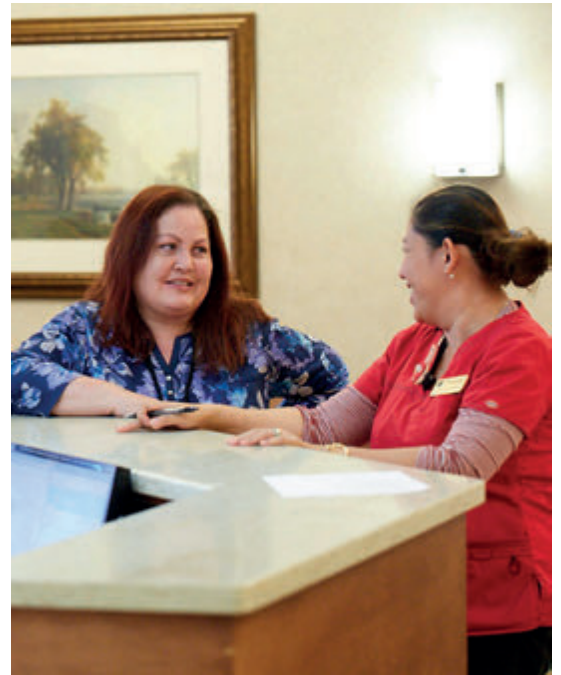


GOOD Life News

at *The Inn On Westport*

JANUARY 2019

www.innonwestport.com



Executive Director

Annual Strategic Planning

Every January, the leadership team at The Inn on Westport begins the strategic planning process. Strategic planning is an important part of the success and continued high quality service we provide to our residents every year. Strategic planning is a systematic process of looking toward the future and translating the vision into goals and action steps for our organization.

The mission statement of The Inn on Westport is kept at the forefront of the strategic planning process and gives focus and direction. To enrich the quality of life of our residents by creating a sustainable, nurturing and professional environment through caring personalized service is the mission statement at The Inn on Westport and is posted on the wall in the lobby by the front desk.

The process begins with collecting data to let us know how we are doing from various sources. The team then meets and formulates goals, approximately five. Then, action steps are formulated to achieve these goals. After the goals are completed, they will be shared with all staff to promote communication and a group effort. This is an ongoing plan we continue to focus on throughout the year to make sure we are always working towards quality improvement and providing excellent service to our residents and the best possible work environment for our employees.

Kyrsten Fokken, Executive Director

Holiday Events

The Inn On Westport was host to a variety of events during the Holiday season. First National Bank treated residents to appetizers and Christmas caroling to start the holiday season. Residents, families and staff were delighted by the music of the University of Sioux Falls Madrigal Choir on Dec. 6. We enjoyed a number of carolers and musical guests, including groups from Lincoln High School and local churches.

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

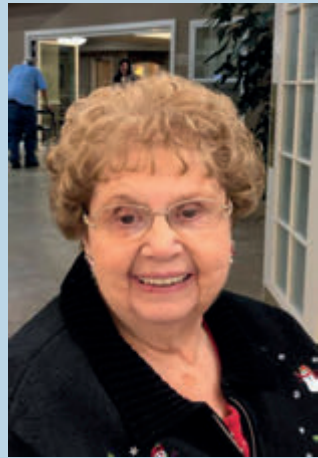
Platinum Service® Standard #6

"I enjoy what I do. I have a warm, caring and positive attitude that makes our communities great places to live and work."

Having a positive attitude and an optimistic view of life are two things that intertwine to help us find happiness, both in our personal lives and at work. As we head into the new year, Platinum Service Standard #6 reminds us to reflect on and be thankful for the opportunity to serve our residents and fellow staff members. A warm tone of voice, a smile, and kind manners are examples of our Platinum Service® promise, which we strive for in all things we do. When employees genuinely enjoy what they do, they serve others with a sense of purpose. May you all have a very happy and blessed New Year.

Resident Spotlight — Louise E.

Louise E. was born in St. Louis, Mo. She was an only child. Louise always loved to dance, and she even won a dance contest when she was younger.



Louise met her wonderful husband, Clark, while living in Missouri. She was introduced to him by a good friend. They got married in Arkansas and were married for 66 years. Clark worked in the insurance business and had an incredible talent for writing poems. Clark would often write poems for Louise, almost daily.

Louise and Clark had three children, David, Debbie and Mark. She enjoys her many grandkids and great-grandkids and loves to keep up on all of them.

One interesting thing about Louise is she and her husband spent many years helping boys with addiction issues. Louise and her husband operated an addiction recovery center for many years, and she recently received a letter from one of her previous boys thanking her for her service.

Louise really loves living at the Inn On Westport and says she loves all of the wonderful staff and residents here.

Here is one of her husband's poems for you to enjoy!

IF

If I could be your Angel
Sent down from above,
I'd whisper in your ear
If my deep abiding love.
If I could fill each day
With thought so diving,
I'd still want you to know
This deep, deep love of mine.
If I could erase your hurts
Troubles, sorrows and pain,
Would I give you eternal youth
For you to live your life again?
No, I would just take you
To my own special star,
I wouldn't change a thing
I love you as you are.

