

GOOD Life News

at Westpark Village

AUGUST 2018

www.westparksenior.com

Executive Director

Greetings. By now, summer is in full swing. Man, has it been hot! Often, I get asked about our company's history, including how many employees work for The Goodman Group and how many health care facilities The Goodman Group owns and operates. This article will attempt to address these questions and more.

Below are some interesting facts of the company:

- 10,200-plus residents live in The Goodman Group managed communities.
- There are 4,000-plus employees.
- 28 communities that are located in eight states including Minnesota, South Dakota, Montana, Oregon, Washington, California, Arizona and Florida.

In 1965, Sidney A. Goodman established a property ownership and management company. In 1976, his son John assumed responsibility, diversifying and expanding the company nationally while maintaining focus on leveraging innovation to improve people's lives. Our mission statement, which I believe we strive to live up to every day at Westpark, is: "To enrich the quality of life of our residents by creating a sustainable, nurturing and professional environment through caring, personalized service."

I believe that Sidney and John's vision is being carried out today throughout the country. I absolutely love working at Westpark. I could not ask for a better community to be a part of. We consider each of you a friend and deeply care about your well-being and quality of life. I believe we live up to our motto, which is: "Putting you at the heart of everything we do."

Jon Lorash, Executive Director

Resident Birthdays

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

Anniversaries

Jerry & Pat S., 8/16/1952	Glen & Mary M., 8/20/1931
Jack & Sally S., 8/19/1959	Tom & Ginny H., 8/21/1954



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

**30 Years
Recognizing
Senior
Citizens Day**

The United States 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.

Resident Spotlight

Jean Bradford was born to Mildred and Quay Painter on February 7, 1935, in Helena, Mont. Jean's father, Quay, was a car salesman and sold Chevrolets and Buicks. Mildred, Jean's mother, stayed at home and did some volunteer work. Jean had a brother that was four years older than her, Bob. He was a good big brother for the most part but they had their moments, like all siblings do. Jean started school at Hawthorne Elementary in Helena and graduated from Helena High School in 1953.



After high school, Jean went to Montana State University — Bozeman. Here, Jean was part of Pi Beta Phi as she earned her degree in teaching. After Jean had graduated from college, she was offered a teaching position in Hardin, Mont. Jean and her brother's best friend Bill, who had known each other since they were six, were watching a football game at Jean's aunt and uncle's house, when Bill turned to Jean and said, "Let's get married this summer," to which Jean replied, "Okay." When Jean told her dad that she and Bill were going to get married, he said, "Well, it's not like marrying a stranger," since the two had known each other for so long but never dated. They were married that summer and then Bill was transferred to Billings with his tax accountant job. Jean got a job teaching American history at senior high school. Bill and Jean have a daughter, Ann, who lives in Washington and a son, Bob, who lives here in Billings. Jean also has two granddaughters, Kaylee and Rachel; both also went to MSU Bozeman. Jean is about to become a first-time great-grandma this summer to a little boy!

In their retirement years, Bill and Jean traveled, played golf and had a tremendous vegetable garden. You could also find Jean working out at the YMCA. When asked what Jean's secret to longevity was, she chuckled and said, "Luck." She has always liked to keep busy doing fun things, including watching Montana State University of Bozeman football games. Bill, Jean, Bob, Ann and her two granddaughters all attended and graduated from MSU and are a very proud to be Bobcats! Jean also has been in the Billings community. All in all, Jean has lived a wonderful life and we are so happy to have her here at Westpark, thank you Jean for sharing your story!

Food and Beverage/ Dining Services

Healthy Eating As You Age: Choosing Healthy Foods

Adults over 50 can feel better immediately and stay healthy for the future by choosing healthy foods. A balanced diet and physical activity contribute to a higher quality of life and enhanced independence as you age.

Food Your Body Needs As You Age

Fruit: Focus on whole fruits rather than juices for more fiber and vitamins and aim for 1-1/2 to 2 servings or more each day. Break the apple and banana rut and go for color-rich pickings like berries or melons.

Veggies: Color is your credo in this category. Choose antioxidant-rich dark, leafy greens, such as kale, spinach and broccoli as well as orange and yellow vegetables such as carrots, squash and yams. Try for 2 to 2-1/2 cups of veggies every day.

Calcium: Maintaining bone health as you age depends on adequate calcium intake to prevent osteoporosis and bone fractures. Older adults need 1,200 mg of calcium a day through servings of milk, yogurt or cheese. Non-dairy sources include tofu, broccoli, almonds and kale.

Grains: Be smart with your carbs and choose whole grains over processed white flour for more nutrients and more fiber. If you're not sure, look for pasta, breads and cereals that list "whole" in the ingredient list. Older adults need 6-7 ounces of grains each day (one ounce is about one slice of whole-grain bread).

