

GOOD Life News

at West Hills Health and Rehabilitation Center

DECEMBER 2017

www.westhillshealthandrehab.com

Executive Director

Dear Residents and Guests,

On Nov. 28, 2017, the Centers for Medicare and Medicaid Services (CMS) implemented their second phase of new regulations for skilled nursing facilities. This is the largest update since 1991, outlined in over 185 pages. Thankfully here in Oregon, some of the new requirements are aligned with our state regulations and are already in place.

Since last year we have been working on implementing these new regulations. Some highlights include:

- Updated resident rights
- Care conferences with review of care plan approx. 48 hours after admission
- Additional training for Quality Improvement Coordinator on infection control and management
- Antibiotic stewardship program
- Implementation of Health Care Academy online training platform for staff on hire and quarterly

We are preparing for our annual survey, which is due any moment. The surveyors in Oregon have been trained in the new regulations as well and began their new survey process on Nov. 28, 2017. If you have any questions about this or would like more information, please contact me!

Sincerely,
Nicole

Nursing/Health Care

Winter is a time to enjoy the warmth and comfort of home — not worry about chilly weather or catching a cold. Here are some tips to help the season stay merry, healthy and bright:

Wash your hands — With more people indoors, germs that can cause illness are more prevalent. Wash your hands often with soap and water, and avoid touching your eyes, nose and mouth.

Get a dose of vitamin D — Less sunshine means less vitamin D absorption, so eat a variety of foods that include the nutrient, including eggs, milk, fortified cereals, and fatty fish such as salmon and tuna. Vitamin D boosts your immune system and helps stave off the “winter blues.”

Dress warmly — Two or three thin layers of clothing are actually warmer than one thick layer. When out during cold weather, wear a heavy coat, a hat, gloves or mittens, and a scarf. Limit your time outdoors and go inside immediately if your clothing gets wet.



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

**Platinum
Service®
Standard #17**

“I am committed to my ongoing development. Knowledge and skills are essential in creating a great experience for our residents.”

We use this Platinum Service mission in all we do to create a wonderful, safe and friendly community for our residents to call home. When we live up to the mantra of “Putting you at the heart of everything we do,” we know that residents, families and team members are enjoying a positive, enriching experience each day. Understanding how to better serve our residents and families is very important to us. It helps make us contributing and supportive members of the community we serve!

Music to Your Ears

Whether you listen to jazz, belt out a tune at karaoke or play the piano, the melodies that surround you can do your body good. Note these health benefits of music:

Boosts mood — Ever notice that certain songs put a smile on your face? Listening to your favorite music triggers the release of dopamine, a brain chemical responsible for feel-good emotions.

Stimulates the brain — Many areas of the brain are engaged when a person listens to or creates music, much like the way the body gets a workout during exercise.

Evokes memories — Songs from the past have the ability to take us to another time and may bring back comforting memories. Music therapy often helps Alzheimer's patients.

Promotes bonding — Attending a performance or joining a sing-along or drum circle encourages social interactions and reduces feelings of loneliness.



Special Events!

- **Resident Council Meeting:** Dec. 1
- **Becky's Book Club:** Dec. 4
- **Valiant Veterans® Social:** Dec. 6
- **Resident Food Committee:** Dec. 9
- **1st United Methodist Youth Caroling:** Dec. 10
- **Horticultural Therapy:** Dec. 11
- **December Birthday Party:** Dec. 12
- **Mall Shopping Outing:** Dec. 13
- **Holiday Cocktail Party:** Dec. 14
- **St. John Fisher Choir Caroling:** Dec. 17
- **Art Therapy:** Dec. 18
- **Pet Therapy:** Dec. 20
- **Christmas Light Show at PIR:** Dec. 20
- **West Hills Baptist Church Caroling:** Dec. 20
- **Christmas Present Delivery:** Dec. 21
- **Lunch Outing to Pasha:** Dec. 27
- **Music Relaxation, Harp:** Dec. 28
- **New Year's Eve Toast:** Dec. 31

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.

Avocados — A Healthy Addition to Any Diet

Avocados, the recently popular Mexican and Central American fruit, provide nearly 20 essential nutrients, including a good source of fiber and folate, potassium, Vitamin E and B-vitamins. Not only do they contain these nutrients, but they also contain the healthy fats needed for adequate absorption.

According to the AHA, mono and polyunsaturated fats, when consumed in moderation and eaten in place of saturated or trans fats, can help reduce blood cholesterol levels and decrease risk for heart disease. Avocados are one of the few fruits that provide "good" fats. One-third of a medium avocado contains no cholesterol, no sodium and 1 g of saturated fat.

Naturally cholesterol-free, avocado spreads, toppings and dips are a creamy and nutritious alternative to saturated fat laden recipes. Because of their fatty quality, avocados can be used in place of unhealthy fats. For example, instead of mayo, they make a perfect spread for sandwiches. They also taste great on top of tacos instead of sour cream. They can even be used to replace the fat ingredients in baking.

