

GOOD Life News

at Westpark Village

FEBRUARY 2018

www.westparksenior.com



Executive Director

Greetings,

Thank you to all of you for your care and concern for myself and my family during my medical emergency. I am doing well and feeling so much better. I feel I am getting stronger each and every day. I know most of you have heard at some time or another our staff refer to each other as "family." I honestly felt that during my recovery. Thank you to all of you for your care and concern. I truly felt the love.

Speaking of love. Happy Valentine's Day! I am grateful for the month that reminds us to show each other love and affection. So many of you are great examples of long lasting love. I hear stories time and time again of residents celebrating their 60 plus year wedding anniversaries. It's truly amazing.

As a young man, I asked someone once what the secret was of having a successful marriage, and they told me something along these lines, "Always find things to laugh about. Laugh together. Times are tough. Tragedy happens in all families. Things will go wrong. But if you find ways to laugh about it, you'll form a special bond and can overcome anything!" I believe this to be solid advice.

Have a great month, and thank you for allowing us the privilege to serve you.

Jon Lorash, Executive Director

Soaring: Supporting the Spirit

I don't know how you feel about New Year Resolutions, but usually by now, most people have given up on them. From what I hear, only eight percent of people actually stick with them. That does not surprise me. Most people mean well and really want to either stop doing negative things or start doing positive things. I feel this should be a daily challenge in our lives, not just a once-a-year thing. As soon as some people fail, they give up completely. That's the problem right there in my opinion. We all fail in life at certain times, but that does not mean we should give up. Tomorrow is another day, and we should pull ourselves up by our bootstraps (whatever that means) and try again. Live day by day to accomplish the things you want to do in life, and don't worry if you fail once in a while. We all do! Have a great day!

A man trying to lose weight for the New Year got on the scale at the Doctor's office. The Doctor said, "Well, well. It seems your weight is perfect. It just happens that you are 11 feet too short."

Mike Feralio, Spiritual Director

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

**Platinum
Service®
Standard #19**

"I am a leader and I lead by example. I am a good steward of the environment and a role model both at work and in the greater community."

Platinum Service® is the cornerstone of our operating philosophy. This hospitality approach drives our community. Our community is committed to demonstrating kindness, responsiveness, commitment, integrity, and other positive traits that improve the satisfaction of our residents, their family members, and team members. Every day we work hard to make a difference in the lives of those we serve!

Resident Spotlight

Joyce S. was born seven miles outside of Three Forks on Jan. 15, 1936, in Willow Creek, Mont., to Bill and Cecele Cook. She joined one older sister, and later on, they welcomed a younger brother. When



she thinks of growing up in Willow Creek, she remembers it as a fun small town. Joyce truly enjoyed school and graduated as valedictorian in 1943.

During the year after graduation, she worked in Bozeman as a secretary for their school of nursing. In 1944, Joyce married her high school sweetheart, Grant S., in a church in Willowcreek. Grant worked for the Burlington Railroad in the signal department. Joyce wore an elegant veil in her wedding, and since then, all of her girls and granddaughters have worn that same veil in their weddings too. After their wedding, Joyce and Grant moved to Logan, Mont. They resided in a boxcar with a coal and wood stove, and Joyce had her sewing machine. She thought this was heavenly. Together they had one daughter they named Dianne Gayle. They moved from Logan to Livingston and, lastly, to Billings in 1973. Billings is where they bought their first home. Joyce tended a small garden and was known for her prize winning Dahlias. In Billings, Joyce worked off and on as a St. Vincent Pink Lady for 35 years. Grant retired from the Burlington Railroad in 1986 after 43 years. They traveled together to Hawaii and Alaska and enjoyed their time with their daughter, two granddaughters and four great-grandchildren. Joyce and Grant were part of a pinochle club and O.A.K.S. dance club. Unfortunately, Grant passed away at home in 1994.

Joyce has always enjoyed sewing, making candy and cooking. She considers the most amazing event in her life to be when she and Grant witnessed their daughter graduate from Missoula with a degree in Home Ec. She first discovered Westpark when it was just built and had its first open house. She knew then that when she was ready she would move here. Joyce enjoys her time here at Westpark because everyone she has met has been so nice. You can find her playing cards, bingo, going to entertainment and enjoying time with her friends here. Thank you, Joyce, for sharing your wonderful story with us. We are so happy you are part of the Westpark family!

Nursing/Health Care

February is American Heart Month

Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable.

1. Eat a healthy diet.
2. Maintain a healthy weight.
3. Exercise regularly.
4. Monitor your blood pressure.
5. Don't smoke.
6. Limit alcohol use.
7. Have your cholesterol checked.
8. Manage your diabetes.
9. Take your medicine as prescribed by your doctor.

Everyone should know the five major symptoms of a heart attack and how to respond.

1. Pain or discomfort in the jaw, neck or back.
2. Feeling weak, light-headed or faint.
3. Chest pain or discomfort.
4. Pain or discomfort in arms and shoulder.
5. Shortness of breath.

If you think you or someone you know is having a heart attack, call 9-1-1 immediately.

