

GOOD Life News

at West Hills Health & Rehabilitation

JUNE 2018

www.westhillshealthandrehab.com

Executive Director

Dear Residents and Families,
April 26 was Take Your Child to Work Day. There were 11 kids who came to work with their parents here and everyone had a lot of fun. The kids got to meet the West Hills team, shadow their parents and other staff, eat lunch with the residents, attend activities, and much more! Many of the kids reported that their favorite activities were learning about the therapy department with Trent and taking a tour of the facility with Mike and Debi. It was a wonderful experience and we hope that we planted some seeds to get kids interested in careers in healthcare! The son of our RCM, Sequin, had a lot of fun spending some time with Nurse Don!



Sincerely,

Nicole Easley and Katie Cook

Nursing/Health Care

June is another special month of celebrating. This month we get to show our appreciation for our Certified Nursing Assistants. June 10-16 is National CNA week. Please thank our CNAs for all of their hard work and dedication to West Hills Health and Rehab. We would also like to thank all of our residents for providing a great learning experience to our nursing assistant students.

Please remember to protect your skin as we enter into the summer months. We will provide sunscreen for when you are venturing outside. It is also good to wear a hat and sunglasses. Also, remember to drink fluids and stay hydrated. Enjoy the sun and the beautiful scenery surrounding West Hills.

Sincerely,

Karlene Boss, DON



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

National Safety Month

Summer is a great time to start thinking about safety. Warm weather may be calling people outside, but outdoor activities also open the door to potential accidents. The National Safety Council designates June as National Safety Month to help raise safety awareness. You may be surprised to hear that one in three people over 65 falls each year, making it the leading cause of injuries for the age group. Exercise can be the first defense against falls. FIT Functional Fitness® offers various exercise classes that can help increase muscle and bone strength! The program's goal is to increase overall health and wellbeing, reduce potential for falls, and encourage residents to remain active.

SOARING: Support for the Spirit

I am in the midst of contemplating what to include in our upcoming Services of Remembrance. We talk a lot about the importance of remembering our loved ones who have finished their journey, the comfort of nourishing memories.

I came across the following in a collection compiled and edited by Phyllis Theroux in *The Book of Eulogies*. This is a letter, in the form of a poem, written by 13 year-old Katharine Sprinkel to her former baby-sitter, Louise, who was 77 years old. Katharine wrote this after learning that Louise's niece had died.

Dear Louise,

I just wanted you to know
That through all these times,
I'll think about you,
And I'll be with you.

Death may seize many around us
And so darkness seems to surround us,
But since there is always a light,
I'll be with you.

As everyone seems to fade away,
We cherish those who are with us,
For fear we'll be the only one left,
But I'll always be with you.

I just wanted you to know,
That through all these times,
I'll think about you,
And, I'll be with you.

These tender words convey our deepest feelings of desire to provide comfort to those we care for in their times of grief and loss. May they comfort you as you remember and comfort others.

— *Joyce Pruyn*, Spiritual Director

New Residents

A warm welcome to all our new residents!

Learn Your Oats

For such simple grains, oats contain a surprising amount of protein, not to mention thiamin, iron and fiber. The fiber found in oats helps keep your digestive system regular. The insoluble fiber bulks things up and keeps it moving. Soluble fiber, on the other hand, provides benefits to your cardiovascular system. Beta-glucan, a soluble fiber found in oats, lowers your LDL or "bad" cholesterol. Not only does it signal the liver to remove some of the circulating LDL, it binds to cholesterol in the gut, preventing it from being absorbed in the first place.

Various methods are used to process our oats. Steel-Cut Oats, sometimes called Irish oats, are made by cutting whole oats into pieces with steel blades. They are the most intact grain, making them hearty and fibrous. As the least processed option, they retain the most nutrition and nutty flavor. However, if you are making them in the morning, they take a long time to cook (20-30 minutes). Old-Fashioned Oats, also known as rolled oats, get their name because they are literally rolled out under big cylinders. They are first softened with steam and then rolled into the thin flakes you're familiar with. They have a reasonable cooking time, and are the perfect baking oat, but still maintain all the fiber. They can be touchy to make in the microwave — it's best to use an oversized bowl due to their tendency to bubble over the top. Quick Oats are made similarly to old fashioned oats, but are rolled even thinner and get cut into smaller pieces. They cook faster than old fashioned oats, and are easy to make in the microwave. They are not great for baking (unless specified) and can end up with a mushier texture than old fashioned. Instant Oats are taken one step further and are cut and rolled into the smallest, thinnest pieces of all. Instant oats are usually packaged in paper single-serve packets. They usually come in a variety of flavors, cook quickly, and taste good! But watch out: instant oats typically have added salt or sugar and slightly less fiber. They are a poor choice for most baking.

