

GOOD Life News

at West Hills Health & Rehabilitation

APRIL 2018

www.westhillshealthandrehab.com

Executive Director

Dear Residents and Families,

In March, our leadership team developed a strategic plan for the 2018 calendar year. Having a strategic plan ensures that we are identifying and addressing opportunities for improvement beyond our day-to-day work. Some highlights include:

- Providing person-centered care by learning and incorporating resident preferences into care plans
- Exploring adding memory care to our facility's offerings
- Conducting monthly quality measure reviews
- Hiring a Portland area recruiter
- Weekly recruitment meetings where we review our staff openings, needs and challenges
- Reviewing and updating our managed care contracts

This list is not complete, nor does it address all of our focus areas, but it provides a working framework that will be reviewed and updated throughout the year. Please feel free to reach out to myself or our ED-in-Training Katie if you have any questions about this! We welcome your feedback and input.

Sincerely,
Nicole Easley

Special Events!

- Kids' Easter Egg Hunt: April 1
- Shopping Outing to Walmart: April 4
- CNA Graduation: April 5
- Resident Council Meeting: April 6
- Horticultural Therapy: April 9
- April Birthday Party: April 10
- Valiant Veterans® Social: April 11
- Geology Lesson with Bruce: April 12
- Resident Food Committee: April 14
- Art Therapy: April 16
- Pet Therapy: April 18
- Wooden Shoe Tulip Farm: April 18
- Spiritual Chat with Joyce: April 23
- Earthtones Music Exploration: April 23
- Visit Holy Trinity School: April 25
- Service of Remembrance: April 30

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.



Our Talk. Our Walk. Every Day!

Our Platinum Service® program is the centerpiece of our promise to each of our residents, families and all those we serve to deliver the highest quality of service on a legendary scale. At The Goodman Group, this program transcends everything we do. It is intrinsic to our culture and woven into the fabric of who we are. We respect our residents and guests and promise to create a positive and enriching experience to gain lifetime loyalty.

Our Platinum Service® Pledge

"Providing unparalleled service is the focus of our team efforts and my main personal role. I am committed to following and supporting our service philosophy."

Classic Ballpark Foods

Baseball fans can choose from a menu of unique snack options at MLB stadiums across the country, but these classic ballpark foods remain favorites:

Hot dogs — Whether they are eaten plain, topped with mustard and relish, or piled with chili and cheese, hot dogs go hand in hand with baseball. Fans eat about 19 million of them each season!

Peanuts — In 1895, a peanut company paid for advertising space on baseball scorecards with peanuts, which were then sold at ballparks. Roasted in-shell peanuts have been a staple at games ever since.

Cracker Jack — In the late 1800s, two brothers jazzed up plain popcorn by adding peanuts and a molasses coating. The sweet-and-salty treat became a hit at stadiums after it was immortalized in the 1908 song “Take Me Out to the Ball Game.”

Pretzels — Soft, chewy pretzels, sprinkled with salt and often dipped in mustard or cheese sauce, have American roots in Philadelphia, where vendors sold them on street corners and then at baseball games.

Popcorn — Buttery, salty popcorn is a classic snack for kids and adults alike, making it one of the most popular ballpark offerings.



New Residents

A warm welcome to all our new residents!

Soaring: Support for the Spirit

“Whatever you choose to do with your existence, do it with everything you’ve got. Let your love be heard and felt by everyone you come into contact with.” -Mel Robbins

As you read this newsletter, the calendar page has changed from March to April. Spring has arrived, and the month begins with Easter on April 1 and Holocaust Remembrance Day on April 12: two days that represent life on the one hand and death on the other hand. Isn’t it true of life that we are often making choices between extreme options, even if we may not be aware of the significance of the choices made?

In light of the decisions we make throughout our lives on a daily basis, from the smallest to the largest, the quotation above is worth considering. Regardless of one’s religious or spiritual perspective, all choices support life and moving forward or ignore the call of life and run the risk of keeping us stationary. While physical movements may be limited, the spirit has a life force of its own and can move us to make choices that enhance our well-being as well as the well-being of those around us.

My invitation to each person reading these words is to consider the quotation above and think of the ways in which you can, “let your love be heard and felt by everyone you come into contact with,” regardless of your circumstances!

Enjoy letting your love shine and brighten the lives of others with a smile, an encouraging note, a kind word, a warm touch or a knowing glance. The ways are limitless!

