



ADMINISTRATOR'S LETTER

During the period since last month's letter describing the Survey Process, West Hills Health and Rehabilitation has successfully completed our Resurvey. In brief, after reviewing and approving our Plan of Correction for the deficiencies cited in the Annual Survey, the State Surveyors return to our building on or after the Date Certain, which we set as having completed the corrections. They review the corrected areas. If all is well, we are placed back in Substantial Compliance. Whew, it sounds a bit complicated, but it's not really. I again would like to recognize the West Hills staff for their effort and commitment. We are getting closer to the beginning of the second phase of our building renovation. This part of the project will involve updating the Carter and Danner Hall common areas. What will really be interesting is the complete reconfiguration of the central nursing station on that unit and the relocation of the Therapy Room to what is now the Danner Dining Room. You will be amazed by the transformation the architects have planned for that area. I wish I could give you the exact dates when the project will start and end, but I'm unable to do that. I can say that, as I write this, the final permits for the project are being secured with the State of Oregon and City of Portland. We will be getting an artist's rendering of what the Carter/Danner common area will look like when completed, which I will be happy to display. In addition we have just completed our Model Room (Room 31), which shows the intended changes which will occur in all of our rooms during phase three of our three-phase project.

Please feel free to contact me with any issues that may arise. Your help is appreciated in identifying areas for improvement. We are encouraged by and enjoy hearing about the positive things you may see here at West Hills Health and Rehab. Best wishes, Kevin

LIFE ENRICHMENT EVENTS

- March 5: Oregon Zoo Mobile will be here to educate us about exotic animals. At the end of the presentation, you will have an opportunity to see the animals up close.
- March 13: We will be welcoming West Hills Christian School students for a visit. There will be 12 students who will be assisting us with our spring crafts.
- March 13: Happy Hour with accordion player Gabriel
- March 20: Birthday Party with pianist Linda Smith
- March 25: Evening Concert with accordion player Phil Hall
- March 27: Happy Hour with pianist Matthew Casey

VOLUNTEER SPOTLIGHT!

National Volunteer Week is April 15-21. We would like to thank our wonderful volunteers who give up their valuable time to serve our residents. We will be having a Volunteer Appreciation Party on April 18 at 2 p.m. to recognize their efforts.

CARE CORNER

DEPRESSION IN OLDER ADULTS

Late-life depression affects more than six million Americans over the age of 65, but only 10 percent receive treatment. This discrepancy exists because it is more difficult to diagnose depression in older adults. The symptoms of depression, such as fatigue, insomnia or sleeping too much, poor appetite and low moods are also the symptoms caused by many of the chronic medical problems our residents experience. Also, older adults are impacted by multiple losses, such as loss of independence, loss of their home, death of friends or death of a spouse, resulting in a grief response. Older adults are also more likely to keep their moods and feelings to themselves. They lived during a time when mental health issues were just not discussed.

At West Hills we screen our residents for depression at least once every three months, and we notify their physicians if the screening indicates the presence of depression. Studies of nursing home patients with chronic illnesses have shown that the presence of depression substantially increases the likelihood of death from those illnesses. Depression in the elderly is more likely to lead to suicide. The suicide rate in people ages 80 to 84 is more than twice that of the general population. The National Institute of Mental Health considers depression in people age 65 and older to be a major public health problem. For that reason, making sure that an elderly person you are concerned about is evaluated and treated is important, even if the depression is mild.

As a friend or family member if there are some things that you can do to help a resident with depression. First allow them time to talk about the past and their accomplishments. They need to feel wanted and needed. Encourage them to keep involved and active. This could be in facility activities, family events or community activities. Finally, offer a "change in scenery" whenever possible. Go outdoors for a visit when the weather allows or take a car ride. If you have concerns or questions, make sure you talk to the social services or nursing staff so we can work on the issue together.

— Alison

OATMEAL CAKE

- 1 cup quick-cooking rolled oats
- 1 1/2 cups boiling water
- 1/2 cup butter, soft
- 1/2 cup brown sugar
- 1/2 cup sugar
- 2 eggs
- 1 tsp. vanilla extract
- 1 1/3 cups flour 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg

Combine rolled oats and water in a bowl, stirring to blend well. Cool until mixture is room temperature. In a mixing bowl, cream butter and sugars at medium speed until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla and cooled oatmeal. Into a separate bowl, sift together the flour, baking powder, soda, salt and spices. Add to creamed mixture, blending until smooth. Pour into greased and floured nine-inch square baking pan. Bake at 325F for 35 minutes.

