

# GOOD Life News

at West Hills Health & Rehabilitation

FEBRUARY 2019

www.westhillshealthandrehab.com



## Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

**Wear red** — Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

**Know your numbers** — Take advantage of blood pressure checks and cholesterol screenings in your community. Record your numbers and work with your doctor to make any needed changes.

**Get fit with a friend** — Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

**Set a nutritious example** — Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

**Give back** — Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation to the American Heart Association or other organization in honor of Heart Month.



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

**Platinum Service®  
Standard #7**

*"I never say "no" to an opportunity to serve our residents and to improve their living experience."*

Each day presents itself with the opportunity to serve others from the heart. We have the unique opportunity to enrich the lives of others and show our professionalism and genuine care. Listening to our residents' requests and practicing acts of kindness creates memorable experiences. We strive to place our residents at the center of everything we do.

*"A good head and a good heart are always a formidable combination."  
— Nelson Mandela*

## Special Events!

- Resident Council Meeting: Feb. 1
- Becky's Book Club: Feb. 4
- Chinese New Year: Feb. 5
- Focus on Prayer: Feb. 11
- Horticultural Therapy: Feb. 11
- Sweetheart Dinner: Feb. 12
- Valiant Veterans® Social: Feb. 13
- Art Therapy: Feb. 18
- Pet Therapy: Feb. 20
- World of Speed Museum: Feb. 20
- Spiritual Chat with Joyce: Feb. 25
- Earthtones Music Exploration: Feb. 25
- February Birthdays with Michael: Feb. 26
- Lunch Outing: Feb. 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.

## Nursing/Health Care

As you all know, this winter has challenged us with some inclement weather and very cold temperatures. Whether it be rain, snow or ice, these all pose a hazard to your safety if venturing outside. First and foremost, it is crucial to dress appropriately. If going to a doctor appointment or on an outing, always remember to dress warm by wearing a coat, pants, socks, shoes, a hat and gloves. If you dress in layers, you can remove your coat and sweater when inside so you do not get too hot. Another hazard we need to be mindful of outside is the surface you are walking on or wheeling on in your wheelchair. Living in Oregon, we all know that most of the winter is wet. When we go from outside to inside, we can track water in causing a slip hazard. Always remember to wipe your feet and move slow when first coming in from outside so you do not slip and fall. In cold temperatures, the ground outside can become icy and very slick. It is best to avoid walking outside during these extremely cold days to prevent yourself from falling. Always wear well-fitting shoes outside to ensure good traction and support. We want to do our best at West Hills to ensure your safety. I hope you all have a safe, fabulous month of February!

Sincerely,  
Karly Boss, DON

## Soaring: Support for the Spirit

Almost everyone I talk to about life shares the surprise, and sometimes the shock, after their life was interrupted with the unanticipated.

There are a number of reactions we may experience when tragedy strikes, our dreams are broken or our expectations are dashed. Some reactions may be positive, some may be negative. Neither reaction is problematic unless we stay in a place of negativity that may develop into bitterness or we hide behind positivity to avoid dealing with the repercussions of the changes.

I have been impressed with some of the choices individuals have made and the lessons learned once they have been faced with something they would never have chosen to experience. Below are some of the rich nuggets of wisdom I have been privileged to witness others living out:

- Instead of continually looking to understand everything that had happened to me, I needed to let go and accept that I might not ever be able to understand the whys of all that happened.
- After spending life avoiding conflict, I realized I could choose to confront the conflict and move forward with my life.
- I realized I could cry all day and avoid people, or I could wipe my face and make an effort to continue to connect with others.
- I learned I could "become bitter" or I could "become better."
- I accepted life was never going to be the same, and I needed to release my previous desires in order not to be robbed of what I could still enjoy.
- To my shock, I am finding I can go on and find moments of satisfaction in life, even with all the disappointments, changes and losses.

May you, too, find moments to enjoy along life's journey, no matter what may come your way!

*Joyce Pruyn, Spiritual Director*

## New Residents

A warm welcome to all our new residents!

## Nutrition Spotlight: Spinach

An abundance of research has been done that highlights the amazing qualities of spinach. Spinach is rich in water-soluble vitamins, fat-soluble vitamins, minerals and a variety of phytonutrients. There are many different ways to incorporate spinach into your diet and enjoy a variety of nutritional benefits. A group of researchers found that compared to boiling, steaming or frying, the best preparation method to retain carotenoid content was sautéing. A different study showed far less loss of vitamin C from spinach when steamed (as opposed to microwaving or boiling for the same amount of time). Other studies point to the nutrient benefits of raw spinach, which spares the loss of folate. As you can see, there are many ways to enjoy spinach and reap its nutritional benefits.

