

# GOOD Life News

at Westpark Village

AUGUST 2017

www.westparksenior.com

## Executive Director

Happy summer to my residents and families. Hope you are enjoying all the events at Westpark Village.

— Love, Tina

## New Residents

Marcella B., #202

## Soaring: Supporting the Spirit

*"We are never old with the strength of the spirit, although the body may fail." — Lailah Gifty Akita*

When I was a young boy, my family always took our vacation in August. We would go to Seaside Heights on the Jersey shore. I can't even describe how much I used to look forward to that vacation each year. I loved going there more than anything. I plan on visiting my older children in August this year, and they asked me if I would like to go to the shore for the weekend. I said yes because I would love to see it again, but with my bad neck and back, it wouldn't be smart for me to go in the ocean anymore, plus laying in the sun at my age would be another bad decision. I notice as I get older I have to give up more and more of the things I used to love to do. I think that's why we always need to be pursuing new interests we enjoy and are able to do with our friends or family. Sometimes just taking the time to sit and talk with someone means a lot. There was a time when it was rare to see anyone visiting in the Friendship Cafe here at Westpark, but that has changed dramatically in the past six months. It is great to see many residents talking and laughing together. You may not be able to golf anymore, but you might be able to putt on our putting green. You may not be able to lug a heavy bowling ball around, but you might be able to Wii bowl. Don't get down because of the things you can't do anymore; be thankful for the things you are able to do and keep on doing them. Have a great day!

— Mike Feralio, Spiritual Director



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

**29 Years  
Recognizing  
Senior  
Citizens Day**

The U.S. Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom leadership and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.

## Food and Beverage/ Dining Services

For the month of August, we will continue our Gazebo dinners on Aug. 3, 10, 17, 24 and 31. The theme will be "A Taste of Italy."

Our menu will be:

- Caesar Salad
- Fettuccini, Shrimp and Artichoke Hearts
- Garlic Breadsticks
- Italian Cannoli

The meal will be held each Thursday and served at 5 p.m. Seating is limited to 16 residents per Thursday, and sign-up sheets will appear for the entire month at the front desk in the activities book. If the weather is bad, then the meal will be held indoors.

There will be no extra charge to the residents, and the meals will be limited to residents only. We like resident participation, so get into the spirit and dress up for the occasion. Please remember you may only sign up one time, as we'd like all residents to have an opportunity to participate.

Plan ahead and sign up for one of the Thursday meals. It will be special. We look forward to seeing you there.

On another note: If you have any dishes from the Westpark kitchen, please return them as soon as possible.

A Friendly Reminder:

For safety and fire purposes, we need to remove your walker from the dining rooms while you are dining with us. You can ask and the staff will get your walker when you are ready to leave the dining rooms. For those of you who are required to keep your oxygen close, we will accommodate your need.

## Resident Spotlight

Caryl was born Dec. 9, 1931, at home in Billings, Mont., to her parents Ella and Carl LaGaly. Her mother is remembered as being a hardworking and lovable woman with a knack for sewing. Caryl was surrounded by her four brothers and three sisters and was fifth in line out of all eight children. She grew up in Billings and as a child, attended the Fratt School. She graduated from Billings Central in 1950 with a total of 42 classmates. Billings Central was a fairly new school and many classes were held in the old Annex house owned by St. Patrick's church. There are a few residents residing in Westpark who attended school with Caryl. She very much enjoyed her high school years and was able to attend her 60th class reunion. She still has her class ring.



After graduating, Caryl began working at her first job in the credit department at Sears Roebuck. She worked there for a year and then moved on to work in the credit department at Vaughn-Ragsdale Department Store, running their posting machine. Operating the posting machine was enjoyable for Caryl, and she continued doing this for two years. On April 11, 1953, she married Jack D., and together, they had three girls and one boy. Caryl stayed home to raise her children and run her household for the next 17 years. She cherishes these years and loves being a mother. Her children were musical while growing up, and her eldest daughter is a beautiful violinist. They all received college degrees, and one of them has a master's degree. She feels proud of their endeavors.

Once her children were grown, Caryl began working at St. Vincent's hospital pouring coffee on the patient tray line. Not too long after, she would become the food service supervisor, and this meant working long hours and long days. Managing and working with people was a great joy to Caryl, and she stayed with St. Vincent's for the next 25 years until she retired.

Caryl enjoys retirement and was able to travel with and without her daughter to Texas, California, Minnesota and Oregon to visit her children and grandchildren. She currently has eight granddaughters, four great-grandsons, one great-granddaughter and one more great-granddaughter on the way. In the past, she enjoyed needlepoint, cross stitching and embroidery. If you walk past her room, you can see some of her wonderful artwork hanging from her door.

