

# GOOD Life News

*at West Hills Village Senior Residence*

NOVEMBER 2017

www.westhillssenior.com

## Executive Director

Dear Residents and Friends of West Hills Village,

November is here, the leaves have changed and are starting to fall in the winter wind. "Sweater weather" they say, the time of year when families and friends gather to give thanks and rejoice in the presence of each other. As the year comes to a close in these final months, take the time to reflect on all that you have, all those around you, and the love that fills your hearts. Families and friends come in all shapes and sizes. All of you have become both family and friend and I am ever so grateful for the support and guidance you provide me. Happy November to all of you and Happy Thanksgiving!

*"It was November — the month of crimson sunsets, parting birds, deep, sad hymns of the sea, and passionate wind songs in the pines"*  
— Lucy Maud Montgomery in "Anne of Green Gables"



## Tell Your Story

Everyone has a story — many stories, in fact! All the pieces of your life weave a unique and interesting narrative, so why not preserve your stories for future generations? Collecting a few tales can be easy and fun, and your loved ones will cherish the precious memories. Here are a few ideas to get you started:

**Put pen to paper:** Write down some memorable moments, achievements, family traditions or life lessons you have learned. Share a favorite tale or two from each decade, or tell where you were during major world and national events.

**Create a scrapbook:** Round up photos and mementos and place them in an album or scrapbook. Include notes identifying special memories associated with each item.

**Record your stories:** What was your life like growing up? Who was your role model? What was your first job? Share these stories and more while someone records you.



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

**FIT Functional  
Fitness®**

Our FIT Functional Fitness program is designed to go beyond typical senior fitness programs to help improve core strength, balance, cardiovascular health, and promote relaxation. Developed in partnership with a board certified exercise physiologist, the program's targeted exercises are created to deliver the maximum benefit for each participant. The goal is to increase overall health and wellbeing, reduce potential for falls and encourage residents to remain active. FIT Functional Fitness incorporates four fitness programs, taking current health levels into consideration and allowing all residents to participate.



## A Classic Cookbook

In the midst of the Great Depression, a 54-year-old St. Louis widow named Irma Rombauer created a recipe for success in both the kitchens and the hearts of Americans. Her cookbook, "The Joy of Cooking: A Compilation of Reliable Recipes With a Casual Culinary Chat," was first published on Nov. 30, 1931.

Rombauer's book was revolutionary. Unlike other cookbooks of the era, hers was written in the style of a friend talking to a friend, full of witty anecdotes and helpful advice. The second edition of "The Joy of Cooking" introduced the action method format for recipes, which integrated the ingredients in the directions rather than listing them separately.

Each edition of the cookbook stayed true to its roots while accommodating changing needs and ingredients. The original Depression-era version showcased the innovations of canned soup and frozen vegetables, as well as a section devoted to using leftovers. The 1943 edition featured recipes using substitutes for rationed foods such as meat and butter. In the 1960s, nutrition was a focus. The 1975 version, with more than 4,500 recipes and 1,000 illustrations, became the premier kitchen reference for beginners and experienced cooks alike, and remained in print for over 20 years.

Since the original printing, more than 18 million copies of "The Joy of Cooking" have been sold. Copies are commonly passed down in families, and new editions remain a popular gift for newlyweds and graduates.



## New Residents

This month we want to welcome Eva L. to our community. Welcome to West Hills Village!

## Soaring: Support for the Spirit

In the quiet places of the heart memories live. They pop up at unexpected moments, sometimes startling us with the rawness and immediacy of emotion; other times they may just gently nudge us and bring a smile to our face and a feeling of warmth all over. Then there are times we are desperate to have a memory come crashing in on us, just to feel the essence of that special person, to hear their voice one more time. Sometimes we may wonder what is wrong with us, no matter how hard we try we can't seem to summon the memories we know that have to be there somewhere, maybe sealed off because they might be just too painful to recall. Maybe they are lurking right below the surface and we have to tip toe around them lest they come breaking through before we are ready.

Wherever memories reside within us, they can serve an amazing purpose in our lives.

At the most profound level and of the greatest service, are the painful memories that surface that invite us to exploration at a deeper level and lead us into healing deep wounds of the soul.

At the level we all experience and no human being can escape, we may have those memories tethered to the life of one we dearly loved and lost and in leaving us, whether through death or moving on in other ways, those memories continue to warm our souls and give us comfort and hope for the goodness of life and the joy of the gift of having loved.

As the seasons change there is often a nostalgic feeling that accompanies the falling leaves, a perfect time to embrace reflection on what lies beneath in our memory bank.

Be blessed in your remembering whether seeking needed healing for an unresolved hurt, acknowledging warm memories, or celebrating life's victories!

