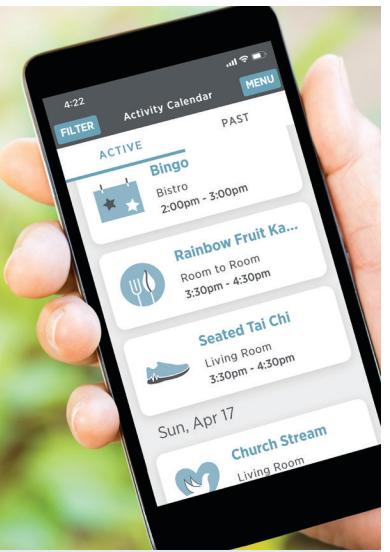




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Senior Residence

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GiGi Assistant® (GiGi), is a free mobile app that acts as your personal concierge ready to assist you with what's happening in the community.

We encourage residents, guests, caregivers and families to download the app and get connected!



MANAGED BY The Goodman Group



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Director of Nursing
Christine Easley

Director of Sales & Marketing
Jeff Houghtaling

Life Enrichment Director
Amanda Albers

Culinary Director
Daniel Aguirre-Zamudio

Facilities Director
John McKay

Spiritual Care Director
Natalia Filimonova

Campus Community Relations Director
Camille Pitts



BIRTHDAYS

We want to wish the following residents a very happy birthday:

- Alice J. - 7/7
- Elaine S. - 7/8
- Judy A. - 7/10
- Ann M. - 7/11
- Sally P. - 7/12
- Bob D. - 7/12
- Joanne C. - 7/16



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Good Life NEWS

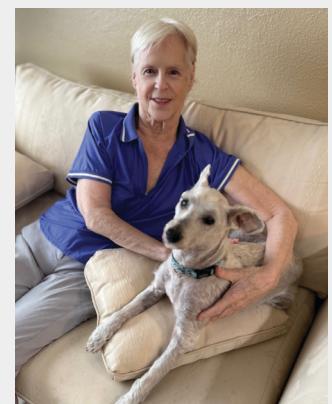
at West Hills Village Senior Residence

JULY 2025

RESIDENT SPOTLIGHT

Get to know Susan F.

Susan grew up in Whitefield, New Hampshire, with her parents and two sisters in a two-story Victorian home built by her great-great uncle. Winter brought fond memories of skiing and ice skating on the town “Common,” which was frozen into a community rink.

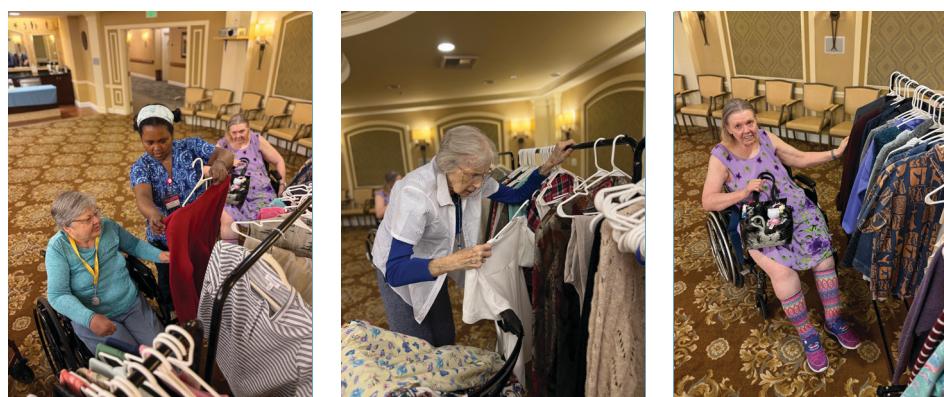


She attended Gould Academy in Bethel, Maine, where she developed a love for history and looked forward to twice-weekly ski trips. After college, her adventurous spirit led her to Europe, where she spent seven years working as an au pair, translating film scripts, and coaching Italian actors on English dialogue. Though she expected to love France most, it was Italy that stole her heart.

Susan earned her law degree from Loyola Marymount University and built a rewarding legal career with an oil company that later became part of Chevron.

In retirement, she lived in a lively 55+ community with a lot of golfing, a hobby she shared with her father. Wanting to be closer to family, she later moved to Portland and eventually settled at West Hills Village Senior Residence, drawn by its location and friendly atmosphere.

She now looks forward to making friends, joining activities and embracing this new chapter in her life.



SOARING®: SUPPORTING THE SPIRIT

When You Are Old by William Butler Yeats

*When you are old and grey and full of sleep,
And nodding by the fire, take down this book,
And slowly read, and dream of the soft look
Your eyes had once, and of their shadows deep;*

*How many loved your moments of glad grace,
And loved your beauty with love false or true,
But one man loved the pilgrim soul in you,
And loved the sorrows of your changing face;*

*And bending down beside the glowing bars,
Murmur, a little sadly, how Love fled
And paced upon the mountains overhead
And hid his face amid a crowd of stars.*

How do we know that we're loved by friends and family?

Knowing you're loved by others can be both simple and complex, because love isn't always expressed in obvious or verbal ways. Still, it's important for us to recognize that we are loved and appreciated by our family and friends and to consider how we can show love in return.

