EXECUTIVE DIRECTOR

Dear Residents and Guests,

Last month we had an amazing Sweetheart Dinner and we have a lot of fantastic events planned again this year. Each year we meet with our Special Events Committee and create an annual plan. For 2020 we have planned:

• A community Easter Egg Hunt
• Take Your Child to Work Day
• A Patriotic Barbecue
• Campus Tailgater
• Intergenerational Play
• Back to School Party
• Halloween Event
• Thanksgiving Dinner
• Veterans’ Events and Honor Wall
• Quarterly Family Council

These events are a great way to provide a connection with the community, families, and guests. The committee always welcomes new ideas and appreciates your feedback regarding these events.

Sincerely,
Nicole

FOOD AND BEVERAGE/DINING SERVICES

During National Nutrition Month, celebrated each March, the Academy of Nutrition and Dietetics encourages everyone to “Put Your Best Fork Forward” by making small, healthy shifts in food choices when cooking at home.

“Evidence shows that making dietary and lifestyle changes can prevent diseases before they occur,” says registered dietitian nutritionist and Academy of Nutrition and Dietetics spokesperson Angel Planells. “During National Nutrition Month and beyond, make small, healthier food choices — one forkful at a time.”

Planells encourages everyone to eat more of these foods:

• Vegetables, including dark green, red and orange, beans, peas and others
• Fruits, especially whole fruits
• Whole grains
• Fat-free or low-fat dairy including milk, yogurt, cheese and fortified soy beverages
• Protein foods including seafood, lean meats, poultry, nuts, soy products, beans and peas
• Oils including canola, corn, olive, peanut, sunflower and soy

“It’s important to create an eating style that includes a variety of your favorite, healthful foods,” Planells says. “Consider cultural and personal preferences to make these shifts easier to maintain.”

To find a personalized plan that works best, Planells suggests consulting a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow nutrition advice to meet your lifestyle, preferences and health-related needs.

As part of National Nutrition Month, the Academy’s website includes articles, recipes, videos and educational resources to spread the message of good nutrition and an overall healthy lifestyle for people of all ages, genders and backgrounds.

The Academy of Nutrition and Dietetics is the world’s largest organization of food and nutrition professionals. The Academy is committed to improving the nation’s health and advancing the profession of dietetics through research, education and advocacy. Visit the Academy at eatright.org.
April 19-25 is National Volunteer Week! Volunteer week is a time to acknowledge and celebrate those who donate their time to better our community. This is an opportunity to recognize the integral role volunteers play in ensuring quality of care and enhancing engagement of residents at West Hills. If you see a volunteer during this time, please take time to thank them for their service and remind that their efforts are appreciated.

Karlene Boss, Director of Nursing

The brown buds thicken on the trees, Unbound, the free streams sing. As March leads forth across the leas The wild and windy spring.

— Elizabeth Akers Allen (1832-1911)

Happy March! March is the month of the spring equinox, when our northern hemisphere makes the official turn towards spring. It is the month when the sunlight lingers just a little longer in the evenings and we begin to feel the first hope and promise of springtime through the earliest blooms like daffodils, tulips and the buds on the trees.

During the month, the weather can be a bit wild and unpredictable — kind of life itself! We never know if March will bring gentle spring warmth and sunshine, or turn to stormy and wintery weather. Sometimes we may have both in the same day!

It is in springtime that we also see the resilience and power of nature. One of spring’s delights is watching plants, trees and flowers come to life when it appears as if there is no spark left in them.

Resilience is a quality that we can encourage in ourselves as well. Merriam-Webster dictionary defines resilience as, “an ability to recover from or adjust easily to misfortune or change.” It is important to cultivate in ourselves the strength and belief in our ability to deal with any setbacks and changes that come our way. There are many ways to build resilience in ourselves. A few suggestions I have heard consist of nurturing our relationships, asking for help when needed, learning to accept or embrace change, seeking meaning and purpose in daily life, and learning from our challenges and mistakes.

During the month of March I would love to hear your stories and what makes people resilient in the face of change or challenges. And I hope that your month is full of the beauty and hope of springtime.

Blessings,
Kristen Hamilton-Sutherland
Spiritual Care Director

Violets are among the first flowers to bloom in the spring, offering cheer to all who see them.

The violet family has about 600 species, including pansies and violas, which are often sold as annual flowers, blooming for a single growing season. Many wild species of violets are perennials, popping up every year and spreading easily on lawns and in fields and forests.

Most types of violets have green heart-shaped leaves and flowers made up of five petals. Depending on the variety, some of the petals will point upward and some downward. As their name suggests, many violets are purple in color, but they also are found in shades of blue, white, yellow, orange, pink and red. Many are two-toned, with patterns that give the blossoms the look of a smiling face.

Violets are said to symbolize love, loyalty, nobility and humility.

UPCOMING EVENTS

- Shopping Outing to Walmart: March 4
- CNA Graduation: March 5
- Resident Council: March 6
- Activity Planning Committee: Feb. 6
- Geology Lesson: March 6
- Horticultural Therapy: March 9
- Focus on Prayer: March 9
- March Birthday Party: March 10
- Ilani Casino: March 11
- Art Therapy: March 16
- Nurse Kelsey’s Baby Shower: March 17
- St. Patrick’s Celebration: March 18
- Valiant Veterans’ Social: March 18
- Becky’s Book Club: March 20
- Earthtones Music Exploration: March 23
- Spiritual Chat: March 23
- Lunch Outing to Red Robin: March 25
- Osa the Dog Visit: March 27

Please see a Life Enrichment team member if you would like to sign up for any outings or if you have any questions. We also have many more musicians scheduled for the month.

Please see the activity calendar for more dates and times.

SOARING: SUPPORTING THE SPIRIT

RESIDENT SPOTLIGHT: STEVE

Steve is a resident of West Hills of approximately 1 year. He was born in Hollywood, Calif. His favorite food is tacos. For 20 years, Steve volunteered at the Oregon Zoo as a guide. He educated people about the various animals at the Zoo. His favorite movie is “Lawrence of Arabia.” He enjoys balloon games and doing physical therapy at West Hills. He also wants to give a shout-out to the CNAs who help him. Next time you see Steve, say hello! If you ever have questions about animals, he is the guy to go to. This is an image of Steve holding the trunk of an elephant he worked with.

SWEET SPRING FLOWER

VIOLETS
FIRESIDE CHATS WITH FDR

Throughout his presidency, Franklin D. Roosevelt led Americans through the historic challenges of the Great Depression and World War II by coming into their homes with his radio fireside chats.

In March 1933, just over a week into his first term as president, Roosevelt delivered a nationwide radio broadcast from the White House, offering reassurance about the banking crisis. It was the first of what became known as fireside chats, so named by a radio executive due to their calm, down-to-earth style.

Occurring several times a year, the fireside chats grew to be a hallmark of Roosevelt’s time in office and drew tens of millions of listeners. In a conversational tone and using simple analogies to explain policies and global events, the president spoke for 10 to 40 minutes, informing the public and offering encouragement through the difficulties. Many of the chats began with FDR addressing the nation personally as “My friends,” and at the end of every broadcast, “The Star-Spangled Banner” was played.

Roosevelt gave some 30 fireside chats, the last one airing in June 1944. The original recordings have been selected for preservation by the National Recording Registry at the Library of Congress.