Protein: Adults over 50 without kidney disease or diabetes need about 1 to 1.5 grams per kilogram (2.2 pounds) of body weight. This translates to 68 to 102 grams of high-quality protein intake equally among meals. It's important to vary your sources of protein instead of relying on red meat, including more fish, beans, peas, eggs, nuts, seeds and low-fat milk and cheese in your diet.

Fair Day!

When the weather is hot, drink lots of water!

On Aug. 13, we will be going to the Billings Fair for Senior Day — sign up at the front desk.

New Residents

Caroline L.

Louise L., #300

Soaring: Supporting the Spirit

Wow, aren't the flowers around Westpark really beautiful? Our world is so full of beauty, if we slow down and take the time to look around. Have you ever noticed that when you take a walk you see so many different things that you never saw when you were driving? When we slow down and walk, we see much more of our beautiful creation. I think that is the same way with relationships. If we only say "hi" and "bye" as we race down the halls of Westpark, we may miss the beauty in someone that we could experience if we would only slow down and take the time to talk with them. Many residents at Westpark say the older they get, the slower they get ... hmm, that might be a good thing. I hope you have a great month of August. Stay cool.

Mike Feralio, Spiritual Director

Nursing/Health Care

When temperatures rise, we need to take precautions to prevent heat exhaustion and heat stroke. These conditions are caused by the body overheating and can be potentially dangerous, especially for older adults. Follow these tips to stay safe and cool this summer:

Stay inside — During extreme heat, the safest place is an air-conditioned area, especially during midday hours. Stay indoors or opt for outings to cool places such as a shopping mall, library or movie theater.

Hydrate — Even if you don't feel thirsty, sip on water or juice throughout the day, and eat hydrating fruits and vegetables. Avoid caffeinated beverages, which can contribute to dehydration.

Dress appropriately — Wear lightweight, loose-fitting clothing in light colors. When outdoors, keep your head cool with a wide-brimmed hat or umbrella.

Take a break — On hot and humid days, it's best to avoid strenuous physical activity, including exercise, even if you're indoors. Rest often and take it slow.

Check your meds — Some medications can affect the way the body regulates temperature. Ask your physician or pharmacist if any of your medications increase your risk of heat-related illness.

Watch for symptoms — If you or someone else shows signs of heat exhaustion, which can lead to heat stroke, seek medical help right away. Symptoms can include heavy sweating; cold, damp skin; weak, rapid pulse; nausea; dizziness; and headache.

Why I Walk

My husband Greg and I both had grandmothers who were very close to us. My grandmother passed away when she was 104 years young. She was bright, funny and had full recollection of our 50-plus years of memories together, even while she took her last breath. Greg's grandmother, however, had Alzheimer's disease when she passed away and the last time he saw her, she had no idea who he was or the many wonderful memories they shared together over the years. The times they laughed while working on the farm side-by-side or how every birthday she would take him out for a lobster and milkshake dinner. Greg was in his twenties when Grandma Rose passed away. Neither Greg nor I knew much about Alzheimer's disease and other related dementias, but unfortunately, we would learn a lot as we watched it take the lives of his grandmother, his mother and his father.

Working here at Westpark Village, I have seen how this disease hurts families, caregivers and loved ones. I have seen it strip joy from relationships, cause great financial hardship and attack multiple members within a family. Although having a family member with Alzheimer's does not mean you will also be diagnosed with the disease, studies do show that family history can be a strong risk factor. It is very possible my husband will lose the many memories of our family and our two sons, eventually losing his life to Alzheimer's. This disease is an epidemic. One in three seniors dies with Alzheimer's or another dementia. Earlier onset in younger individuals is on the rise. It is the sixth-leading cause of death in the United States. Currently in America it is the only cause of death in the top 10 that cannot be prevented, cured or slowed.

In the past several years, I have been associated as an advocate for the Alzheimer's Association. Each year, they hold Walk to End Alzheimer's events in over 600 communities nationwide to raise awareness and funds for Alzheimer's research, care and support. Westpark Village is once again a sponsor for this event. It will be held on Sunday, Oct. 7 at ZooMontana and we hope you will come out and join us. More information will be available closer to the event.



WESTPARK VILLAGE

Senior Living

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Life Enrichment Plans Trip

Hope everyone has had a chance to read the flyer on our September trip to Deadwood and Mount Rushmore and is planning on coming on the trip with us. There will be a sign-up sheet in the outing book and we have room for eight residents to join us.

Any questions, please contact Kathy in Life Enrichment Department. Thank you and have a great August!



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