

GOOD Life News

at West Hills Health and Rehabilitation Center

AUGUST 2017

www.westhillshealthandrehab.com

Back to School

Dear Residents and Guests of West Hills,
During the month of August, many people in our community prepare to return to school, including lots of our employees and also the children of our employees. We support staff pursuing ongoing education through our tuition assistance program



which was established in 2014. Staff have used this program to help them with their English skills, to obtain training to pass medications, and towards nursing school, facilitating career growth and helping to retain some of our best employees.

We support the children of our employees returning to school through our Backpack to School program in partnership with the Vital Life Foundation. Each year, we have a back to school party, giving our residents an opportunity to celebrate with these elementary-aged children and providing them with a backpack full of school supplies to help start their school year. This year our celebration included Mad Science, a bounce house, snow cones and decorating lunch bags.

Through these activities, we've provided over 250 backpacks and awarded over \$20,000 in tuition assistance.

Sincerely,
Nicole

Nursing/Health Care

I hope everyone is enjoying the warm summer weather! August is National Immunization Awareness Month. If you have questions about which immunizations are available for you, please ask to speak with your Resident Care Manager. We will offer the flu vaccine during flu season, which is approaching quickly. The Pneumonia vaccine is another common vaccine we administer to residents at WHHR. You can receive this at any time during the year; however, a doctor's order is necessary. We like to keep all of our residents free from illness, so please remember to wash your hands, cough into your elbow or cover your sneeze with a tissue. Thank you for helping us keep everyone at West Hills healthy!

— *Karlene Boss, DON*



**Our Talk.
Our Walk.
Every Day!**
**29 Years
Recognizing
Senior
Citizens Day**

The U.S. Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom leadership and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.

Soaring: Support for the Spirit

“Someday is made up of a thousand tiny nows.” Now. Now? Now! Oh, yes! Now!

I was drawn to the words above when I found them written on a card. The author’s name was not identified. I was surprised at my response, because at first glance, the words do not seem so profound. However, I began to ponder the word now.

How many times have you heard, read or used the word now:

- Not now.
- Are you serious? Not now, not ever!
- If I don’t do it now, I am never going to do it.
- If not now, when?
- It’s now or never.
- Now would be a good time.
- Now is the time!

Now, this present moment, is all we have! Look over the list above and think how your daily actions would be different if you replaced the word “now” with “this present moment.” Then, whatever “it” is you are considering, do it!

It is true in life we may regret some things we have done. It is also true that very often we regret not having done certain things. The next thing you need to do, or might want to do, but are reluctant or fearful of doing, think of these words and “do it this present moment.” From lifting a glass of water, to writing or calling a friend, from taking that extra walk around the corner, to going on an outing, from tackling something you have been avoiding, to risking disappointment one more time, whether small or large, easy or difficult, you will then have the satisfaction of knowing you did what was in your best interest. This simple choice is how you can help your spirit soar!

— Joyce Pruyn, Spiritual Director

Special Events!

- Shopping Outing to Fred Meyer: Aug. 2
- Resident Council Meeting: Aug. 4
- Becky’s Book Club: Aug. 7 & 21
- August Birthday Party: Aug. 8
- Lunch Outing to Old Spaghetti Factory: Aug. 9
- Backpack to School Party: Aug. 10
- Music Relaxation, Harp: Aug. 10 & 24
- Horticultural Therapy: Aug. 14
- Tortoise vs. The Hare Auditions: Aug. 14
- Acting Workshop: Aug. 15
- Tortoise vs. The Hare Performance: Aug. 18
- Multnomah Days Parade: Aug. 19
- Solar Eclipse Viewing: Aug. 21
- Bowling Outing: Aug. 23
- Campus Luau: Aug. 24
- Earthtones Music Exploration: Aug. 28
- Valiant Veterans® Social: Aug. 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.

A Celestial Spectacle

Millions across the U.S. will have their eyes on the sky this month: The first coast-to-coast solar eclipse in nearly a century will take place on Aug. 21.

