

GOOD Life News

at West Hills Health and Rehabilitation Center

OCTOBER 2017

www.westhillshealthandrehab.com

Executive Director

Dear Residents
and Guests,

On Sept. 10, our team participated again in this year's Walk to End Alzheimer's, capping off fundraising efforts resulting in a donation of \$600. Funds were raised at our first



ever Intergenerational Play, "The Tortoise and the Hare," with children participating from the community alongside many of our residents.

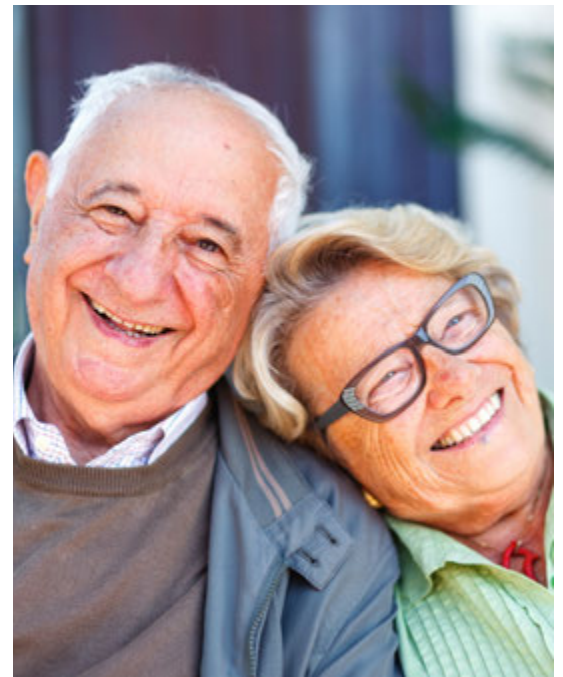
We had over 27 people sign-up to be part of our team, including some that couldn't come to the actual walk but showed support as "virtual walkers." Several team members also made personal donations or received donations from friends and family. The walk was held at Portland International Raceway, and we took our bus and decorated it with the theme, "Rockin Around the Walk," complete with purple poodle skirts!

I have been involved with the Alzheimer's Association for the past eight years in various capacities including on the walk committee, serving on the State Plan for Alzheimer's Disease in Oregon task force, and for the past five years as the Alzheimer's Association Ambassador for Oregon's first Congressional District to Congresswoman Suzanne Bonamici. This past April, my grandfather lost his battle with Alzheimer's Disease, following in the footsteps of his mother, my Great-Grandma Eva. I will remain passionate about finding a way to prevent and cure Alzheimer's for my mother's generation, my generation and the generation of my children.

At West Hills, we continually train staff on how to care for residents with dementia and Alzheimer's. Although we don't have a dedicated memory care community, we still have a lot of seniors with cognitive impairments. This past year, we implemented an online training program called Health Care Academy, and some of the first trainings our staff completed were on caring for people with dementia.

On Sept. 10, the West Hills Senior Living team participated in the Walk to End Alzheimer's. While we do not have a dedicated memory care community, we serve a lot of seniors with cognitive impairments throughout our campus. If you have any specific questions about memory care, the Alzheimer's Association is a great resource at (800) 272-3900. Also feel free to contact me at (503) 244-1107.

Sincerely,
Nicole



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

**Health
Literacy
Month**

This annual October observance is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopt a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit blog.thegoodmangroup.com.

Soaring: Support for the Spirit

What an incredible few weeks we have experienced! From the thrill of seeing a complete solar eclipse to life threatening raging wildfires and horrific hurricanes. By the time you read this, hopefully the worst of the wildfires will be contained and the worst of Hurricanes Harvey and Irma will have subsided.

Long after the immediacy of the most serious threat passes, homes, businesses, places of beauty and people from so many walks of life will be left with the task of rebuilding their lives and coping with unimaginable loss. Aside from the loss of homes, cars, clothing, food and supplies needed for the essentials of daily living, many will be dealing with the loss of loved ones who did not survive.

“The eye of the storm.” This is a phrase repeatedly used in describing approaching hurricanes. What can we learn from “The eye of the storm?” The eye of the storm is an area of calm in the center of a tornado, hurricane or cyclone. It is calm and peaceful in the eye of the storm, a temporary peaceful time amidst more trouble to come. The sun may shine briefly and the rains may cease, but within moments the calm subsides and the world comes crashing down.

In thinking about what all of us were witnessing on the news and the internet about the storm and even the “eye of the storm,” I realized two “lessons” from this tragic event that can be helpful when dealing with a storm or crisis in our own lives. One, the period of calm gives us the opportunity to think, make a decision and take action to protect ourselves as much as possible. Two, when the deluge of water comes, reach out to others. We never have to be alone in any situation. We always have the option of connecting with others who can help guide us to safety. Together, we are strong. Together, we can make a difference.

— *Joyce Pruyn*, Spiritual Director

Nursing/Health Care

It is that time of the year once again! Flu season is fast approaching, and we will be administering flu vaccines to our residents and employees. Per the CDC (Center for Disease Control and Prevention), “The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. It can cause mild to severe illness and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.” Flu vaccines are very important to keep all of us at West Hills free of the flu this season. The CDC recommends receiving the flu vaccine around the month of October. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu.

