

GOOD Life News

at West Hills Village Senior Residence

MAY 2017

www.westhillssenior.com

Executive Director

Dear Residents and Friends
of West Hills Village,

Mother's Day is such a special day. It is a time to recognize all the wonderful women who have inspired and encouraged us, who have listened to our heartaches and celebrated our accomplishments, who have been our greatest cheerleaders and who have loved us unconditionally. I know I speak for most of us when I say a mother's love is unlike any other.

My mother is truly my hero, my mentor and my best friend. She has always encouraged me to follow my goals and dreams, even when it meant moving 1,000 miles away. Her love is always with me, and I couldn't be any more grateful for having such a wonderful mother.

Please join us on May 12 for our Mother's Day Brunch. This is one of our favorite events each year, as we love having the opportunity to recognize and appreciate all of the mothers and grandmothers around West Hills. The brunch will be on Friday, May 12, and it is free for residents and \$12.50 for guests. There will be two seating times, seating time A will be from 11:30 a.m. to 1 p.m., and seating time B will be from 1:30 to 3 p.m. It's always a beautiful event, and I encourage you to RSVP with Margaret.

To all our Mothers, Grandmothers, Aunts and Sisters, Happy Mother's Day!

Sincerely,

Lindsay Schroeder, Executive Director

New Residents

This month we want to welcome two new residents to our community, Phyllis C. and Mary Margaret L. Welcome to West Hills Village! We hope you are settling in quickly and easily



*Lindsay Schroeder and her
mom at Disney World*



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

**Step into
Spring**

There's nothing like the beginning of a new season. Spring is the perfect time to get outside and spend time with your loved ones. Soaking up the sunshine can actually help improve cognitive function and increase one's happiness, according to the National Institutes of Health. Don't let Mother Nature have all of the fun — join her outside and try a fun springtime activity! Eat outdoors, partake in spring-cleaning, choose a local park or trail for walks, go on a picnic, or visit a plant nursery. We are here to help you experience whichever spring activity you most enjoy!

“Why I Believe I May Have Helped the Oregon Ducks Win the Historic First NCAA Basketball Tournament”

By Dave Gowans

In 1939, I was a junior at Grant High School in Portland, Ore., and followed the U of O basketball teams very closely. My father’s brother, Russ Gowans, attended Oregon in the mid 1920s and played on the basketball team with his then teammate Howard Hobson. In 1939, Russ lived in San Francisco and still followed Oregon basketball teams.

In 1939, Oregon had a great basketball team and had advanced to the Elite Eight tournament in San Francisco. Russ drove to Portland for a visit and asked if I would like to return to San Francisco with him and my Aunt Lorraine to see the Oregon Ducks play in the new tournament. Of course I said, “Yes!”; I could handle a week out of school.

As I remember, the tournament was Saturday and Sunday. The format was not the same as it is today. There were four teams in the East and four teams in the West. The winners of each would meet the following week at Ohio State for the championship.

In San Francisco, we had front row seats near the Oregon bench, and I was introduced to then “Coach” Howard Hobson and his five starting players. I have never forgotten their names. The 6’8 center was Slim Wintermute. The two guards were Bob Anet and Wally Johansen. The forwards were Laddy Gale and John Dick.

Oregon was to play the second game on Saturday, so Coach Hobson asked Russ and I to help him by scouting the best player on each team in the first game. I took Oklahoma and Russ took Utah State.

We were each given a map of the floor. When your player shoots, you mark the spot on the floor with “O” if he makes it or an “X” if he misses. This was valuable information for Coach Hobson as he planned his defense. Oklahoma won the first game, Oregon won the second game. So on Sunday, Coach Hobson used my scouting report, and Oregon handily beat Oklahoma. The following weekend, Oregon would go to the finals against Ohio State.

Russ asked me if I’d like to fly to Ohio with him to see the final game. He would go, if I would go also. My answer this time was “No.” I had already missed a week of school and did not want to take the time to miss another week. Now 78 years later, I wish I had gone with my Uncle to see the Oregon Ducks win their final game of the first NCAA Basketball Championship ever!

At 94 years old, I am still a loyal Duck fan. Not only do I remember those games, but I may be one of the few fans alive who watched the Ducks win two games in the first NCAA playoffs. I did not help scout for the Ducks this year but I did cheer them on over TV as they again played in the Final Four. Even though they didn’t win, I will still be their biggest fan!

Go Ducks!

Yogi-isms

MLB Hall of Famer Yogi Berra was a legendary catcher for the New York Yankees. But he was also famous for his way with words, known as Yogi-isms. Here are some of his most comical quotes, many of which have become part of our culture.

- “It ain’t over till it’s over.”
- “It’s déjà vu all over again.”
- “When you come to a fork in the road, take it.”
- “You can observe a lot by watching.”
- “A nickel ain’t worth a dime anymore.”
- “The future ain’t what it used to be.”
- “Baseball is 90 percent mental. The other half is physical.”
- “I usually take a two-hour nap from 1 to 4.”
- “Never answer an anonymous letter.”