A total solar eclipse occurs when the moon moves between the sun and the Earth, covering the sun and casting a shadow on Earth. This month’s eclipse is unique because its path will cross the U.S. diagonally from Oregon to South Carolina, passing through parts of 14 states.

All areas of the continental U.S. will experience at least a partial eclipse, but people in the 70-mile-wide “path of totality” will see a total eclipse, when only the sun’s outer atmosphere, the corona, will be visible. In the middle of the day, twilight will fall for up to 2 minutes, 40 seconds; stars and planets will be visible; and the temperature will drop, just like at nighttime.

The view is sure to be breathtaking, but experts caution that looking directly at the sun can cause permanent eye damage. Special eclipse glasses or solar viewers are essential.



August is National Sandwich Month!

This month, we honor a simple but beloved food with National Sandwich Month! Sandwiches as we know them today are much the same as they were when the fourth Earl of Sandwich, John Montague invented them out of necessity in the 1700s. Rumor has it this Earl was playing an exhilarating game of cards for 24 straight hours one night and requested something he could easily eat without disturbing his game. The London club he was playing at provided slices of beef and cheese between two pieces of bread. Eventually, others began to order “the same as Sandwich!”

Though sandwiches were invented as a convenience food, they can make for a very healthy meal. Whether in a sack lunch, at a barbecue, in a fancy restaurant or at a picnic, summertime provides many opportunities for this on-the-go meal. Sandwiches are great opportunities to incorporate veggies: add tomato and spinach to your breakfast sandwich, lettuce and onion to a burger, avocado to a typical cold cut or hummus as a spread on a wrap. Just remember, deli meats can be a major source of sodium, which most Americans get plenty of already. Look for low-sodium options at your deli counter to help keep blood pressure in check. For an added healthy bonus, choose a bread or wrap that provides 5g fiber per 2 slices, or more. The sandwich building possibilities are endless; be creative!

Presenting “The Tortoise Versus the Hare”

We will be hosting a play for residents and children in the community ages 6 and older.

Registration:

Aug. 14, 12:30-1 p.m.

Auditions:

Monday, Aug. 14,
1-3 p.m.

The Danner Theatre /
West Hills Village

Rehearsals:

Aug. 14, 3:15-5:15 p.m.

Aug. 15-18, Session 1:
1-3 p.m., and Session 2:
3:15-5:15 p.m.

Performance:

Friday, Aug. 18, 6:30 p.m.

Admission:

Reserved Seating — \$12

General Admission — Free with donation — all proceeds will go to the Alzheimer’s Association.

Call Elisabeth at 503-244-1107 for more information!



Resident Spotlight: Dr. Janice N.

Dr. Janice N. was born in the bustling borough of Manhattan during the roaring '20s. She describes the neighborhood she grew up in, Morningside Heights, as a highly stimulating environment to spend her childhood. Dr. N. states the education in the area was wonderful and was one of her favorite parts of growing up in Manhattan (in addition to living within walking distance of Central Park).



After taking an intensive admissions examination, Dr. N. attended Hunter College High School. She immediately developed an interest in politics and was eventually elected as Vice President in her school’s student government. International Relations Club was also a significant extracurricular for Dr. N. She recalls first getting excited about foreign policy when she listened to a Chinese doctor deliver a speech about international relations at her school.

Her interest in politics would carry over into her studies at Hunter College. However, after taking courses in biology and chemistry, Dr. N. developed a new passion for the natural sciences. She states that the hard sciences fascinated her, and this ultimately helped lead to her pursuing a career in medicine.

Dr. N. studied medicine in the 1940s, near the end of WWII. Upon graduating, she enjoyed a long career as a skilled and compassionate pediatrician. Additionally, she has also been an active member on the Multnomah County Committee for Children & Families. Presently, she enjoys keeping up with current events and engaging in intellectually stimulating conversations with other residents.



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Carly Bakewell

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Susan Black

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Amy O'Brien

**Central Supply
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Linda Mercado

Spiritual Director

Joyce Pruyn

New Residents

A warm welcome to all our new residents!