

# GOOD Life News

*at West Hills Health and Rehabilitation Center*

JUNE 2017

[www.westhillshealthandrehab.com](http://www.westhillshealthandrehab.com)

## A Fresh New Look!

Dear Residents and Guests of West Hills,

As you have noticed over the past several weeks, we have been in the process of painting the exterior of our facility. As the process began, we discovered some rotting wood that needed to be repaired before we could proceed further. As you are reading this, the painting project should be completed, and we'll be enjoying our fresh new look!

We've also updated the facility vehicles including our bus and the bus and van at West Hills Village with a new design and logo. Over the next year, we expect to transition the look and feel of our marketing materials here and throughout the larger management organization, The Goodman Group.

As always, if you have any questions, please don't hesitate to reach out to me at our main number, (503) 244-1107.

Sincerely,  
*Nicole*

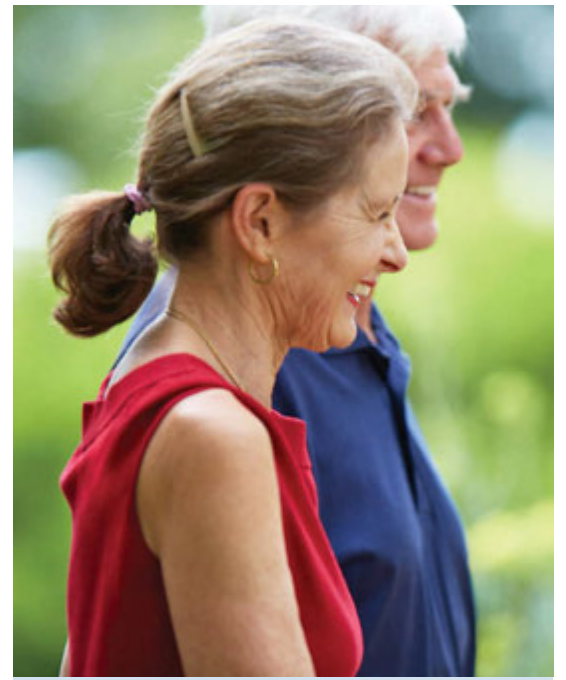


## Nursing/Health Care

June is another special month of celebrating. This month, we get to show our appreciation for our Certified Nursing Assistants. June 15-22 is National CNA week. Please thank our CNAs for all of their hard work and dedication to West Hills Health and Rehab. We would also like to thank all of our residents for providing our nursing assistant students a great learning experience.

Please remember to protect your skin as we enter into the summer months. We will provide sunscreen for when you are venturing outside. It is also good to wear a hat and sunglasses. Enjoy the sun and the beautiful scenery surrounding West Hills.

Sincerely,  
*Karlene Klobes, DON*



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

**National  
Safety Month**

Summer's start is a great time to think about safety. Warm weather may be calling people outside, but outdoor activities also open the door to potential accidents. The National Safety Council designates June as National Safety Month – a great time to reconsider how we can “Keep Each Other Safe,” this year's theme. You may be surprised to hear that one in three people over 65 falls each year, making it the leading cause of injuries for the age group. Exercise can be the first defense against falls. FIT Functional Fitness® offers various programs that can help increase muscle and bone strength!

## Soaring: Support for the Spirit

“Empty.” “Drained.” “No energy.” “I am so tired I couldn’t lift a finger if I tried.” “I can’t deal with one more thing.” Do any of these words sound familiar because there have been times in your life when you felt so overwhelmed you thought or spoke these words? If that is the case, you are not alone.

If individuals are willing to be honest with themselves and others, they will likely admit there have been such moments. For some individuals, if they were to be completely honest, they might say they feel that way much of the time. Have you ever heard someone who was struggling say, “I never get a break. Just when I think I have one problem solved, something else happens.” I am reminded of the words of Ashleigh Brilliant, one of my favorite humorists, who said, “I try to take my problems one at a time, but they refuse to get in line!”

Just thinking about your circumstances right now, would you assess yourself to be fairly content, able to manage daily activities, or are you going through a period where everything seems to be piling up and you are beginning to feel overwhelmed?

If you are fairly content and managing daily life, with or without assistance, you are to be commended and encouraged. However, if you are in the lane of life where things are piling up and you are tempted to feel overwhelmed, how can you turn that around?

Helpful suggestions recommended by many who have improved their own situations:

- Examine your attitude. If you are a complainer, choose to express gratitude for the little things.
- If you find yourself frowning, try smiling. Changing the muscles from a frown to a smile can have a positive impact on your mood.
- Are you struggling with your faith, having doubts, having end of life concerns or just wanting to get through each day? Let someone know you would like a visit with the Spiritual Director who will provide assistance or connect you with someone else that may be helpful.
- Use your resources. Help can take many forms: perhaps a change in medication if you are in pain; different positioning; letting in the sunlight as much as possible; engaging in activities if there are no medical hindrances; being willing to open up to someone.
- It is never too late to change. A shift in attitude is one thought away from becoming a reality, even in the quietness of the heart, while in pain or feeling lonely. It’s your choice!

