

GOOD Life News

at West Hills Village Senior Residence

OCTOBER 2018

www.westhillssenior.com



Executive Director

Dear Residents and Families of West Hills Village,

It is that time of year again, the leaves are beginning to color the skyline in beautiful reds and yellows. The air is becoming a little more brisk and the night is coming earlier each day. The rain will come soon and eventually winter will set in. The changing of the season from summer to fall is always an exciting time. The best part of the year has yet to come. West Hills Village has some very exciting events for both residents and families. This October, we will invite children from the community to our Village to take part in our first-ever Haunted Hallway, sure to be a scary delight. November brings our eighth annual Winter Bazaar. Vendors will line the hallways with treasures. December will bring Santa to our door and a little holiday cocktail party sure to warm the winter air. I encourage all of you to take advantage of all that our community has to offer. As always, thank you for choosing West Hills Village as your home and thank you to all our wonderful team members for truly making this a family!

"I can smell autumn dancing in the breeze and the sweet chill of pumpkins and crisp sun-burnt leaves."

Lindsay Schroeder
Executive Director

Beloved West Hills Residents

As your safety is our primary concern, may we remind you of how very important it is to ALWAYS sign out when leaving and sign back in upon returning. This may seem to some as an unnecessary nuisance, however it is the only way we have of keeping track of your whereabouts. Your friends and families rely upon our being able to know you are safe and well, and with winter approaching and the ground becoming slick, falls can pose an even greater threat. Kindly help us help you! It does indeed take a Village.

Let us also remember how valuable our fruit and vegetable "friends" are in our lives. Health truly begins with all the choices we make throughout each day to sustain our vitality and support the body in remaining optimally functional. As always, the staff of West Hills Village remains dedicated to your Good Health!

The Nursing Staff at West Hills

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

Health Literacy Month

This annual observances month is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopting a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit: blog.thegoodmangroup.com.

SOARING: Support for the Spirit

Within the last month I have shared a lot of tears and laughter with more individuals than I can count. Many I have encountered along life's journey have had to deal with pain, loss, and disappointment. Whether anticipated or unexpected, sadness and grief always accompany pain and loss. Our challenge is how to deal with it and yet continue on with the loss in our life.

Throughout many of the conversations I have had, amidst the tears, is a common thread of profound sadness at the loss and the lamenting of that which has been and is no more on this earth as we had once known it. What is also true, even as the tears continue, is pausing to share a warm or funny memory about the person or the meaning of the loss from another source, whether it is mobility, a job, a home, or something else. In the newness of loss it is difficult to call forth the memories that gave us pleasure because we are so caught in the rawness of pain. However, studies have shown, and many veterans of multiple losses have testified, that being able to recall positive memories helps them move forward in living.

America's beloved Dr. Seuss wrote the following words that speak to this process: "Don't cry because it's over, smile because it happened." Those words may seem too simplistic for some. But, think about them. We choose what we will think about and what our focus will be during the hours and minutes of each day. Sadness and joy live hand in hand. We cannot avoid sadness but we can choose to sprinkle some joy along the way as we recall memories that still have the power to warm our heart.

Joyce Pruyn, Spiritual Director

Bobbing for Apples

Part of the traditional fun at fall festivals and parties, bobbing for apples began as a courting game in Europe centuries ago.

The apple is a longtime symbol of love and romance, and people have used it in various ways to predict future sweethearts. Bobbing for apples was one playful custom. In this game, apples were marked with names of potential suitors, then placed in a barrel of water. As the fruit floated, a young woman would try to catch an apple by biting into it, using only her teeth and not her hands. If she was successful on the first attempt, it was believed the romance was meant to be.

In a variation of the game, single ladies would mark the apples before dropping them in the water, and eligible men would bob for the fruit, determining romantic matches.

Apple bobbing was popular at Celtic festivals celebrating the end of the harvest season, which led to the game's ties to autumn. When early European colonists brought apple seeds to America, they also brought the bobbing tradition with them.

The Role of a Physician Assistant

In the health care industry, a number of professionals work together to provide care for patients. Among them are physician assistants, who have a growing role in helping to meet the population's increasing medical needs.

The physician assistant profession began in the 1960s in response to a shortage of primary care doctors. Since that time, the career has become one of the fastest-growing in the medical field.

