



Good Life

NEWS

at Westpark Village

OCTOBER 2019

EXECUTIVE DIRECTOR

Hello everyone,

Fall is a time when the leaves turn colors, the weather begins to cool, pumpkins make their appearance and kids head back to school. Fall is one of those seasons that creep up on us so fast, but when it is here, I marvel at the beautiful colors of red, gold and orange leaves that line the streets of our beautiful community. I am so thankful for the change in seasons and look forward to pumpkin pie and apple cider. Yum! Thank you for sharing your stories with me and allowing me to grow in my position as an Executive Director.

“Moments Matter. Live them Well.”

Jon Lorash

LIFE ENRICHMENT HIGHLIGHTS

Fall has arrived, and we encourage everyone to get outdoors to enjoy the beauty of October. This is a great time of year to get outdoors for daily walks and maybe a little putting on the greens.

On Thursday, Oct. 31, we are having Halloween Bingo in the lower level, so come have some fun with us and win prizes. Wear your costumes and have treats and lots of fun times with other residents.

“Joy does not simply happen to us. We have to choose joy and keep choosing it every day.”
-Henri Nouwen

FOOD AND BEVERAGE/DINING SERVICES

It's Healthy Aging® Month!

Healthy Aging Month is an annual health observance designed to focus national attention on the positive aspects of growing older. “Use it as the motivation to take stock of where you’ve been, what you really would like to do if money was no object,” says Carolyn Worthington, creator of Healthy Aging Month.

According to Worthington, “it’s never too late to find a new career, a new sport, passion or hobby.”

Five Tips for Reinventing Yourself During Healthy Aging® Month:

1. Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it’s positive thinking and goes a long way toward feeling better about yourself.
2. Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive.
3. How’s your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being.
4. Lonely? Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline or cell and make a call to do one or more of the following: volunteer your time, take a class or invite someone to meet for lunch, brunch, dinner or coffee.
5. Start walking not only for your health but to see the neighbors. Have a dog? You’ll be amazed how the dog can be a conversation starter. (Tip: If you don’t have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)

Adapted from Healthy Aging Magazine. www.healthyaging.net. “10 Tips for Healthy Aging Month.”

PHOTO CORNER



Just a few of the models from our Diamonds Are a Girl's Best Friend style show. Clothing by Montana Dress Company and jewelry by Opulenza Designs.

RESIDENT SPOTLIGHT

Mary R. was born to parents Paul and Mary Cameron in Livingston, Mont., on May 5, 1928. Mary was the youngest of eight, and there were four boys and four girls in her family. First through fourth grade, Mary attended school in a one-room country school with, at the most, 12 other children. In the fifth grade, Mary's family moved to Martinsdale, Mont., where her father was the foreman of the home ranch of the Bair family. Mary and her siblings went to school in Martinsdale and later attended and graduated from Harlo High. Mary and her mother rented an apartment in Harlowton so they didn't have to make that drive. Mary graduated in 1945. She and a girlfriend moved to Great Falls, Mont., and worked in a department store for a short while.

Mary met her husband, Lee, while he was Mr. Bair's chauffeur. They married in November 1945 in Billings, where Lee was from. Mary worked at Billings Hardware for three years until she had her first child. Lee and Mary had three children: Penne who now lives in Austin, Texas, and is a retired college professor; David who is in Phoenix, Ariz., and is retired from the Phoenix Museum of Art; and Cindy in Maui, Hawaii, who is a quality assessor for an apartment complex. After Mary's youngest was in the fourth grade, she started taking classes at Eastern, where she earned a degree in education. Mary taught at Ponderosa for 11 years, then at McKinley, and lastly at Meadowlark, where she retired from. She taught the fourth grade the entire time, 22 years. Lee worked as a carpenter and cabinet builder for 35 years until he retired.

Once retired, Mary and Lee took short trips to different place throughout the state of Montana. They liked to mine for sapphires, hunt for agets and go camping and boating. They both like to garden and raise flowers. Mary credits her longevity to having realistic goals and being open to new encounters. She never had big ambitions, but she found a lot of enjoyment in being a family person and having friends. The most amazing event of her life has been watching her children growing and having their own successful careers. Over the years, Mary has learned to take responsibility and then move on when there has been issues and keep a good outlook on life. She has always enjoyed meeting people and has been fairly outgoing. Mary has two grandchildren, a boy and a girl. Mary had this to say about this chapter of her life, "I think starting a new part of my life again wasn't easy, but Westpark has been a joy, and I have felt very welcomed and very comfortable here. Plus the kids don't worry! Life is full of new experiences, and I have enjoyed meeting those experience." Mary, thank you for sharing your story; we couldn't be more delighted to have you be a part of our Westpark family!



