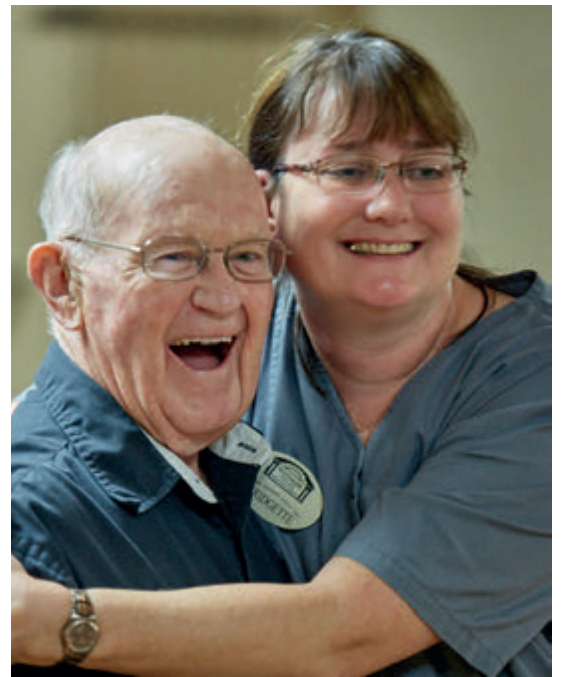


GOOD Life News

at West Hills Village Senior Residence

JANUARY 2018

www.westhillssenior.com



Executive Director

Dear Residents and Friends of West Hills Village,

Happy New Year! I hope that everyone had a wonderful holiday season spent with family and friends. I was able to spend some much-needed time with my family in California and very much enjoyed the 80 degree weather. I would like to personally thank my wonderful team for their dedication and continued Platinum Service® all year round but especially during the holiday season. This time of year is always exciting as new resolutions are made and goals are set. Here at West Hills Village, our primary goal is to always provide you with unparalleled Platinum Service®. As a 2017 recipient of the Silver Award for Performance Excellence from the American Healthcare Association, we know that we are on the right track. That being said, our journey is far from over and the road to gold is before us. We have clear systems and procedures in place and we are actively analyzing and tracking everything we do. You, our residents and families, are always at the heart of everything we do and this journey puts you at the forefront. It will be an exciting year for us as we strive to be better for you, our employees and for the community. I look forward to our continued success and to an amazing and golden year! Here's to 2018!

Success does not lie in "results" but in "efforts." "Being" the best is not so important; "doing" the best is all that matters.

— Lindsay Schroeder, Executive Director

Bugles Across America

In just 24 notes, the familiar bugle call known as taps has been sounded as part of a long-held tradition to honor those who have served in the military.

By law, every honorably discharged veteran has the right to a military honor guard at their memorial service. The honor guard must consist of at least two members of the military who fold and present the United States flag to the family and arrange for the sounding of taps, either live or recorded.

U.S. Marine Corps veteran Tom Day of Illinois felt those who had served their country deserved a proper tribute that included a live rendition of taps, so he founded Bugles Across America in 2000. The organization provides musicians free of charge to sound taps at military funerals.

Families can request a bugler at BuglesAcrossAmerica.org, and a notice is then sent to volunteers in the area. More than 4,000 people of all ages, in all 50 states and several countries, have registered as volunteer buglers.

**Our Talk.
Our Walk.
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"I am responsible for the quality of the work environment and I am valued when I share ideas, feedback and opinions in a professional manner."

We know that one of the best ways to create a welcoming and great experience for everyone that lives, works or visits our community is by considering each person's feedback. Here, we are fortunate to have an employee base committed and dedicated to our residents and their wellbeing. Being committed to involving each resident and employee helps us improve our overall service. Sharing ideas, feedback, and opinions is essential and always appreciated. Our door is always open!

Nursing/Health Care

Four helpful tips the CDC recommends to stay healthy during flu season:

1. Get your flu shot. The “high dose vaccine” is designed specifically for people 65 and older and contains four times the amount of antigen as the regular flu shot. It is associated with a stronger immune response following vaccination (higher antibody production). Results from a clinical trial of more than 30,000 participants showed that adults 65 years and older who received the high dose vaccine had 24% fewer influenza infections as compared to those who received the standard dose flu vaccine. The high dose vaccine has been approved for use in the United States since 2009.
2. Practice good health habits including covering coughs, WASHING HANDS OFTEN, having family and friends who are visiting wash their hands and avoiding people who are sick.
3. Seek medical advice quickly if you develop flu symptoms to see whether you might need medical evaluation or treatment with antiviral drugs. CDC recommends that antiviral drugs be used as early as possible to treat flu in people who are very sick with flu (for example, people who are in the hospital), and people who are sick with flu and have a greater chance of getting serious flu complications, like people 65 and older.
4. Get pneumococcal vaccines. People who are 65 years of age and older should also be up-to-date with pneumococcal vaccination to protect against pneumococcal disease such as pneumonia, meningitis, and bloodstream infections. Talk to your doctor to find out which pneumococcal vaccines are recommended for you.

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever. Please see Louise or Javier if you are experiencing any of these symptoms. Stay well!

New Residents

A warm welcome to Sam and Felicity M., #11.



Fun Challenges for the Year Ahead

The new year is the perfect time to set some goals you'll enjoy aiming for. Here are some ideas:

Reading resolution — Select a number of books or pages you want to read this year, and track your progress. Alternatively, you could challenge yourself to read 10 books set in 10 different countries or try genres outside of your usual picks.

