

GOOD Life News

at Westpark Village

DECEMBER 2017

www.westparksenior.com

Executive Director

Merry Christmas, everyone!

I love the month of December. As much as I complain about the snow, I really enjoy what Christmas brings. I love spending time with family and friends and of course, receiving gifts! Who doesn't? However, the gifts that mean the most to me are the simple ones a good friend or loved one has given me. I really get excited about what my children handmake at school. I love it when they are so excited for me to open it they almost can't stand it. Last but not least, I really love the tradition of looking at the Christmas lights with my family while listening to Christmas music.

Again, Merry Christmas and wishing the best to you and yours!

Jon Lorash, Executive Director

Music to Your Ears

Whether you listen to jazz, belt out a tune at karaoke or play the piano, the melodies that surround you can do your body good. Note these health benefits of music:

Boosts mood — Ever notice that certain songs put a smile on your face? Listening to your favorite music triggers the release of dopamine, a brain chemical responsible for feel-good emotions.

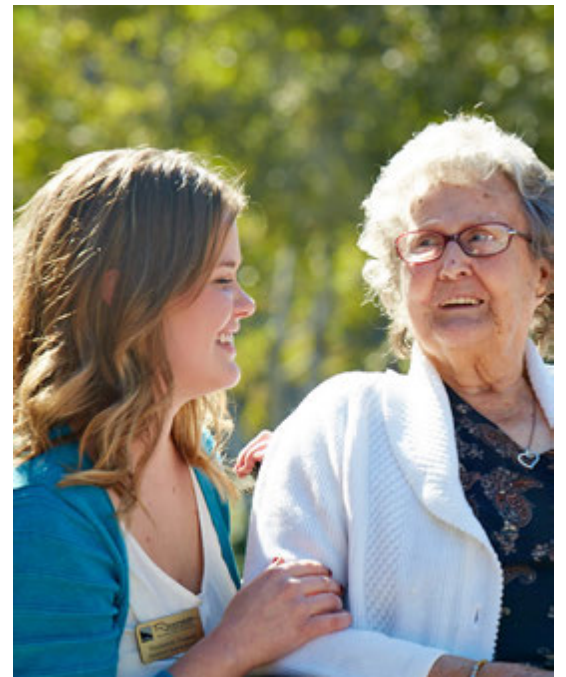
Stimulates the brain — Many areas of the brain are engaged when a person listens to or creates music, much like the way the body gets a workout during exercise.

Evokes memories — Songs from the past have the ability to take us to another time and may bring back comforting memories. Music therapy often helps Alzheimer's patients.

Promotes bonding — Attending a performance or joining a sing-along or drum circle encourages social interactions and reduces feelings of loneliness.

Wishing all residents and family a Merry Christmas and a Happy New Year!

— Becky & Jan



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"I am committed to my ongoing development. Knowledge and skills are essential in creating a great experience for our residents."

We use this Platinum Service mission in all we do to create a wonderful, safe and friendly community for our residents to call home. When we live up to the mantra of "Putting you at the heart of everything we do," we know that residents, families and team members are enjoying a positive, enriching experience each day. Understanding how to better serve our residents and families is very important to us. It helps make us contributing and supportive members of the community we serve!

'Tis the Season!

Westpark becomes a beautiful wonderland during this festive time of year. With all of the pretty decorations that adorn the building and the many activities and entertainments planned for you to enjoy, December is filled with holiday excitement. We hope you enjoy all that is planned and invite you to join us!

Here are some of the events planned: The Resident Brunch will have food prepared by staff and the Food Service Dept. The Family Day includes decorating the resident Christmas Tree and singing Christmas songs with one of our residents playing piano. The annual Resident Christmas Party will have entertainment by Men of Faith from Faith E Church. They have a wonderful Christmas program, with a small brunch of cookies and other goodies. This year we will celebrate the New Year at the Last Social Hour of December. Come down for some fun and help bring in 2018. We will have the van going out to see the Christmas lights this season.

If you need any assistance with any holiday preparations, please contact the Life Enrichment Department.

Thank you for all the kinds words and friendships we have shared over the past year. Wishing all of you a very Merry Christmas and a Happy, Healthy New Year!

Thought of the Day

"Christmas waves a magic wand over the world, and behold, everything is softer and more beautiful." — Norman Vincent Peale

— Life Enrichment Department

(Kathy, Maria, Ashlyn, Jantzen, Art and Mike)

Thank You



Thank you for your service.

New Residents

- Kay J., #206
- Mary Jane A., #335

Resident Spotlight

John G. was born in rural Southern Oklahoma near the town of Ardmore to John and Beulah Graham on May 1, 1928. John is the oldest of his sister and twin brothers. His family lived in Oklahoma until John was 10 years old, then they moved to Illinois. There, John graduated from Mount Vernon Township High School and enlisted in the Army. He spent a year in Japan and came back to the states to enroll at the University of Illinois in 1948. He studied Liberal Arts and Science, and then after two and a half years, transferred to Tulsa University in 1950. He graduated in 1952 with a major in Geology.