The best way to tell if an avocado is ripe and ready for use is to gently squeeze the fruit in the palm of your hand. Ripe fruit will be firm yet will yield to gentle pressure. Color alone may not tell the whole story. The Hass avocado will turn dark green or black as it ripens, but some other avocado varieties retain their light-green skin even when ripe. Ripe fruit can be stored in the refrigerator uncut for at least two to three days. To store cut fruit, sprinkle it with lemon or lime juice or white vinegar and wrap in plastic wrap or place in an air-tight container, then refrigerate. This will prevent it from discoloring. If refrigerated avocados or guacamole turn brown or black during storage, simply discard the top or outer layer.

Soaring: Support for the Spirit

Halloween and Thanksgiving are behind us, and Hanukkah and Christmas are right around the corner. A holiday for everyone!

Whether or not we have grown up in an environment steeped in religious or spiritual beliefs, holidays are important in our culture, and most of us have associated traditions that are part of our memory bank. Happy past experiences provide warm memories to nourish our soul, giving us reason to smile as we recall them. With positive memories to draw on, even while enjoying our experiences in the present, unanticipated feelings may surface of sadness, loneliness or an unpleasant situation from the past.

The holidays, with the focus on joy, fun, family, friends and celebrations, can be a challenge for those who are in the midst of life changing circumstances, separated from family and friends, or perhaps in pain. Some may be blindsided by feelings of depression in the midst of what "ought to be a happy time." Expectations can sometimes be a hindrance to enjoyment as well as a huge disappointment.

In addition to feelings of sadness and loneliness, indicators you may be experiencing some depression may include decreased interest in things once a source of pleasure, changes in appetite or sleep, isolation, thoughts of life not being worth living or even physical discomfort.

What can you do to care for yourself more proactively at anytime but especially during the holidays?

- Reach out to family, friends or a health care provider.
- Maintain a daily routine.
- Eat a healthy diet and keep well hydrated.
- Maintain a reasonable sleep schedule.
- Accept recommendations for a medication evaluation or other supportive therapy.
- Set realistic expectations.
- Participate in activities that provide joy.
- Pause throughout the day and allow yourself to take a few slow deep breaths.
- Express gratitude for those things in life you are still able to appreciate.
- Dare to smile and make eye contact with others.

Focus on the good in each day!
— Joyce Pruyn, Spiritual Director

Fun and Functional Nutcrackers

Standing at attention with their tall hats and toothy grins, nutcrackers are a festive seasonal sight, but do you know the story behind the ornamental soldiers?

Various tools for cracking open nuts, from simple levers to screw designs, have been around for centuries and were usually made of metal. In the 1700s, woodworkers in Germany began carving nutcrackers in the shapes of soldiers and kings. Symbols of good luck and protection, the dolls were traditionally given as gifts. Pressing a handle on the back of the figurine enabled its mouth to move up and down to crack open a nut. Bright colors and handcrafted parts added to the charm of the creations.

The march of nutcrackers into the U.S. was spurred by two factors. During World War II, many American soldiers stationed in Germany bought nutcrackers as souvenirs for their loved ones. Around the same time, Peter Tchaikovsky's ballet "The Nutcracker" debuted in the U.S. and became a hit, making the character a beloved icon.

As pre-shelled nuts became more common, nutcrackers were used mainly for decoration. While traditional soldiers remain a popular design, whimsical figures of all kinds can now be found. Handcrafted wooden nutcrackers are still produced in Germany and are a favorite among collectors.



New Residents

A warm welcome to all our new residents!



5701 SW Multnomah Boulevard
Portland, OR 97219
503-244-1107



A PLATINUM SERVICE®
COMMUNITY MANAGED BY



The Goodman Group
Moments matter. Live them well.®

thegoodmangroup.com

Staff

Executive Director

Nicole Easley

Director of Nursing

Karly Boss

**Life Enrichment
Director**

Elisabeth Cramer

**Admissions
Director**

Deb Corwin

Dietary Director

Rachel Mackintosh

**Maintenance
Director**

Mike Dille

**Medical Records
Director**

Yolanda Morales

**Social Service
Director**

Carly Bakewell

Payroll

Susan Black

Dietician

Amy O'Brien

**Central Supply
Director**

Linda Mercado

Spiritual Director

Joyce Pruyne

Old-Fashioned Festive Fare

Whether carried on by culinary tradition or celebrated in story and song, some foods from years past remain part of the season's festivities:

Chestnuts — The lyrics of a sentimental holiday song describe "Chestnuts roasting on an open fire." Roasted chestnuts have been a common street food for centuries in Europe and Asia. The brown nuts are heated over a flame or in an oven. Once cooled, peeling the hard shell reveals a meaty, sweet-tasting nut.

Sugarplums — The beloved Sugar Plum Fairy rules the Kingdom of Sweets in Tchaikovsky's popular ballet "The Nutcracker." A long-ago luxury, this confection from the 17th to 19th centuries was not actually a sugared plum as the name suggests, but a type of small, hard-sugar candy that resembled the fruit's shape.

Figgy pudding — The word pudding is a generic term for dessert in Britain, where a figgy pudding topped with a holly sprig ends a holiday meal. The dome-shaped, moist spice cake, loaded with dried fruit, is also called plum pudding and was most popular in the 15th to 19th centuries.