Information received from: www.cdc.gov

Lauri Feralio, RN
Director of Nursing

Heartwarming Events

The marketing team at Westpark Village has filled February with lots of heartwarming events for our residents to invite their family and friends to attend.

The MSU-Billings Series kicks off in February with three presentations on Thursday evenings from 7-8:15 p.m. The first is on "The Yellowstone River: Treasure and Trouble" on Feb. 1, "Butte: the Black Heart of Montana" on Feb. 15 and "Africa's Influence on Jazz and American Music" on Feb. 22.

Westpark Village's style shows are always a hit, so mark your calendar for our "Friday in Red" show featuring wonderful collections from Dillard's on Feb. 9 at 2 p.m. Your heart will be a flutter from the great outfits, the wonderful food and lots of conversation!

Friday, Feb. 13, we will have our Wellness Talk at 10:30 a.m. featuring the new and upcoming practices in naturopathic medicine. Westpark Village's Wellness Talks are always very informative.

February is full! All of these fabulous events are open to you, your family and friends.

If you have any questions about these events, please contact Becky or Jan in the marketing office.

Resident Birthdays

Colleen B., 3rd	Edna Mae K., 18th
Jean B., 7th	Jerry F., 20th
Margery E., 7th	Dorothy D., 21st
Dorothy P., 9th	Ed P., 21st
Margaret M., 13th	Laura M., 22nd
Shirley B., 13th	Marjorie B., 27th
Jody M., 14th	Marcella B., 28th
Father Charlie G., 16th	Eddie K., 28th
Kay W., 16th	

Anniversaries

Wayne & Beth W., 2/26/1950

Message from Life Enrichment Department

The month of January was a great start to our new year. February has arrived, and Groundhog Day is Feb. 2. Hopefully, he doesn't see his shadow and give us another six weeks of winter! Also on Sunday, Feb. 4, the Super Bowl will be played. You can view the game on the BSTV-LL.

We will celebrate Valentine's Day on Feb. 14. In honor of our loved ones, we will have a Valentine's Sweetheart table in the lobby. If you would like to share pictures of loved ones, please drop off the picture at our office in the lower level by Thursday, Feb. 8. Please have your name on your picture. There will be a Valentine's Day Happy Hour in the lower level on Feb. 14, at 4 p.m. We wish all of you a very happy Valentine's Day!

Staying active this time of year is very important. Make a promise to yourself to exercise at least 30 minutes every day. Join your Westpark neighbors and come tour various exercise programs.

Please check the sheets in the lobby and the second and third floor laundry rooms for changes to the calendar. If you have any questions concerning activities or the Life Enrichment Department, please contact Kathy in Life Enrichment; her office is in lower level.

Thought of the Day: "What the heart gives away is never gone. It is kept in the heart of others." -Robin St. John

Valentine's Day

Happy Valentine's Day to all our residents and families!

Food and Beverage/ Dining Services

Healthy Eating as You Age: Tips for Wholesome Eating

Once you're used to eating nutrient-dense food, your body will feel slow and sluggish if you eat less wholesome fare. Here's how to get in the habit of eating well:

- Reduce sodium (salt) to help prevent water retention and high blood pressure. Look for the "low sodium" label and season meals with garlic, herbs and spices instead of salt.
- Enjoy good fats. Reap the rewards of olive oil, avocados, salmon, walnuts, flaxseed and other monounsaturated fats. The fat from these delicious sources can protect your body against heart disease by controlling "bad" LDL cholesterol levels and raising "good" HDL cholesterol levels.
- Avoid "bad" carbs. Bad carbohydrates, also known as simple or unhealthy carbs, are foods such as white flour, refined sugar and white rice that have been stripped of all bran, fiber and nutrients. Bad carbs digest quickly and cause spikes in blood sugar levels and short-lived energy. For long-lasting energy and stable insulin levels, choose "good" or complex carbs such as whole grains, beans, fruits and vegetables.
- Look for hidden sugar. Added sugar can be hidden in foods such as bread, canned soups and vegetables, pasta sauce, instant mashed potatoes, frozen dinners, fast food and ketchup. Check food labels for other terms for sugar such as corn syrup, molasses, brown rice syrup, cane juice, fructose, sucrose, dextrose or maltose. Opt for fresh or frozen vegetables instead of canned goods, and choose low-carb or sugar-free versions of products such as tortillas, bread, pasta and ice cream. Try to avoid artificial sweeteners as well; it's healthier to sweeten drinks with honey or use whole fruit or fruit juice to sweeten dishes.
- Cook smart. The best way to prepare veggies is by steaming or sauteing (not frying at high heat) in olive oil, as it preserves nutrients. Forget boiling, it drains nutrients.
- Put five colors on your plate. Take a tip from Japanese food culture and try to include five colors on your plate. Fruits and veggies rich in color correspond to rich nutrients (think: blackberries, melons, yams, spinach, tomatoes and zucchini).



WESTPARK VILLAGE

Senior Living

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Harry & Vi V., #110

Glen & Mary M., #353

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