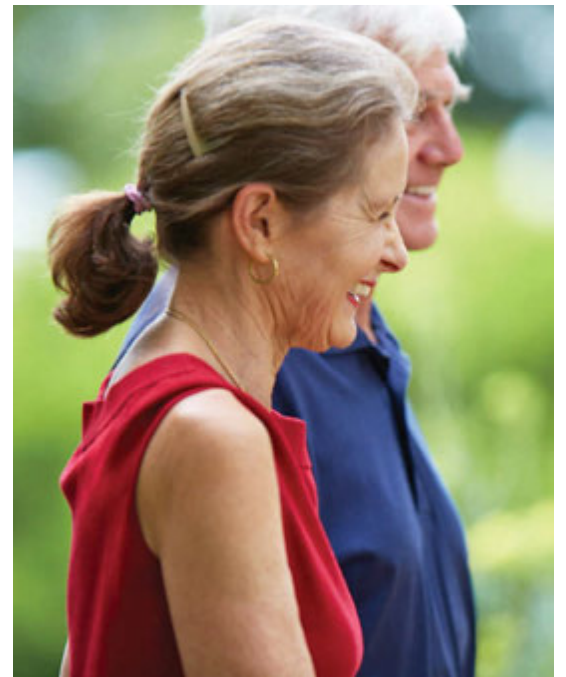


GOOD Life News

at Westpark Village

JUNE 2017

www.westparksenior.com



Executive Director

Have you noticed? Our lives are filled with a wealth of everyday gifts: tiny moments and occurrences that add joy to the everyday, if only we stop to appreciate them.

The best part is the little things that make life worth living are not expensive or difficult to see or hard to come by: a cup of coffee with a friend, a phone call from someone you love, a sunrise or an unexpected letter in the mail. When you start counting them all up, you realize the little things aren't so little after all.

This month, let's take the time to appreciate all the moments that make us smile!

Have a beautiful June.

Tina

Mark Your Calendars

Westpark Village will be hosting an Artisan/Vintage Market on Friday and Saturday, June 23 and 24, from 9 a.m. to 3 p.m. each day. This year, we will have the market indoors in our lower level in order to provide a safe and cool environment. We have invited a number of local artists to display their wares. It will be a wonderful opportunity to find some great treasures and gifts. In addition to this market, Westpark will have an old-fashioned barbeque lunch on our east side to raise funds for the Yellowstone County Relay For Life. Relay For Life is an event that raises money for the American Cancer Society and that honors those who have survived and those who have lost their fight to cancer. As a senior community, Westpark is very active in helping to raise funds for various organizations that affect our residents. Please mark your calendars and plan to attend for some shopping and a delicious meal!

Summer

Happy summer to all our residents and families!



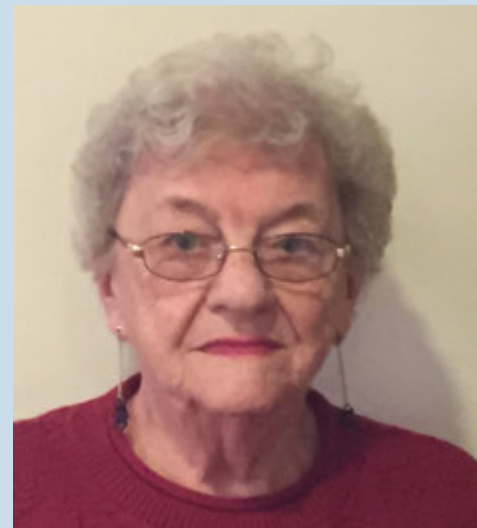
**Our Talk.
Our Walk.
Every Day!**

National Safety Month

Summer's start is a great time to think about safety. Warm weather may be calling people outside, but outdoor activities also open the door to potential accidents. The National Safety Council designates June as National Safety Month – a great time to reconsider how we can “Keep Each Other Safe,” this year's theme. You may be surprised to hear that one in three people over 65 falls each year, making it the leading cause of injuries for the age group. Exercise can be the first defense against falls. FIT Functional Fitness® offers various programs that can help increase muscle and bone strength!