Daily doodles — Find a list of drawing prompts online or create your own, then capture your creativity in a sketchbook. Experiment with using different media, such as colored pencils or chalk pastels.

Meaningful mail — Set a schedule for sending handwritten notes a few times each month. Whether a friend, grandchild or another person in your life — think about your hairdresser, barber or librarian — the recipient is sure to smile when reading your words.

Eating adventures — Pick five new restaurants to try this year. You may discover a new favorite!

Expanded interests — There's always a new hobby to master, from watercolor painting and origami to learning how to play poker or chess. Or take part in a new type of fun exercise, such as line dancing or laughter yoga.

Cozy Comforts

The weather outside looks frightful, but you're inside safe and warm, wrapped in a snuggly blanket, enjoying a steaming mug of cocoa and a good book. This experience is a classic example of hygge, the Danish way of living that focuses on coziness and contentment.

Central to Denmark's culture since at least the 1800s, hygge — pronounced “hoo-gah” — has become a popular décor and lifestyle trend. Fuzzy socks, thick blankets, warm drinks and crackling fireplaces are just some examples of the concept. But hygge is more than just familiar, comforting objects; it's also about appreciating the simple things in life and connecting with loved ones.

The heart of hygge is creating a warm atmosphere, both literally and figuratively. Surrounding yourself with friends and family, playing a board game and listening to each other's laughter, is just as important as wearing a treasured sweater and curling up in your favorite chair. Another essential element is the food — typically hot beverages, homemade desserts and comforting dishes such as chicken pot pie.

SOARING: Support for the Spirit

What is it about a “New Year” that invites us to draw up a list of resolutions? Do we really think we are going to accomplish the things we put on our list? Research has revealed that the majority of resolutions are not only easily forgotten but may be set aside early on! So, why not set aside creating a list of things to do and instead focus on things to receive in the New Year?

I came across the following words from D. Simone and found them warmly comforting. The fulfillment of these words in your life is my hope for each of you, not just in the New Year but for every day of your life:

May Light always surround you; Hope kindle and rebound you.

May your Hurts turn to Healing; Your Heart embrace feeling.

May Wounds become Wisdom; Every kindness a Prism.

May Laughter infect you; Your Passion resurrect you.

— Joyce Pruyn, Spiritual Director

Dazzling Display of Lights

The brilliant colors of the northern lights dancing across the night sky create a dazzling overhead display. But what causes this natural phenomenon known as the aurora borealis?

The sun's atmosphere is made up of charged particles, and solar winds sweep them through space. When these fast-moving particles enter Earth's atmosphere, they collide with gas molecules, sending the gases into a state of high energy. When the molecules return to their normal state, they give off a glow of light, causing an aurora.

The color of the lights depends on the type of gas the particles encounter. Oxygen gives off greenish-yellow hues, while nitrogen emits blue or purplish-red tints. The lights put on a breathtaking show as they swirl, sway, twist and ripple in various shapes across the sky, sometimes stretching from one horizon to the other, and reaching up to 500 miles high.

Latitudes in and near the Arctic Circle — places such as Alaska, Canada, Iceland, Greenland, Denmark, Norway and Sweden — are the best spots to see the aurora borealis. The light displays occur year-round, but winter offers the best views because of the long periods of darkness.

January Events and Activities

- January 1, New Year's Party!
- Healthy Habits with Lousie meets Jan. 10 in the Rosebud Lounge.
- Food Committee meets Jan. 3 and 10 in the Danner Theater.
- Piano Recital, Jan. 13 in the Danner Theater
- Audiologist Darin will be taking drop-in visits Jan. 18, starting at 1 p.m.
- Spiritual Chats With Joyce meets once a month beginning Jan. 24.
- January 25, Sheri Johnston will present “Early Willamette Valley, 1800-1850”.
- Piano Lessons every Tuesday. See Erin for an appointment.
- Manicures on Thursdays will now be drop-in between 9:30 and 11 a.m. Stop by and enjoy a manicure, coffee, soothing music and aromatherapy.

Showtime at the Apollo

Ella Fitzgerald, Marvin Gaye, Aretha Franklin and James Brown — these legends and countless others first stepped into the spotlight at the Apollo Theater, billed as the venue “where stars are born and legends are made.”

Located in the heart of New York City's Harlem neighborhood, the Apollo has long been a celebrated stage for African-American artists. The theater first opened in 1914, but it wasn't until Jan. 26, 1934, when it debuted as the 125th Street Apollo Theater, that it became a performance hall for black entertainers and audiences.

In its first year as the Apollo, the theater hosted a weekly talent competition called Amateur Night. These shows, which continue today, have discovered future stars, most notably Fitzgerald, who won the contest when she was 15 years old. Lena Horne, Dionne Warwick, Jimi Hendrix and Gladys Knight are just a handful of the artists whose careers were launched at the Apollo. Along with musical acts, comedians, dancers and actors have also found success on the historic stage.

The theater closed in the 1970s, but it was renovated and designated a National Historic Landmark in the early '80s.

The Apollo draws 1.3 million visitors every year.



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John Mourlas

Spiritual Director

Joyce Pruyn

Friends Are the Best Neighbors

Refer a friend or family member to West Hills Village and receive \$1000 off your next month's rent after move-in! See Sean the Marketing Director for more details!

Like Us on Facebook

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

