

GOOD Life News

at Westpark Village

JUNE 2018

www.westparksenior.com

Executive Director

Hello Everyone,

I would like to take a brief moment and talk about something that has been on my mind for some time and that is the notion of “time.”

Have you ever been guilty of saying that you “are so busy that you don’t have time?” Well, I have. I always say that I will get to that someday or I will make a change eventually, but for some reason that “someday” never comes. After doing research on the essence of time, I came across an article written by Adam Singer who puts it better than I could ever explain.

Adam Singer says, “Time itself is far more valuable than money, fame, possessions, etc. — probably the most important real or abstract resource there is.

Time is so important because we only have X amount, where X equals moments in existence. You really can’t stretch it much further than what our physical bodies were designed to handle (this does vary slightly based on genetics), but I would say more than a raw number, how you spend those moments (whatever you most intimately enjoy doing) make up the purpose and function of that time.

Who you surround yourself with and what you do during the X amount of moments on earth speaks volumes for what exactly you represent, and even if you think or speak a certain way, how you spend your time will almost always reflect your true persona.”

I am so grateful for the work we do here at Westpark Village, and I enjoy the “time” I spend each and every day working with such amazing people. Thank you for all that you do! Our tagline for our company says it all, “Moments matter. Live them well.”

— Jon Lorash, Executive Director

Nursing/Health Care

June is National Fresh Fruit and Vegetables Month and a good time to remind you to eat plenty of fruit and vegetables each day. On average if you eat 2000 calories a day, you need about two cups of fruit and two and half of vegetables per day.

To ensure your body gets the essential nutrients it needs, eat a wide variety of fruits and vegetables in a range of colors. Eating a variety of colors provides nutrients like fiber, vitamins A and C, calcium and potassium. Eat your fruits and veggies each day and stay healthy, because an apple a day keeps the doctor away!



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

National Safety Month

Summer is a great time to start thinking 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 to help raise safety awareness. 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 exercise classes that can help increase muscle and bone strength! The program’s goal is to increase overall health and wellbeing, reduce potential for falls, and encourage residents to remain active.

Resident Spotlight

Edith K. was born to Ed and Alda Sappington in Louisiana on Dec. 1, 1927. She grew up with an older brother, an older sister and a younger sister in Winnfield. She attend elementary through high school in Winnfield, La., and graduated as the salutatorian in 1945. She also received a scholarship to attend Northwestern College in Natchitoches, La. She went here for a few years until she received a job with Shell Oil Company, where she worked as a secretary. Edith met her Husband, Dave K., at Shell; he was working as a geologist. They married on April 3, 1949.



After Dave and Edith married, he stayed working at Shell and she continued secretarial work at another company. Dave was transferred with the Shell company all over the U.S. including: Wichita, Kan.; Denver, Colo.; Tulsa, Okla.; back to Denver; and finally, Billings, Mont. Edith and Dave had their son Alan in 1964. Edith became a stay-at-home mom and loved it. While Alan went to elementary school at Highlands, Edith volunteered there. She was in the classrooms of Joanne L. and Cleona G., two other Westpark residents. She volunteered there even after her son had moved on to the next school and very much enjoyed it. She found that good public education was one of her passions, especially after being around teachers, and her other passion is women's rights. Edith also had the job of entertaining for the Shell Oil Company; there were not many restaurants in Billings at that time, so Edith had many visitors.

Edith loved to quilt and sew and took many classes at the YWCA. She always enjoyed the symphony, Alberta Bair and Billing Studio Theatre. Edith was a charter member in the Global Grannies and has been all over the world. She has been to places like Ireland, Scotland, Wales, Egypt and Jordan. You could say "she burned her suitcase." Her secret to longevity is just that, a secret! But, she really credits it to good genes. The most amazing event of her life was the birth of her son. She has four grandchildren and three great-grandchildren. Edith says, "We are wonderfully taken care of at Westpark Village." Edith, we are so glad to have you in our community! Thank you for sharing your story!



Life Enrichment

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!

Father's Day is celebrated June 15, and we wish a very happy Father's Day to all of our Westpark fathers and grandfathers.

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

The Crochet & Knitting for a Cause group would like to encourage residents to join the group and share their crafts. They meet every Tuesday at 3 p.m. in the Friendship Cafe. This a great way to meet neighbors.

