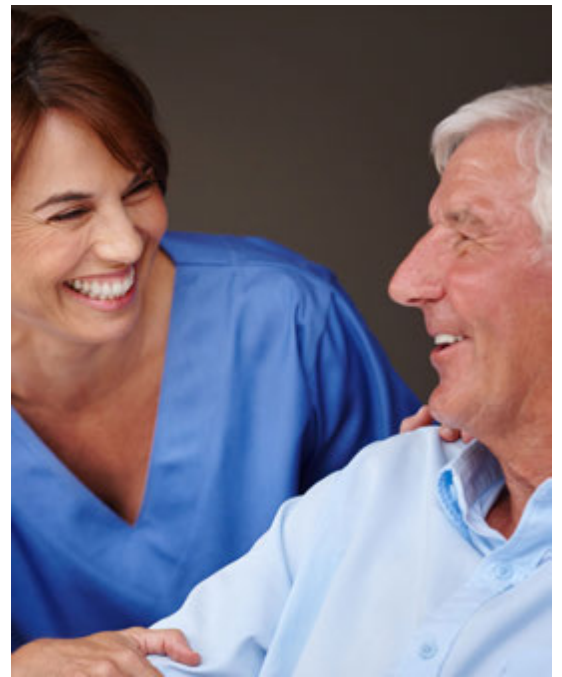


# GOOD Life News

*at West Hills Village Senior Residence*

MARCH 2018

www.westhillssenior.com



## Executive Director

Dear Residents and Friends of West Hills Village,

Last month we celebrated National Caregiver Day on Feb. 16, and this month, we are celebrating National Employee Appreciation Day on March 2. Here at West Hills Village, we take pride in caring for our residents and their families. You are at the heart of everything we do. In order to provide quality care, we need quality staff. The vast majority of our employees are full-time, spending 40 or more hours a week here at our community, sacrificing time away from their own loved ones, children, spouses and fur babies. Through rain, ice and snow, they are dedicated to providing you with a safe, clean and comfortable home-like environment. Building lifetime relationships with each and every one of you. I would like to personally thank each member of our team for their passion, dedication and commitment to our community. It certainly takes a Village and I am so happy and proud to be part of this amazing team. Thank you!

"A great employee is like a four-leaf clover: hard to find and lucky to have." — *Tammy Cohen*

— *Lindsay Schroeder, Executive Director*

## Spiritual Chats With Joyce

Are you interested in issues of the heart? The things that give meaning and purpose in life that we can't see or touch? Making sense of life's interruptions? The joys and pains of life? Making peace with the past? Preparing for life's final transition?

Come and join the in the weekly Spiritual Chat beginning the first Wednesday in March, 1:30 p.m. in the Danner Dining Room.

Spiritual Chats with Joyce began Jan. 28 and met again Feb. 28. That was the plan: to meet monthly. However, there has been so much interest generated that the group will now meet weekly.

Visit the group as often as you can. Contribute as little or as much as you like. Come to share and to receive, or just to listen and to be reminded no one is alone on this journey of life. We are all in this together.

Have questions? Feel free to call me, Joyce Pruyne, Spiritual Director at 503-277-9279.

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*"I am an ambassador for our company and continually promote our services. I always conduct myself with integrity and uncompromising values."*

What does it mean to be an ambassador for our community? An ambassador is not only a representative; being an ambassador means that what we do and the way we do it is the result of a direct personal connection with our team and residents. Being an ambassador goes well beyond the concept of being "good at our job," it requires an emotional connection. Here, we are fortunate to have such dedicated, skilled and upbeat team members who make our community a great place to live and work.

*"Integrity is what we do, what we say, and what we say we do."*  
—Don Galer

## Fascinating March

March is the third month of the year in both the Julian and Gregorian calendars. It is the second month to have a length of 31 days. In the Northern Hemisphere, the meteorological beginning of spring occurs on the first day of March. The March equinox on March 20 or 21 marks the astronomical beginning of spring in the Northern Hemisphere and the beginning of autumn in the Southern Hemisphere, where September is the seasonal equivalent of the Northern Hemisphere's March.

### Some famous people born in March:

**March 1, 1910** — David Niven, Scottish-born film actor whose films included "The Pink Panther" and "The Guns of Navarone."

**March 3, 1847** — Alexander Graham Bell, Scottish-born inventor of the telephone, photo phone, graphophone, microphone and a host of other really useful phones.

**March 5, 1133** — King Henry II, son of Matilda and Geoffrey of Anjou who was to become the first Plantagenet king of England.

**March 10, 1964** — Prince Edward, youngest son of Queen Elizabeth II.

**March 22, 1948** — Andrew Lloyd Webber, composer of musicals including "Cats," "Evita" and "Phantom of the Opera," to name but a few.

**March 30, 1945** — Eric Clapton, songwriter and guitarist

— Sean Proper, Marketing Director

## Soaring: Support for the Spirit

As I write these words, the Olympics have just begun. I don't know about you, but watching the Olympics always energizes me and reawakens within me the anticipation and excitement of the unfolding of dreams in motion. Right before my eyes!

Looking at the smiling faces of athletes waving furiously as they march in the opening ceremony, one can feel their excitement as they take in and savor each moment. But underneath all that enjoyment of the moment, you just know they can't wait to move on and let the games begin!

It is so inspirational hearing the stories of athletes who have been enduring grueling practices daily for years, entering competition after competition, wondering if they would qualify, dreaming of this day, their chance to claim the gold.

