

# GOOD Life News

at West Hills Health & Rehabilitation

AUGUST 2018

www.westhillshealthandrehab.com



## Executive Director

Dear Residents and Guests,

On July 19 and 20, we had a site visit for the American Health Care Association Gold Quality Award. It was a great experience, and we look forward to hearing about the results from that visit.

In order to prepare for this site visit, we assigned teams to the six major categories of our 55 page application. The teams consisted of three to four staff members, and they were responsible for knowing the information and being able to answer questions about those topics. The main sections of the application were Leadership, Strategy, Customers, Management, Workforce, Operations and Measurement, Analysis and Knowledge. It was a lot of work but a great experience for everyone involved.

We learned there were over 90 facilities across the United States that applied for this award in 2018. Only a small percentage are chosen for the site visit, and the winners of the Gold award are chosen from that group. We are anxiously awaiting the results and look forward to sharing them with you when the winners are announced on Aug. 9!



Sincerely,  
Katie Cook, AIT

## Let's Welcome Kathleena!

Kathleena is our new Life Enrichment Assistant! She is from Japan and currently lives in Vancouver, Wash. She recently got her Associate's Degree from PCC in Gerontology. She enjoys spending time with her husband, her daughter and her dog, Koko. Kathleena is very artistic, so we are excited for all the new crafts we will have at West Hills Health and Rehab!



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

**30 Years  
Recognizing  
Senior  
Citizens Day**

The United States Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom, leadership, and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include: starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.

## Soaring: Support for the Spirit

Through the years, I have come to appreciate the life, words and work of Parker J. Palmer, Founder and Senior Partner Emeritus of the Center for Courage and Renewal. He has reached millions worldwide through his writing, speaking and advocating for issues in education, community, leadership, spirituality and social change.

I have been inspired by the following, one of the gifts I have gleaned from him:

“Words. So powerful. They can crush a heart or heal it. They can shame a soul, or liberate it. They can shatter dreams, or energize them. They can obstruct connection, or invite it. They can create defenses, or melt them. We have to use words wisely.”

As I reflect on these words, I receive them as an invitation. As you read them, I offer them to you as an invitation as well. An invitation to consider wisely the words we choose to speak, asking ourselves, “Is what I am about to say based on truth? Is it kind? Is it helpful? Does it have the possibility of lightening another’s spirit? Of bringing a smile to someone’s face?”

May taking the time to reflect on how you choose your words lift your spirit as you participate in bringing light and encouragement to those with whom you share your corner of the world!

*Joyce Pruyn, Spiritual Director*

## Marketing

Exciting news for West Hills! Through our parent company, The Goodman Group, we are receiving updated branding materials for our campus! This means we are going to incrementally update the signage, stationery and promotional materials to reflect our new colors/logo for the West Hills campus. The new logo will still feature our signature three trees but with fresh colors that include baby blue and silver. Don’t double-take when you see our new look, we still retain the same great team and exceptional care. Be on the lookout!

## Benefits of Coffee

Wake up and smell the...antioxidants?

If you think your morning cup of joe provides nothing more to your body than a jolt of caffeine, you might be pleasantly surprised to learn that your daily cup (or three) provides some health benefits as well. Drinking moderate amounts of coffee (including decaf) has been linked to lower risk of cardiovascular disease, Type 2 diabetes, Parkinson’s disease and some cancers.

Those antioxidants? Although researchers have yet to determine the exact mechanisms behind some of the disease-preventing effects, it is important to keep in mind that these compounds may be exerting other beneficial effects, such as acting as an anti-inflammatory. Coffee also contains small amounts of some nutrients, including potassium, niacin and magnesium.

Making your coffee a vehicle for fat-free milk is one way to ensure your daily calcium and vitamin D needs are met. If your diet does not include dairy, a fortified soy beverage is a calcium-rich alternative.