— *Joyce Pruyn*, Spiritual Director

## Sweet, Delicious Summertime: Eat the Rainbow

Seasonal fruits and vegetables grown during the summertime are full of vitamins, minerals and phytonutrients, which are compounds proven to lower the risk for cancer and heart disease. These phytonutrients are strong antioxidants and give each different type of produce its distinct color. Each of these color families has different nutrients and health benefits, and are described below:

**Red:** strawberries, tomatoes, watermelon, raspberries and cherries. These foods contain vitamin C and phytonutrients anthocyanin and lycopene, which can reduce inflammation and promote heart health.

**Orange/Yellow:** bananas, carrots, oranges and pineapple. These foods contain potassium and vitamin A, which benefit the eyes and skin. The phytonutrient, beta carotene, is one of the strongest antioxidants and supports the immune system.

**Green:** avocado, broccoli, spinach, kiwi and cucumber. These foods contain magnesium, iron, calcium and vitamin K, as well as the phytonutrient leutin. Benefits of eating these foods include strong bones, cataract prevention and reducing risk for heart disease and cancer.

**Blue/Purple:** grapes, blueberries, black berries and eggplant. These foods contain vitamin C, potassium and folate, as well as phytonutrients anthocyanidins and phenols. These vitamins and minerals support healthy immune systems and strengthening blood vessels.

This summer, try to eat one of these seasonal foods from each color group every day. You may just experience all the health benefits for yourself!

## New Residents

A warm welcome to all our new residents!

## Starry, Starry Night

One of the most magnificent sights in nature, the night sky has been inspiring stargazers for centuries. Adding to its beauty are 88 identifiable star patterns, called constellations. Have some fun finding a few of the most famous:

**Orion** — The distinct figure of Orion the Hunter is easy to find by his belt, represented by a row of three bright stars.

**Ursa Major** — The name of this constellation means “Great Bear,” and it is notable for containing the Big Dipper, one of the most recognizable star patterns. The Big Dipper forms the bear’s tail and part of its back.

**Ursa Minor** — In Greek mythology, the “Little Bear” is the child of the Great Bear, and is also called the Little Dipper. The dipper’s handle is the bear’s tail. Polaris, better known as the North Star, is the tip of the tail and has been used for navigation for thousands of years.

**Canis Major** — The brightest star in the night sky, Sirius, is located in this constellation, which means “Great Dog.” Look for stars that form a stick figure, with Sirius as the head.

**Cassiopeia** — Named for a queen in Greek mythology, this constellation’s five bright stars create an “M” or “W” shape.

**Scorpius** — Meaning “Scorpion,” Scorpius is usually located near the horizon, where a line of stars curve into an upside-down question mark, forming the animal’s tail.



## A Pink Drink

Sipping a refreshing glass of pink lemonade is the perfect way to cool off when the temperature climbs. But have you ever wondered who invented the drink, and why it’s tinted pink?

Most historians have traced pink lemonade to 19th-century traveling circuses, where traditional lemonade was already a popular refreshment. Two stories of the origin of the pink version stand out. In one, Henry Allott, a teenager working at a circus concession stand, accidentally dropped red cinnamon-flavored candies into a batch of lemonade. He served the rosy-hued drink to his waiting customers, and it was a hit.

A second story claims circus worker Pete Conklin ran out of water while making lemonade. He grabbed a nearby tub of water that a performer had used to wash her pink tights, added it to his mixture, and sold it as “strawberry lemonade.”

However the beverage came to be, it continues to be a popular thirst quencher. The pink lemonade sold today is usually tinted with fruit juices and extracts or red food dye.

## Resident Spotlight

Ms. Ellie S. was born in Jackson, Miss. She spent the entirety of her childhood in the Deep South and has many of her roots there. It was the neighborhood she was raised in where she met her childhood sweetheart and future husband, Leroy.

In 1952, Ellie and Leroy moved across the country to Flagstaff, Ariz. Ellie is the proud and loving mother to four children (Lee, Marjorie, Marilan and Walter), all of whom were born and raised in Arizona. Despite the fact that Ellie has been calling Portland her home for the past several years, she still feels a strong sense of community with her old Arizona home. To this day, she has issues of Grand Canyon News delivered to her and has maintained contact with many of her old friends and acquaintances.

Music is a passion Ellie loves sharing with others. She never hesitates to share her old hymn book or gospel music collection with residents and staff who are interested. Some of her fondest memories include singing with her church choir.

The most prominent (and admirable) quality about Ellie, though, is her fierce commitment to expressing kindness towards others. She is often observed passionately encouraging others to practice patience, compassion and love. When I asked her where this sense of selfless altruism comes from, her response was simple, yet succinct: “Because it’s the right thing to do.”





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Deb Corwin

**Dietary Director**

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Yolanda Morales

**Social Service  
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Carly Bakewell

**Payroll**

Susan Black

**Dietician**

Amy O'Brien

**Central Supply  
Director**

Linda Mercado

**Spiritual Director**

Joyce Pruyn

## Special Events!

- Fiesta for Residents & Guests: June 1
- Becky's Book Club: June 5 & 19
- Shopping Outing to Fred Meyer: June 7
- Music Relaxation, Harp: June 8 & 22
- Horticultural Therapy: June 12
- June Birthday Party: June 13
- Visit from Holy Trinity School: June 14
- Valiant Veterans® Social: June 14
- Lunch Outing to Dang's Kitchen: June 21
- Earthtones Music Exploration: June 26
- Ice Cream Social: June 27
- Shopping Outing to Deseret Industries: June 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.