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We encourage residents, guests, caregivers and families to download the app and get connected!



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THE INN  
ON WESTPORT

Senior Living

4000 South Westport Avenue, Sioux Falls, SD 57106  
605-362-1210 | innonwestport.org



MANAGED BY The Goodman Group

## TEAM MEMBERS

**Executive Director**  
Jill Dykstra

**Director of Nursing**  
Laura Johnson

**Director of Sales & Marketing**  
Jill Steffen

**Life Enrichment Director**  
Kathy Scott

**Spiritual Care Director**  
Marc Anderson

**Dietary Manager**  
Brenda Norby

**Business Office Manager**  
Matt Birk

**Maintenance Director**  
Tim Draewell

**Community Outreach Director**  
Shauna Welker

**Rock Steady Boxing  
Program Director**  
Lisa Howard



## IN LOVING MEMORY

We remember our dear friends who have passed in the last month:

• Helen K. • Deloris M. • Fred O. • Char V.



## NEW RESIDENTS

We would like to welcome our newest residents!

• Bill L. • Robert R. • Roger V. • Dee W.  
• Roy L. • Ed R. • Jo W.



## BIRTHDAYS

We want to wish the following residents a very happy birthday:

• Patricia H. - 3/2 • Gary J. - 3/13 • Darlene P. - 3/20  
• Ida N. - 3/3 • Rozella B. - 3/18 • Shirley Z. - 3/25  
• Kathleen S. - 3/5 • Joan M. - 3/19 • Vi B. - 3/29  
• Alice M. - 3/5 • Joe L. - 3/19  
• Tom W. - 3/7 • John M. - 3/20



## RESIDENT COUNCIL

• **Chairman:** Harley B.  
• **Vice Chairman:** Kathleen S.  
• **Food Committee Chair:** Bob M.  
• **Life Enrichment Committee Chair:** Carolyn H.  
• **Welcoming Committee Chair:** June S.



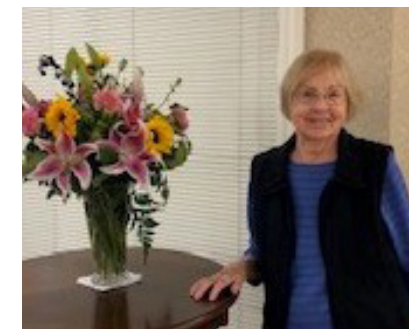
# Good Life NEWS

at The Inn on Westport

MARCH 2024

## RESIDENT SPOTLIGHT: SHARON D.

Sharon D. has a diverse background. She was a farmer's daughter who became the right-hand man when her father lost his hand in a corn picker accident. Next, she was a Top Ten Freshman Woman at South Dakota State University, a first-year teacher, an Air Force spouse, a mother, and then a master's student at South Dakota State University. After her husband, Jim, finished an assignment in Vietnam and a master's degree in civil engineering, he was assigned to Bitburg Air Force Base in Germany for five years. While there, Sharon taught for the Department of Defense Dependent Schools.



Five years later, the family moved to Oklahoma City. Jim was flying the E-3A, a new surveillance plane for the Airborne Warning and Control Squadron (AWACS). The next challenge was an assignment in Okinawa for Jim. Sharon taught at Rose State College in Midwest City and their three children were in high school and junior high school. This was followed by a promotion for Jim and a move to a NATO base at Geilenkirchen in Germany. Sharon taught at the Allied Forces school in the Netherlands. One year later, they were at Ramstein Air Base which is headquarters for the U.S. Air Force in Europe. Sharon worked as an education counselor for the Air Force and as a teacher at Kaiserslautern High School.

Three years flew by and they moved to RAF Wethersfield in the United Kingdom. Jim commanded a civil engineering unit that managed projects in Europe and the Middle East, and Sharon taught in the base school. Jim's final assignment was at Wright-Patterson Air Force Base in Dayton, Ohio. Sharon attended The Ohio State University in Columbus and earned a Doctor of Philosophy in Consumer Sciences. She was hired at Purdue University and spent 15 years teaching and conducting research. After Sharon retired as a professor emeritus, the couple moved to a new home near Monument, Colorado. Ten months later, Jim suffered a fatal heart attack, apparently caused by his exposure to Agent Orange.

SPOTLIGHT continued on page 2

## RECENT COMMUNITY UPDATES

March is a time of change. The season starts to shift from the long South Dakota winter to the hope of a warmer spring. We have also seen some recent changes around our community. In February, we had contractors from Muth Electric Inc. working to pull wires that will provide an upgraded phone system for the business office and improved Wi-Fi reception for the community. There will also be an upgrade to the back hallway flooring leading to the garage. Thank you for your patience as we implement these community improvement projects.