So how much java is too much? It’s wise to stick to no more than three to four cups per day. Certain groups, such as people with hypertension and the elderly, may be more susceptible to the adverse effects of caffeine. Pregnant and breast-feeding women will want to limit intake to a maximum of 200 to 300 milligrams a day of caffeine (the amount in two to three cups of coffee). The American Congress of Obstetricians and Gynecologists recommends that pregnant women cap caffeine consumption at 200 milligrams a day.

Courtesy of Academy of Nutrition & Dietetics



## New Residents

A warm welcome to all our new residents!

## Special Events!

- **Shopping Outing to Fred Meyer:** Aug. 1
- **Summer Luau!** Aug. 2
- **Resident Council Meeting:** Aug. 3
- **Becky’s Book Club:** Aug. 6
- **Valiant Veterans Social:** Aug. 8
- **Service of Remembrance:** Aug. 13
- **Horticultural Therapy:** Aug. 13
- **August Birthday Party:** Aug. 14
- **Pet Therapy:** Aug. 15
- **OMSI Outing:** Aug. 15
- **Backpack 2 School Party:** Aug. 16
- **Art Therapy:** Aug. 20
- **Spiritual Chat with Joyce:** Aug. 27
- **Earthtones Music Exploration:** Aug. 27
- **Rose City Timberliners Quartet:** Aug. 28
- **Dahlia Farm Outing:** Aug. 29

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.

## Greetings From ...

Whether they serve as vacation souvenirs, correspondence or collectibles, postcards offer a picture-perfect way to send a message and capture a moment.

Postal correspondence cards were first used in Europe beginning in 1869. The U.S. issued the first official “postal cards” in 1873. Pre-stamped with 1-cent postage, these cards were blank, with one side for the address and the other side for the message.

The first souvenir cards were sold at the 1893 World’s Fair in Chicago and featured colorful printed images of fair attractions. The cards were a hit and started a nationwide trend of using inexpensive postcards to mark special events, as well as for travel mementos and advertising.

Characteristics of a postcard give clues about the era in which it was printed. In the early 1900s, postcards with divided backs were introduced, allowing the address and message on one side. To reduce ink costs during World War I, a white border was added around postcard images. Linen cards, with a fabric-like texture and bright printed images, were popular in the 1930s. Color photo technology took over the market after World War II.

Many people collect postcards, a hobby called deltiology.



## New Groups by Age Wise, LLC!

Age Wise, LLC, who has provided psychological services to residents at West Hills for the past three years, is launching two groups for residents this summer.

PLUS (Purposeful Living Uplifts) is open to residents who have symptoms of depression such as sadness, social isolation and hopelessness. Participants will be able to work as a team supporting the work of a different worthy community group at each meeting.

HEROES is for residents whose health has changed and who are trying to figure out how to be themselves in the world as it is suddenly for them. Each group will be a discussion where leadership and participants offer emotional support and share ideas how to reinvent to be happiest.

If you are a resident wanting to participate or if you care about a resident who would benefit, please let your RCM or Social Services Representative know to be included.

*Seth Williams, PsyD*



Licensed Psychologist

Age Wise, LLC



**WEST HILLS**

Health & Rehabilitation

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MANAGED BY  
 The Goodman Group

## Staff

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**Admissions Director**

Debi Corwin

**Dietary Director**

Rachel Mackintosh

**Maintenance Director**

Mike Dille

**Medical Records Director**

Yolanda Morales

**Social Service Director**

Carly Bakewell

**Payroll**

Susan Black

**Central Supply Director**

Linda Mercado

**Spiritual Director**

Joyce Pruyn

## Nursing/Health Care

I hope everyone is enjoying the warm summer weather! August is National Immunization Awareness Month. If you have questions about which immunizations are available for you, please ask to speak with your Resident Care Manager. We will offer the flu vaccine during flu season, which is approaching quickly. The Pneumonia vaccine is another common vaccine we administer to residents at WHHR. You can receive this at any time during the year; however, a doctor's order is necessary. We like to keep all of our residents free from illness, so please remember to wash your hands and cough into your elbow or cover your sneeze with a tissue. Thank you for helping us keep everyone at West Hills healthy!

*Karlene Boss, DON*