



Good Life

NEWS

at West Hills Village Senior Residence

JANUARY 2021

JANUARY 2021 SOARING — SUPPORTING THE SPIRIT

“May your troubles be less, and your blessings be more, and nothing but happiness come through your door.” -An Irish blessing

New Year’s greetings to you all! We have come through the year of 2020 with its challenges and uncertainty to turn the page on this new year of 2021. I know we all hope this year will bring an end to the Covid-19 pandemic, as well as an end to the suffering and struggle that it has caused. We also hope for a return to the joys we are missing, like gathering together with family and friends for celebration and connection. May it be so!

While there is nothing “magical” about turning the page on a new calendar year, it does invite us to take time to pause and reflect on our lives. As Albert Einstein said, “Learn from yesterday, live for today, hope for tomorrow.”

Here are some questions for your consideration as you think about the start of 2021: What have I learned this past year? What has sustained me and helped me during this time? What am I proud of? What made me laugh or smile this past year? What have been my greatest challenges and deepest blessings? What hopes do I bring with me into 2021? What do I want to let go of as I begin the year?

However you decide to embrace this New Year, may it be full of blessings for you and those you love. May peace, hope and health be with you and with us all.

Kristen H-S

Spiritual Care Director

THE WORDS OF MLK

In honor of Martin Luther King Jr. Day on Jan. 18, here are some of his most enduring speeches.

Montgomery bus boycott speech — One of King’s first public speeches took place on Dec. 5,

1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.

“I Have a Dream” — King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on Aug. 28, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children “will not be judged by the color of their skin, but by the content of their character.”

Nobel Peace Prize speech — In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on Dec. 10, 1964, he described the beauty of brotherhood and peace as “more precious than diamonds or silver or gold.”

“How Long, Not Long” — On March 25, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, “The road ahead is not altogether a smooth one. ... But we must keep going.”

“I’ve Been to the Mountaintop” — King gave his final address in Memphis, Tenn., on April 3, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.



RESIDENT SPOTLIGHT

Louise Carter Johnson K. was born and raised in Portland, Ore. — a true Oregonian! Her family had a home in Council Crest, and she lived with her parents and three sisters. Both of her parents were in the medical field; her mother was a Nurse, and her father was a Urologist. Louise was incredibly influenced by them, as she decided that Nursing was her calling. After she graduated from Lincoln High School, she attended University of Oregon, then completed her education at Johns Hopkins in Maryland. She met Don, her future husband, who also traveled to Maryland with her. They lived there for three years and eventually came back to Portland, where Louise calls “home.” They were married and very much in love. Louise says, “I married my best friend.” Don and Louise have three children, Laura, Spencer and Ted (with six grandchildren “in tow”). They purchased a house in Portland Heights and raised their family together. At that time, Don was a CPA and Louise was a “Visiting Nurse,” who traveled to homes throughout her career, giving private care to her patients. They enjoyed family vacations and playing music together, and one of Louise’s passions is swimming. She’s been here at West Hills for several years and loves it! You can sometimes find her at Wildlife Discovery and Fitness classes, and she always has a smile on her face!



A WORLD OF COMFORT FOODS

Warm and filling, comfort foods make us happy and often remind us of home. Enjoy a taste of some go-to favorites from around the globe:

Pierogies — These Polish dumplings can have different savory fillings, including potatoes, cheese, sauerkraut or ground meat, and are typically served with sour cream and fried onions.

Soupe a l’oignon — A bowl of French onion soup features caramelized onions in a rich beef stock, covered with a blanket of toasted bread and melted cheese.

Cha siu bao — A dish from southern China, these soft, doughy steamed buns are filled with slightly sweet barbecued pork.

Picadillo — This simple hash of ground beef and tomatoes is popular in Latin American cultures. The iconic Cuban version includes olives and raisins and is paired with rice and beans.

Irio — In Kenya, this mash of potatoes, corn and green peas is so essential that its name literally means “food.” It’s often eaten as a main dish or served as a side to roasted meat.

Khichdi — Often compared to risotto, this one-pot Indian recipe of rice and lentils is flavored with warm spices such as cumin and turmeric.

Moussaka — A classic casserole from Greece, moussaka is made of layers of sautéed eggplant, potatoes, ground meat, tomatoes and onions, all topped with cheese and a creamy white sauce.

FEEL GOOD FILMS

Begin the new year on a bright note by enjoying one of these movies that are favorites for their uplifting stories.