*Jill Dykstra*  
Executive Director

## SOARING®: SUPPORTING THE SPIRIT



This month I offer the words of Brené Brown. May you be courageous enough to be vulnerable with others and speak from your heart.

“Courage is a heart word. The root of the word courage is cor, the Latin word for heart. In one of its earliest forms, the word courage meant ‘to speak one's mind by telling all one's heart.’ Over time, this definition has changed, and today, we typically associate courage with heroic and brave deeds. But in my opinion, this definition fails to recognize the inner strength and level of commitment required for us to actually speak honestly and openly about who we are and about our experiences—good and bad. Speaking from our hearts is what I think of as ‘ordinary courage.’”

*Marc Anderson*  
Spiritual Care Director



FLOWER  
ARRANGING

We hosted a class on flower arrangement. Resident Bill B., team member Pam B. and life enrichment team members assisted. Everyone loved creating a bouquet to take home.



MONTESSORI  
MOMENTS

Montessori Principle #5: I always focus on the person’s strengths and abilities and what they can do. Paula takes on the responsibility of caring for plants.



RESIDENT SPOTLIGHT: SHARON D.

SPOTLIGHT continued from page 1

Sharon stayed in Colorado and worked as the editor of the Family and Consumer Sciences Research Journal for 12 years. Her volunteer activities included serving as a docent (tour guide) for the Colorado Springs Fine Arts Center for seven years, as a public member of the Liaison Committee on Medical Education for six years, and as a representative for Surviving Spouses for the Military Officers’ Association of America for six years.

Sharon moved to Sioux Falls in 2017 and became active in the Osher Lifelong Learning Institute. She has taught “Writing Your Life Story” and leads book discussions on biographies. Two of the most popular books have been about Tony Dungy and Justice Ruth Bader Ginsburg. For the spring term, she has selected books about Elon Musk and Taylor Swift.

NURSING NOTES: FALL PREVENTION

Approximately one-third of people over the age of 65 fall each year, with falls being the leading cause of death from injury in this age group. A research study showed that in 2010, emergency departments treated over 2.3 million nonfatal falls, with 662,000 needing hospitalization—a total cost of over \$30 billion.

Some fall risk factors include being over 80, having a cognitive impairment, a history of a cerebrovascular accident (CVA) or transient ischemic attack (TIA), or taking four or more prescription medications.

Research has shown that modification of prescription medications could place a person at risk for falling. That is why if you are in assisted living, a pharmacist reviews your medications monthly and looks for those risk factors. Modification to a person’s environment could also help prevent falls, including adding grab bars in the bathroom or removing throw rugs. An exercise program that focuses on strengthening the leg muscle can also help. I highly encourage you to be part of one of our FIT Functional Fitness® classes here at The Inn on Westport. If you have concerns regarding medications or safety in your personal environment, please see me or one of the resident care coordinators.

Laura Johnson  
Director of Nursing

UPCOMING EVENTS

- March 1 at 3 p.m.: Polka music by The Nissels
- March 2 at 1:30 p.m.: The Singing Cowgirl, Lisa Murphy
- March 4 at 2 p.m.: Lifelong Learning with Karla Abbott, professor emeritus at Augustana
- March 5 at 1 p.m.: Visit the Western Studies Museum at Augustana
- March 7: Foot Care Clinic (make appointments at the front desk)
- March 7 at 10 a.m.: Coffee with Kim
- March 7 at 1 p.m.: Piano music by Tylar
- March 8 at 10:30 a.m.: Pet visit by Kensi
- March 8 at 2 p.m.: Musical guest Dave Good
- March 10 at 2:30 p.m.: Musical guest Bob LaRoy
- March 11 at 1 p.m.: Lifelong Learning: Living with Aging Eyes by the Sioux Rise Lions Club with speaker Dr. Jeff Saylor
- March 12 at 11 a.m.: Lunch out to BB’s
- March 12 at 1:30 p.m.: Lifelong Learning: Babe Hair Solutions
- March 12 at 6:30 p.m.: The Dakota District Pipes and Drums
- March 15 at 2 p.m.: The New Horizon’s Jazz Band
- March 17 at 3 p.m.: Musical guest Sioux Falls Tempo
- March 19 at 10 a.m.: Ollie Learning: Taylor Swift biography led by Sharon D.
- March 19 at 3 p.m.: Sing-along with Rosie
- March 19 at 11 a.m.: Grand Falls Casino
- March 21 at 10 a.m.: Coffee with Kim
- March 21 at 2 p.m.: Piano music by Tylar
- March 23 at 1 p.m.: Resident/Family Mini Golf Tournament
- March 24 at 2 p.m.: The Missouri Valley Stringcreek Band
- March 25 at 1:30 p.m.: Resident Council
- March 25 at 7 p.m.: Dan Kraemer students’ piano recital
- March 26 at 11:30 a.m.: February and March birthday lunch
- March 29 at 10 a.m.: Good Friday service

First National Bank Hours

- Monday 8 - 10:30 a.m.
- Wednesday 1 - 4 p.m.

