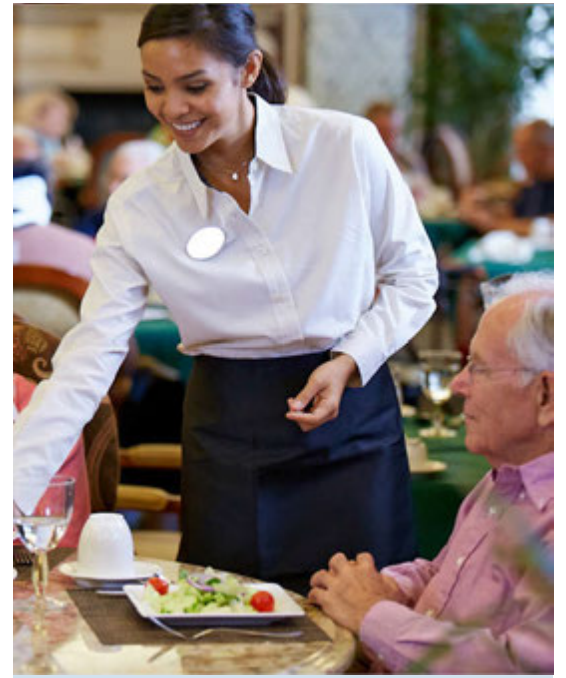


GOOD Life News

at West Hills Village Senior Residence

JULY 2017

www.westhillssenior.com



Executive Director

Dear Residents and Friends of West Hills Village,

One of the first experiences we have in life is love. When we are born, we are wrapped in blankets and handed to our mothers. We are instantly loved, without judgement, without expectations. All our needs are met, we are fed and we are bathed, with warm clothes and lots of tender embraces. As our lives move forward, we experience this deepset love in other ways. We make friends who we tell our deepest secrets to, and if we are lucky enough, we find a soulmate to intertwine our life with. Often times this includes the pitter-patter of children and the wagging tails of pets.

Within that life, our minds are filled with memories. Our first day at school, when we graduated college, the day we got married, the birth of our children and grandchildren, the day we had to say goodbye to a beloved pet, the day we lost a child or your spouse. Overtime our memories become sadness and our love is replaced by grief. Some of you have lost your cars, your belongings, even your homes. Often, this becomes less about the loss of the materials and more about the semblance of your independence.

It is at these times that loneliness and often anger replace the feelings of love and hope. It can be difficult to share your surroundings with strangers, and it is too easy to stay buried in the grief of memories and of times gone by. However, this is a stage of life, a stage in which we all must go through, perhaps the most important stage of all. A lifetime of love should not end with the lack thereof. Kindness, patience, understanding and compassion should not be lost.

Look to your neighbors not as strangers but as kindred spirits who have shared in the joys of life as well as the crushing heartbreaks just as you have. You may come from different backgrounds and have so many different experiences, but we all want the same thing. We want what we had as we came into this world. We want to be loved and cared for without judgment and without expectations. Be gentle with each other, be patient with each other. Go in peace, go in kindness, go in love and go in faith.

Sincerely,

Lindsay Schroeder, Executive Director

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

**Enjoying
the Summer
Bounty**

At long, last summer is here! That means fresh fruits and vegetables straight from the garden, food co-op, roadside stand or local grocery. We're here to help you enjoy the best of the season's bounty and reap the benefits. Eating well this season is about fresh, colorful food, and on many occasions, eating outside with friends or family adds to the fun. Search out super foods like spinach, raspberries or blueberries. Research suggests that healthy eating can promote mental acuteness, resistance to illness and disease, and increased energy.

Understanding Sunscreen

Wearing sunscreen is a safe, easy way to protect your skin from sun damage that can lead to premature aging, sunburn and skin cancer.

The ingredients in sunscreen work together to block or absorb the sun's ultraviolet rays before they reach your skin. Choose products labeled as broad-spectrum, which means they protect against both UVA rays (the cause of wrinkles and age spots) and UVB rays (the cause of sunburn).

