

# GOOD Life News

*at Westpark Village*

MAY 2017

[www.westparksenior.com](http://www.westparksenior.com)

## Executive Director

Thank you to all the residents, families, guests and staff who have changed my life for the better by a word, a gift, an example. My life is truly blessed!

With sincere love and gratitude,  
*Tina*

## Life Enrichment Department Team

We are happy to be in the beautiful month of May. Spring has finally arrived — hopefully! Mother's Day will be celebrated Sunday, May 14.

**On Memorial Day, Monday, May 29** — we remember and thank all of the men and women who have served and are now serving in the armed forces of our great country.

**Annual Senior Sports Week is May 15-19** — Our van will run to events — signup sheet at front desk. Any questions, ask the Life Enrichment Department. This year, the Westpark sports event will be

**Friday, May 19 at 1 p.m. (Cribbage)** — You must be registered to participate in the events. Sign up at front desk for the events.

**Have any questions, ask Kathy in Life Enrichment or Becky in Marketing.**

**On May 25 at 3:30 p.m.** — we will have a gathering to celebrate our Westpark graduating waitstaff seniors. The Graduation Fund box will be up the week of May 15-23 for your donations. Please make checks to Westpark Council.

**Kathy Shannon:** Life Enrichment Director

**Kaylee V.:** FIT Coordinator

**Jantzen Walker:** Resident Coordinator

**Mary Bennett:** Assisted Living Coordinator

**Maria Heit:** Montessori Pearl Coordinator

**Mike Feralio:** Spiritual Coordinator

**Art Thompson:** Transportation



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

**Step into  
Spring**

There's nothing like the beginning of a new season. Spring is the perfect time to get outside and spend time with your loved ones. Soaking up the sunshine can actually help improve cognitive function and increase one's happiness, according to the National Institutes of Health. Don't let Mother Nature have all of the fun — join her outside and try a fun springtime activity! Eat outdoors, partake in spring-cleaning, choose a local park or trail for walks, go on a picnic, or visit a plant nursery. We are here to help you experience whichever spring activity you most enjoy!



## Food and Beverage/ Dining Services

Westpark Village welcomes Birdie O'Brien as our new food services director!

Birdie moved to Billings a couple of years ago from North Dakota to be closer to family. She comes to us with over 40 years of experience in the food service business. Birdie owned her own restaurant for 28 years and a catering business for 12 years. She attributes her

success in the food business to dedication and hard work. All of her food was made from scratch, from peeling potatoes for mashing to using lard for her pie crusts. Her apples for pie came from local trees and she used as many fresh products as possible. She always worked side-by-side with her staff and wouldn't ask anyone to do a job she wouldn't do herself.

"Food is my passion! Nothing pleases me more than knowing someone has enjoyed the food I prepared, especially if they were able to share it with someone else. Family gatherings and special occasions seem to always be centered around food."

Birdie also was a hospice volunteer and cares deeply for the sick and elderly. She was also well-known for crocheting many Prayer Shawls for hospice patients.

"I have a special place in my heart for people who need a little bit of help to get through a tough time. Our Good Lord has richly blessed me and I am honored to be able to give back whenever I can. If I have one goal left in my lifetime, it would be to go on a mission trip to a developing country."

Birdie plans on keeping what has been working in the past and incorporating new things in the future to make your dining experience even more enjoyable. She also plans on having a bigger presence in the dining room in the near future.

"I am getting more comfortable with the office part of my job and am ready for more. I am looking forward to visiting with everyone and learning more about the residents and their families. I also welcome your thoughts and ideas on how we can improve your dining experience. One of my favorite subjects is ethnically-diverse foods. I would love to hear about your food traditions and I always enjoy someone sharing a new recipe with me!"

Welcome to the Westpark family, Birdie!



## Nursing/Health Care

Become a Stroke Hero

Anyone can have a stroke. One out of six people will suffer a stroke in his or her lifetime. Every 40 seconds, someone has a stroke. Stroke is the leading cause of disability and number five cause of death in the United States. You can become a stroke hero just by knowing the stroke warning signs and being prepared to use them. Remember: the sooner stroke is treated, the better the odds of survival and a full recovery. Stroke heroes need to know what the acronym F.A.S.T. stands for.

F — Face Drooping  
A — Arm Weakness  
S — Speech Difficulty  
T — Time To Call 911

Information Received From: [www.strokeassociation.org](http://www.strokeassociation.org)

*Lauri Feralio, RN*  
Director of Nursing

## Care in a Box

Whether for a soldier serving overseas, a student at college or a faraway friend, care packages today often provide recipients with food and tokens of comfort, packed into a cardboard box. But in the days after World War II, care packages were part of a lifesaving mission.

In 1945, just months after the war ended, a group of 22 American charities combined efforts to form the humanitarian organization CARE, the Cooperative for American Remittances to Europe. Its purpose was to rush emergency food aid to the millions of people in war-torn Europe who were at risk of starvation.

Using nearly 3 million parcels of surplus U.S. Army rations, CARE created a program in which Americans could purchase a package for \$10 to send to their loved ones or an anonymous recipient in Europe. Each box contained 16 staples, including canned meat, powdered milk, coffee and margarine. Delivery was guaranteed within four months.

