

GOOD Life News

at Westpark Village

FEBRUARY 2019

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Executive Director

Greetings,

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. 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

Nursing/Health Care

Tips for Doctor Visits

Get the most from your next doctor's appointment with these helpful tips, based on advice from practicing physicians:

Prepare questions — Whether your visit is for a routine checkup or a specific concern, it's wise to write down any questions you want to ask the doctor. Rank them by priority, so you're sure to address the most pressing issues. Also, it can help to rehearse your questions in advance.

List your medications — At home, review all your medications and write down the names, dosages and other instructions for each one. Include prescriptions, over-the-counter medicines and dietary supplements. Bring the list with you to your appointment.

Bring someone with you — A relative or close friend can help take notes, ask questions and simply offer support.

Arrive early — It's recommended that you arrive about 15 minutes before your appointment time. This gives you a chance to fill out paperwork and complete any other office procedures.

Be honest — Doctors say it's important not to hold back information such as family history and lifestyle habits. This knowledge helps them make a proper diagnosis and prescribe the best treatment.

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

**Platinum Service®
Standard #7**

"I never say "no" to an opportunity to serve our residents and to improve their living experience."

Each day presents itself with the opportunity to serve others from the heart. We have the unique opportunity to enrich the lives of others and show our professionalism and genuine care. Listening to our residents' requests and practicing acts of kindness creates memorable experiences. We strive to place our residents at the center of everything we do.

*"A good head and a good heart are always a formidable combination."
— Nelson Mandela*

Resident Spotlight

Marjie Brown was born to Adah and Charles Lane on Christmas Day in 1929, the year the stock market crashed, as Marjie's brother liked to remind her. Marjie's dad drove her mom to the hospital in Roundup, Mont., from their home in Cushman in his Model T. The winter was so bad that year, Adah and Marjie had to stay in a boarding house for three weeks until Charles could come back and get them after Marjie was born. Marjie has a brother that is a year and a half older than her and a sister that is four years younger. She attended first through eighth grade in a one-room school in Cushman, Mont. She then went on to Lavina High School and graduated in 1947. Marjie and two schoolmates then moved to Billings to "seek their fortunes," Marjie being just 17. She started waitressing at a café, and one day, two gentlemen who came in recruited her to work as a secretary in their office. She worked there for three years until she married Ralph Blankenbaker, who she met at 3 B's Soft Serve Ice Cream Café. Marjie and Ralph married on Nov. 5, 1949, and at the time Ralph had a six year old daughter who then became Marjie's daughter. After they were married, Marjie became as she liked to call it "help mate," she stayed home and took care of the house, yard, kids and everything in between. Ralph worked as a construction superintendent and also owned a farm in Blue Creek. Ralph and Marjie had four children together, one son and three daughters, and were married for 49 years before Ralph passed away.



Bill Brown was born March 31, 1922, and had an identical twin brother, Frank. They were born in Hope, Ark., to parents Harvey and Gwen. Bill and Frank did everything together! They went to elementary school in San Jose, Calif., and went to high school in Oakland, Calif. After graduating in 1941, Bill did some welding in a ship yard and then entered the Navy in 1943. He was a deep sea diver and did underwater welding, which was repairing ships to get them back in service during WWII, with the Navy until 1946. Once he was out of the Navy, Bill and his twin brother, Frank, both moved back to Billings, Mont., because that is where their parents were. Bill was attending school at Rocky Mountain College on the G.I. bill; this is also where he met his wife, Doris. He later decided to become a mortician due to the fact that the geology course he wanted to study was full. Bill and Frank moved back to California for about a year of mortician school. Bill returned back to Billings after finishing school and began working at Dahl's Funeral Home as a partner, then moved to Smith's Funeral Chapel as an owner. Bill was married to his wife Doris for 51 years, and they had two daughters and one son.

Bill and Marjie met through Faith Chapel Church, and after Bill had been a widower for five years and Marjie a widow for eight, their friendship turned into marriage. They married Dec. 19, 2006. They have taken several trips together including a cruise to Mexico and Alaska. They each have taken a trip to Israel, separately. They each visited many of the places of Jesus' life and ministry, making the Bible even more alive and real. In retirement, Marjie has enjoyed church and family, including her 10 grandchildren and 18 great-grandchildren. She has always liked yard work, gardening and refinishing antique furniture for family and friends. After Bill retired in 2006, he often still got called in to help with work, but he also golfed, did crossword puzzles and enjoyed his two grandsons and one great-grandchild.