Resident Spotlight

Genny was born on July 15, 1932, on a farm in Bridger, Mont. She was eighth in line of nine children. She graduated from Bridger High School in 1950 and was married to her first husband in 1952. They had five children, three daughters and two sons. In 1977, Genny married her second husband, Darle H. They met at a card party, and he was a wonderful father to her children. Darle was the Superintendent of schools, so once they were married, they moved to Geyser, Mont. In 1980, they relocated to Mondovi, Wisc., to take care of Darle's parents. They lived there for 10 years before moving back to Billings.



Genny's three daughters (Pam, Becky, and Kim) all live here in Billings and her sons (Kurt and Pat) live in Washington State and Wisconsin. Genny has eight grandchildren and eight great-grandchildren.

Once her kids were grown, Genny worked as a secretary for various companies, as well as a checker in a grocery store for eight years. Some of Genny's hobbies include knitting, reading, crocheting and playing card games such as Shanghai, Pinochle and Rummikub.

After retiring, Genny and Darle traveled down to South Padre Island, Texas, for seven winters in a row. Following that, they spent three winters in Arizona. They also took a trip to Hawaii together as well. They moved to Westpark in 2013. When Darle passed away in 2014, Genny had much support from the staff and residents at Westpark, for which she is continually grateful.

Genny claims that her secret to longevity is just being a happy and positive person, and being surrounded by good friends and family. She thanks the Lord every day for the many blessings he gives her. Thank you for sharing your story with us, Genny!

New Residents

Lillian B. # 201

Claude & Carol H. #257

Boyd J. #236

Barbara L. #336

Louise W. #204

Message from Life Enrichment Department

Summer begins Saturday, June 21, and we are planning outdoor activities to enjoy during this wonderful time of year. Mustang baseball games will be starting, and we'll attend several games throughout the summer months, so plan to join us and have some fun at the ball park!

The graduating class of 2017 would like to take this opportunity to thank the residents for the generous gift they received at the graduation party in their honor.

Father's Day will be held June 15, and we wish a very happy Father's

Day to all of our Westpark fathers and grandfathers.

In June, the Gazebo Theme Dinners will begin. These dinners are held during June, July and August. Please sign up for these dinners at the front desk. Sign up only one time per month, so all residents have an opportunity to attend.

This is a wonderful time of year to get outdoors for walking and putting on the Westpark putting greens. We encourage everyone to join the the FIT Functional Fitness® exercise classes offered, play Wii Bowling or play pool in the Lower Level. There are many benefits to exercising and keeping active.

We thank all the residents who help make sandwiches for the mission.

On the second Tuesday in the lower level activity room we put together sandwiches for a very worthy cause, and we couldn't do it without your help.

The Crochet & Knitting for a cause group meet in the Friendship Café every Tuesday at 3 p.m. This is great time to meet other residents who have talents and love to share them with their neighbors. All are welcomed to join in on the fun.

If you are signed up to go on the activity outings and decide not to go, please remove your name from the list. This allows people on standby to move up. Thank you for your cooperation.

During the month, changes may occur, and we will do our best to keep you informed. Please check the lobby board and second and third floor laundry rooms for updates to activities.

Thought for the Day: "Time has a wonderful way of showing us what really matters."

Resident Birthdays

Betty B., 1st	Bobbie L., 12th
Joanne L., 5th	Violet L., 25th
Barbara O., 7th	Mavis H., 28th

Anniversaries

Ray and Mary Louise R., 6/4/1949	Peter And Suzanne L., 6/11/1951
Ralph and Bunny S., 6/10/1961	Tom And Anna Mae H., 6/12/1949

Nursing/Health Care

Sun Safety 101

Skin Cancer is diagnosed in over one million Americans every year. Sun causes an estimated 90 percent of skin cancer cases. If you have one or more of the following risk factors, you should be especially vigilant about reducing your UV exposure:

