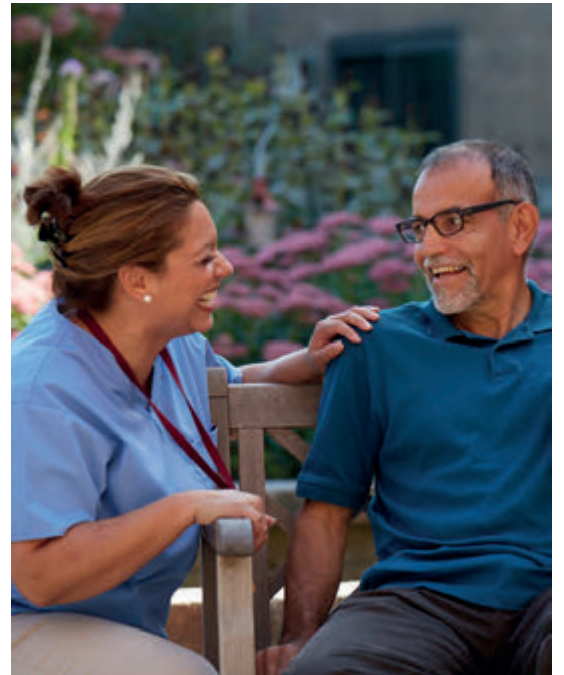


# GOOD Life News

at West Hills Health & Rehabilitation

NOVEMBER 2018

www.westhillshealthandrehab.com



## Administration

Dear Residents and Guests,

Thanksgiving is quickly approaching! We will have our annual Thanksgiving Dinner for residents and guests on Thursday, Nov. 15, from 5 to 6:30 p.m. This is an annual Thanksgiving tradition that has been going on for many years. The Management team serves dinner to the residents and guests, and it is something that we look forward to every year.

Holiday traditions are often fun and sometimes a little unusual. My extended family always gets together to celebrate Thanksgiving. My grandparents have four boys and 12 grandkids, so it is always special when everyone can make it. We are from Iowa and many of my relatives are pig farmers, so we enjoy ham for our Thanksgiving dinner. Every year before we eat, my grandmother requests that we sing her favorite Thanksgiving song, "We Gather Together," while she accompanies us on the piano. We generally make it through the first line before remembering that Grandma is the only one who actually knows the words to the song! Honestly, it is probably a good thing; the Cook Family is not known for our singing skills. Someday, we should probably print out the lyrics for everyone, but for now, we will continue to mumble our way through the other  $\frac{3}{4}$  of the song!

I look forward to gathering together with everyone at the West Hills' Thanksgiving Dinner and hear about your own holiday traditions!

Sincerely,

Katie Cook

Assistant Administrator

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

## Platinum Service® Standard #4

*"I am committed to my ongoing development. Knowledge and skills are essential in creating a great experience for our residents."*

We use our Platinum Service Standards to measure our ability to serve our residents and each other. When we live up to the requirements of Platinum Service and fulfill our job duties in an exceptional way every day, we know that we are truly doing a good job. Measuring individual and team performance against standards allows us to identify areas of improvement. This is important for the residents who will always enjoy great service from us and for us as employees. In fact, understanding how to better serve our residents, and how to minimize mistakes and rework makes us more efficient, productive, and ultimately more satisfied in our jobs.

## Winter Bazaar!

Come one, come all, West Hills' flagship event is almost upon us! Our Winter Bazaar is Nov. 17, featuring several vendors selling local and boutique goods. Come to enjoy arts, crafts, food, and pictures with Santa! The Bazaar will be hosted at our Assisted Living Community, West Hills Village, from 10 a.m. to 3:30 p.m.

The Winter Bazaar is our biggest event of the year, so please stop by. We will also be giving tours of our beautiful community as well!

# A Thanksgiving Tradition

The Macy's Thanksgiving Day Parade in New York City has been a holiday tradition since 1924. Line up for some facts about the annual spectacle:

- Along with floats, brass bands and entertainers, the early parades included animals from the Central Park Zoo.
- Giant helium balloons replaced the live animals in 1927. Felix the Cat, a dinosaur and a dog were among the first characters.
- In the early years, balloons were simply released into the air after the parade instead of being deflated. Macy's offered rewards to those who found a balloon and returned it to the store.
- The parade was halted for three years during World War II, and Macy's donated 650 pounds of balloon rubber to the war effort.
- Macy's is the second-largest consumer of helium in the world, after the U.S. government.
- Each balloon takes about 90 minutes to inflate, and about 90 handlers are needed to control its guide ropes during the parade.
- Directing each balloon's handlers is a "pilot," who must walk backward during the entire 2.5-mile route.
- There are more than 8,000 parade participants, including Macy's employees, marching bands, celebrity singers, Broadway performers and the Radio City Rockettes.
- Around 3.5 million people line the city streets to watch the parade, and about 50 million watch on TV.



# Nursing/Health Care

Pain management is an important aspect of your care here at WHHR. It is important that your pain level is assessed frequently, so that we can provide appropriate comfort measures to relieve your discomfort. There are many interventions that we can implement other than medication. If you are experiencing pain, some alternative suggestions include the following:

- Repositioning in your bed or wheelchair
- Elevation of the extremity that is painful
- Warm or cold packs (must be approved by your physician)
- Distraction such as watching TV, getting involved in a social activity, or listening to music
- Massage
- Relaxation techniques such as deep breathing
- Exercise

Taking pain medication is also an important intervention for pain management, but we need to make sure that your regimen is appropriate for the pain that you are experiencing. If you find that you are asking for a pain medication at the same time every day, it would be a good idea to get the medication scheduled so you do not have to ask. This would prevent spikes in your pain level. A common side effect of pain medication is constipation. Remember to drink plenty of fluids and take bowel medication as ordered to keep your bowel movements regular. Pain management is a crucial part of your care in order for you to progress with therapy, heal, and maintain a good quality of life. If you have any concerns about how your pain is being managed, please talk to your Resident Care Manager.