Joyce Pruyn, Spiritual Director

Nursing/ Health Care

An interesting fact I would like to share is that between half and three-quarters of residents living in skilled nursing facilities fall each year. Some of these falls result in major injuries. Here at WHHR, we want to do our best to prevent our residents from falling and potentially sustaining an injury. There are many things we do to make sure you all are residing in a safe environment. Nurses conduct fall assessments frequently which show the staff at WHHR which residents are at higher risk for falls. We utilize this information by implementing personalized interventions to decrease a person’s risk of falls. Some common interventions to prevent falls include wearing well-fitting non-skid footwear, using assistive devices for ambulation and mobility, monitoring adverse effects from medication, ensuring hydration with fluids, keeping personal belongings within reach, frequently orienting residents to their call lights, anticipating resident needs, conducting frequent rounds to check on residents and maintaining a hazard free environment. At WHHR, we limit the use of alarms due to the effect the loud sounds have on residents. Please help us keep you safe by alerting staff when you need assistance. It is always better to be cautious and ask for help than take the risk of falling. The staff at WHHR are invested in decreasing the number of falls that occur and keeping you all safe. If you have any questions on how to reduce your risk for falls and injury, please feel free to discuss this with your Resident Care Manager.

Sincerely,
Karlene Boss, DON

The Benefits of Probiotics and Prebiotics

Probiotics and prebiotics are natural ingredients found in everyday foods that promote the growth of helpful bacteria in your gut. Although they are available as dietary supplements, it is not necessary to use special pills, cleanses or drinks to incorporate them into your daily regimen. Prebiotics are components found in fruits, vegetables and whole grains such as bananas, onions, garlic, leeks, asparagus, artichokes, soybeans and whole-wheat foods.

Probiotics are “good” bacteria, also known as “live cultures” (such as bifidobacteria and lactobacilli). These active cultures help populate intestinal bacteria, which boost immunity and overall gut health. They are found in fermented dairy foods including yogurt, kefir and aged cheeses. Be sure to include plenty of non-dairy foods too, including kimchi, sauerkraut, miso, tempeh and cultured non-dairy yogurts.

In short, probiotics are helpful bacteria that support gut health and prebiotics feed those bacteria to support their growth and vitality. They work together synergistically, and eating both together can produce even better results. Though research continues in this area of nutrition — investigating effectiveness and safety of these substances — the benefits of consuming prebiotics and probiotics on a daily basis are evident. Incorporating health-promoting functional foods, such as foods containing prebiotics and probiotics, into the diet aids in creating a healthier you.

Healthy Reasons to Laugh

Kidding around has some serious benefits — and not just for your funny bone! Here’s how laughter can improve your life:

Provides a workout — A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

Boosts your immune system — Laughs produce positive thoughts, which prompt your body to release antibodies that help fight illness.

Lifts your spirits — Laughing boosts the brain’s levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression. Often, people who embrace laughter find it easier to cope with difficult situations and let go of stress and anger.

Keeps you connected — Laughter is contagious. One researcher estimates we are 30 times more likely to laugh with others than when we’re alone. Spending time with people can help you laugh more and improve your quality of life. Laughing together is also a common way to bond with loved ones as well as make new friends.





WEST HILLS

Health & Rehabilitation

5701 SW Multnomah Boulevard, Portland, OR 97219
503-244-1107 | www.westhillshealthandrehab.com



MANAGED BY
 The Goodman Group

Staff

Executive Director
Nicole Easley

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

Social Service Director
Carly Bakewell

Payroll
Susan Black

Dietician
Amy Jones

Central Supply Director
Linda Mercado

Spiritual Director
Joyce Pruyn

Marketing

We are happy to report the return of Positive Outcomes Cards! For those of you who don't know, Positive Outcomes Cards are mementos we send out to current and former members of resident medical care teams (Case Managers at Hospitals, PCP offices, etc.) that update them on the progress of those who do rehabilitation at West Hills! The cards include a current picture of the resident and a brief update on all the goals achieved through their care at West Hills. Positive Outcomes Cards are a wonderful way to show our partners in the community that we are invested in the progress of residents at West Hills and strive for excellence in everything we do.

April 15-22 is National Volunteer Week! Volunteer week is a time to acknowledge and celebrate those who donate their time to better our community. This is an opportunity to recognize the integral role volunteers play in ensuring quality of care and enhancing engagement of residents at West Hills. If you see a volunteer during this time, please take time to thank them for their service and remind them their efforts are appreciated.