

GOOD Life News

at Westpark Village

OCTOBER 2017

www.westparksenior.com



Executive Director

Hello all,

My name is Jon Lorash. I have been with the Goodman Group for two and a half years. During this time, I have worked at Village Health Care Center, Riverside Health Care Center and now the great Westpark Village as Executive Director. In May of this year, I earned an MBA (Masters of Business Administration) from the University of Montana, and in 2010, I earned a Bachelor's Degree in Finance from Montana State University — Billings.

We moved back to Billings in August and purchased a home on the Westend. We are still digging out of our moving boxes, but none-the-less, we are excited to be back home.

I am originally from Joliet, Mont., where my mom and dad raised five children. Shortly after leaving the nest, I met my wife, Tiffany. She truly is my better half. We have been married for 14 years and have four children. Their names are Birkley (13), Brynn (10), Conner (8) and Carson (5).

Birkley is in the eighth grade at Ben Steele and Brynn, Conner and Carson attend Boulder Elementary. We are an active family that loves to hike, especially to waterfalls, camp and play sports.

I want to thank you for the warm welcome you have all given me. I already feel a part of the Westpark Village. This place is amazing, and I look forward to getting to know each and every one of you.

— Jon Lorash, Executive Director



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

**Health
Literacy
Month**

This annual October observance is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopt a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit blog.thegoodmangroup.com.

Resident Spotlight

Louise W. was born in a log cabin on a farm in Wabash County, Ind. She was the youngest of five children born to Milburn and Mabel Cross. Her parents courted by horse and buggy. Her uncle served in the army overseas during World War I, was injured and carried shrapnel in his body for the rest of his life.

Because Louise was born during the end of the Great Depression, she remembers her mother saving all year in order to have oranges for Christmas. The U.S. entered World War II when she was nine, so she worked in the victory garden on the farm, gathered Milkweed Bolls which were used in making parachutes, folded gauze into bandages, bought 10 cent war stamps toward buying war bonds, sang patriotic war songs, waited for months to buy nylons (which had seams up the back) and used or traded ration stamps for sugar, coffee, shoes, etc., in order to buy those things. When buying shoes, she could stand on an x-ray machine to see if the shoes fit! A white banner containing a blue star hung in their window in honor of her sister who served as an Army Nurse.

For 11 years, she attended Lincolnville High School, and because the school was disbanded, she walked for a quarter of a mile to get on the bus her brother drove to spend her senior year at LaFontaine High School. Her father had driven the school bus when she was in the first grade.

She left home at 17 and attended International Business School, earning a B.S. in Commerce. She earned her A.B. at Asbury College (now University) in Wilmore, Ky., her teaching certificate at Montana State University (Missoula), and her M.S. in Education at Western Montana College of Education (Dillon).

She used her secretarial skills at a children's home, a church, the secretarial pool at Asbury College, Family Services, a telephone company, various offices at Eastern Montana College (Billings) and part-time at two law offices. She administered ASVAB tests to juniors in northeast Montana and tested adults who wanted government jobs.

For 10 years she taught fifth graders in Missoula and Sheridan, Mont. Substitute teaching occurred in Billings and Glasgow, including tutoring a teen-age boy whose neck was broken in an accident and his head was in a halo. She also taught Sunday School and Bible studies for over 30 years. Both Louise and Arthur held a variety of offices in their churches wherever they lived.

Louise met her husband, Arthur, in 1956 through a college-age group at their church. He had just been discharged from the Army. They were engaged in two months and married in six. They had three daughters. He worked for 20 years as a Game Warden and 10 as a Regional Supervisor of northeastern Montana with Fish, Wildlife and Parks. He had a great sense of adventure and enjoyed many sports. In retirement, he skied 50 times a year at Red Lodge. During those years, the family lived in Missoula, Glasgow (twice), Glendive, Sheridan (Mont.), Forsyth and Billings (twice).

They spent many days sailing their boat on Fort Peck. In 1998, Louise and Arthur volunteered for six weeks working in two churches in California with NOMADS and nine weeks in 1999 in Louisiana and Mississippi at a Community Center, Seashore Assembly, a church and UMCOR (United Methodist Committee on Relief) Depot. They were lucky enough to be in New Orleans and Biloxi during Mardi Gras, which was fabulous and fun. Unfortunately, some of their work was damaged or washed away by Hurricane Katrina.

Louise has been very privileged to do a lot of traveling. She has been in all 50 states, Bermuda, the Bahamas (spent seven weeks on a sailboat), Canada, Venezuela, Mexico, New Zealand, Israel, Turkey, Greece and Ukraine (taught English to university-age students for a week). She has a daughter in Alaska and has visited Alaska 20 times. One time she was there for just two hours!

