

# GOOD Life News

at Westpark Village

NOVEMBER 2018

www.westparksenior.com

## Executive Director

Happy Thanksgiving, everyone!

Fall is one of my favorite seasons. I particularly love Thanksgiving. Who doesn't? The wonderful food, such as the infamous turkey, mashed potatoes and pumpkin pie, are always at the forefront of most everyone's mind. Others focus on the deals they are going to get on merchandise during Black Friday. Though, all of these things are a part of Thanksgiving, I want to take a moment to let you all know what I am thankful for.

I am thankful for this wonderful country we live in and the sacrifices so many of our military veterans have made on our behalf. I am thankful for a wonderful father who taught me how to work hard and a mother who taught me what unconditional love truly is. I am thankful for my lovely wife and four healthy children. Last but not least, I am thankful for my association with the residents here at Westpark Village and the many lessons I have learned from all of you. Please have a great month and enjoy your time with family and friends.

Moments Matter, Live Them Well.

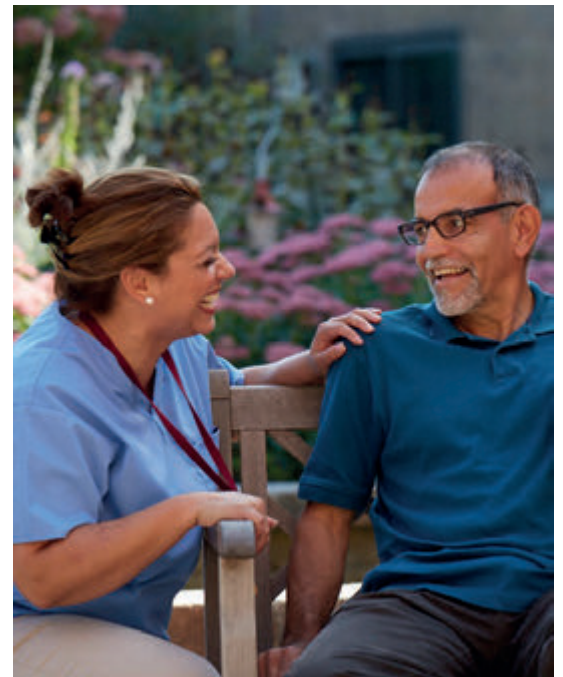
*Jon Lorash, Executive Director*

## Please Pass the Stuffing — or Dressing

At Thanksgiving dinners this month, many will reach for helpings of a savory concoction of bread, vegetables and herbs. But the name of this dish, either stuffing or dressing, varies from table to table.

Some culinary experts say stuffing is cooked inside a turkey, while dressing is baked in a separate dish. Others say the terms are interchangeable, and history seems to agree. According to the Oxford English Dictionary, the word "stuffing" dates back to 1538 and refers to a mixture cooked inside poultry or other meat, but during the Victorian era, the more polite-sounding name "dressing" emerged. People living in the Southern U.S. adopted this trend, and today, "dressing" tends to be more popular in the South, while "stuffing" is more common in the North.

No matter what it's called, the dish has become a holiday meal favorite and can feature a variety of ingredients. Traditional recipes call for white bread, cornbread or sourdough as the main component, along with the classic combination of onions, celery and sage. Some cooks like to include additions such as sausage, oysters, mushrooms, butternut squash, dried fruit and nuts.



**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.

## Resident Spotlight

Jo A. was born third out of six children to parents Art and Florence on Aug. 1. Plainview, Minn., is where Jo and her siblings grew up; they attended elementary through high school there. Jo graduated from high school in 1947 and then went on to attend college. She went to Teacher's College in Winona, Minn., for two and a half years until she got married to husband,



Fletch. Fletch was a WWII veteran, and two short months after he and Jo had married, he was called to the Korean War. While her husband was overseas, Jo began working in sales in Winona. Fletch was gone for two years, and upon his return, he went back to school to earn his Industrial Arts Degree. With his company, he was moved about every four years, and in this time, they had grown their family by two, they had a daughter, Susan, and a son, Scott. Some of the places they lived were Winona Minn.; Ashland, Wisc.; Minot, N.D.; Bismarck, N.D.; Rochester, N.Y., where she was a teacher's aide; and then they finally landed in Billings, Mont., in 1968. Unfortunately, Fletch passed away after about three years after they had moved there. After Jo's husband's passing, she was working retail in downtown Billings at Hart-Albin department store. Jo had worked there for a few years and jokingly says, "I got tired of working, so I married the boss." That happened to be Jack A., the vice president of the company. Jack had four children of his own, so Jo became a mother of six pretty much overnight. Jo did go into retirement right away, although just because she was retired does not mean she wasn't busy. Jo did her fair share of volunteering; this included the church, the P.E.O. and 40 years at St. Vincent's. She also enjoyed book club, hand work, golfing, yard work and reading, but was most passionate about her volunteer work. Her secret to longevity is her faith, family and friends. Jo has had numerous trials in her life, including ovarian cancer, heart disease, two husbands passing and two children passing. None the less, she found strength through her faith. When Jack died and the children moved away, she moved to Westpark (the best decision she has ever made). Through the years, she has never really had to be alone, she has always had family around her. Now that she has moved to Westpark to an apartment by herself, she has learned she doesn't mind being alone and has gotten to know herself. She stated, "I kinda like Jo." Thank you, Jo, for sharing your story, and we kinda like you too!

