

GOOD Life News

at West Hills Village Senior Residence

MAY 2018

www.westhillssenior.com

Executive Director

Dear Residents and Friends of West Hills Village,

April was such a great month for us here at West Hills Village. As many of you know, we were recently visited by the Oregon State Survey team. Assisted living communities are surveyed every two years. During this time, our systems and procedures are closely examined and evaluated. This includes processes for care, medication orders, fire and life safety, food sanitation, activities and cleanliness. I am happy to share that we passed with flying colors. I could not be more proud of the entire team and all of their hard work during and leading up to this time. Each member of this team is dedicated and committed to providing you with platinum care and service, truly putting you at the center of everything we do. Thank you to those of you who participated in this survey as well. It takes a Village!

"Unity is strength ... when there is teamwork and collaboration, wonderful things can be achieved." — *Mattie J. T. Stepanek*

— *Lindsay Schroeder, Executive Director*

The 2018 Kentucky Derby — Saturday, May 5th

The Kentucky Derby is presented by Woodford Reserve is a horse race that is held annually in Louisville, Kentucky on the first Saturday in May, capping the two-week-long Kentucky Derby Festival. The race is a Grade I stakes race for three-year-old Thoroughbreds at a distance of one and a quarter miles at Churchill Downs.

The race is known in the United States as "The Most Exciting Two Minutes In Sports" or "The Fastest Two Minutes in Sports" for its approximate duration, and is also called "The Run for the Roses" for the blanket of roses draped over the winner. It is the first leg of the American Triple Crown and is followed by the Preakness Stakes, then the Belmont Stakes. The Kentucky Derby has been run every consecutive year since 1875, even during both World Wars. A horse must win all three races to win the Triple Crown.

The attendance at the Kentucky Derby ranks first in North America and usually surpasses the attendance of all other stakes races including the Preakness Stakes, Belmont Stakes and the Breeders' Cup.

Some of the favorites to watch for the 2018 race are Bolt D'Oro, Good Magic, Catholic Boy, McKinzie and Solomini.



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

**Platinum
Service®
Standard #1**

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

Our service delivery is designed to consistently create resident satisfaction and to build loyalty. Through our Platinum Service program, we practice the fundamentals of business etiquette, such as promptly greeting residents and guests with a warm and sincere welcome, introducing ourselves, and if necessary, offering assistance. Our interactions are personalized and appropriately paced to meet the unique needs of our residents. Service is then adjusted to their diverse backgrounds and cultures, creating memorable experiences. We are attentive, friendly and caring, delivering to our residents, guests and visitors a distinctive experience.

Nursing/Health Care

These days, everyone is “going green” and indeed, it’s high time! When it comes to food, green is definitely good for you. These are 10 of the top green foods we would all do well to include in our daily diet. This spring — let’s have green inside and out!

1. **Kale:** Kale is known to be power-packed with numerous health benefits. For instance, a single 100-gram serving of raw kale already contains the following daily needs: 10% of potassium, 35% of folate, 200% of vitamin C and a whopping 881% of vitamin K. It is particularly rich source of lutein, which is considered a powerful chemo preventive agent against colon cancer.
2. **Avocado:** At first glance, avocado’s nutritional profile fails to impress. But the avocado contains an excellent anti-inflammatory compound. In a study where avocado was used to supplement synthetic non-steroidal anti-inflammatory drugs (NSAIDs) for patients living with chronic pain, it was shown that avocado safely, effectively and significantly reduces an osteoarthritis sufferer’s need to use anti-inflammatory agents.
3. **Green Tea:** Unlike its black counterpart, green tea is extremely rich in non-oxidized polyphenols, such as catechins, which constitute nearly a third of the weight of the dried green tea leaves. These polyphenols are largely credited for green tea’s documented ability to prevent cancer, kill tumors, reduce cholesterol and treat degenerative disorders such as Alzheimer’s disease, Parkinson’s disease and arteriosclerosis.
4. **Green Bell Pepper:** Green bell peppers are high in lutein. Although lutein is often associated with the prevention of eye diseases such as cataracts and macular degeneration, that’s not all it’s good for. This carotenoid also shows potential for preventing heart disease and type 2 diabetes.
5. **Brussels Sprouts:** Although the vitamin C and K contents of Brussels sprouts are not as high as what you would find in kale, they’re still pretty high. This vegetable also has pretty good levels of potassium.
6. **Kiwi Fruit:** Kiwi is extremely rich in vitamin C, much more so than the famed orange. In fact, 100 grams of kiwifruit has nearly 80% more vitamin C than 100 grams of orange. And what’s the benefit of having so much vitamin C? Researchers have found that consumption of high vitamin C fruit such as the kiwi even just once a week reduces respiratory symptoms such as wheezing, shortness of breath, chronic or nighttime coughing and some types of rhinitis. This can be helpful to asthma sufferers, of whom there are so many these days.
7. **Green Beans:** Green beans are among the richest sources of dietary silicon. Although silicon is not often mentioned in nutritional guides, increasing scientific evidence suggests that this mineral is essential to healthy bone formation.
8. **Spinach:** A hundred grams of raw spinach contains a good amount of iron and folate. But even those in their menopause years should consider having spinach every day. There is evidence showing that spinach can reverse age-related cognitive and physical declines, improving balance, spatial problem solving and other neuronal and behavioral skills

