

# GOOD Life News

at Westpark Village

APRIL 2018

www.westparksenior.com



## Executive Director

Happy Easter, Everyone,

There is an article I recently came across that explains how we need to make the most of what we have.

In the article it says, "So many times we find ourselves lamenting the hand we have been dealt in life. We wish we had received the marriage cards, children cards, the good health cards or the successful cards in the first round. It can be easy to compare our cards with those of our friends and acquaintances, especially when it seems that they always hold the winning cards and we can't seem to get out of the negative! Yet, so often we fail to see the good in the cards we already hold in our hands. We forget that no matter what our cards are, the experiences and opportunities we are given in life, we can still have a good attitude about them."

My hope is we strive every day to have a good attitude about our circumstances. I think by recognizing and accepting what we have already been given in this life, we can start to build upon our strengths and talents, developing different aspects of ourselves and making the most of our circumstances.

— Jon Lorash

Executive Director

## Hop On In April!

April will hop on in with changes in the weather, fresh colors outside and birds chirping. Residents will enjoy our Wellness Talk on Friday, April 20, at 10:30 a.m., in the Activities Room. Rich Webelow will be here to talk about the importance of foot care for both young and old. Also, during the week of April 23, Westpark will once again host the Missoula Children's Theatre. This year's production will be "Peter and Wendy." Tell your family and friends to send over their kids in first-twelfth grade to try out for a part. We hope many of our residents will also audition for a part in the production!

Keep your eyes out for the Senior Sports & Arts Week flyer in your mail. There will be tons of fun things to sign up for during this special week, May 14-19.

## Our Talk. Our Walk. Every Day!

Our Platinum Service<sup>®</sup> 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<sup>®</sup> 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."*

## Resident Spotlight

Sarah Repka was born on April 21, 1923, to parents Catherine and Witt in Eldora, Iowa. She grew up in Marshalltown, Iowa, with two younger sisters, Shirley and Delphia. Sarah stated that growing up with two younger sisters was “wild,” but as they grew older, they became very good friends! She graduated high school from Garner, Iowa, and then went on to study at the University of Iowa. Sarah got her degree in Romance languages, which included: French, Spanish and Portuguese.

Sarah met her husband in high school, but they did not get married until after she had graduated from college. He was in the military, so they have traveled all over the U.S. Sarah taught Spanish and French along the way. They moved to Montana when Sarah’s husband got a job at the Billings Clinic as a dermatologist. Here in Billings, Sarah taught Spanish at West High School. She even got to take students to Salamanca, Spain. In her retirement years, she traveled to South America, Spain and has visited many other places.

The most amazing event of Sarah’s life was adopting her three children: Sam, Cary and Martha. She also has 11 grandchildren. When asked what she has learned about herself, Sarah said it was to be patient with others. She has always been very thankful she got her degree; in fact she still uses it today. One of her hobbies includes a Spanish class that meets here at Westpark. Sarah is very happy with the community at Westpark! She was especially happy her friend since forever, Janice Cousins, lives here too. Thank you, Sarah, for sharing your story!



## Nursing/Health Care

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.

## Soaring: Supporting the Spirit

I’m not sure if you realize it, but we write these articles for the newsletter way before the next month, so it’s only March 7 right now. It is warming up, and the mountains of snow around Billings are starting to melt pretty quickly. Hopefully, we do not have flooding from it. Flooding sounds pretty extreme here in Billings considering the amount of water we get each year and the fires that we experience in the summer. Weather seems to be way out of balance anymore, doesn’t it? Does your life ever seem out of balance? Staying in balance or having a routine seems to get easier as we get older. The only problem is, when we have a routine that we like to stick with, it will more than likely get interrupted at some point during the day. Sometimes interruptions make us irritable, moody or even angry. Delays, interruptions, changes and other challenges are all part of life. They are even part of retirement life. How do you react when things don’t go the way you expected? Don’t worry, I am asking myself the same question. Believe it or not, I’m not perfect; just ask Lauri! Here are a few quotes that might help all of us deal with change a little differently this month.

“Don’t be afraid of change. You may lose something good, but you may gain something better.” -Unknown

“If you don’t like something, change it; if you can’t change it, change the way you think about it.” -Mary Englebreit

— Mike Feralio, Spiritual Director

## Food and Beverage/ Dining Services

**Healthy Eating as You Age:** Tips for Creating a Well-Balanced Diet

It doesn’t have to be difficult to swap a tired eating regiment for a tasty, well-balanced eating plan.