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

Marketing

A big thank you to everyone who came to the plant sale and who made it successful. We are proud of our Dance for Life class on Thursday afternoons at 2 p.m. Our wonderful instructor, Sharon Forman, tells us the class "allows people with Parkinson's disease to explore movement and music in creative and stimulating ways."

Food and Beverage/ Dining Services

Healthy Eating as You Age: Tips for Staying on Track

Eating healthily is an ongoing commitment, but it's easier than you think. Here are some tips for staying on course:

- Ask for help. Admit when you need a hand to shop, cook and plan meals, and find someone to help. It's important for your health not to revert to frozen dinners or takeout food.
- Variety, variety, variety! Try eating and cooking something new as soon as boredom strikes.
- Make every meal "do-able." Healthy eating needn't be a big production. Keep it simple, and you'll stick with it. Stocking the pantry and fridge with wholesome choices will make it easier to prepare quick, tasty meals.
- Set the mealtime mood. Set the table, light candles, play music or eat outside or by a window when possible. Tidying yourself and your space will help you enjoy the moment.
- Break habits. If you eat watching TV, try eating while reading or use the time to catch up with your spouse or a friend. If you eat at the counter, set the table instead.

It's Not Just What You Eat, But When You Eat.

- Eat breakfast and eat smaller meals throughout the day. A healthy breakfast can jumpstart your metabolism, while eating small, healthy meals (rather than the standard three large meals) keeps your energy up.
- Avoid eating at night. Try to eat dinner earlier and fast for 14-16 hours until breakfast the next morning. Studies suggest that eating only when you're most active and giving your digestive system a long break each day may help to regulate weight.

For the 2018 summer, we will not be having the Gazebo Dinners. Instead, since the Spring Fever Picnic was such a success, we will be adding another picnic in August. We are looking forward to seeing all of you there. Enjoy your summer, and please remember to stay hydrated. We have the infused water stations, and we also have the flavored waters available in the serving area of the kitchen.

The Westpark Dining Services Staff

Resident Birthdays

John S., 1st	Barbara O., 7th	June B., 24th
Betty B., 1st	Tom H., 14th	Violet L., 25th
Mary M., 4th	Barbara H., 15th	Mavis H., 28th
Ruth M., 5th	Bobbie L., 21st	Phyllis R., 29th
Joanne L., 5th	Beverly P., 21st	

Anniversaries

Ray and Mary Louise R., 6/4/1949
Eddie & Virginia K., 6/5/1949
Peter And Suzanne L., 6/11/1951

A Soothing Succulent

Mention aloe vera, and its common use in soothing sunburned skin probably comes to mind, but this succulent has been a prized plant since ancient times.

More than 6,000 years ago, Egyptians called aloe the "plant of immortality" and used it in their health and beauty regimens. Legend has it that queens Nefertiti and Cleopatra included aloe in their skincare routines, and ancient Egyptian medical scrolls listed a variety of therapeutic remedies containing aloe. Traders later introduced the plant to other countries throughout Asia and Europe, and the popularity of aloe spread.

Aloe vera requires little care, making it an easy-to-grow houseplant even for those without a green thumb. Cutting open one of its thick, spear-shaped leaves exposes a translucent gel that can be applied directly to sunburns, rashes and other minor skin irritations. Some people find that the cool gel soothes skin, provides moisture and relieves itching.

Numerous ready-made aloe vera gel products are also widely available.

Overnight Trips

Life Enrichment will be planning some overnight trips coming up during the summer months. Watch for the flyers and sign-up sheets.

Out outings are lot of fun and make wonderful memories for our Westpark family.

— Kathy, Life Enrichment Director

New Residents

Louise B., #168

Dione S., #311



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All Eyes on the World Cup

Soccer fans around the globe are gearing up to watch the sport's biggest event, the FIFA World Cup. The monthlong tournament kicks off in Russia on June 14, with the championship game on July 15.

The World Cup takes place every four years. Qualifying games are held in the three years prior to determine which teams play in the finals. Out of more than 200 FIFA teams, only 32 make it to the World Cup — 31 qualifiers plus the host country's team, which automatically earns a spot.

This year, 64 elimination matches will be played in 11 Russian cities, with Moscow hosting the tournament's first and final games.

Due to soccer's global popularity, the World Cup is one of the most widely viewed sporting events. More than 3 billion people tune in for the games.

Since the World Cup was first held in 1930, Brazil has the most championship wins, with five titles. Germany is the current defending champion, having won the 2014 tournament.



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