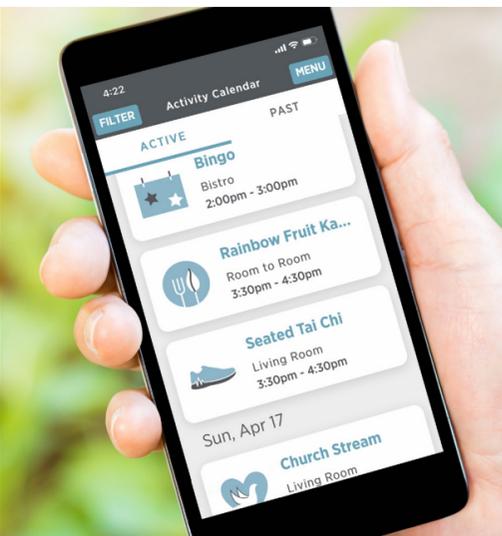




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GiGi Assistant® (GiGi), is a free mobile app that acts as your personal concierge ready to assist you with what's happening in the community.

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



Scan to Download



MANAGED BY The Goodman Group

## TEAM MEMBERS

**Executive Director**  
Megan Brinton

**Director of Nursing**  
Lauri Feralio

**Life Enrichment Director**  
Ashlyn Masin

**Director of Sales & Marketing**  
Kimberlee Garcia

**Business Office Director**  
Meredith Warren

**Housekeeping Director**  
Sandi Gavin

**Maintenance Director**  
Pierre Lave

**Spiritual Care Director**  
Mike Feralio



## IN LOVING MEMORY

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

- Alice L.
- Maureen I.
- Helen I.



## NEW RESIDENTS

We would like to welcome our newest residents!

- Mitzi B.
- LaDonna B.
- Judy A.
- Annalee A.
- Brian & Kathy R.



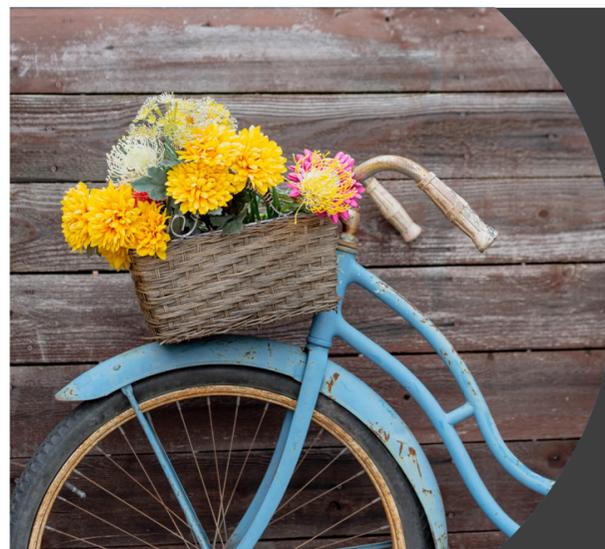
## BIRTHDAYS

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

- Marie N. - 4/3
- Barbara C. - 4/6
- Marjorie T. - 4/8
- Joyce P. - 4/11
- Anita V. - 4/12
- Delores L. - 4/12
- Alvina B. - 4/13
- Bibs R. - 4/15
- Herman F. - 4/16
- Barbara W. - 4/21
- Bob I. - 4/22
- Anita S. - 4/25
- Audrey P. - 4/26
- Sandra S. - 4/27
- Louise L. - 4/27
- Helen B. - 4/27
- Suzanne L. - 4/30



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# Good Life NEWS

at Westpark Village

APRIL 2024

## TEAM MEMBER SPOTLIGHT

Get to know Janet D.

Let us give a proper Westpark family hello to Janet! Initially from Spokane, Washington, she moved to Billings about eight years ago to be closer to her parents. Janet is a mother of six beautiful children. She is a very outgoing person with a bubbly personality. Janet is blessed to be getting married to the love of her life in June 2024. This will make her family much larger since she will not only be gaining a husband, but three more beautiful children. All-together, there will nine children!