After graduation, John was employed by Carter Oil Company in Miles City, Mont. While working out of Miles City, he met a woman named Caryl Helmer, who worked as a secretary for a company Carter Oil was doing a lot of business with. She was a recent graduate of the University of Minnesota. John and Caryl married in 1953. Two years later, they were transferred to Minot, N.D., where they would reside for the next four years. His job took him and his wife to northeast Brazil. John remembers it being a great experience with beautiful beaches, but living there for four years also made him feel grateful to call the United States his home. He and his wife thoroughly enjoyed the beauty of Brazil before moving back to Montana. Caryl and John had two daughters, Lisa and Anna.

John has always been fond of Montana, ever since first living in Miles City and was happy to move to Billings. In Billings, John was self-employed in the oil business. Unfortunately his wife, Caryl, passed away in 1995. John considers his happy marriage to his wife to be the most amazing event in his life.

John retired in 2000 and was driving a van for the clinic as a volunteer when he first stepped into Westpark. He remembers it feeling upbeat, cheerful and friendly. The thing that amazes him at Westpark, in addition to the friendliness, is how everyone has such an interesting story behind their life. He enjoys learning and listening to everyone's unique adventures.



Food and Beverage/ Dining Services

Overcoming Roadblocks to Healthy Eating

Sometimes it's hard to make smart food choices. Here are some suggestions to help you overcome barriers to healthy eating.

Does food taste different? Your sense of taste or smell can change with age. Medication side effects and other things also can affect these senses. Try using lemon juice, vinegar or herbs to boost the flavor. Ask your doctor whether your medications affect taste and about food and drug interactions.

Do you have problems chewing food? People who have problems with their teeth or dentures often avoid eating meat, fruits or vegetables and might miss out on important nutrients. If you're having trouble chewing, see your dentist to check for problems. If you wear dentures, ask your dentist to check how they fit.

Is it sometimes hard to swallow food? If food gets stuck in your throat, less saliva in your mouth might be the culprit. Drinking plenty of liquids with your meal might help. Talk to your doctor about the problem.

Are you just not hungry? Try being more active. In addition to the other benefits of exercise, it may make you hungrier. Lack of appetite sometimes is a side effect of medication and your doctor might be able to suggest a different drug. If food just isn't appealing, vary the shape, color and texture. Look for a new vegetable, fruit

or seafood you haven't tried before.

Are you tired of cooking or eating alone? Try cooking with a friend to make a meal you can enjoy together. Look into eating at a nearby senior center, community center or religious facility. You'll enjoy a free or low-cost meal and have some company while you eat.

Diet Soda and Your Waistline

Drinking too much diet soda may increase abdominal obesity in older adults, according to new research.

The study included more than 700 people who were 65 and older. Diet soda intake, waist circumference, height and weight were measured at the start and then during about three follow-up exams over the course of nearly a decade.

The increase in waist circumference among diet soda drinkers was greater than that of non-drinkers.

Those who consumed diet soda daily saw the largest increase. After adjustments were made for several health and lifestyle factors, daily users added more than three inches to their waistlines compared to less than one inch for non-users over the total follow-up period.

The authors recommend that older adults, particularly those at high risk of cardiovascular diseases and metabolic syndrome, try to curb their consumption of artificially-sweetened drinks.

Stay Safe and Healthy This Season

Winter is a time to enjoy the warmth and comfort of home — not worry about chilly weather or catching a cold. Here are some tips to help the season stay merry, healthy and bright:

Wash your hands — With more people indoors, germs that can cause illness are more prevalent. Wash your hands often with soap and water, and avoid touching your eyes, nose and mouth.

Get a dose of vitamin D — Less sunshine means less vitamin D absorption, so eat a variety of foods that include the nutrient, including eggs, milk, fortified cereals, and fatty fish such as salmon and tuna. Vitamin D boosts your immune system and helps stave off the "winter blues."

Dress warmly — Two or three thin layers of clothing are actually warmer than one thick layer. When out during cold weather, wear a heavy coat, a hat, gloves or mittens, and a scarf. Limit your time outdoors and go inside immediately if your clothing gets wet.

Merry Christmas



Merry Christmas to all our residents!

Resident Birthdays

Edith K., 1st

Mitzi B., 3rd

Dorothy B., 5th

Caryl D., 9th

Doris A., 11th

Jack S., 15th

Frank B., 17th

Donna B., 23rd

Marjorie B., 25th

Joy B., 26th

Wayne W., 28th

Nellie B., 31st



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Jan Doak

Resident Chauffeur

Art Thompson

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Lynette Rudio

Spiritual Director

Mike Feralio

Nursing/Health Care

Stop!

If you have cold or flu like symptoms or you have been exposed to the influenza virus, please protect your loved ones by refraining from visiting. Flu is a serious, contagious disease that can be very detrimental to the health of our residents.

If you have not received the flu vaccine this year, it is not too late. Please see your provider about receiving the flu vaccine to help protect yourself as well as your family. Also remember to take everyday preventive measures to stop the spread of germs by washing your hands, covering your nose and mouth when you cough or sneeze and stay home for at least 24 hours after your fever is gone.

Lauri Feralio, RN
Director of Nursing

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Go to 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!