ROCK STEADY BOXING AT THE  
INN ON WESTPORT CELEBRATES  
7 YEARS OF FIGHTING BACK

7-Year Anniversary Celebration and Open House:  
April 23 from 3 to 5:30 p.m.

This April, the Rock Steady Boxing program at The Inn on Westport will be celebrating its 7th anniversary. Rock Steady Boxing gives people with Parkinson’s disease hope by improving their quality of life through a non-contact, boxing-based fitness curriculum.

Parkinson’s disease is a degenerative movement disorder which causes deterioration of motor skills, balance, speech and sensory function. The Parkinson’s Foundation estimates there are more than 1 million people in the United States are diagnosed with the disease—over 3,000 people in South Dakota. Rock Steady Boxing is the first gym in the country dedicated to the fight against Parkinson’s.

Rock Steady Boxing at The Inn on Westport was the second boxing gym opened by The Goodman Group and the first Rock Steady Boxing affiliate in South Dakota. Opening in April of 2017, Program Director and Head Coach Lisa Howard started with two classes and 12 boxers and has grown the program to over 50 boxers in six different classes. Residents of The Inn on Westport who are living with Parkinson’s disease can access these classes for free, while people with Parkinson’s living in the surrounding community are able to attend classes for a monthly fee.

In our Rock Steady Boxing gym, many of our exercises are largely adapted from boxing drills. Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. At Rock Steady Boxing, Parkinson’s disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant.

The Inn on Westport resident Linda M. just started our program in November of last year, and she has already seen benefits of the program. “I look forward to the weekly classes because it really helps my energy and my mood,” Linda said. The Rock Steady Boxing program is one of the reason’s Linda decided to make The Inn on Westport her new home. “Rock Steady Boxing takes a lot of determination to get the benefits that it can offer someone with Parkinson’s. I get tired during class, but soon after we’re done for the



Fighter Linda M.



day, I feel energized. It feels great to do something physical, and Rock Steady Boxing fills that bill. Thank you, Lisa, for helping us find our strengths and to build on them.”

Coach Lisa has high praise for Linda as well. “Linda hasn’t been with our program very long, but it’s been amazing to watch her put in the hard work and see her getting better! She is one of the hardest workers in the program and is always willing to do one more set or one more rep! It will be fun to see her progress in six more months.”

Improving balance is one of the great benefits of participating in Rock Steady Boxing. Across the board, boxers show improvements in their balance testing scores over six months from starting to re-assessment time.

“Mad” Molly is a community boxer who joined late in 2017. “Rock Steady Boxing has been part of my life for almost seven years,” Molly said. “I remember when I first heard about it and the advantages it offered for those with Parkinson’s. I was quick to check into it. I have found it as beneficial as it was advertised to be. Attending classes on a regular basis has brought me camaraderie with others who struggle with the illness. But the best benefits are the increased energy, the better balance, and the increase in strength of my legs, arms and core. I find I am able to avoid many falls because I am strong enough to catch myself. I highly recommend Rock Steady Boxing.”

Coach Lisa has worked with almost 100 boxers in the past seven years, and has been humbled by their tenacity and perseverance. “Living with a chronic disease is not easy. It is so amazing to watch these boxers come into our gym and work so hard,” Lisa said. “They challenge themselves to go past what they think their limits are. They encourage each other, have friendly competitions with each other to keep things interesting, and are always willing to try whatever difficult task or exercise I throw at them. They are all true champions. They are inspirational to so many it’s been a privilege for me to help them fight back against Parkinson’s.”

Rock Steady Boxing at The Inn on Westport will be celebrating its seventh anniversary with a celebration and open house on Tuesday, April 23 from 3 to 5:30 p.m. Guests are welcome to come tour our Rock Steady Boxing gym, talk to our coaches and fighters, and even stay and watch a class at 5 p.m. There will be light refreshments, door prizes and giveaways. RSVPs are appreciated by calling 605-362-1210.

If you would like to find out more about Rock Steady Boxing for a loved one living with Parkinson’s please call Program Director Lisa Howard at 605-362-1210 or reach out to her at [lisa.howard@innonwestport.org](mailto:lisa.howard@innonwestport.org).