When she was contemplating about which retirement community to move into, she toured three other facilities before falling in love with Westpark. To this day, she has no regrets in leaving her traditional house and making Westpark Village her home. You can find Caryl playing pinochle, hand and foot games, cribbage, shanghai rummy, rummikub, playing bingo or socializing with friends. She enjoys life and contributes this to her strong will, her young outlook on life and she never backs down from a challenge. Thank you, Caryl, for sharing your wonderful story with us.

## Life Enrichment Message

Don't you love the month of August, with its long, sultry, summer days? Be sure to get outdoors for walking and putting on the WP putting green. The summer has flown by, and soon, we will be enjoying the beauty of fall.

Westpark has many activities to join. One of these is the Knitting for Cause, which meets every Tuesday in the Friendship Cafe in Lobby at 3 p.m. They share what they are working on and enjoy visiting with each other. If you enjoy doing crafts, join this group for great conversation and a good time. It's a fun way to meet new people.

Once a month, we have a Ladies' Tea and a Men's Breakfast. We encourage you to invite new residents to join you when attending these functions. Attending these events is a great way to meet your neighbors at Westpark.

Sign-up day for the Activity Book will on the first day of the month. Check your calendar, Front Lobby and Laundry rooms for daily sheets on what activities are going on that day. Contact Life Enrichment Department for updates.

Thought of the day: "What the heart gives away is never gone. It is kept in the heart of others."

— Robert St. John

Life Enrichment Department: Kathy, Jantzen, Maria, Kaylee, Mary, Mike and Art

## Life Enrichment Team hopes you had a good summer!

## Nursing/Health Care

Psoriasis Facts

Psoriasis is the most common autoimmune disease in the U.S., affecting as many as 7.5 million Americans.

Psoriasis occurs when the immune system sends out faulty signals that speed up the growth cycle of skin cells, resulting in painful red, scaly patches on the body that bleed and itch.

Psoriasis is not contagious.

Psoriasis frequently occurs with a range of other health concerns including diabetes, hypertension, heart attack and depression.

Psoriasis impacts the emotions. Nearly 70 percent of people with psoriasis say their disease makes them feel self-conscious, embarrassed and helpless.

Up to 30 percent of people with psoriasis also develop psoriatic arthritis, which causes pain, swelling and stiffness around the joints.

There is currently no cure for psoriasis.

Information received from: [www.psoriasis.org](http://www.psoriasis.org)

— Lauri Feralio, RN  
Director of Nursing

## Tomato Talk

Nothing says summer quite like the taste of a fresh tomato. Easy to grow and full of vitamins and other nutrients, tomatoes are popular picks at farmers' markets, in home gardens, and as an ingredient in a variety of dishes.

The hundreds of tomato varieties are categorized according to their use:

**Globe tomatoes** — These are typically what people picture when they hear the word "tomato." Large, round and red, globe tomatoes are ideal for sandwiches, which is why they're often called slicing tomatoes. They're also commonly known as beefsteak tomatoes because of their meaty texture.

**Salad tomatoes** — This is the name for any medium-sized tomato, about 2 to 3 inches in diameter, with a juicy, intense flavor. There are more cultivated varieties of salad tomatoes than any other type of tomato.

**Cherry and grape tomatoes** — These tiny tomatoes are shaped like the fruits they're named after. They're very sweet and juicy, so they make a perfect snack or salad topping.

**Roma tomatoes** — These are the tomatoes you want if you're making a sauce or stew. Also called plum, paste or Italian tomatoes, Romas feature a thick skin and less moisture, so they have a long shelf life. Sweet and firm, they're easily recognized by their egg shape.

## Resident Birthdays

Jo A., 1st	Marjorie B., 9th
Margret P., 3rd	Merle E., 15th
Dale A., 5th	Margaret H., 19th
Nadine B., 7th	Betty R., 19th
Fran C., 8th	Mary H., 27th
Norma G., 8th	Walt F., 30th
Jean M., 9th	Francine B., 30th

## Anniversaries

Jerry And Pat S., 8/16/1952  
Jack & Sally S., 8/19/1959



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**Resident Chauffeur**

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**Business Office Director**

Meredith Warren

**Resident Services Director**

Lynette Rudio

**Spiritual Director**

Mike Feralio

## Westpark Award Recipients

Westpark Village was the only senior living community in Billings to recently win two prestigious awards. Westpark Village was recognized for outstanding workforce and customer satisfaction from National Research Corporation Health (NRC). This award recognizes post-acute care communities that achieve the highest overall resident and/or employee satisfaction scores. In addition, Westpark Village was honored to win the American Health Care Association's National Quality Award Program Silver Award. Having won the Bronze Award in 2015, the Silver Award focuses on developing effective approaches that help improve performance and health care outcomes. The guidelines are based on the Baldrige Health Care Criteria for Performance Excellence. The staff here at Westpark Village are very proud of these awards, mostly because it validates our mission of doing our very best for our residents.

## Like Us on Facebook

Go to [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!