The Food and Drug Administration recommends sunscreens with a sun protection factor of at least 15, while dermatologists advise using SPF 30 or above. This number refers to the percentage of the sun's rays that the sunscreen blocks. SPF 15 filters out 93 percent of incoming rays, and SPF 30 filters out 97 percent.

About 15-30 minutes before you go outside, apply 1 ounce — about a full shot glass — of sunscreen to the parts of your body not covered by clothing.

Our Marvelous Moon

For centuries, the Earth's closest celestial neighbor has fascinated stargazers, inspired works of art and stirred the quest for space travel. Explore these facts about the moon:

- Earth's only natural satellite is about one-fourth the size of our planet — about 2,160 miles in diameter.
- The moon is 240,000 miles away and completes an orbit around our planet in about 27 days.
- Sunlight illuminates the moon from different angles as it rotates around Earth, changing how much of the lunar surface we see at night. This creates the cyclical moon phases, such as the crescent or full moon.
- The moon has no atmosphere to trap heat or cold, producing extreme temperatures that range from minus 280 degrees at night to 260 degrees during the day.
- Because there is no wind or rain to cause erosion, the moon's surface is full of craters formed by the impact of space rocks millions of years ago.
- The gravitational pull of the moon causes the rise and fall of ocean tides.
- On July 20, 1969, Apollo 11 astronaut Neil Armstrong became the first person to set foot on the moon. In all, 12 men have walked on the moon.

Hamilton History

Alexander Hamilton, the Founding Father whose image graces the \$10 bill, rose from humble beginnings to help shape America.

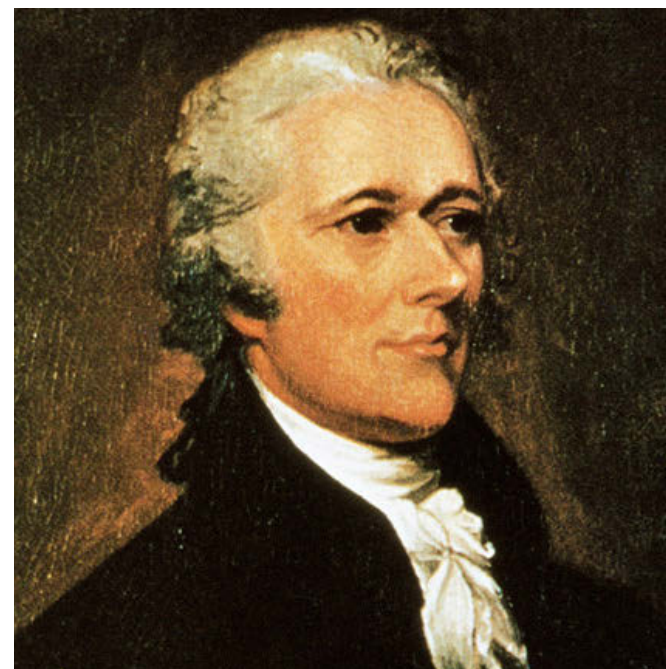
Hamilton was born on the Caribbean island of Nevis, most likely in 1755. His family was poor and moved to St. Croix, where Hamilton began working at a young age. His self-taught intelligence impressed local businessmen, who sent him to the Colonies for an education.

With the American Revolution looming, Hamilton took an interest in politics and wrote his first pamphlet supporting a trade boycott of England. He left college to join the Continental Army, where he caught the attention of Gen. George Washington and became his advisor.

After leaving the military, Hamilton ran a thriving law firm in New York City. In 1787, he served as a delegate to the Constitutional Convention and was the primary writer of the Federalist Papers, a series of essays that promoted the Constitution. Two years later, he was appointed the first Treasury secretary and created the country's financial structure, which included a national bank and the U.S. Mint.

Hamilton also founded the New York Post newspaper and established the service that would become the U.S. Coast Guard.

He was mortally wounded in a duel with his political rival Aaron Burr on July 12, 1804.