— Louise Albrecht, Director of Nursing

May in Life Enrichment

Lunch Outings for May: Broder, the New Cracker Barrel and Old Market Pub.

May 3: Fiesta — Cinco de Mayo Celebration With Pablo

May 5: Kentucky Derby — Hats and Mint Juleps!

May 8: Girl Scouts are Here to Interview Residents

May 10: Geology with Bruce

May 12: Service of Remembrance

May 13: Mother’s Day Celebration

May 24: Author/Storyteller Harley Sachs Presentation

May 28: Memorial Day BBQ

May 31: International Day — New Zealand

Welcoming Committee

Hello! Have you heard about the Welcoming Committee at West Hills Village? The Welcoming Committee is a group of current residents who officially welcomes new residents. It is an easy and fun opportunity which requires little time. We will notify you of a move-in and provide information to you about the new resident. You would then go to their apartment to introduce yourself and welcome them to West Hills Village. Perhaps you could even invite them to join you for a meal or life enrichment event. This is a great way to be involved at West Hills Village and the time commitment is minimal! Would you consider joining this committee? If so, please stop by the Marketing office and ask Sean for more details. Thanks!

New Residents

Rose, #217

Avonelle, #8

Corinne, #102

Stu, #223

Pat, #232

Jim, #11



The Tomb of the Unknowns

Among the nation’s many Memorial Day observances will be the annual wreath-laying ceremony at the Tomb of the Unknowns. The monument overlooking Washington, D.C., is considered the most hallowed resting place at Arlington National Cemetery.

In 1921, Congress approved the burial of one unknown serviceman from World War I in a tomb at the cemetery’s new Memorial Amphitheater. Just over a decade later, the white marble sarcophagus that sits atop the tomb was completed. The face of each side is adorned with engravings, including wreaths and the Greek figures representing Peace, Victory and Valor. Over the years, unknown soldiers from World War II, the Korean War and Vietnam War were also interred.

Since 1937, the tomb has been guarded around the clock by soldiers of the Army’s elite 3rd U.S. Infantry Regiment. In a measured pace, a lone sentinel walks 21 steps back and forth in front of the tomb. The number symbolizes one of the highest military honors, the 21-gun salute.

SOARING: Support for the Spirit

“April showers bring May flowers!” How many times have you heard that phrase through the years? How is that looking in Portland this year? In early April, as this is being written, before any deluge of showers that may hit us, flowers are already blooming and the buds on the trees are bursting forth. By the time you read this, we should be awash in the beauty of an endless variety of colors, designs and fragrances. A perfect backdrop for pausing and taking in the magnificence before our eyes. How do we do that in a world filled with so many tasks, so much busyness?

Behold ... what a lovely and inviting word. In its various meanings we are called to pause and be quiet in order to: see, observe (a thing or a person, especially a remarkable or impressive one), view, look at, watch, survey, gaze at/upon, regard, contemplate, inspect. Does it make a difference if we take the time to do any of these things?

The next moment you see a flower in all its beauty, allow yourself to experience the process of beholding: Gaze upon it, think about the size and shape of the petals, touch and notice the texture of the petals and the stalk, smell the fragrance, recall times when you may have seen this particular flower in the past, consider how looking at it gives you a unique perspective.

“One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon rather than enjoying the roses that are blooming outside our window today.” — Dale Carnegie
Enjoy touching, smelling, taking in the beauty of the flowers within your gaze every day!

— 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 Pruyne

Quality Coordinator
Jennifer Baron

Minor Leagues, Major Appeal

With a lively atmosphere, seats close to the action and affordable ticket prices, minor league baseball games score big with more than 40 million fans each season.

Players develop their skills and work their way up through the levels with the goal of getting called up to the big leagues. Nearly every MLB player started in the minors. Major leaguers can also be sent down to the minors temporarily if they are recovering from an injury or need to work on a skill.

Minor league games offer major fun, and admission and concessions are usually a fraction of the cost of an MLB game. The smaller stadiums, on-field entertainment between innings and themed promotions appeal to many fans, and there's the draw of watching potential big-league players, who often sign autographs before and after games.

There are currently 160 teams in Minor League Baseball.



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