Chlorophyll, the pigment that gives spinach its color, is found inside the cells of the spinach plant. Chloroplast, the part of the cell where chlorophyll is found, helps convert sunlight into energy through photosynthesis. Because fresh spinach is such a rich source of chlorophyll, it has often been used in research studies as a source for thylakoids, a phytonutrient. Several recent studies in this area have shown thylakoids may help delay stomach emptying, decrease hunger-related hormones and increase satiety-related hormones. Researchers hope to use this information to find out if spinach consumption can help lower risk of obesity.

Consider the rich nutrients found in this leafy green: magnesium and iron, vitamins B2, B6, K, E, A, folate, calcium, potassium and manganese, and realize the wonderful healthy versatility of spinach!

## The Power of Pet Therapy

Petting a dog or cuddling a kitty can be a joyful, heartwarming experience. There's evidence those warm, fuzzy feelings have health benefits.

While history shows that animals were used to lift people's spirits as far back as the Middle Ages, little research was done on the subject until the 1960s. After observing the positive effect his dog had on a young patient, American psychologist Boris Levinson began to explore the connection. He coined the term "pet therapy," believing animals could aid people in therapeutic ways.

Studies show that spending time with animals on a regular basis can improve a person's emotional and physical quality of life. Animal therapy programs offer unique opportunities for interaction and socializing with others. Pets supply companionship and affection, which help calm anxiety and increase self-esteem. Walking, grooming and petting animals are physical activities that can improve mobility and motor skills as well as boost energy.

Animal therapy is used in a variety of settings, including senior care centers, hospitals, veterans organizations and schools. Dogs and cats are the most popular therapy animals, but horses, llamas, rabbits, pigs and birds are also among the pets used.



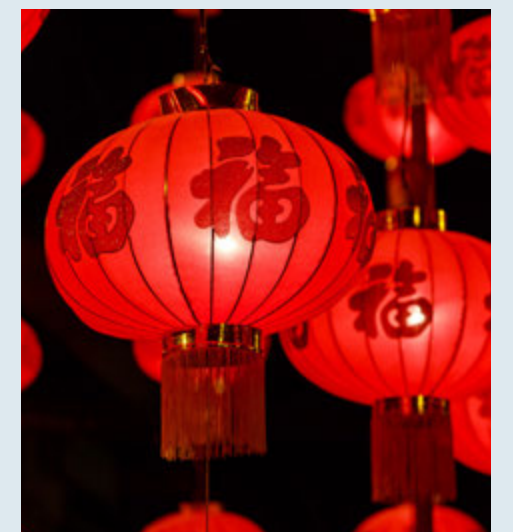
## Lucky Lanterns

Whether it's called Chinese New Year, Lunar New Year or the Spring Festival, it's a major holiday in China and other Asian countries. The 15-day celebration begins on Feb. 5 this year and ends with the Lantern Festival, which marks the first full moon of the lunar year. Decorating these festivities are displays of glowing, hanging lanterns.

Made of paper or silk wrapped around a wooden or metal frame, Chinese lanterns were invented as early as A.D. 25. The traditional lantern shape is a sphere, representing the full moon. Some varieties take the form of other Chinese symbols, such as a dragon or lotus flower.

Decorated with calligraphy or art, the lanterns come in all sizes and can be almost any color, but usually they are red, a popular hue in China that represents happiness and good fortune. Red or gold tassels often hang from the bottom of each lantern.

Lanterns are displayed throughout spaces both outdoors and indoors. A lantern hanging in the home is a symbol of protection and good luck, and lighting it is believed to bring prosperity.





# WEST HILLS

Health & Rehabilitation

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MANAGED BY  
 The Goodman Group

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**Spiritual Director**

Joyce Pruyn

## Marketing

As the holidays pass, it's not only a time to reflect on the good fortune in our lives but also the ways we can give. West Hills is constantly finding ways to give back to the community, and our Donate Dinner fundraising effort is just one of those avenues of support. In partnership with Meals on Wheels, The West Hills Campus managers donated our time on Nov. 20 to help raise funds to support Meals on Wheels during Thanksgiving. We spent all day engaging customers at Garden Home Marketplace, and we ended up raising over \$6,000 for the effort. West Hills Senior Living considers it an honor to serve our community and help support other seniors in our neighborhood. Bravo, team!