

GOOD Life News

at West Hills Health & Rehabilitation

FEBRUARY 2018

www.westhillshealthandrehab.com

Executive Director

Dear Residents and Families,

2018 is off to a busy start at West Hills! We just completed our annual CMS health inspection with excellent results. The process for this inspection was restructured in November, so West Hills was one of the first to experience this new process. Overall, it went very well and we are very happy with the results. We have minor areas of improvement in medication administration and MDS assessment coding and accuracy. We will submit a Plan of Correction for these, and implement additional staff training and monitoring to ensure that we are in compliance.

West Hills was recently named one of the Best Nursing Homes of 2017 in U.S. News and World Report. This honor is based on reviews of our annual health inspection, staffing, medical care quality measures and fire safety. This is an honor that we have received for the past several years.

2018 is starting out to be a very exciting year at West Hills. I look forward to seeing what the rest of the year brings for us!

Sincerely,

Katie Cook, Administrator-in-Training

Nursing/Health Care

Most of you may have known that we recently experienced an influenza outbreak in our facility. The East unit was mostly affected. I would like to thank all of the residents, families, visitors and staff for being patient during the influenza outbreak, as I know routines were disrupted in an effort to contain the illness. When we experience an outbreak of influenza, which is highly contagious, we work closely with our infection consultant and the Multnomah County Health Department. We implement processes immediately to prevent the spread of the illness. The flu season is still among us, so it is imperative that we continue to be very mindful of good infection control practices. I encourage all residents and guests to use the hand sanitizer stations located in all the resident rooms and throughout the building in the common areas and hallways. Also, please cover your cough to prevent the spread of germs. If you have any questions about influenza, please speak with your nurse or Resident Care Manager. We will continue to do our best to keep our residents at West Hills healthy.

— Karlene Boss, DON



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

**Platinum
Service®
Standard #19**

"I am a leader and I lead by example. I am a good steward of the environment and a role model both at work and in the greater community."

Platinum Service® is the cornerstone of our operating philosophy. This hospitality approach drives our community. Our community is committed to demonstrating kindness, responsiveness, commitment, integrity, and other positive traits that improve the satisfaction of our residents, their family members, and team members. Every day we work hard to make a difference in the lives of those we serve!

A Look at the Olympics

Speedskating, ice hockey and luge are a few of the many events on tap for the 2018 Winter Olympics in Pyeongchang, South Korea. Prepare for the Feb. 9-25 games by learning a bit more about the competition.



- This will be the twenty-third Winter Olympics. The first took place in Chamonix, France, in 1924.
- South Korea hosted the 1988 Summer Olympics in Seoul, but this will be the Asian nation's first Winter Games.
- Figure skating competitions and the men's hockey gold medal game are considered the most popular events.
- The athletes in Pyeongchang will compete in 102 events in 15 sports.
- The 2018 Games will feature four new events: big air snowboarding, mixed doubles curling, mass start speedskating and mixed team Alpine skiing.
- For gold medal performances, keep your eyes on the Norwegian athletes. Although it is a country of just 5 million people, Norway dominates the Winter Games, holding the record for most gold medals and most medals overall.

Say It With Heart

With Valentine's Day and American Heart Month, February is focused on the heart. The universal symbol of love is also found in many common expressions.



Home is where the heart is — This means that your home is the place where you are the happiest, whether it's an actual location or simply being with people you love. The saying has been attributed to the ancient Roman author Pliny the Elder.

Young at heart — An older adult who has a youthful outlook and a zest for life is said to be young at heart, no matter his or her real age.

Follow your heart — Someone who makes a decision based on emotions or intuition follows his or her heart.

Absence makes the heart grow fonder — Being apart from someone special can strengthen your feelings for that person. The idiom is centuries old and was made popular by an 1800s ballad.

Wear your heart on your sleeve — People who express their emotions freely and openly are said to wear their heart on their sleeve. The first written use of the phrase was in William Shakespeare's "Othello."

Heart of gold — Just as gold is valuable, a person who is kind and generous is valued and is described as having a heart of gold.

Marketing

For those who haven't met me yet, I am Jonny Janis and I took over the Business Development Director role at WHHR early last year. In my role, I oversee marketing and outreach efforts with our business partners on behalf of both West Hills Health and Rehabilitation and West Hills Village. I am originally from Michigan and moved to Portland in late 2016. In Michigan, I previously worked in healthcare administration and marketing, specializing in traumatic brain injury and spinal cord injury rehabilitation. It has been a pleasure to begin work in senior care and I consider helping others a privilege.



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 sauteing. 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. Chloroplasts, 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!

Special Events!

- **Resident Council Meeting:** Feb. 2
- **Super Bowl Party:** Feb. 4
- **Becky's Book Club:** Feb. 5
- **Walmart Shopping Outing:** Feb. 7
- **Olympic Torch Relay:** Feb. 8
- **Olympic Opening Party:** Feb. 8
- **Resident Food Committee:** Feb. 10
- **Resident Olympic Hockey Game:** Feb. 11
- **PDX International Dancers:** Feb. 11
- **Horticultural Therapy:** Feb. 12
- **Mardi Gras Birthday Party:** Feb. 13
- **Valentine Music Social:** Feb. 14
- **Sweetheart Dinner:** Feb. 15
- **Chinese New Year Social:** Feb. 16
- **Art Therapy:** Feb. 19
- **Resident Olympic Curling Game:** Feb. 20
- **Pet Therapy:** Feb. 21
- **World of Speed Museum Outing:** Feb. 21
- **Resident Olympic Skiing Game:** Feb. 22
- **Spiritual Chat with Joyce:** Feb. 26
- **Earthtones Music Exploration:** Feb. 26
- **Sweet Tomatoes Lunch Outing:** Feb. 28

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.



WEST HILLS

Health & Rehabilitation

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MANAGED BY
 The Goodman Group

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Yolanda Morales

Social Service Director

Carly Bakewell

Payroll

Susan Black

Dietician

Amy O'Brien

Central Supply Director

Linda Mercado

Spiritual Director

Joyce Pruyn

SOARING: Support for the Spirit

"Listen to your life. See it for the fathomless mystery that it is. In the boredom and pain of it no less than in the excitement and gladness: touch, taste, smell your way to the holy and hidden heart of it because in the final analysis all moments are key moments and life itself is grace."

The grace-filled words above, penned by Frederick Buechner in "Now and Then", invite us to pause and reflect on the gifts that remain in our lives at all times. The invitation is never stronger than when we are experiencing sadness in the face of pain and loss.

Being confronted with alterations in health, resources, relationships or abilities we once knew can bring an onslaught of emotions. Whether these changes are temporary or permanent, adapting to the impact requires time and patience with the process.

The journey of life is not easy. Companions for the journey can provide strength and encouragement, whether the companions take the form of family and friends, a strong sense of purpose, passion for a cause, interests or activities that bring us joy or a strong focus of faith that helps to anchor us. While we may experience any or all of these resources, it is inevitable that we will encounter disappointment, pain, loss and sadness along the way. What then?

When we come "to the end of ourselves," as some describe periods of loss and pain, we still have access to the life source within that can lift our spirit. We can open ourselves to remembering and savoring the memories of love shared, joyful encounters, tender moments of grace, a heart overflowing with gratitude and the renewal of hope. Regardless of the circumstances, these things remain. Think on these things.

Joyce Pruyn, Spiritual Director