Physician assistants are educated in general medicine so they can provide a wide spectrum of care. They must earn the equivalent of a master's degree from a specialized program, which requires classroom training and clinical experience similar to that of a traditional medical school.

Working in collaboration with a supervising licensed physician, certified PAs can perform most of the same duties as a medical doctor. They can conduct physical exams, diagnose illnesses, prescribe medications and treatment plans, order lab work and other tests, and perform procedures. PAs work in a range of medical settings, including doctors' offices, health clinics, hospitals and senior living communities.

National Physician Assistant Week is observed every year Oct. 6-12.

Feline Phrases

Cats have been pet companions for centuries, and they've pawed their way into our language as well. Purr-ruse this list of feline-inspired phrases:

Catnap — Cats can sleep as much as 16 hours a day, but most of that time is spent dozing and jolting awake when they hear a noise. Humans have compared their own short snoozes to a cat's since the early 1800s.

Scaredy-cat — American writer Dorothy Parker is credited with coining this term in 1933 as a way to describe a timid person. The comparison is spot on, as cats tend to be skittish.

Like herding cats — It's nearly impossible to herd cats, as they are such independent creatures. This simile is used when someone is having difficulty multitasking or managing a group of people.

Cat got your tongue? — This question is posed to one who remains silent when they are expected to speak. The phrase first appeared in print in 1881, where it was described as a children's playground taunt.

Let the cat out of the bag — This saying means to reveal a secret, and may have originated in medieval marketplaces, where a piglet could be purchased in a sack. Dishonest vendors sometimes tricked customers by putting a cat in the bag instead, but the secret was out as soon as the bag was opened and the cat escaped.

The Ins and Outs of the Accordion

The Sears catalog once described it as an "orchestra in a box," and it's a fixture at many Oktoberfest celebrations. The lively music of the accordion has been entertaining audiences for more than 200 years.

Based on ancient Chinese instruments, several forms of the musical device were developed in Europe, but it was Cyrill Demian who patented his version in Austria in 1829, naming it an accordion. The instrument produced sound when the user manually pushed or pulled the middle part, called the bellows, sending air over reeds and through an opening. Pushing finger buttons along the box's side at the same time controlled the pitch of the sounds. Later models added a piano-style keyboard to the design, which allowed more notes to be played.

The accordion's popularity spread throughout Europe and the world. Since it is naturally loud, it was used in dance music, especially polkas and waltzes. Because it was portable, many immigrants brought their "squeeze-box" with them to the U.S. The accordion became a key instrument in many regional styles of music, such as Cajun, zydeco and Tejano.

The first half of the 1900s is often referred to as the golden age of the accordion, though the instrument has had a resurgence in recent years and has been featured in songs by popular artists.

Pizza Across the Planet

Pizza is a popular food in the U.S., with pepperoni, sausage, mushrooms and onions the top picks for ingredients. See what pizza toppings make the cut in other countries:

Italy — The place where pizza started boasts a variety of additions to their pies. Prosciutto, anchovies, eggplant, truffles and potatoes are among Italians' go-to choices.

Brazil — Green peas are a popular vegetable in this South American nation, and they're often found on Brazil's thin-crust pizzas, along with carrots, beets, raisins and quail eggs.

Japan — Seafood is a mainstay of this island nation, where pizza toppings include octopus, eel and seaweed. Squid ink is sometimes used to create a dramatic black sauce instead of the typical red tomato sauce.

Costa Rica — Coconut is the No. 1 pizza topping in this Central American country, and it's often paired with shrimp.

Sweden — A pie known as pizza Africana is very popular in this Scandinavian nation. Also called banana curry pizza, bananas and curry powder are the main ingredients, along with peanuts, chicken and pineapple.

Australia — Craving some "shrimp on the barbie"? Order an Aussie pizza with shrimp, pineapple and barbecue sauce. Local meats such as kangaroo, emu and crocodile are also featured on pies in the land Down Under.

Life Enrichment Highlights

Lunch outings to Dar Salam and Old Spaghetti Factory.

Ryan will be in Ireland for most of October so Tai Chi will resume in November.

Oct. 17: Men's Group Lunch to Acadia

Oct. 23: Cooley Concert

Oct. 26: Campus Halloween Celebration

Oct. 31: Halloween — Murder Mystery Theater



WEST HILLS VILLAGE

Senior Residence

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MANAGED BY
 The Goodman Group

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A Warm Welcome to Our New Neighbors:

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Carol, #112



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