Sincerely,

*Karlene Boss, Director of Nursing*

# Special Events!

- **Resident Council Meeting:** Nov. 2
- **Becky's Book Club:** Nov. 5
- **Visit Holy Trinity Catholic School:** Nov. 7
- **PLUS Group:** Nov. 9, 16, 23, & 30
- **Service of Remembrance:** Nov. 12
- **Horticultural Therapy:** Nov. 12
- **November Birthday Party:** Nov. 13
- **Valiant Veterans® Social:** Nov. 14
- **Visit with Manny the Dog:** Nov. 14
- **Resident Thanksgiving Dinner:** Nov. 15
- **Winter Bazaar:** Nov. 17
- **Art Therapy:** Nov. 19
- **Pet Therapy:** Nov. 21
- **Movie Theatre Outing:** Nov. 21
- **Spiritual Chat with Joyce:** Nov. 26
- **Earthtones Music Exploration:** Nov. 26
- **Walmart Shopping Outing:** Nov. 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.

# SOARING: Support for the Spirit

Oh, the unexpected things we find while sorting through files and papers from long ago! In doing just that, I came across a quote I had printed in a state student newsletter I had edited as a young student. What a difference the years make in perspective!

The following is a quote from James Freeman Clarke, who lived from 1810 to 1888, a graduate of Harvard College and Harvard Divinity School:

"PROGRESS, in the sense of acquisition, is something; but progress in the sense of being is a great deal more. To grow higher, deeper, wider, as the years go on; to conquer difficulties, and acquire more and more power; to feel all one's faculties unfolding and truth descending into the soul — this makes life worth living."

It makes sense this would appeal to us when we are young. Who doesn't want to acquire something of value, to conquer difficulties, to acquire more and more power, and to feel all one's faculties unfolding and truth descending into the soul?

Acquisition is strong in our beginning years, whether the acquisition is focused on education, job, money, professional advancement, recognition of accomplishments, relationships and the list goes on. For the individual who can look back contentedly on their life's choices, the importance of acquisition fades in the latter years of life. The focus shifts to sharing their wisdom, releasing past losses and hurts, making amends if necessary, giving away material things they no longer need, enjoying the satisfaction of knowing they were willing to risk that which could not be kept to gain that which could not be lost, passing on treasured memories, and celebrating life.

Regardless of age and the passage of time, it is always time to ponder the life you are living!

*Joyce Pruyn, Spiritual Director*

# New Residents

A warm welcome to all of our new residents!

# Food and Beverage/ Dining Services

## Nutrition for Brain Health in Alzheimer's disease/ Dementia

People with Alzheimer's or dementia do not need a special diet. As with anyone, eating a well-balanced, nutritious diet is important for overall health. However, for a person with AD or dementia, poor nutrition may increase behavioral symptoms and cause weight loss. To achieve optimal nutrition, provide a balanced diet with a variety of foods. Offer vegetables, fruit, whole grains, low fat dairy products and lean protein foods.

As Alzheimer's and dementia are primarily diseases of the brain, the following are nutrition tips on specific nutrients that promote brain health and even hinder the advance of Alzheimer's pathogenesis.

### Choose foods high in:

- Vitamin E (Sunflower seeds/safflower oil, wheat germ oil, almonds, spinach, avocado)
- Vitamin B12 (meat, fish, milk)
- Phytochemicals + antioxidants (variety of fruits/veggies, seeds, and nuts)
- Turmeric (Turmeric is a spice containing curcumin and other medicinal properties)
- Resveratrol (Grape skins and wine)

### Avoid excess:

- Aluminum — avoid products containing aluminum like cookware, antacids, and baking powder
- Iron (unless deficient) — avoid supplementation, cast-iron pans, fortified foods

Promotes oxidative damage, to which the brain is especially vulnerable

Finally, stay hydrated! Encourage fluids by offering small cups of water or other liquids throughout the day or foods with high water content, such as fruits, soups, milkshakes and smoothies.



# WEST HILLS

Health & Rehabilitation

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MANAGED BY  
 The Goodman Group

## Staff

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**Director of Nursing**

Karly Boss

**Life Enrichment Director**

Elisabeth Cramer

**Admissions Director**

Debi Corwin

**Dietary Director**

Rachel Mackintosh

**Maintenance Director**

Mike Dille

**Medical Records Director**

Yolanda Morales

**Payroll**

Susan Black

**Central Supply Director**

Linda Mercado

**Spiritual Director**

Joyce Pruyn

## The Cranberry Crop

Turkey, dressing and potatoes are the stars of a traditional Thanksgiving dinner, but a tart red berry deserves attention for its supporting role.

Cranberries grew wild in North America and early Native Americans used them for food, medicine and as a garment dye. The Pilgrims called the fruit a “cranberry” because the plant’s blossoms resemble the head and bill of a crane. Over time, the name evolved into cranberry.

TV commercials and pictures often show cranberries floating in flooded fields, leading many to believe they are grown in water. The berries actually grow on low, trailing vines in sandy bogs or marshes. During harvest season from September to November, the bogs are flooded and machines knock the berries off the vines. Because cranberries have air pockets, they float in the water, making them easier to collect.

About 90 percent of the U.S. cranberry crop is harvested wet. These berries become products such as juices, sauces and dried cranberries. The rest of the crop is harvested dry by using mechanical pickers and is sold as fresh fruit. In the U.S., northern latitudes provide the best growing conditions for cranberries. Wisconsin, Massachusetts, New Jersey, Oregon and Washington produce most of the crop.

