

GOOD Life News

at West Hills Village Senior Residence

JULY 2018

www.westhillssenior.com

Executive Director

Dear Residents of West Hills Village.

In the past, we have discussed compassion, empathy and a general kindness for those around us. However in light of recent events in the media, it has come to my attention that perhaps we have left out something very important. To treat OURSELVES with compassion and kindness. How we treat ourselves often goes to the wayside and we can be harder on ourselves than anyone else. This can be so detrimental to our well-being and over time, it can negatively affect our health. The first step is to acknowledge that you are not alone. You have the great fortune of living in a community where you are surrounded by individuals that care for you, and who are here for you. Both fellow residents and staff alike. Please take advantage of this. There are numerous activities that you can participate in where you can share your thoughts and feelings. Talking Topics and Spiritual Chats are designed specifically for this. Try dining with someone new — you may have more in common than you think. At the very least, reach out to me or our nursing team and let us help you through those feelings of loneliness or self doubt. You are not alone and we are truly here for you.

“Remember that you are offered a new opportunity with each breath to think, choose, decide and act differently in a way that supports you in being all that you are capable of being. You are not less than, you are enough.”

— Lindsay Schroeder, Executive Director

Cheers for Cherries

One of the tasty stars of summer, cherries shine as a fresh snack, the filling for festive pies and cobblers, and the finishing touch atop ice cream treats.

Cherries are believed to have originated thousands of years ago in the area around the Black Sea near Turkey. European settlers brought the fruit to America in the 1600s. Pioneers and fur traders later introduced cherries to the Pacific Northwest, a prime growing region for the fruit today.

Cherries range in color from various shades of red to yellow to purplish-black. Because they have a hard pit, cherries are classified as stone fruits and are related to peaches and plums. There are two main types of cherries: sweet, which are usually eaten fresh, and tart, used in baked goods, juices and jams.

A one-cup serving has 90 calories and is a good source of vitamin C and potassium. Cherries are rich in several antioxidants that can ward off heart disease and lower cholesterol. Melatonin in the fruit helps promote a healthy sleep cycle, while its anti-inflammatory properties can ease achy joints and sore muscles.



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

**Platinum Service®
Standard #2**

“I build lifetime relationships with our residents by creating memorable experiences.”

“The customer always comes first” is an old saying that still rings true today. When surveyed, customers said they didn’t feel it was a good service experience when employees worked on something else when they were waiting for assistance or when employees continued talking to each other as the customer waited for help.

At The Goodman Group and in our managed communities, Platinum Service® shows how we are always trying to focus on our residents to ensure these types of things do not happen. Through our service standards and our service approach, we make these promises to our residents: To be genuinely caring, reliable, create a great personalized experience, and be friendly and cooperative.

An American Symbol

With his white hair, beard and patriotic top hat and tailcoat, Uncle Sam is an iconic symbol of America.

The character is linked to New York meat packer Samuel Wilson, a well-liked businessman nicknamed Uncle Sam. During the War of 1812, he supplied barrels of beef to the United States Army. When soldiers saw “U.S.” stamped on his barrels, indicating United States property, they assumed the letters stood for Uncle Sam, and the name became synonymous with the United States government.

Political cartoonist Thomas Nast popularized the image of Uncle Sam in the 1870s, drawing him with chin whiskers and a suit adorned with stars and stripes. In 1916, artist James Montgomery Flagg created the most well-known portrait of the national symbol. A stern-faced Uncle Sam, his finger pointing at the reader, first appeared on a magazine cover. The next year, the image was used with the caption “I Want You for U.S. Army” on World War I recruitment posters. More than 4 million copies of the poster were printed. Versions of Flagg’s Uncle Sam were also used as a call to action during World War II.



Life Enrichment Highlights

July 4 — Barbecue and Concert, 11:30 a.m.-1:30 p.m.

July 12 — Women’s Group Picnic at the Park

July 18 — Chamber Music at Portland Art Museum

July 19 — Women’s Group Picnic on the Patio

July 23-27 — Gulliver’s Travels Inter-generational Play

July 31 — Men’s Group to The Shape of Speed

Landmarks Across America

The United States is home to dozens of must-see landmarks that are widely recognized symbols of the country. Have you visited any on this list?

Statue of Liberty — A gift from France in 1886, Lady Liberty stands proudly in New York Harbor with her torch symbolizing enlightenment and freedom.

White House — A highlight of historic sites in Washington, D.C., the home and office of the United States president is the only private residence of a head of state that is open to the public free of charge.

Gateway Arch — This 630-foot-tall monument to America’s pioneering spirit and expansion of the West offers spectacular views of St. Louis, Mo. and the Mississippi River.

Mount Rushmore — The giant faces of Presidents George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln are carved into a granite cliff in South Dakota.

Grand Canyon — This geological wonder in Arizona was formed millions of years ago, when the Colorado River eroded a 277-mile ravine through layers of rock, creating breathtaking vistas.

Golden Gate Bridge — Instantly recognized by its “international orange” paint color and art deco design, this San Francisco landmark was voted one of the seven engineering wonders of the modern world.