**Avoid Skipping Meals** — This causes your metabolism to slow down, which leads to feeling sluggish and making poorer choices later in the day.

**Breakfast** — Select high-fiber breads and cereals, colorful fruit and protein to fill you with energy for the day. Try yogurt with muesli and berries, a veggie-packed omelet, peanut-butter on whole grain toast with a citrus salad or old-fashioned oatmeal made with dried cherries, walnuts and honey.

**Lunch** — Keep your body fueled for the afternoon with a variety of whole-grain breads, lean protein and fiber. Try a veggie quesadilla on a whole-wheat tortilla, veggie stew with whole-wheat noodles or a quinoa salad with roasted peppers and mozzarella cheese.

**Dinner** — End the day on a wholesome note. Try warm salads of roasted veggies and a side of crusty brown bread and cheese, grilled salmon with spicy salsa or whole-wheat pasta with asparagus and shrimp. Opt for sweet potatoes and grilled meat instead or fried.

**Snacks** — It’s okay, even recommended, to snack. But make sure you make it count by choosing high-fiber snacks to healthfully tide you over to your next meal. Choose almonds and raisins instead of chips, and fruit instead of sweets. Other smart snacks include yogurt, cottage cheese, apples and peanut butter, and veggies and hummus.

**Healthy Eating Tip:** Fill Up on Colorful Fruits and Vegetables

Fruits and vegetables are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants and fiber. Focus on eating the recommended daily minimum of five servings of fruit and vegetables, and it will naturally fill you up and help you cut back on unhealthy foods. A serving is half a cup of raw fruit or vegetable or a small apple or banana, for example. Most of us need to double the amount we currently eat.

Try to eat a rainbow of fruits and vegetables every day as deeply colored fruits and vegetables contain higher concentrations of vitamins, minerals and antioxidants. Add berries to breakfast cereals, eat fruit for dessert and snack on vegetables such as carrots, snow peas or cherry tomatoes instead of processed snack foods.

- Greens. Branch out beyond lettuce. Kale, mustard greens, broccoli and Chinese cabbage are all packed with calcium, magnesium, iron, potassium, zinc and vitamins A, C, E and K.
- Sweet vegetables. Naturally sweet vegetables, such as corn, carrots, beets, sweet potatoes, yams, onions and squash, add healthy sweetness to your meals and reduce your cravings for added sugars.
- Fruit. Fruit is a tasty, satisfying way to fill up on fiber, vitamins and antioxidants. Berries are cancer-fighting, apples provide fiber, oranges and mangos offer vitamin C, and so on.

## Life Enrichment/ Highlighted Events

Our Monthly Wing Meetings will be April 11 at 10:45 a.m. for Apartments 176-189, and April 17 at 10:45 a.m. for Apartments 255-261.

Our April outings will be on April 16, The Pie (Pizza Deli), and on April 30, The Montana Club. Please join us it; is a lot fun on our outings.

Also in Westpark, we have the Missoula Children’s Theatre here the week of April 23-28. It is exciting for our residents and children from the community to join together and have the experience of sharing their talents. Please talk to Kathy in Life Enrichment or Becky or Jan in Marketing for more information on this great experience and fun. The performances will be April 27 and 28.

Donations are accepted for tickets and will be given to the St. Francis Drama Club for their program.

## Resident Birthdays

Ruth Y., 1st	Shirley M., 19th
Hilda A., 3rd	Virginia K., 21st
Sue M., 3rd	Sarah R., 21st
Jean D., 6th	Elma D., 22nd
Marjorie T., 8th	Jacque W., 23rd
Peter L., 10th	Beverly S., 24th
Claude H., 13th	Jeanette P., 24th
Pat M., 14th	Audrey P., 26th
Betty W., 16th	Helen B., 27th
Barb P., 18th	Suzanne L., 30th

## Anniversaries

Dale And Verna A., 4/27/1954



# WESTPARK VILLAGE

Senior Living

2351 Solomon Avenue, Billings, MT 59102  
406-652-4886 | [www.westparksenior.com](http://www.westparksenior.com)



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 The Goodman Group

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## Westpark Coffee for New Residents

New residents, please join us for coffee and conversation!

It's a great time to learn about our community and all the fun things we have here. We hope to see you there on Wednesday, April 18, at 10:30 a.m., in the Four Season's Dining Room.

For more information, contact Kathy in Life Enrichment Department.

## New Residents

Mary V., #108

Ruth Ann M., #363

Donna W., #166

Martha G., #237

Jane R., #311

Maggie C., #336

Dick D., #256

Paul C., #381



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