Bill and Marjie both had their own secrets to longevity. Marjie's is love and involvement with family, people and prayer. Bill's secret is be careful about your diet and live an active life. Bill has always been in an exercise program since he was in high school. Marjie's most amazing event of her life has been her personal relationship with Jesus Christ, and Bill's was his years of being a deep sea diver in the Navy. He also enjoyed the times where he sailed on a 40ft sail boat from California to Hawaii with friends on a three month trip. On another adventure, Bill was in a yacht race from California to Hawaii with six other people. They made it to Hawaii in 14 days and won the race in their class! Both Bill and Marjie said they have lived a full and blessed life and "they are so grateful to be spending their last chapter together at Westpark; it's the best." Westpark is so thankful to have this wonderful couple; thank you for sharing your story!

**Happy
Valentine's Day!**

New Residents

Gwyn B., #183
Joan Z., #167

Patricia A., #383
LaVerne T., #359

Message From the Life Enrichment Department

The month of January was an interesting start to our new year. February has arrived and Groundhog Day is Saturday, Feb. 2. Hopefully, he doesn't see his shadow and give us another six weeks of winter!

The Super Bowl will be played on Sunday, Feb 3. Join friends for a gathering in the BSTV-LL and watch the game.

We will have a Valentine Happy Hour on Feb. 13, Social Hour.

A Sweetheart Table will be in the Lobby, so please share one picture of your sweetheart or loved ones for that week.

Life Enrichment Department

Kathy, Ashlyn Maria, Danielle, Mike, Renee, Art

Food and Beverage/ Dining Services

Healthy Eating

Fill Up on Colorful Fruits and Vegetables

Fruits and vegetables are the foundation of a healthy diet. They are low in calories and nutrient-dense, which means they are packed with vitamins, minerals, antioxidants and fiber. Fruits and vegetables should be part of every meal and your first choice for a snack — aim for a minimum of five portions each day. The antioxidants and other nutrients in fruits and vegetables help protect against certain types of cancer and diseases.

Eat a rainbow of fruits and vegetables every day — the brighter, the better.

The brighter, deeper-colored fruits and vegetables contain the higher concentration of vitamins, minerals and antioxidants, and different colors provide different benefits. Some great choices are:

- **Greens:** Greens are packed with calcium, magnesium, iron, potassium, zinc and vitamins A, C, E and K, and they help strengthen the blood and respiratory systems. Be adventurous with your greens and branch out beyond bright and dark green lettuce — kale, mustard greens, broccoli and Chinese cabbage are just a few of the options.
- **Fruit:** A wide variety of fruit is also vital to a healthy diet. Fruit provides fiber, vitamins and antioxidants. Berries are cancer-fighting, apples provide fiber, oranges and mangoes offer vitamin C, and so on.

Soaring: Supporting the Spirit

Sometimes, as we grow older we can become negative. I am definitely guilty. If you don't believe me just ask my family. Here are some negative, but humorous statements I thought you might enjoy:

1. I started out with nothing. I still have most of it.
2. My wild oats have turned to prunes and All Bran.
3. I finally got my head together, now my body is falling apart.
4. All reports are in. Life is now officially unfair.
5. It is easier to get older than it is to get wiser.
6. If God wanted me to touch my toes, he would have put them on my knees.

Ha ha, I can relate to the last one about touching your toes! In the New Year, I hope we will all try to be more positive, because it is so easy to be negative. Here are some suggestions I found online:

1. Take risks in life.
2. Respect your own opinion.
3. Be flexible and adaptable.
4. Take on new challenges and learn new things.
5. Deal with pain and losses, but do not hold on to the suffering they bring.
6. See the glass half-full.
7. Take care of yourself with healthy eating and regular exercise.
8. Do not accept the myths that society says are true about you.

I hope 2019 is going well for you.

Mike Feralio, Spiritual Director

Resident Birthdays

Colleen B., 3rd	Father Charlie G., 16th
Jean B., 7th	Edna Mae K., 18th
Dorothy P., 9th	Elizabeth H., 20th
Margaret M., 13th	Ed P., 21st
Alice B., 13th	Marjorie B., 27th
Jody M., 14th	
Kay W., 16th	Eddie K., 28th

Anniversaries

Wayne & Beth W., 2/26/1950



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Senior Living

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MANAGED BY
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Meredith Warren

Resident Services Director

Lynette Rudio

Spiritual Director

Mike Feralio

New Faces at Westpark

We have recently had a lot of wonderful new residents here at Westpark Village. As many of you know, it can be a little unnerving moving into a new place and having to make friends. If you see someone moving into your hallway, please drop by to introduce yourself and welcome them to our Westpark family. Also, if you see a new face in the dining room, please offer them a place at your table ... who knows, you might make a new, lifelong friend. If you would like to take new residents to dinner, drop by the marketing office and let Becky or Jan know of your willingness to help.

February is the month of "love" so why not give a little love to the new residents?



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