Alexander Hamilton

Soaring: Support for the Spirit

One thing that strikes me to the core when I am listening to individuals share their story is the power of memory to bring joy to the heart and a smile to the face when recalling a happy experience, or the power of memory to bring sadness to the spirit and tears to the eyes when recalling a hurt or regret from the past. Oh, the power of memory to lift us up or to pull us down!

I have met individuals who take great pleasure in sharing pictures of family members and even laugh as they describe events and experiences from the past. The same individuals may just as easily pause and call to mind something that lingers and continues to cause them sadness. This is not surprising since life is rarely just one thing or one way; it is usually a mixture of a lot of different experiences. Easily recalling that which brings us happiness is good for the soul; however, if we find ourselves frequently drawn to a hurt from the past that causes us distress, it might be worth doing a little more exploration.

Research has demonstrated that unresolved hurts, loss and grief can have not only a negative impact on one's mood but also on one's body. The next time you find yourself feeling sad and focusing or reflecting on a past hurt that you just can't seem to shake, ask yourself the following questions: "Where do I feel the sadness or stress in my body when I think of that experience?" "How does thinking about that memory help me live better, or does it make me feel worse?" "Is there anything I can do or need to do to feel free from the hurt from the memory of this experience?"

I have had the privilege of witnessing individuals work their way through hurt, loss and grief to healing and freedom from the past, enabling them to live more joyfully in the present. You, too, can have that peace! Feel free to call me at 503-277-9279 if you would like to talk about the power of memories.

Joyce Pruyn, Spiritual Director

New Residents

This month we want to welcome three new residents to our community, June S., David K. and Eric K. Welcome to West Hills Village! We hope you are settling in quickly and easily.

July Events and Activities

We have some exciting new events and activities this month!

Yoga — Tuesday and Thursday

Music on Main — Wednesdays

Legos with Nathan — every Friday

Mondays are shopping outings and Thursdays are garden outings (Rose Garden, Chinese Garden, Oregon Garden)

July 1 — Beaverton Farmer's Market outing

July 4 — BBQ in the back with Delicious food! Music and Games!

July 27 — International Day

Stay Healthy by Staying Connected

Research shows that having strong social connections can boost your health. Staying active within your community has been proven to strengthen the immune system, speed recovery from illness, and reduce anxiety and depression.

There are many ways to maintain beneficial social networks, such as staying in touch with former classmates and co-workers, taking part in family traditions, and making new memories with friends.

Smiling at another person is one of the simplest ways to connect with them. Initiate conversations. Ask people about their lives, families and hobbies, and actively listen to what they have to say. Giving your full attention to the person you're with enhances the connection, and showing sincere interest in others' lives helps build relationships.

Create a list of friends and family members you want to stay in touch with and make a commitment to call, write, email or get together with those people on a regular basis. Skype and Facebook are handy web-based ways to connect.

Expand your social circle by participating in activities in your community, such as book clubs, classes, parties and game nights. Looking forward to special events will boost your spirits, too.



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The Healthy Kick of Horseradish

At first glance, horseradish appears to be a plain, pale root, but as far back as ancient Greece, people have valued the vegetable as worth its weight in gold. Famous for adding a sharp, distinct flavor to dishes, horseradish also has a number of health benefits.

Native to parts of Europe and Asia, horseradish is in the same plant family as broccoli, cabbage, Brussels sprouts and mustard greens. Cutting into the root releases oils that produce its pungent aroma and heat.

Horseradish is most commonly eaten as a condiment by grating the root and adding it to spreads, dressings and sauces for sandwiches, salads, beef and seafood. The prepared horseradish sold in grocery stores usually consists of grated horseradish and vinegar, which helps stabilize the ingredient's potent spice level.

A source of fiber, vitamin C, potassium, calcium and several other nutrients, horseradish also contains powerful cancer-fighting enzymes called glucosinolates, plus natural antibacterial properties that can help protect the body from infections.

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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!