Her most unusual event was when she and her husband were flying a small plane in the rain in Missouri. Their take off wasn't good, there was a short runway and they couldn't see the wind sock. Their plane caught a wire and they nose dived into a gravel pile. Luckily they came out alive with just a totaled plane, broken ankle, cuts, bruises and lost glasses. A fun fact is that Louise is a second cousin once removed to the Wright Brothers. She has copies of letters from their father to her grandmother.

October to Learn

Westpark Village will be hosting several education opportunities. MSU-B will be here on Thursday, Oct. 5 and 12 in the lower level at 7 p.m. to discuss "Montana Rich Culture" and "Butte History." Also, on Oct. 20, at 10:30 a.m., Karen Grosz from Canvas Creek will present on the benefits of art and well-being. Please invite friends and family to attend.

Nursing/Health Care

"Take 3" Actions To Fight The Flu

1. Vaccinate

CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. Everyone six months of age and older should get a flu vaccine. Flu vaccination can reduce flu illnesses, doctor's visits and missed work and school, as well as prevent flu-related hospitalizations and deaths.

2. Stop Germs

Try to avoid close contact with sick people. If you are sick with flu-like symptoms, CDC recommends you stay home for at least 24 hours after your fever is gone. Your fever should be gone without the use of a fever-reducing medicine. Cover your nose and mouth with a tissue when you cough or sneeze. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Avoid touching your eyes, nose and mouth.

3. Antiviral Drugs

If you get the flu, antiviral drugs can treat your illness. Antiviral drugs can shorten your illness and make it milder. Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.

Information received from: www.cdc.gov/flu

Lauri Feralio, RN
Director of Nursing

Soaring: Supporting the Spirit

I don't know about you, but I am ready for the cooler weather and for all the smoke to clear. The smoke makes it hard to see the beautiful mountains and the bright blue sky. The beauty is still there, but we can't see it clearly like we used to before the smoke appeared. The same thing happens in life when we hurt someone or when someone hurts us. We don't see them the same way anymore. The smoke of unforgiveness clouds the way we feel about them. Some people let years go by before they finally resolve the issue and forgive each other. We all have made mistakes. We all have said things we didn't really mean. We all need forgiveness. Don't let the smoke of unforgiveness ruin a good relationship you once had. Try to resolve it. The only person you are hurting when you refuse to forgive is yourself.

I'll end with a joke that I thought was cute, maybe because I am the Spiritual Director.

"Why are trees very forgiving?"

Because in the fall they 'Let It Go' and in the spring they 'turn over a new leaf'."

— Mike Feralio, Spiritual Director

Food and Beverage/ Dining Services

Eating Well as You Get Older

Eating a well-planned, balanced mix of foods every day has many health benefits. For instance, eating well may reduce the risk of heart disease, stroke, type 2 diabetes, bone loss, some kinds of cancer and anemia. If you already have one or more of these chronic diseases, eating well and being physically active may help you better manage them. Healthy eating may also help you reduce high blood pressure, lower high cholesterol and manage diabetes.

Eating well gives you the nutrients needed to keep your muscles, bones, organs and other parts of your body healthy throughout your life. These nutrients include vitamins, minerals, protein, carbohydrates, fats and water. Eating well helps keep up your energy level, too. By consuming enough calories — a way to measure the energy you get from food — you give your body the fuel it needs throughout the day. The number of calories needed depends on how old you are, whether you're a man or woman, your height and weight and how active you are.

Consuming the right number of calories for your level of physical activity helps you control your weight, too. Extra weight is a concern for older adults because it can increase the risk for diseases such as type 2 diabetes and heart disease and can increase joint problems. Eating more calories than your body needs for your activity level will lead to extra pounds.

If you become less physically active as you age, you will probably need fewer calories to stay at the same weight. Choosing mostly nutrient-dense foods — foods which have a lot of nutrients but relatively few calories — can give you the nutrients you need while keeping down calorie intake.

Resident Birthdays

Dorman H., 1st	Mary Louise R., 17th
Heleyn K., 3rd	Alvina S., 18th
Louise W., 5th	Jean S., 20th
Gene P., 7th	Virginia J., 22nd
Anna Faye S., 9th	Elaine S., 27th
Marie H., 10th	Lenora W., 28th
Pete Z., 15th	Este B., 30th
John T., 15th	Lillian B., 31st
Dorothy P., 17th	



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Life Enrichment Director

Kathy Shannon

Food and Beverage Director

Birdie O'Brien

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Becky Meisenheimer

Community Outreach Director

Jan Doak

Resident Chauffeur

Art Thompson

Business Office Director

Meredith Warren

Resident Services Director

Lynette Rudio

Spiritual Director

Mike Feralio

New Residents

Phyllis P. #361

Ed & Virginia K. #226

Carole K. #327

Gerald R. # 252

Arloa W. #384

Phyllis R. #312

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Go to facebook.com/WestparkVillageBillings to see pictures and catch up on all the fun here at Westpark Village. This is a great way for family members and friends to stay connected!