In summary, eat the oats that best fit into your lifestyle. Yes, more processing might mean less nutrition, but what good is a sack of steel cut oats that sits in the back of your pantry? Choose the oat you're most likely to eat — in the end, all oats support heart and gut health. Eat and enjoy your oats, no matter what kind you choose!

Special Events!

- **Resident Council Meeting:** June 1
- **Becky's Book Club:** June 4
- **Shopping Outing to Walmart:** June 6
- **Horticultural Therapy:** June 11
- **June Birthday Party:** June 12
- **Holy Trinity 1st Grade Visit:** June 13
- **Valiant Veterans® Social:** June 13
- **Father's Day Beer and Brats:** June 17
- **Movie Theatre Outing:** June 20
- **Spiritual Chat with Joyce:** June 25
- **Earthtones Music Exploration:** June 25
- **Mexican food lunch outing:** June 27

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.

Tale of the Typewriter

Today, most typing is done on a computer keyboard or a smartphone screen, but this modern method of communicating began 150 years ago with the invention of the typewriter.



Prototypes of printing machines were created as far back as the 16th century, with many versions as large as pianos. The first practical typewriter was patented by American inventor Christopher Latham Sholes on June 23, 1868.

Resembling a sewing machine, this early model included many features that became standard for typewriters. It had an inked ribbon to print type and it used the QWERTY keyboard, which arranged the letters of the alphabet in a way that prevented the keys from jamming. Later named the Remington for the company that manufactured it, the typewriter became popular after Mark Twain purchased one and became the first author to submit a typed manuscript.

The following decades brought many improvements, including the introduction of the shift key, which allowed both upper and lower case letters to be typed, and frontstriking models, designed to let users see what they were typing in real time instead of having to lift up the carriage to view their work. The 1920s introduced user-friendly electric typewriters.

By the end of the 1980s, the world transitioned from typewriters to computers and compact printers. However, retro typewriters are still enjoyed by collectors and writers.

Doughnut Diversity

The first Friday in June is National Doughnut Day in the U.S., but the love of fried dough is a global phenomenon. Treat yourself to this menu of doughnuts from around the world:

Berliner — This round German doughnut is filled with jam or marmalade and topped with powdered sugar or icing.

Paczki — Similar to Berliners, these Polish pastries are richer and typically filled with jam or cream. In Israel, the *sufganiyah* is a nearly identical treat.

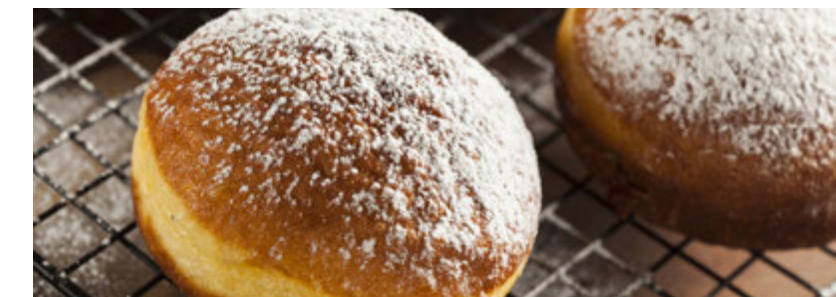
Churro — A cinnamon and sugar mixture nestles into the ridged sides of this skinny, tube-shaped doughnut, a favorite in Mexico, where it is often dipped in chocolate sauce.

Youtiao — This lightly salted, chewy stick is also known as the Chinese cruller, and is typically dunked in rice porridge or soy milk at breakfast time.

Jalebi — Similar to funnel cakes, these treats made with fermented batter and soaked in saffron syrup are found throughout the Middle East and South Asia.

Koeksister — South Africa is home to this sticky braided doughnut, which is coated in a syrup flavored with cinnamon, ginger and lemon.

Loukoumades — A favorite in Greece and Turkey, these fried dough balls covered with honey and cinnamon were traditionally served to winners in the ancient Olympics.





WEST HILLS

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Marketing

The West Hills Campus is happy to announce that we will be hosting another intergenerational play again this summer! Last year, we showcased a version of "The Tortoise and The Hare" to much fanfare. This year we will be doing a rendition of "Gulliver's Travels," with the cast once again comprised of our residents and local kids. The play is a part of our "Intergenerational Interactions" program, which serves to bring different generations together to create meaningful interactions, as well as an opportunity for imparting wisdom, mentoring and socializing.