## Resident Birthdays

Verna A., 1st  
Harold M., 4th  
Eleanor W., 5th  
Sally S., 7th  
Mary V., 7th  
Ken L., 8th  
Al L., 8th  
Florentine M., 9th  
Lorraine F., 11th  
Marge O., 12th  
Ruth U., 16th  
Wayne H., 19th  
Ed T., 22nd  
Don C., 22nd  
Beth W., 24th  
Ann H., 26th  
Louise B., 29th  
Mary H., 30th

## Anniversaries

Ken & Ann C., 11/29/1959



*The Life Enrichment Department wishes all our residents and families a Happy Thanksgiving!*

## Nursing/ Health Care

### Wash Your Hands

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

### When should you wash your hands?

- Before, during and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing or sneezing
- After touching an animal, animal feed or animal waste
- After handling pet food or pet treats
- After touching garbage

### How should you wash your hand?

- Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse hands well under clean, running water.
- Dry hands using a clean towel or air dry them.

Information Received From:  
[www.cdc.gov](http://www.cdc.gov)

Lauri Feralio, RN  
Director of Nursing

## Soaring: Supporting the Spirit

I want to take this month to thank all of the residents who volunteer here at Westpark. I appreciate it so much. We have volunteers who put the newsletter together and pass it out to all the apartments. My son was here last month helping out with the newsletter also. He said the residents were going so fast he could not keep up with them! I think that is funny because he is very competitive. I wouldn't be surprised if he comes back next month to try and do it faster. Other residents volunteer in the store, read the newspaper, play piano, help with resident council, call bingo, take new residents to meals and visit other residents who enjoy a visit once in a while. Volunteering not only helps others, but I know it helps those who volunteer as well. It makes them feel good they are able to help out or help someone who may be lonely or having a bad day. It gives them a sense of meaning and purpose, which is very important at this stage of life. If you ever feel like you would like to volunteer, give Kathy or myself a call and let us know. You will definitely be helping our other residents, but remember, you will also be helping yourself.

"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well." -Ralph Waldo Emerson

*Mike Feralio, Spiritual Director*

## Food and Beverage/ Dining Services

### Healthy Eating: Fruits and Vegetables

Agriculture is the foundation of all human civilization. The moment mankind was able to reliably grow its own food; it could halt its nomadic hunter-gatherer lifestyle. When we were no longer forced to chase migrating herds and pluck grubs from the dirt to survive, we were able to develop culture, language and music.

Fruits and vegetables have been in the human diet over the entirety of human history. We eat them raw, cooked, chilled, frozen and in ever creative combinations with other fruits and vegetables. We drink them in juices, and in the case of things like orange peel, we even use them as seasoning for other foods. As with everything that's been around that long, there is a lot to know about fruits and veggies, so let's talk about some of them!

It's a wildly popular rumor that frozen veggies and fruits aren't as nutritious as their frozen counterparts. This simply isn't true. Studies by the FDA have confirmed that any decrease in nutrition from freezing vegetables is negligible at best. You can eat it fresh, frozen or even drink it, and you'll get the same benefits! Do keep in mind that if you drink it, it has to be 100 percent juice. A brand with only 10 percent is obviously not going to be nutritious.

## Annual Craft Fair

Once again, Westpark Village will be hosting their annual craft fair on Friday, Nov. 2, and Saturday, Nov. 3, from 9 a.m. to 2 p.m., each day. We will have many talented vendors with a variety of different handcrafted items. Please be sure to invite your family and friends to attend for some fun pre-holiday shopping!



# WESTPARK VILLAGE

Senior Living

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



MANAGED BY  
 The Goodman Group

## Staff

### Executive Director

Jon Lorash

### Director of Nursing

Lauri Feralio

### Environmental Services Director

Una Weisenhaus

### Life Enrichment Director

Kathy Shannon

### Food and Beverage Director

Birdie O'Brien

### Director of Marketing

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



*Honor our Westpark Veterans*

## New Residents

- Marj B., #181
- Helen F., #260
- Louise L., #300
- Marge O., #331
- Luella P., #366



## Like Us on Facebook

@WestparkVillageBillings

Visit [facebook.com/WestparkVillageBillings](https://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!