

GOOD Life News

at West Hills Health and Rehabilitation Center

MAY 2017

www.westhillshealthandrehab.com



Favorite Derby Foods

The Kentucky Derby, the annual horse race called “the most exciting two minutes in sports,” is also famous for its festivities off the track, including food. Saddle up with these traditional Derby dishes.

Hot Brown: This hot, open-faced sandwich was named for where it was first served in 1926, the Brown Hotel, just miles from the Derby’s home, Churchill Downs. It’s made with thick slices of toasted bread that are layered with roasted turkey and tomatoes, covered with a cheese sauce, broiled, then topped with two slices of bacon and paprika.

Benedictine: In the early 1900s, Louisville, Ky., caterer Jennie Benedict combined cream cheese, cucumber and onion to make a savory spread. It is typically served on bread as a tea sandwich filling or used as a dip.

Chocolate-nut pie: A gooey, sweet filling that includes chocolate chips and pecans or walnuts atop a pastry crust make up this dessert, a staple at the Derby.

Nursing/Health Care

May is one of my favorite months of the year. Not only am I excited about the beautiful flowers and sunshine, I am excited to celebrate National Nurses Week and National Nursing Home Week!

It is very special that one whole week is dedicated to appreciating the nurses that work so hard and compassionately to provide residents with excellent care. National Nurses Week starts on Saturday, May 6, 2017 and goes through Friday, May 12, 2017. It occurs the same week every year. Please, during this time, acknowledge the wonderful nurses who work at West Hills Health and Rehab.

National Nursing Home Week is the following week. During this week, we get to celebrate all the residents and staff at West Hills. Stay tuned ... in June, we get to celebrate the Certified Nursing Assistants!

— Karlene Klobes, DON

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

**Step into
Spring**

There’s nothing like the beginning of a new season. Spring is the perfect time to get outside and spend time with your loved ones. Soaking up the sunshine can actually help improve cognitive function and increase one’s happiness, according to the National Institutes of Health. Don’t let Mother Nature have all of the fun — join her outside and try a fun springtime activity! Eat outdoors, partake in spring-cleaning, choose a local park or trail for walks, go on a picnic, or visit a plant nursery. We are here to help you experience whichever spring activity you most enjoy!

Supporting Our Nation's Mothers

For more than 80 years, the American Mothers organization has worked "to champion women by honoring, educating and serving mothers at home, at work and in the world."

American Mothers was originally a committee formed by a group of influential citizens — including J.C. Penney, Norman Vincent Peale and Eleanor Roosevelt — who strived to honor the role that mothers hold in strengthening families and the nation. In 1935, Sara Delano Roosevelt, mother of then-president Franklin D. Roosevelt, presented the first Mother of the Year award to Lucy Keen Johnson of Georgia.

Since then, the nonprofit organization has selected a Mother of the Year from the 50 states, the District of Columbia and Puerto Rico, then named a national honoree. Nominations can be made at AmericanMothers.org from Mother's Day through Nov. 15.

The official sponsor of Mother's Day, American Mothers works year-round to implement service programs, provide scholarships and raise awareness of issues that impact mothers.



New Residents

A warm welcome to all our new residents!

Rhubarb: A Snappy Spring Vegetable Not Just for Pies

A member of the buckwheat family, rhubarb often is referred to as the "pie plant" because people commonly combine it with fruit to make pies, crisps and jams. But that's just one way to use this versatile vegetable.

Rhubarb is a perennial plant that grows from crowns or seeds and can flourish for about a decade. Given full sun, plenty of water and well-drained soil, the plant can thrive in otherwise neglected areas of cooler climates. Rhubarb produces leaves that are inedible (they contain oxalic acid, which can be toxic) but are beautiful in flower gardens. There are green and red varieties, but the color has no impact on flavor.

Tart rhubarb usually is combined with sugar and sweet fruits to bring out its flavor. When cooked, rhubarb quickly turns into a jam-like sauce, which makes a flavorful topping for yogurt or ice cream and can accompany meat or fish and warm porridge. Diced fresh and frozen rhubarb can be added to pancake, muffin or cake batters. To bring out the flavor, combine rhubarb with ginger, vanilla, lemon, oranges, peaches or berries.

Hothouse rhubarb is available from December through March, and field-grown rhubarb is available March through October, peaking between April and June. Frozen diced rhubarb can be purchased year-round at grocery stores.

Before cutting into chunks and cooking rhubarb, wash stalks and trim the ends. Similar to celery, some rhubarb stalks also have fibrous skin that can be removed.

Rhubarb is low in calories, sodium and fat. A half-cup serving of raw diced rhubarb has 13 calories and one gram of fiber. It also provides 5 percent of the daily value for calcium, 8 percent of the daily value for vitamin C, 5 percent of the daily value for potassium and 22 percent of the daily value for vitamin K.