- Fair skin
- Blue, green or hazel eyes
- Blond or red hair
- Freckles
- Moles (especially 50 or more)
- Family or personal history of skin cancer

UV radiation from the sun is especially damaging under certain conditions, including the following:

- From 10 a.m. to 4 p.m.
- From mid-spring through mid-fall
- At latitudes nearer the equator (for example, Florida)
- At higher altitudes
- When there is no thick cloud cover
- Near water, snow or other highly reflective surfaces

The most effective way to protect yourself is to simply stay out of the summer sun in the middle of the day. If that's not possible, wearing dark, tightly-woven clothing and a wide-brimmed hat also works. Here are some other tips to protect yourself:

- Wear sunglasses that provide 99-100 percent UVA and UVB protection.
- Apply sunscreen to all exposed skin 15 minutes before venturing outdoors.
- Sunscreen should be re-applied at least every two hours.
- Avoid tanning salons, bed, and sunlamps.

Information received from: *About.com*

Lauri Feralio, RN

Director of Nursing

Food and Beverage/ Dining Services

With summer approaching, we at Westpark wanted to remind you to drink plenty of water and decided to include some daily diet tips to help you stay healthy while enjoying the warmth and sunshine.

5 Senior Healthy Daily Diet Tips

Many senior citizens are looking for ways to maintain and improve their health and quality of life. Concentrating on a few healthy diet tips can help seniors feel better and live longer. The proper diet and good lifestyle choices can help seniors increase energy levels, improve mental acuity, combat illness and disease, strengthen the immune system and recover faster from medical procedures.

Eat a Healthy Breakfast: It is important to eat a good healthy breakfast. It helps jump-start the metabolism, can help absorb the medications that should be taken with food, helps control blood sugar throughout the day and can improve mental acuity for the rest of the day.

Drink Plenty of Water: Many seniors are tempted to drink less water in order to avoid the extra trips to the bathroom. Even though those extra trips can be annoying, avoiding frequent urination by not drinking enough can cause mild, chronic dehydration with significant negative effects on overall health. Water consumption is important for the absorption of nutrients and medication, proper organ function, regulation of body temperature, cell regeneration and mental sharpness.

Eat Several Small Meals a Day: As the body ages and metabolism slows down, most seniors need fewer calories for their daily activities. Eating a large meal and using fewer calories makes it more likely for part of a large meal to be stored as fat. Eating several small meals not only helps avoid overeating but also helps maintain a more constant blood sugar level and keeps the metabolism at a more steady level throughout the day.

Consume Essential Vitamins and Minerals: Seniors experience changes in digestion, stomach acid composition and saliva production that affect how the body processes vitamins and minerals. It is important for seniors to consume adequate calcium and vitamin D to maintain bone health and strength. B vitamins are essential for a good circulation, sharp memory and mental acuity.

Exercise and Weight Training: As the body ages and the metabolism slows down, it can be harder to exercise and easier to gain weight. Seniors, however, who maintain even an easy exercise routine, can improve circulation and metabolism, which leads to greater overall health. Even seniors with mobility or pain issues can benefit from an exercise program in the form of hand weights or water therapy.

We hope you have an enjoyable summer!



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Art Thompson

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Lynette Rudio

Spiritual Director

Mike Feralio

Soaring: Supporting the Spirit

I came across this true story I shared at my devotions last month. It made me laugh, so I thought I would put it in the newsletter.

Billy Graham tells of a time, during the early years of his preaching ministry, when he was due to lead a crusade meeting in a town in South Carolina, and he needed to mail a letter. He asked a little boy in the main street how he could get to the post office. After the boy had given him directions, Billy said, "If you come to the central Baptist church tonight, I'll tell you how to get to heaven." The boy replied, "No thanks, you don't even know how to get to the post office!"

It's funny what kids will say sometimes. Well, have a great day and if there is anything I can help you with, just give me a call. My phone number is 606-0769

Mike Feralio, Spiritual Director

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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!