“Planning a wedding has been so much fun and I am beyond thankful that I have a future mother-in-law and sister-in-law (and best friend) who I enjoy so much. They have been a huge inspiration in my life. I am so happy to call them my family.”

I chose to go into healthcare since I helped care for my grandparents when I was 14. I have a huge heart and passion for the senior population. My heart's desire is to become an RN. That being said, I also would enjoy owning a bakery since baking and making candy is another passion of mine! When I have spare time, I enjoy doing arts and crafts with my children such as crocheting and making jewelry and candles. We also love to go bowling, fishing, hiking and camping. One of our most favorite things to do is to find hidden waterfalls and ghost towns! One of my dreams since I was 5 years old has been to go to Hawaii and enjoy the ocean.

I have been the staffing coordinator for the nursing department at Westpark for eight months and I love being here in so many ways. I love the atmosphere. When I first entered the front doors, I just knew this would be a perfect fit for me — this is just the place I would want to live someday! Seeing all the residents' cheery, smiling faces and knowing they are authentically happy makes me feel happy and fulfilled. I feel so grateful to be able to care for such truly wonderful people.



## SOARING®: SUPPORTING THE SPIRIT



Here at Westpark, we have a small card that fits in our pocket with 20 Platinum Service® Standards to guide us in our relationships with you, the resident, and the team members we work with. I will start this month with our first Platinum Service® Standard and I'll share another one next month.

1. I place our residents at the center of everything I do, personalizing my services to meet their preferences.



Many of you have told me how a caregiver, housekeeper or waiting team member not only knows your name, but they know certain ways you like things done and how they do it before you even ask. That is what personalizing

our service to meet your preferences is all about. It's nice to work at a facility where the team members care so much about the residents. Our company also has a motto — putting you at the heart, of everything we do. I hope that all the residents that live here feel that we put you at the heart of everything we do, and that we personalize our services to meet your preferences. If you have any comments or concerns, feel free to reach out.

*Mike Feralio*  
Spiritual Care Director

## RESIDENT SPOTLIGHT

### Meet Mary P.

Give a great big hello to our friend and neighbor, Mary! We all love Mary's distinct laughter, but the more I get to know Mary, I get to experience the depth of her intelligence, sensitivity, love, passions and talents!

Mary was born in Longview, Washington, in December 1945 to Wilson and Nita and had two sisters, Sandy and Linda. She is Irish through and through - and boy did they all have a lot of fun! Her father, Wilson, was extremely outdoorsy. Not only did he make his living in the timber industry, one of his hobbies was log rolling. He beat the log rolling champion which, of course, made him the log rolling champion of the world!

Her mother, Nita was an amazing homemaker who made every part of their home and life very nice. Growing up on the Oregon coast was full of adventures! Clam digging, beach combing, fishing and searching for agates on the beaches. Her dad made jewelry from the agates they found. He drove them around the dunes in a dune buggy he built. Her parents taught square dancing and the whole family traveled around Oregon with her dad calling dances and her mother yodeling! Mary sang in the choir. The middle of her junior year, they all had to relocate to Seattle for work. Mary graduated from high school in Tacoma and then attended Central Washington College where she met and married the love of her life, Gordy.

Mary and Gordy had a lot of fun together! Gordy worked four years as a high school math and physics teacher before he built a thriving career at State Farm. Gordy and Mary both loved fishing. They fell in love with the Big Horn River and so when they retired, they built a home on 30 acres on the river banks and lived there for 19 years. Mary and Gordy have one son, Marshall. He and his wife, Tali, have three children. Mary has one great-granddaughter. Marshall is a civil engineer and owns Blue Line Consulting here in Billings.