A half-cup serving of frozen rhubarb has 15 calories and one gram of fiber. It provides 13 percent of the daily value for calcium, 5 percent of the daily value for vitamin C and 25 percent of the daily value for vitamin K.

Cindy Gay, a dietitian with the Academy of Nutrition and Dietetics who prepared this article, teaches in the lifelong learning program and conducts farmer's market demonstrations. Rhubarb has become one of her favorite vegetables to incorporate into new recipes for the flavor, color and nutrition!

SOARING: Support for the Spirit

"April showers bring May flowers!" How many of you have heard that phrase through the years, or even spoken those words?

As I write these words in the month of April, rain is pounding the ground and pavement; strong winds from every direction are blowing furiously through the trees, many bending to the ground. Branches are snapping off, some trees are thundering to the ground, broken off at their roots. Looking out my window, I see trash cans and recycle bins rolling around as if caught in a wind tunnel, unable to stop. The loss of electricity threatens with the lights flickering on and off. The questions begin: What is happening? How long will this last? What will I do if things get worse? Am I safe?

These same questions swirl within us when the unexpected inner storms of life hit as well. It can be more challenging sometimes to get re-centered after those personal storms of life than those caused by erratic weather. Whether it is a "climate malfunction" or a life interruption due to injury or illness, job or financial loss, change in living circumstances, or death of a loved one, in each situation the devastation and loss of control tends to subside over time. All who have lived more than a few decades can recall the first blooms after a long winter and the sun breaking through after rainy days without end, the refreshing smell in the air once the rain has passed.

When hope resides in the heart we have the seed within us that sprouts with the least encouragement that, "Yes, there is hope. There is the possibility of things getting better. Maybe different, maybe not exactly as I might like, but better than they were."

Hold onto hope. Even the tiniest seed. Enjoy the May flowers!

— Joyce Pruyn

The Amazing Avocado

Is it their uniquely creamy texture, their status as a super food, or their vibrant green color that makes them so popular? Whatever the reason, the U.S. consumes about 2 billion pounds of avocados per year.



The avocado is prized for its nutritional profile. It's the only fruit with significant amounts of monounsaturated fat, which helps the body absorb nutrients and can lower cholesterol levels. A 1-ounce, 50-calorie serving contains almost 20 different vitamins, minerals and other nutrients, including potassium, fiber, folate and vitamins B-6, C, E and K.

An extremely versatile food, avocados can be eaten fresh out of their skin, added to salads and sandwiches, and made into dips, the most popular being guacamole. Avocado is also used as a substitute for spreads such as mayonnaise and butter.

Mexico is the world's largest producer and exporter of avocados, while California grows 90 percent of the domestic crop.

Resident

Spotlight: Sylvia S.

Sylvia S. was born in the bustling borough of Brooklyn. She would spend most of her life in the "Big Apple," making her big move to Portland only 11 years ago. It was in her home state where she met the love of her life, Lou. One day, Sylvia's mother took her in to get her hair done by the man who was described as "the best hairdresser in Brooklyn." Lou is credited with turning Sylvia blonde for a period of time.

Sylvia and Lou would have three kids, Amy, Richard and Cynthia. In addition to being a wonderful and energetic mother, Sylvia also worked as an accountant extraordinaire for many years. When she is not helping her family members file their taxes, Sylvia enjoys playing cards (some of her favorite games include gin rummy and poker). Amy describes her mother as a "lucky gambler" with an exceptionally uncanny ability for blackjack.

When I asked Sylvia about her experiences and memories from NYC, it was hard for her to pick just one. However, what did become incredibly evident when she reminisced was her sincere passion and heartfelt fondness for the city she grew up in. "There's just so much to do! A lot of things to do and see [in New York]. I loved it all!" For West Hills residents who have never experienced the energy and excitement of New York City, I highly recommend having a conversation with Sylvia. It is safe to say she perfectly embodies the spirit of the Big Apple.



Sylvia S. in 1945



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 Klobes

**Life Enrichment
Director**

Elisabeth Cramer

**Admissions
Director**

Deb Corwin

Dietary Director

Rachel Mackintosh

**Maintenance
Director**

Jason Van Gorkum

**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 Pruyn

Special Events!

- **Becky's Book Club:** May 1 and 22
- **Shopping at Fred Meyer:** May 3
- **Resident Council Meeting:** May 5
- **Horticultural Therapy:** May 8
- **Service of Remembrance:** May 8
- **May Birthday Party:** May 9
- **Oregon Episcopal Choir Performance:** May 10
- **Music Relaxation, Harp:** May 11 and 25
- **Mother's Day Tea Party:** May 14
- **West Hills Christian 1st Grade:** May 15
- **Persian Lunch Outing to Pasha:** May 17
- **Museum Outing to OMSI:** May 24
- **Valiant Veterans® Social:** May 26
- **Scenic Drive Outing:** May 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.