Berra once explained, “A lot of guys go, ‘Hey, Yog, say a Yogi-ism.’ I tell ‘em, ‘I don’t know any.’ They want me to make one up. I don’t make ‘em up. I don’t even know when I say it.”

May Activities

We have some exciting new events and activities this month!

St. Clare School Visit — May 3

Service of Remembrance — May 4

Mother’s Day Celebration — May 12

Geology Lecture — May 15

Big Horn Brass Concert — May 20

International Day —

May 25 — Laughter Around the World — Comedian Susan Rice

Memorial Day Celebration — May 29

Be sure to check the daily schedule for times and locations as activities and events are added to calendar! Sign up early in the activity binder to hold your spot!

Reading for a Cause

Each May, Get Caught Reading Month is celebrated as a way to encourage people of all ages to read. How heartwarming would it be to get caught doing a kind deed at the same time? Here are some ways you can use your love of books to give back to others:

Read to kids — Many preschools and elementary schools welcome volunteers to read a story to a class of eager listeners. Or consider being a mentor to a child who is learning to read; he or she can practice and gain confidence by reading to you.

Read to animals — Both dogs and cats are often soothed by the steady rhythm of a human voice. Reading aloud to animals in shelters can ease their anxiety and help socialize them as they wait to be adopted.

Read to hospital patients — A funny story — complete with silly gestures and sound effects — can bring much-needed cheer to children in the hospital. For adult patients, simply reading the newspaper to them can brighten their day and provide meaningful companionship.

Read to friends and family — Maybe your neighbor loves literature, but her vision isn’t what it used to be. Pay her a visit once or twice a week to read a novel together. Do you have young grandchildren who live far away? Many retailers offer recordable storybooks, which can help you stay connected to them.

Soaring: Support for the Spirit

“April showers bring May flowers!” How many of you have heard that phrase through the years or even spoken those words?

As I write these words in the month of April, rain is pounding the ground and pavement while strong winds from every direction are blowing furiously through the trees, many bending to the ground. Branches are snapping off, some trees are thundering to the ground, broken off at their roots. Looking out my window, I see trash cans and recycling bins rolling around as if caught in a wind tunnel, unable to stop. The loss of electricity threatens with the lights flickering on and off. The questions begin: What is happening? How long will this last? What will I do if things get worse? Am I safe?

These same questions swirl within us when the unexpected inner storms of life hit as well. It can be more challenging sometimes to get re-centered after those personal storms of life than those caused by erratic weather. Whether it is a “climate malfunction” or a life interruption due to injury or illness, job or financial loss, change in living circumstances or death of a loved one, in each situation the devastation and loss of control tends to subside over time. All who have lived more than a few decades can recall the first blooms after a long winter and the sun breaking through after rainy days without end, the refreshing smell in the air once the rain has passed.

When hope resides in the heart we have the seed within us that sprouts with the least encouragement that, “Yes, there is hope. There is the possibility of things getting better. Maybe different, maybe not exactly as I might like, but better than they were.”

Hold on to hope. Even the tiniest seed. Enjoy the May flowers!

Supporting Our Nation’s Mothers

For more than 80 years, the American Mothers organization has worked “to champion women by honoring, educating and serving mothers at home, at work and in the world.”

American Mothers was originally a committee formed by a group of influential citizens — including J.C. Penney, Norman Vincent Peale and Eleanor Roosevelt — who strived to honor the role that mothers hold in strengthening families and the nation. In 1935, Sara Delano Roosevelt, mother of then-president Franklin D. Roosevelt, presented the first Mother of the Year award to Lucy Keen Johnson of Georgia.

Since then, the nonprofit organization has selected a Mother of the Year from the 50 states, the District of Columbia and Puerto Rico, then named a national honoree. Nominations can be made at AmericanMothers.org from Mother’s Day through Nov. 15.

The official sponsor of Mother’s Day, American Mothers works year-round to implement service programs, provide scholarships and raise awareness of issues that impact mothers.



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Favorite Derby Foods

The Kentucky Derby, the annual horse race called “the most exciting two minutes in sports,” is also famous for its festivities off the track, including food. Saddle up with these traditional Derby dishes.

Hot Brown: This hot, open-faced sandwich was named for where it was first served in 1926, the Brown Hotel, just miles from the Derby’s home, Churchill Downs. It’s made with thick slices of toasted bread that are layered with roasted turkey and tomatoes, covered with a cheese sauce, broiled, then topped with two slices of bacon and paprika.

Burgoo: There are hundreds of recipes for this hearty stew, which is a longtime tradition. Thick and spicy, it usually contains a blend of beef, pork, chicken or lamb simmered with a medley of vegetables, beans and seasonings.

Benedictine: In the early 1900s, Louisville, Ky., caterer Jennie Benedict combined cream cheese, cucumber and onion to make a savory spread. It is typically served on bread as a tea sandwich filling or used as a dip.

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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!