Nursing/Health Care

Socialization is important at any age, even more so as we get older. After retirement, there are fewer opportunities to socialize with friends or acquaintances. Research is now showing the importance of relationships and how they keep the mind and body healthy. They have proven that people live longer than those who isolate themselves. Researchers state these relationships help boost the immune system and ward off illness. That may be why you don't see happy outgoing people always sick.

Here are some ways to get out there and socialize more. With your Healthcare Providers approval, start with one of the fitness classes. Exercise causes an increase in endorphins, which make people happy. Next, participate in activities. Try it even if you are not sure you will like it. The point is to make new relationships with people. Volunteer for something in the community or here at The IOW. Talk to our activities department about your interests and abilities, and they can assist you. Lastly, have a sense of purpose in your day. Making meaningful contributions in the world causes you to have higher life expectations. That could mean just a smile for a friend. Have a blessed week.

Laura Johnson, DON

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 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. All of our chef/cooks have taken a "Serv-Safe" course and become a licensed food handler, which also ensures proper food handling procedures.

Brenda Norby, Dietary Manager

Resident Birthdays

Barb H., 1st	Delores J., 11th
June Z., 2nd	Gail C., 19th
Phyllis C., 4th	Jackie O., 19th
Edna J., 4th	Naomi N., 20th
Ruth J., 4th	Wilson B., 23rd
Clem W., 7th	LaVerne D., 26th

The Inn on Westport Resident Receives Honor

The Inn On Westport Resident Janet J. receives an Official Day from her Hometown!

It was all smiles when Crooks Mayor Jamison Rounds announced on Oct. 24, 2018, as an official "Janet J. Day" in Crooks, S.D. The proclamation by the City of



Crooks, (a small community North of Sioux Falls) honored Janet's 93rd birthday and clearly cited her numerous contributions to the Crooks community over the years. Throughout her lifelong engagement in the community, Janet has been a vital part of her church, community events and area senior activities. On Oct. 24, all in the Crooks area community came together to show their appreciation to Janet, and the Mayor made this momentous announcement!

The Proclamation highlighted the ways Janet and her family have left an indelible mark on the community through the gracious donation of land upon which the Siouxland Library sits.

Janet was instrumental in organizing the life enrichment for the elderly program (LEE), she is heavily involved in Crooks Connection and she enchanted the local church with her delightful skills as an organist.

"In honor of Janet's courage, spirit and commitment to the Crooks community, I, Jamison A. Rounds, Mayor of the City of Crooks, Minnehaha County, South Dakota, do hereby join our community in the celebration of Janet's life and proclaim this the twenty-fourth day of October in the year of Two-Thousand and Eighteen, in the City of Crooks, Minnehaha County, South Dakota as Janet J. Day!"

Congratulations, Janet, from the staff and all your friends here at The Inn on Westport for this wonderful accomplishment and award!

From the Spiritual Director

January in South Dakota is enjoyable if you like daily highs of 5 degrees, snow and strong winds. Due to the end of Daylight Saving Time, it is dark by 5 p.m. Gone are the warm, sunlit evenings of summer. Gone are the autumn leaves. In their place, cold harsh winter. Personally, this time of year is difficult because I carry the memories of those wonderful sunny days. I long for what was. I desire what has been. Yet, I realize I cannot go back. I can only move forward and wait patiently for the world to thaw.

I believe our lives are much like the seasons. A loved one passes, a relationship falls apart or the doctor gives you some news you don't like, and all of a sudden we feel like we've been plunged into cold, dark winter. If we allow ourselves, we can end up stuck in this period of winter for a very long time. Another term for this long period of winter is "complicated grief," or grief that has become embedded in our lives to the point it interferes with daily activities, causes us to withdraw from others or experience depression.

Like South Dakota winters, complicated grief requires patience and persistence to overcome. Stress management, connection with a faith community, socializing with others and learning new skills or adopting a new hobby are all ways to help cope with grief. Eventually, spring and summer will return. Just be patient.

Winter Walking Club Going Strong

The Inn on Westport's Winter Walking club has been a great success as we move into the new year. Each team has made a huge impact on their health by hitting the halls of the Inn.

At the end of the first month, the 3rd floor team, Heart & Sole, leads the friendly competition by only 708 laps. Their team members put in 2,553 total laps, which translates into 212 miles.

Meanwhile our 1st & 2nd Floor Striders have walked 1,845 laps or 154 miles.

The residents appreciate the incentive the club gives them to continue their daily walks. Resident Fred C. walks outside in nice weather. "This club gives me the incentive to keep walking, even in the cold months with the roads now full of ice and snow!"

The walking club also has monthly get-togethers.

Residents can join the Winter Walking Club any time — just add your name to our walking log on your appropriate floor. The 1st & 2nd floor Striders log is on the 2nd floor, and our Heart & Sole 3rd floor team's walking log is on the 3rd floor fitness room door! Keep walking! Stay healthy!

New Residents

Ervin H.	Rooney G.	Steve H.
Victoria H.	Chelle H.	



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Lisa Howard

Sharing Christmas

Each year, The Inn on Westport participates in Sharing Christmas, which is coordinated by the Community Outreach and Center of Hope. This year, residents, team members and families donated generous gifts of clothing, toys, money and personal items to a family of three. Many thanks to all the residents and staff who contributed gifts for the family we adopted this holiday season.



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