## The Fight Against Alzheimer's

National Alzheimer's Disease Awareness Month takes place every November, but scientists and medical teams are working year-round to make strides in the diagnosis and treatment of this complex condition that affects millions of people worldwide.

Researchers are constantly learning more about Alzheimer's. Advances in brain imaging are helping provide a clearer understanding of how the brain is affected by the disease. Studies are exploring links to other health conditions, including heart disease, diabetes, stroke, high blood pressure and high cholesterol. This research may make earlier diagnosis of Alzheimer's possible, leading to better treatments and possible prevention.

Currently, there are medications that can temporarily slow the progression of symptoms and provide a better quality of life for patients. The Alzheimer's Association says several drugs that potentially could stop the disease from advancing are in the development and testing stages.

Non-medical therapies have been shown to help both patients and caregivers living with Alzheimer's. Music therapy often involves playing upbeat tunes during everyday activities, calming music near bedtime or to ease confusion, and familiar music from the patient's past to provide comfort and prompt memories. Art therapy can give patients a way to express themselves when communication is difficult.

Storytelling is another therapeutic technique and includes programs such as TimeSlips, which uses photographs to inspire those with Alzheimer's to create and share stories. Scrapbooks, photo albums and memory boxes are other tools that can encourage patients to reminisce and talk about their lives.

## Native American Contributions

From the foods we eat to the games we play, the innovations and influences of Native Americans have shaped our everyday lives. November is National American Indian Heritage Month, a time to recognize the countless contributions of North America's native peoples.

**Food** — Nearly half of the crops grown in the world today were first cultivated by Native Americans, including corn, potatoes, pumpkins, squash, melons and peanuts.

**Language** — From "barbecue," "chipmunk" and "hammock" to the names of U.S. cities and states, numerous English words derived from native languages. During World War II, the Navajo language was used as a secret, unbreakable code by the U.S. Marine Corps.

**Recreation** — Canoes, kayaks, toboggans and snowshoes, often used for leisure today, served as transportation for American Indians. Hockey, lacrosse and relay races also have roots in their culture.

**Ecology** — Native Americans have always respected the land they lived on and helped early European settlers survive by teaching them what crops to plant and to only hunt and fish for what was needed.

**Government** — Some historians say the foundation of America's democracy, with individual freedoms and power divided between federal and state governments, was partly based on the Iroquois League, a confederation of tribes that dates to the 17th century.

**Youth organizations** — Many aspects of Boy Scouts, Girl Scouts and similar youth organizations are based on Native American life.

## Piece by Piece

Anyone who has stayed up late to work a jigsaw puzzle knows how easy it is to say "just one more piece." Both relaxing and a good workout for the brain, puzzles are a favorite pastime of many, from preschoolers to centenarians.

British mapmaker John Spilsbury created the first jigsaw puzzles in 1767 to help children learn geography. He pasted maps onto wood and, using a fine saw, cut them into small pieces for children to assemble, calling his creations "dissected maps." Throughout the 18th and 19th centuries, these games served as educational tools.

Hobby puzzles for adults evolved around 1900. Made of wood and hand-cut one piece at a time, the intricate creations were expensive and served as entertainment for wealthy.

In the 1930s, die-cut cardboard puzzles began to be mass-produced, reducing the cost and making the games an affordable escape for millions during the Depression. Many drugstores and libraries rented puzzles, and some stores used them as advertising, offering free puzzles with purchases.

Today, jigsaw puzzles come in all shapes and sizes, ranging from a few pieces to 1,000 or more. Three-dimensional structures, pieces with double-sided designs and online jigsaws are recent puzzle trends.



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## November Activities

It's a busy time of the year with activities planned all day, every day. Fall is in the air, the leaves are changing, the rain has arrived and the beauty of Oregon is with us. Please see Erin if you have ideas or events you would like to see on our calendar for November and December. Enjoy!

**November Highlights:**

**Nov. 1:** Sig Unander

**Nov. 3:** Lunch at Seasons & Regions

**Nov. 6:** Rose City Music Recital

**Nov. 8:** Rojo the Llama

**Nov. 9:** Geologist Bruce will talk Minerals

**Nov. 15:** Men's Luncheon at Acadia

**Nov. 18:** Winter Bazaar

**Nov. 21:** Healthy Habits with Louise

**Nov. 23:** Thanksgiving Feast

**Nov. 27:** Melomacs Group — music from the '30s, '40s and '50s

**Nov. 30:** International Day — Japan; Sherry Johnston will present the Japanese Garden (in Portland)

## Like Us on Facebook

Go to [facebook.com/WestHillsVillageSeniorResidence](https://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!

