m. — Listen and Learn, Mayor Mike Huether

May 19 at 2 p.m. — Kazukes, Musical Guest

May 21 at 2 p.m. — Bob LaRoy, Musical Guest

May 21 at 6 p.m. — Piano Recital, Allie Hoffman Students

May 22 at 2:30 p.m. — Eastside Lutheran Gathering

May 22 at 3 p.m. — Singalong with Rosie

Food and Beverage/ Dining Services

In a hurry but don't have time to join us in the dining room, or simply just want to get your food to go? Dining Services does have the option of a "To Go Meal." All food items are placed in disposable containers for you to take with you. To receive this service, you may stop by the front desk with your selected menu items. After you have given the front desk your requested menu selections, you will be asked to have a seat in the lobby area while your order is completed. If you prefer not to wait in the lobby area for your "To Go Meal," you may instead call ahead to the front desk and ask for your "To Go Meal" to be left at front desk for you to pick up.

Food For Life

As part of our Food For Life program, we use olive oil and sunflower oil in our cooking with no GMO (Genetically modified organisms).

A genetically modified organism (GMO) is any organism whose genetic material has been altered using genetic engineering techniques (i.e. genetically engineered organism). This is part of the ongoing Food for Life program offering you healthier food choices.

Brenda Norby, Dietary Manager

New Residents

Lois K. Apt 220

Darlene N. Apt. 204

Listen and Learn

The Inn on Westport is hosting the May session of Mayor Mike Huether's Listen and Learn. This is a forum for residents, family and staff to list to and ask questions of our Mayor. Please plan to attend on Monday, May 15, from 1:30-3 p.m. in the atrium.

Celebrating Volunteers

April is National Volunteer Month. Volunteering can provide a social time offering a sense of purpose and can involve the volunteer in physical activity. The Inn on Westport took time to recognize the Residents who have volunteered to make some community projects successful. The Allen Edge Reality Team along with Lewis Drug provided a free community Easter Egg Hunt at Bakker Park. Over 20 Residents worked 12 to 15 hours filling thousands of eggs for the Easter Egg Hunt. We have quilters who have made blankets and have gifted them to Sharing Christmas, The Children's Inn, The Children's Home Society, Project Linus, The Heartland House and others. We have a number of ladies who volunteer in Pearl Garden at devotional time. Every Tuesday, you will find one or more adding to the spiritual life of those who live there. We recognized Gail Chambers, Resident Council Chairman, along with members of the Welcoming Committee and Food Committee. There are three Residents who assist with Pulpit supply needs along with those who share their talents with special music and others who care for the bells (bell choir). Rock Your Faith and The Ocean Zone are just two examples of school projects (Sioux Falls Christian) that would not be successful without our Residents volunteering. These are faith-based programs that provide opportunity for the students to get out and lead discussions. Congratulations to all of the Residents here who continue to give back to The Inn on Westport and to the Sioux Falls community. Your hard work and talents do not go unnoticed.



Ruby M. pictured with a Rock Your Faith certificate.



Bernie N. receiving one of several of her volunteer recognition certificates.

From the Spiritual Director

At the time I write this, it is Holy Week, Easter Sunday is not yet here and Passover has just started. For those of Christian and Jewish traditions this is a time of preparation for what is to come. In their own way, these two religious observances act as a way to remember all that has come before now. It is a time for people of those faiths to recall the ways in which God has worked and moved in history. For Jews, it is about how they experienced God's deliverance from Egypt and God's provision in the wilderness. For Christians it is about the sacrifices of Christ, his crucifixion and the empty tomb.

Yet, to reduce these events to just an act of remembering would do great disservice. These events also, in theory, spur people to change the way they are living. After all, we are the culmination of stories: of people and events, and those stories impact us today. Remembering who we are, where we come from, what we have experienced and the people who have influenced us, gives us strength for the journey ahead. May the stories you tell strengthen and uplift you. Marc Anderson, Spiritual Director

Resident Birthdays

Janet H., 2nd
Joyce B., 5th
Donna W., 6th
Sylvia H., 8th
Betty G., 9th
Gwen V., 14th
Pearl W., 14th
Donna R., 22nd
Lowell C., 23rd
Richard D., 23rd
Phyllis M., 25th
JoAnn M., 29th
Gertie H., 31st



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Staff

Executive Director

Kyrsten Fokken

Director of Nursing

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

Maintenance Director

Joey Rokusek

Business Office Manager

Matt Birk

Life Enrichment Director

Lisa Howard

Person-Centered Care

Have you ever wondered what health care providers mean by “person-centered care?”

What it means to nursing is that the person is seen as a whole person and not a label such as, “a diabetic person or the person with memory loss.” It is an involvement of the interdisciplinary team. This includes nursing, dietary, housekeeping, life enrichment and spiritual. These departments work together according to the individual’s needs and gives support to the person. Personal cares are not just a task, they are focused on their unique needs and help the person to reach their highest level of function and well-being. This collaboration comes together to provide a holistic quality and care of a person’s life. Laura Johnson, Director of Nursing

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Go to 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!