STAFF SPOTLIGHT

Stacie Mayte has been a caregiver here at Westpark for three years and loves the relationships she gets to build with the residents. She says, "there are so many things to learn, it's surprising how many new things I learn in a day." Stacie moved around a lot as kid but calls Montana home. She met her husband at a Starbucks in 2015. An interesting fact, Stacie and her husband, Hayden, had a middle school gym class together, but they don't remember each other. Stacie is 23 and started taking college courses this year in hopes of becoming a RN. They have a toddler, Rhain, and they like to finger paint, bake, cook and go to the park together. Stacie likes to play video games with her husband, and she loves cats! She has two cats, Glacier and Nargacuga. We are so lucky to have such a great addition to our Westpark family! Thank you for sharing.



SOARING: SUPPORTING THE SPIRIT

As I get older, I am amazed at things I took for granted as a kid. Instinct in insects and animals has really caught my attention this summer. Isn't it interesting how spiders know how to spin a web to get their food? I have seen many grasshoppers this year caught in spider webs. I watch the bees go from flower to flower to ultimately make honey. I watched a bird build a nest off my back porch this year. She would sit on the eggs every day until they hatched. Then she would fly back and forth to feed them many times a day. It amazes me how insects and animals have the instinct to do all the things they need to do to reproduce, take care of their young and survive. By now, you are probably wondering, what is your point? I don't have a point! Well, I guess this could be the point. If you get bored and want to watch nature, just go outside to one of the benches on the corner. You will see birds, bunnies, bees, dogs, cats and even spiders. It is probably more interesting and peaceful than what is on TV. This time of the year, you should see a few pretty leaves falling also. Have fun!

Have a great day,

Mike

Spiritual Care Director

RESIDENT BIRTHDAYS

Dorman H., 1st	Jean S., 20th
Barbara L., 4th	Virginia J., 22nd
Louise W., 5th	Mary "Kay" J., 23rd
Luella P., 9th	Paul C., 27th
Ginny H., 15th	Lenora W., 28th
Nina L., 16th	Delores G., 28th
Mary Louise R., 17th	Lillian B., 31st
Dorothy P., 17th	

NURSING/HEALTH CARE

With fall in the air also comes the time to be thinking about flu vaccinations. Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently.

Even healthy people can get very sick from the flu and spread it to others; adults with chronic conditions like asthma/COPD, heart disease and diabetes are more likely to get complications from certain diseases. Young children, adults aged 65 years and older, pregnant women and people with certain chronic medical conditions are among those groups of people who are at high risk of serious flu complications, possibly requiring hospitalization and sometimes resulting in death.

Vaccination is an important part of staying healthy. This year, we will be having Walmart Pharmacy come in to provide a Health Fair Immunization Day, on Wednesday, Oct. 2, from 8 a.m.-12 p.m., in the lower level activity room. This is a great service to be able to get these vaccinations so you stay healthy without leaving your home. Stay healthy and come get your flu shot!

Lauri Feralio, D.O.N.

THE 'HAY'DAY OF BARN DANCES

A barn, some music and a host of friends and family are all the makings for the social gathering known as a barn dance.

This tradition originated in rural Europe in the 1800s as an informal version of fancy upper-class balls. Immigrants brought the custom to America. Held to celebrate a special occasion such as a barn raising, wedding or the end of harvest season, barn dances were often attended by the entire community. Folks of all ages gathered in a large barn to socialize, eat and dance to the lively music of a band.

Over time, barn dances began to feature a caller, a person who hollered out dance steps to direct the crowd into organized movements. Square dancing and country line dancing have close ties to these rural celebrations.

Barn dances declined by the turn of the 20th century, but radio is credited with their revival in the 1920s, most notably the weekly broadcast of the WSM Barn Dance. The Nashville-based radio show played country music and later evolved into the Grand Ole Opry.

You can still find communities that host barn dances for people to mingle and kick up their heels to country and folk tunes.



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MARKETING MAKING MOMENTS MATTER

Westpark Village is participating in several health fairs in the Billings area this fall. We are talking about the importance of caregivers taking some time to take care of themselves. Westpark Village does offer respite care of individuals so a caregiver can take a short trip, take care of a medical need or just take a “breather” from caregiving. If you know someone who cares for a loved one who might need a break, be sure to let them know Westpark Village might be able to help them out. Please contact Becky or Jan in the marketing office for more details.



NEW RESIDENTS

- Dorothy F., #376
- Marilyn M., #378



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