APRIL AND SPRING

The chills of March winds are gone
April rain comes splashing on in
Flowers will start to bloom soon
Spring may finally begin The birds have
started singing
Days are becoming longer as well
It is even getting warmer
Outside we all can tell The Easter Bunny
will be soon arriving
With baskets and candy for all the kids
Colored eggs and chocolate rabbits
Confections with fancy lips So drink up
all the sunshine
The rain we will chase away
See and smell all the beautiful flowers
Because April is here to stay

— Ken R.

RESIDENT SPOTLIGHT: MARIAN S.



Marian S.

Marian was born in Detroit, Mich., in 1926. Her father, grandfather and uncles all worked for the Ford Motor Company as the auto industry made Detroit the Motor City. This love of cars and things mechanical made an impression on her. Throughout her life she was drawn to

how things worked, and she could figure out anything! She even worked in an auto parts supply store, first in the accounting office and then in the warehouse, climbing ladders and finding obscure car parts. She looked great in her overalls and actually enjoyed that work more than the office work. She married her first husband when she was just 19 and had the opportunity to travel all over Europe, as her husband was in the military. She loved the years she lived in Germany, especially since her beloved grandparents were German. She and her friends took trips all over Germany, Austria and Switzerland. One of her best memories is of visiting Neuschwanstein Castle in Bavaria, which she calls "her castle." In the late 1950s she spent a year or more in Las Vegas, making change for the patrons at the Las Vegas Club. These were the very early days of Las Vegas, when there were just a few small casinos in the middle of the desert. It was quite the experience for the young woman from Michigan!

In 1958 she moved to New Jersey and married John. They had a daughter, Patty. She was a full-time mom in the daytime and worked in the evenings. Marian worked as a sales woman in several department stores in the days when you were really trained to be knowledgeable and serve the customer. John took care of their daughter when she was working. They were devoted parents and did everything to make their daughter's life the best it could be. They were so proud when she graduated college.

Marian is a very talented seamstress and made Broadway-caliber Halloween costumes for her daughter. She liked to paint and did beautiful metalwork, making ordinary tin cans into works of art. She loves to sing (a talent she inherited from her Dad) and enjoys music. She has always been a romantic and always hopes for the best. She was always "the cool mom," and Patty's school and college friends still think of her that way. She is beloved by her older sister, Virginia, sisters-in-law and all of her nieces and nephews. Marian enjoys visiting with her daughter and her wonderful son-in-law, Dave. And she loves her furry grandchildren, especially the kitty.

BIRTHDAYS

Dorris R., 4th
Vaclav D., 15th
Claudia S., 21st
Haru F., 22nd
Douglas B., 24th
Penny M., 25th
Margaret L., 26th
David A., 29th

NEW RESIDENTS

Joann P.
Dolores L.
Clarice E.
Charlotte K.
Sally K.
Carol T.
Beverly H.
Carole P.
Roger N.

We hope you have a wonderful stay here in West Hills!



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A COMMUNITY
PROFESSIONALLY MANAGED
BY THE GOODMAN GROUP



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Admissions Director

Deb Corwin

Business Office Director

Melissa Jugar

Maintenance Director

Eric Stein

Medical Records Director

Yolanda Morales

Social Service Director

Dana Haase

SECOND ANNUAL WINE AND CHOCOLATE FUNDRAISER

Please join us for the Second Annual Wine and Chocolate Fundraiser for the Alzheimer's Association on May 3 from 4-7 p.m. in the Danner Theater at West Hills Village. This year's event will feature a silent auction with numerous gift baskets and auction items. It will also feature local artwork, wine and chocolate. The local artwork will be provided by the Geezer Gallery, located in Multnomah Village. The gallery showcases talented senior artists as a means of supporting the development of local senior artistic talent in the greater Portland area. We are looking for gift baskets and/or donations of goods/services for our upcoming silent auction fundraiser. Do you know a business that would be interested in promoting their company or that might be willing to donate? A few examples of items to donate include handmade gift items, gift cards to local restaurants or stores and themed gift baskets (Movie Night basket, Sports basket, Picnic basket, etc.). All donations, big or small, would be accepted and appreciated. All proceeds from the Wine and Chocolate event will benefit the Alzheimer's Association. If you have questions or would like to donate, please contact Krista Davis at 503-245-7621 or at Krista.Davis@WestHillsSenior.com