“The Wizard of Oz” (1939): Called one of history’s greatest films, this Technicolor musical fantasy has stood the test of time for its tale about friendship, courage and longing for home.

“Hoosiers” (1986): A small town high school basketball coach defies the odds and guides his team to the state finals. This underdog story has been named one of the best and most inspiring sports films.

“The Shawshank Redemption” (1994): With its plot about a man wrongly imprisoned and message of never losing hope, this timeless drama remains a top-rated pick decades after its release.

“Apollo 13” (1995): “Failure is not an option.” That’s a line from this true story of NASA’s against-all-odds mission to get the three astronauts of the 1970 Apollo 13 moon mission safely back to Earth after an explosion damages their spacecraft.

“Ray” (2004): A portrait of Ray Charles, this biopic shows how the music legend overcame tragedy and blindness to revolutionize American music.

“Up” (2009): In this animated hit, 78-year-old Carl carries out an unusual plan to fulfill a promise to his late wife by taking flight for a South American paradise. But a young stowaway steers his adventure off course.



INTRODUCING OUR NEW HAIRSTYLIST!

Hi, my name is Laura Trujillo.

I am currently a resident of Tigard, Ore., where I live with my husband and three daughters. I completed my training at Bella Institute School of Cosmetology 10 years ago, and I have been a licensed Hair Technician ever since. While I was studying at Bella Institute, I was also working as a Med Technician for Brookdale Senior Living. I have enjoyed developing my professional skills and have worked with photographers, in a children’s salon and with seniors. I have done makeup for models for professional shoots. I have been working in assisted living homes in their beauty shops, providing haircuts, perms, colors, shampoos and sets. I really enjoy working with the elderly and making them feel better. I look forward to getting to know you too!



Meet Laura

GET YOUR FILL OF FIBER

Fiber is famous for keeping the body’s digestive system working, but it also has a powerful effect on other vital functions, helping you live longer and stay healthier.

Controls blood sugar — Eating foods high in fiber — whole grains, vegetables, fruits and nuts — slows the absorption of sugar and carbohydrates into the bloodstream. Blood sugar levels rise gradually instead of spiking and crashing, which also affects your energy level.

Lowers cholesterol — The type of fiber found in foods such as oats and beans attaches to cholesterol in your intestine and keeps it from being absorbed, contributing to heart health.

May reduce inflammation — Studies suggest that people who eat a diet full of fiber have reduced levels of chronic inflammation, which is linked to arthritis and certain cancers.

Helps control weight — High-fiber foods tend to be low in calories and help you feel full faster and longer.

Guidelines recommend older women fill up on at least 21 grams of fiber each day, and 30 grams for older men.

Doctors say getting your daily amount from a variety of foods that are naturally rich in fiber, rather than supplements, is best. Top sources include black beans, peas, raspberries, oatmeal and popcorn.

FALLING FOR DOMINOES

Whether it’s chicken foot, Mexican train or 42, domino games score big for fun.

The click-clack sound of dominoes has long been enjoyed across geography and cultures. The game likely originated in China during the 12th century. By the 1700s, a modified version was being played in Europe, then it later spread to North and South America.

Domino game pieces are rectangular tiles, also called bones. The face of each tile has two sections, marked with a number of spots known as pips, which are like those on a pair of dice. Similar to card games, the tiles are shuffled, and players draw a number of pieces for their hands. Players take turns laying down their dominoes, forming connected chains of tiles. There are dozens of domino games for all skill levels.

Domino toppling has also become a popular activity. Game tiles are stood upright on their ends and lined up, forming designs and images. Knocking over one domino creates a chain reaction of falling pieces and a visual spectacle.



WINTER WONDERS

It’s winter here in the Northern Hemisphere, bringing cooler temperatures. Keep warm with this bundle of cold-weather facts:

- While it may not snow in every city, about 1,200 cubic miles of the fluffy stuff falls on North America every year.
- The Great Lakes region is known as the snow belt of the U.S.
- Fairbanks, Alaska, gets the title of America’s coldest city in winter. Its average low temperature is a frosty 16 below zero.
- Residents of Bethel, Maine, built a record-breaking snowperson in 2008. Named Olympia, she stood 122 feet high — almost as tall as the Statue of Liberty — and was made of 13 million pounds of snow!
- You don’t have to wait for spring to see beautiful blossoms. Pansies, snowdrops and English primroses are some common flowers that bloom during the chilly months.



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