Top Five Amazing Health Benefits of Watermelon

It’s common knowledge that a diet rich in fruit and vegetables will help to keep your immune system in good shape. Recent scientific studies and experience are revealing amazing nutritional properties of certain fruits — and with the right knowledge, they can be used in the treatment and prevention of specific health problems. Watermelon not only tastes great, it’s full of health-giving nutrients, vitamins, minerals and antioxidants so we’re keen to share the following list of its benefits!

- 1. Highly alkalising** — The pH balance of the body is regarded as crucial for good health, and eating watermelon helps to counteract harmful acidity levels that are produced by many common foods in the western diet.
- 2. Reduces high blood pressure** — A 2014 study found that watermelon may provide cardioprotection by reducing aortic blood pressure in obese adults with hypertension.
- 3. Reduces heart disease** — Watermelon can reduce arteriosclerosis in animals. As a rich source of citrulline, it makes sense that it may also reduce arterial plaque in humans. High levels of potassium also contribute to a healthy heart. Consumption of watermelon juice has been found to increase plasma concentrations of lycopene and beta-carotene and numerous scientific studies have already shown lycopene good for the cardiovascular health.
- 4. Reduces blood sugar** — Great news for diabetes sufferers! Watermelon is included in the list of plants and foods that can help to lower blood glucose levels.
- 5. High water content** — Fully ripe watermelons contain over 90% water, perfect to quench your thirst on a hot day! More than that, water-rich foods are regarded as being especially beneficial for overall health.

New Residents

A warm welcome to our new neighbors:

Kathryn and Bob — #229

Helen — #202

Jim and Joan — #132



SOARING for the Spirit

One of the great joys of my role here is being in touch with Spiritual Directors from other Goodman Group Communities. The following was offered last month by Linda Boyadjis from Montana, who gave me permission to use and I share it with confidence it will bring a smile to your face. Enjoy!

It is so hard to feel at peace and harmony within ourselves. If we feel at peace and our day has been wonderful, it can drop very quickly after watching the news for 5 minutes. Yet we are told to “be brave, be strong, and have faith.” It is easy to say, but hard, if not impossible, to maintain. When we fail to achieve “inner peace” we may feel ashamed of a character flaw, lack of discipline or determine that we are unworthy of help. Nothing could be further from the truth. You are normal and certainly worthy of help. However, many of us have loved ones that have achieved the ever elusive inner peace. The poem below describes true inner peace.

Inner Peace Poem

(Author Unknown)

If you can start the day without caffeine,
If you can always be cheerful, ignoring aches and pains,
If you can resist complaining and boring people with your troubles,
If you can eat the same food every day and be grateful for it,
If you can understand when your loved ones are too busy to give you any time,
If you can take criticism and blame without resentment,
If you can conquer tension without medical help,
If you can relax without alcohol,
If you can sleep without the aid of drugs,
...Then You Are Probably ...
The Family Dog!

So if you find that your nose is constantly cold and wet, you get overly excited at the sight of a rabbit and you are able to scratch behind your ear with your foot, you may have reached inner peace.

Congratulations!

—Joyce Pruyn, Spiritual Director



WEST HILLS VILLAGE

Senior Residence

5711 SW Multnomah Boulevard, Portland, OR 97219
503-245-7621 | www.westhillssenior.com



MANAGED BY
 The Goodman Group

Staff

Executive Director

Lindsay Schroeder

Director of Nursing

Louise Albrecht

Life Enrichment Director

Erin Zellmer

Administrative Assistant

Margaret Ripple

Director of Marketing

Sean Proper

Resident Care Coordinator

Javier Arizola

Director of Dining Services

John Morris

Resident Chauffeur

Larry Anson

Housekeeping Director

John McKay

Maintenance Director

John Mourlas

Spiritual Director

Joyce Pruyn

Quality Coordinator

Jennifer Baron

Who's Hungry?

The Nathan's Hot Dog Eating Contest is an annual American hot dog competitive eating competition. It is held each year on Independence Day at Nathan's Famous Corporation's original and best-known restaurant at the corner of Surf and Stillwell Avenues in Coney Island, a neighborhood of Brooklyn, New York City. It is held on July 4th.

The competitors stand on a raised platform behind a long table with drinks and Nathan's Famous hot dogs in buns. Most contestants have water on-hand, but other kinds of drinks can and have been used. Condiments are allowed, but usually are not used. The hot dogs are allowed to cool slightly after grilling to prevent possible mouth burns. The contestant that consumes (and keeps down) the most hot dogs and buns in 10 minutes is declared the winner.

The winner of the men's competition is given possession of the coveted international "bejeweled" mustard-yellow belt. The belt is of "unknown age and value" according to IFOCE co-founder George Shea and rests in the country of its owner. In 2011, Sonya Thomas won the inaugural women's competition and its "bejeweled" pink belt.

The defending champion is Joey Chestnut, who ate 72 hot dogs in the 2017 contest.



Like Us on Facebook

@WestHillsVillageSeniorResidence

Visit facebook.com/WestHillsVillageSeniorResidence to see pictures and catch up on all the fun here at West Hills Village Senior Residence. This is a great way for family members and friends to stay connected!