In addition to getting the flu vaccine, there are other ways we can help prevent the spread of the influenza virus. Washing your hands is the number one way to prevent infection. With the weather changing, we will be spending more time inside. With more people inside having close contact, it is easy to spread germs back and forth. Housekeeping will also be making sure the railings in the hallways and doorknobs are sanitized frequently. If coughing or sneezing, use your elbow or arm instead of your hands to cover your mouth. If your family members or visitors are sick, we recommend they refrain from visiting until their symptoms have subsided.

Thank you all for working together to keep West Hills a clean and healthy place!

Sincerely,
Karlene Boss, DON

How About Them Apples?

Apple pie, apple butter, caramel apples — America’s favorite fall fruit is as versatile as it is delicious. Autumn is when the crop is harvested and apples are at their freshest.

- More than 2,500 varieties of apples are grown in the United States, and more than 7,500 types are produced worldwide.
- Once established, an apple tree can live for more than 100 years.
- Apple varieties range in size from as small as a cherry to as big as a grapefruit. The largest apple ever picked weighed 3 pounds.
- A mature tree can produce 400 to 800 pounds of apples per year.
- Apples are part of the rose family, just like pears, plums and peaches.
- The apple is the official fruit of six states: Illinois, Minnesota, New York, Vermont, Washington and West Virginia.

October — Choose the Right Tomatoes for your Chili

Many people question whether raw vegetables are better for you than cooked. The answer is a bit more complex than choosing one over the other.

Heat used in cooking and processing can reduce nutrients such as vitamin C and B-vitamins. However, heat can also increase some nutrients’ ability to be used in the body. The nutrition in tomatoes changes very dramatically after cooking.

Canned tomatoes are one of the best sources of lycopene, a potent antioxidant with heart-healthy benefits. It can help keep cholesterol from building-up in arteries.

Lycopene is a bright red pigment in fruits and vegetables. The amount of lycopene is five times more in a half cup of tomato sauce than in a whole raw tomato. Fortunately, some of our favorite foods include processed tomato products, such as pasta sauce, pizza sauce, tomato sauce, tomato soup, tomato juice and even ketchup.

Fall is a great time to use canned tomatoes as it’s often a staple in chili. Build up a nutritious and satisfying bowl of chili with some canned tomatoes. Keep in mind that the bottom line to eating fruits and vegetables, whether raw or cooked, is that you eat a variety to assure you get all the nutrients from these foods.

New Residents

A warm welcome to all our new residents!

Special Events!

- **Shopping Outing to Fred Meyer:** Oct. 4
- **Resident Council Meeting:** Oct. 6
- **Service of Remembrance:** Oct. 9
- **Horticultural Therapy:** Oct. 9
- **October Birthday Party:** Oct. 10
- **Valiant Veterans® Social:** Oct. 11
- **Music Relaxation, Harp:** Oct. 12 & 26
- **Resident Food Committee:** Oct. 14
- **Art Therapy:** Oct. 16
- **Pumpkin Patch Outing:** Oct. 18
- **Becky’s Book Club:** Oct. 23
- **Earthtones Music Exploration:** Oct. 23
- **Chinese Restaurant Outing:** Oct. 25
- **Haunted Hallway Party / Trick-or-Treating:** Oct. 27
- **Halloween Spelling Bee:** Oct. 30

Please see a Life Enrichment team member if you would like to sign up for any outings or if you have any questions. We also have many more musicians scheduled for the month. Please see the Activity Calendar for more dates and times.

Favorite Fall Flavors

As the leaves on the trees turn from green to glorious shades of red, orange and yellow, another unmistakable sign of autumn makes an appearance on grocery store shelves and restaurant menus: the flavors of the season. Which of the following is your No. 1 pick?

Pumpkin spice:

This orange squash has long been a popular fall dessert ingredient, but pumpkin spice — a blend of pumpkin,



cinnamon, nutmeg, ginger and allspice — now reigns as the king of fall flavors, ever since Starbucks introduced its pumpkin spice latte in 2003.

Salted caramel: Specialty sea salt is the perfect partner for caramel, the chewy confection made by boiling sugar and mixing in cream, butter and vanilla. The sweet-and-salty combination was first developed in France before showing up stateside in ice cream, coffee drinks, chocolate candies, brownies, cookies and more.

Apple cider: From a cup of freshly pressed, cold apple cider to a steaming mug of mulled cider, this flavor is one of the most fragrant that fall has to offer. The seasonal beverage is often featured in muffins and other sweets, including apple cider donuts, a favorite at fall festivals.



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Dietary Director

Rachel Mackintosh

**Maintenance
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Mike Dille

**Medical Records
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Yolanda Morales

**Social Service
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Carly Bakewell

Payroll

Susan Black

Dietician

Amy O'Brien

**Central Supply
Director**

Linda Mercado

Spiritual Director

Joyce Pruyn

German Heritage in America

October is German-American Heritage Month, and Oct. 6 is designated as National German-American Day. According to the U.S. Census Bureau, about 50 million people in the U.S. have German roots, making it the largest ancestry group in the country.

The first permanent German settlement, named Germantown, was established on Oct. 6, 1683, in Pennsylvania. The biggest wave of German immigrants arrived in the 1800s, when millions came for the freedom and economic opportunities that America offered.

Uniquely German influences quickly made their way into American culture. Germans introduced traditional foods such as hot dogs, sauerkraut and pretzels to their adopted country. They pioneered the concept of kindergarten education as a way for children to learn through play. The idea of weekend outings can be partially attributed to German immigrants, who had the custom of spending their Sundays in recreational pursuits, which led to the creation of facilities such as bowling alleys and concert halls, as well as social and sports clubs.