I think how the Olympics are a wonderful metaphor for life. We all want to achieve our goals, even win the gold, whatever the "gold" might mean to us. Like the athletes in pursuit of their gold, we fall down, we get up. We get injured and are sidelined, we get up again. We may feel we are out of the competition altogether, yet we are still here. We have individuals around us to cheer us on, to "coach" us in ways that can help us move forward. We have moments of victory and joy along the way, and a lot of tears. And we get up. And keep going. As long as we are able. That is the story of life.

May you continue to enjoy the journey of life, cheering others along the way.

— Joyce Pruyn, Spiritual Director

## Maintaining a Healthy Heart

As we leave February, keep in mind that February is Heart Health Month, and there's no better time to do a "gut check" on the foods you and your loved ones are eating. Heart disease is the leading cause of death for both men and women in the United States. Needless to say, it pays to be aware of what you can do at home to promote a heart-healthy diet for your family. The good news is, our cardiovascular health is largely under our control. Eating a diet rich in fruits, veggies, lean protein and fiber can considerably reduce the risk of heart disease. Here are some tips on what to eat, what not to eat and how to succeed when the going gets tough.

### 1. Buy colorful fruits and vegetables.

Low in calories and high in vitamins, minerals and fiber — adults should get at least five servings per day of these nutrition powerhouses.

### 2. Avoid buying high-fat dairy or meat.

Look for skinless cuts of lean meat with the least amount of visible fat. The one kind of fat you do want your loved ones to get plenty of is fatty fish: two servings a week of salmon, trout or other oily fish can help lower the risk of heart disease and increase the body's level of healthy omega-3s.

### 3. Buy plenty of nuts and high-fiber foods.

Fiber can help lower blood cholesterol and it keeps you full, which helps you maintain a healthy weight. You can find fiber in fruits, veggies, beans and whole-grain breads and cereals, as well as in nuts. Almonds and walnuts also have plenty of other valuable nutrients and have been shown in recent studies to have a significant impact on heart health.

### 4. Avoid buying butter.

We all know this is a culprit of poor dietary health, but this is particularly important advice for seniors. Avoiding butter can help lower cholesterol.

### 5. Read nutrition labels.

Replacing sugary drinks like soda or fruit juice with herbal teas is a great way to eliminate some sugar from your diet. Honey is always better than sugar.

### 6. Long story short: Eat better, exercise more (FIT Functional Fitness® program), don't smoke, keep a close eye on your weight and remember to ALWAYS get regular health screenings! :)

— Javier Arizola, Resident Care Coordinator

## Irish Heritage in America

March is the month for celebrating all things Irish. According to the U.S. Census Bureau, more than 30 million people in the United States can trace their roots to the Emerald Isle. That number is more than seven times the population of Ireland.

The biggest wave of immigrants arrived in the mid-1800s to escape the Irish Potato Famine, which began after a fungus destroyed most of Ireland's potato crop, a staple food, for several years. Large populations settled in New York City, Boston, Chicago and Philadelphia.

The Irish brought with them many traditions that made their way into American culture. Most famously, the St. Patrick's Day holiday has become an annual celebration of their heritage that includes parades, shamrocks and the wearing of green. The day's festivities wouldn't be complete without a meal of corned beef and cabbage, an American version of the Irish dish of bacon and cabbage. Irish stew, soda bread and colcannon are also part of the cuisine brought to America.

## Health Perks of Positivity

March is Optimism Month, but those who make a year-round habit of looking on the bright side may reap a number of health benefits.

**Better physical health** — Optimists tend to have reduced rates of heart attack and stroke, as well as lower blood pressure and better cholesterol levels. Evidence suggests that those who have a positive outlook are more likely to exercise, eat well and get enough sleep.

**Increased life span** — Since optimism and good health often go hand in hand, it follows suit that people who view life through rose-colored glasses are apt to live longer. A study of centenarians found that the majority had positive attitudes.

**Stronger immune system** — Research shows that being optimistic about a stressful situation can raise the body's immune response, increasing its ability to fight infection and disease.

**Lower depression rate** — Compared to pessimists, optimists are often more social, handle stress better and are more resilient. These qualities can help ward off depression.

**Faster recovery** — Recovery rates show that people with sunny dispositions bounce back from illness and injury faster than those who are less hopeful.

## March Event Highlights

- Our own Susan is teaching piano lessons every Tuesday morning. Please see Erin if you want a lesson.
- Tai Chi is going strong every Wednesday at 11:15 a.m. with Ryan, a devoted tai chi and qigong master.
- **Book Club:** March 1 — "Loving Frank"; March 22 — "Hillbilly Elegy"
- **Chinese Lantern Festival:** March 2
- **Art Show and Sale celebrating local artists, Southminster Presbyterian Church:** March 2
- **Daylight Saving Time:** March 11
- **St. Patrick's Day Celebration:** March 16. Celtic music by tai chi master Ryan Powell.
- **Lunch Outings:** Maher's Irish Pub — March 23; Horse Brass English Pub — March 30
- **Beaverton Farmers Market:** Saturday, March 24
- **Palm Sunday:** Sunday, March 25
- **Good Friday Service:** March 30, 2 p.m.



# WEST HILLS VILLAGE

Senior Residence

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503-245-7621 | [www.westhillssenior.com](http://www.westhillssenior.com)



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**Resident Chauffeur**  
Larry Anson

**Housekeeping Director**  
John McKay

**Maintenance Director**  
John Mourlas

**Spiritual Director**  
Joyce Pruyne

## New Residents

We extend a warm welcome to our new neighbors:

Jeanne, #3  
Patsy, #220  
Brigitte, #102  
Evelyn and Bob, #15  
Richard, #7  
Althea, #211  
Beverly, #221



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