Mary was a legal secretary for most of her working years. She has many passions. She loves to golf, read, play bridge, snow ski, water ski and fish! She caught salmon and halibut in Alaska, and Mary said, "Those were tough to reel in!"

Mary is also a talented artist. She displays different selections of her artwork outside her apartment. I especially love her use of color. There is an amazing depth to the color choices, which I believe reveal a lot about Mary's personality. "I began oil painting when my son was 2 years old. It was an opportunity to get out and meet other people." As an adult, Mary and her Arabian mare, miss Hiaya Gold, took first place in the Montana Equestrian Trail Competition.

"Westpark is a wonderful place to live. The team is awesome and I have met so many generous and fascinating residents that I have developed close friendships with. I really enjoy the Sunday church service here. Each minister has his own style and uniqueness. Some of them open with a funny story." If you hear Mary's laughter around, don't hesitate to stop and say hello!



## MONTESSORI MOMENTS



Audrey's birthday celebration



Impromptu music from Vi's family



Audrey with her St. Patrick's Day craft



Herman enjoying a Pepsi



Anne and Kenny



Jackie calling bingo



Wayne and Linda

## WELCOME SKYLINE HEIGHTS

Westpark Village is excited to announce a new partnership with Skyline Heights. Skyline Heights is now providing outpatient physical, occupational and speech therapy to our residents here at Westpark Village in the comfort of our community. Eduro Healthcare manages Skyline Heights. Based out of Salt Lake City, Utah, Eduro operates multiple transitional care and skilled nursing facilities in California, Colorado, New Mexico, Idaho, Montana, North Dakota, South Dakota, and Texas.

Eduro believes in not only encouraging patients to improve, but also expecting the same standards of themselves. Innovation and hard work give Eduro employees empathy and credibility when working with patients. Skyline Heights has been in our backyard for about nine months now, offering long-term care and skilled nursing care to seniors in the community. By offering a variety of services, including physical, occupational and speech therapy to our residents, they are helping us to enhance the lives of the residents we serve and their families.

This is a part of our mission — to enrich the quality of life by inspiring greater well-being in every individual. It is for this reason we believe this will be an outstanding partnership. We look forward to meeting our therapists and utilizing our gym for these services.

## PARKINSON'S DISEASE AWARENESS MONTH

April is Parkinson's Disease Awareness Month, a time to recognize those living with Parkinson's and to have healthy discussions about how to move the needle in research for this disease.

Parkinson's disease is a neurodegenerative disorder that affects movement and is named for James Parkinson, the first medical doctor to document the symptoms of Parkinson's. Symptoms include tremors, slow movements and trouble walking along with non-motor symptoms such as depression and issues with speech. The cause of this disease remains largely unknown, and there is no cure as of now. Treatment options vary and include medications, surgery or lifestyle adjustments. According to the Parkinson's Foundation, nearly one million people in the U.S. and more than 10 million worldwide are living with Parkinson's.

Many of our senior living and healthcare communities participate in Rock Steady Boxing, a fitness program designed for people living with Parkinson's, along with support groups and activities tailored to people with Parkinson's. This month, we are reminded of the encouraging progress researchers have made in understanding this disease, but also the challenges that still lie ahead.



## LIFE ENRICHMENT HIGHLIGHTS



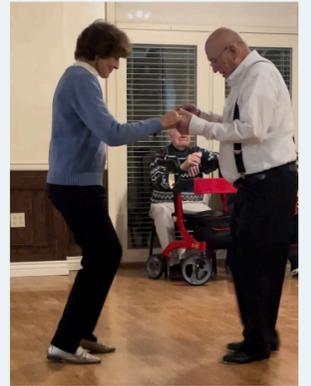
Leroy and family at the dance



What fun!



Carol V. with her wreath



Cutting a rug at the Soda Pop Dance



Alivina found a baby in her king cake



Barbara and her spring wreath



Many hands make light work in getting ready for the jewelry sale



Carol D. found a baby, which brings luck and prosperity