On May 11, 1946, the first shipment of 15,000 packages, each stamped with "CARE" in capital letters, arrived at France's port city of Le Havre.

As the relief effort continued, the boxed aid supplies transitioned from food to clothing, school supplies, medicine and tools.

## Memorial Day



*Honor our veterans on Memorial Day!*

## Resident Spotlight

Jean was born on October 20, 1931 in Roundup, Mont. Her father managed a grain mill so they moved around a lot, living in Bridger, Hardin and Sidney. Jean went to grade school in Roundup, and then attended high school in Sidney, where she graduated in 1949. Following high school, Jean went to Montana State University for one year before moving back to Sidney, where she began working for an accountant. She met her husband, Ivan Smith, in high school and they were married August 20, 1951. They had one son, David. Her husband worked as a manager for Safeway so they moved around for his work, living in Billings, Great Falls and Butte. After 35 years, he retired and they moved to Billings.

When they were first married, Jean and her husband rented a cabin along the Madison River where they would spend time fishing every summer. They also enjoyed traveling to Las Vegas and California; they would often fly into a big city and then rent a car and drive around for a week or so, exploring the area. After her husband passed in 1997, Jean went on many traveling tours around the world. She has been to Hawaii, Hong Kong, Japan, China, Alaska, Ireland, Germany, Switzerland, Austria and Italy. One thing that Jean has always wanted to do is take a trip to Australia and New Zealand.

In 1978, Jean and her husband started a wholesale and retail fresh and frozen seafood store here in Billings. Later on, they sold it to their son, who is still the current owner. Jean has three grandchildren, two granddaughters and one grandson. She also has two younger sisters, who live in Sidney and Washington, and one younger brother, who lives in Billings.

When asked what the most amazing event in her life has been, Jean shared that it was the birth of her son, as she had already lost several. Jean claims that her secret to longevity is to always trust in the Lord. She enjoys playing cards, gardening, sewing, knitting and traveling. Thank you for sharing your story with us, Jean!



## Supporting Our Nation's Mothers

For more than 80 years, the American Mothers organization has worked "to champion women by honoring, educating and serving mothers at home, at work and in the world."

American Mothers was originally a committee formed by a group of influential citizens — including J.C. Penney, Norman Vincent Peale and Eleanor Roosevelt — who strived to honor the role that mothers hold in strengthening families and the nation. In 1935, Sara Delano Roosevelt, mother of then-president Franklin D. Roosevelt, presented the first Mother of the Year award to Lucy Keen Johnson of Georgia.

Since then, the nonprofit organization has selected a Mother of the Year from the 50 states, the District of Columbia and Puerto Rico, then named a national honoree. Nominations can be made at [AmericanMothers.org](http://AmericanMothers.org) from Mother's Day through Nov. 15.

The official sponsor of Mother's Day, American Mothers works year-round to implement service programs, provide scholarships and raise awareness of issues that impact mothers.

## New Residents

Lillian B., #201  
Louise W., #204  
Anna Faye S., #229  
Nelda A., #265  
Kenton C., #287  
Jack and Sally S., #301  
Barbara L., #336

## Welcome Spring!

As we say goodbye to winter, we remember the weather we had this year and enjoy the coming spring.

Our Purse, Scarf and Jewelry Sale in March raised over \$3000 for Warrior Wishes.

## Resident Birthdays

John G., 1st  
Royal J., 2nd  
Marilyn "Mike" Z., 5th  
Ed S., 8th  
Mike R., 8th  
Helen M., 9th  
Ellen K., 10th  
Arlene O., 10th  
Kenton C., 10th  
Jim F., 12th  
Ralph S., 12th  
Ken B., 12th  
Lois M., 13th  
Margaret S., 14th  
Sig S., 15th  
Joan K., 18th  
Katherine W., 19th  
Regina W., 21st  
Jeanice C., 23rd  
Dorothy N., 23rd  
Pat A., 24th  
George W., 26th  
Richard W., 29th

## Anniversaries

Ed And Audrey P., 5/9/1959



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## Staff

**Executive Director**

Tina Vauthier

**Director of Nursing**

Lauri Feralio

**Environmental Services Director**

Una Weisenhaus

**Life Enrichment Director**

Kathy Shannon

**Food and Beverage Director**

Berdie 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

## Soaring: Supporting the Spirit

Wow, my article last month took up most of the newsletter. I will keep it short this month. I am very grateful for the moisture we received in April. Most of you know I am originally from New Jersey where we used to get an average of 45 inches of rain a year. I played a lot of baseball when I was younger and had many games rained out, so needless to say, I hated the rain. I moved to Montana in 1992 and I could not believe how little it rained here. I thought it was great until I realized this area can get too dry, which causes wildfires and drought that really affects the farmers and ranchers. I guess too much or too little of something can be bad. As we look at our lives, I hope there is a balance that keeps us positive, healthy and happy. Bad things will always happen in life, but how we choose to handle the problem makes all the difference. Have a great month.

*Mike Feralio, Spiritual Director*

## 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!