Christianity teaches that love is central to life, faith and relationships. The Bible outlines different types of love, each with its own depth and purpose. These types, rooted in ancient Greek words, reflect both human and divine connections:

Agape – Selfless, sacrificial, and unconditional love. This is the kind of love God has for humanity—and the love believers are called to show others.

Phileo – Warm, affectionate love between close friends. It's based on mutual respect and shared values.

Storge – Natural affection, especially between parents and children. It also applies to the love among siblings or extended family.

Eros – Romantic love between partners or spouses.

In our daily lives, we can recognize love through small but meaningful actions. People who love you often:

- Prioritize you, even when life is busy
- Check in, spend time with you or simply enjoy being around you
- Remember details about your life and what matters to you
- Listen not just to reply, but to understand
- Show up in hard times and celebrate your joys
- Care enough to be honest, even when it's uncomfortable
- Notice when something's off and ask how you're doing
- Respect your space, needs and individuality
- Help you feel secure emotionally, mentally and physically
- Make you feel safe being your true self

Love is felt through actions as much as words. So, remember to express your love to those around you through time, kindness, honesty and presence.

Natalia Filimonova
Spiritual Care Director

PRESIDENTIAL PRECEDENTS: THE ULTIMATE INFLUENCERS

Join us on July 15

A presentation provided by Adriana Collado

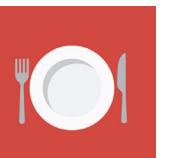
Which presidents have most influenced and expanded the role of chief executive? You might be surprised! Each occupant of the White House brings their personal insight (and baggage) to the office and makes decisions accordingly. Learn about the individuals who shaped the highest office in the land – for better or worse.

Adriana Collado is a respected defense attorney with over 20 years of experience in federal investigations and prosecutions. She has represented clients in federal courts nationwide, including Colorado and New York. Featured in media outlets like ABC's 20/20 and NBC 6, Adriana serves as a legal commentator and has lectured at seminars like The Knowledge Group and NBI. Outside the courtroom, she educates audiences on legal history, constitutional rights, and law's intersection with pop culture.

*Check with your life enrichment team for time and location.



WHAT'S COOKIN' IN THE KITCHEN?



We're excited to introduce a new menu software program to enhance your dining experience. This new system allows us to create seasonal menus in real time, giving us more flexibility and variety. Our meals will continue to feature fresh ingredients and remain thoughtfully balanced to support your nutritional needs. We look forward to bringing you even more enjoyable and personalized dining experiences.

BOMBS BURSTING IN AIR

It is common on July summer nights to hear the far-off crackle and boom of fireworks, but no holiday boasts a more grandiose display of fireworks than America's Independence Day celebrations on July 4. Setting off fireworks to celebrate Independence Day is a tradition that dates all the way back to America's Declaration of Independence in 1776.

On July 1 of that year, the Continental Congress convened in Philadelphia to debate whether the colonies should declare independence from Britain. In the midst of their debate, news suddenly arrived that British ships had entered New York Harbor.

The delegates' sense of urgency increased, and on July 2 they voted in favor of independence. John Adams, the representative of Massachusetts, sensed the significance of the decision. He wrote to his wife, Abigail: "The Second Day of July 1776 will be the most memorable Epocha, in the History of America... It ought to be solemnized with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other."

Adams may have been off by two days, but his vision of future Independence Day celebrations was spot on. Cities would commemorate the day just as Adams had predicted. In Philadelphia on July 4, 1777, a cannon was fired 13 times to honor the 13 original colonies, and 13 fireworks were shot into the air.

Those early fireworks looked very different from those we enjoy today. Many offered nothing more than a fountain of monochromatic sparks or a loud explosion. It wasn't until the 1830s that Italian inventors added metal salts like strontium and barium to the incendiary mixtures, finally giving fireworks a palette of color. At last, crowds could "Ooh!" and "Ahh!" as the night sky was lit up in glittering shades of red, white, and blue.

Other innovations in fireworks are on the way. Quiet fireworks, those without the loud explosions, have been tested in Europe. There are even daytime fireworks with vivid colors that stand out against a sunlit sky.



POETRY CORNER

Written by resident, Karen R.

Spring is melting into summer.
Daffodils wilted, and cherry petals fell where snow blew in winter.

Now we are the white-heads, basking in the bright days,
humming old songs with ghost dogs beside us.

Picturing picnics by the lake — sun burning, bug bites, spitting melon seeds.

The smell of hot dogs and cantaloupe.

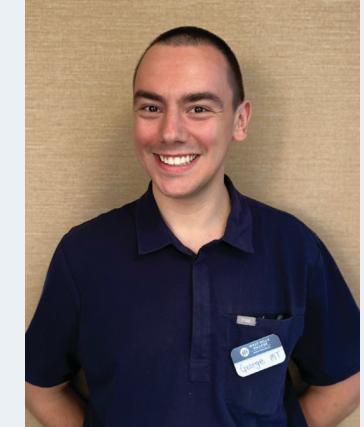
Bring pictures of parents and toddlers,
with popsicles dripping orange on their bellies, giggling.

Daydreams were easy then, weren't they?

TEAM MEMBER SPOTLIGHT

Get to know George M.

This July, we're proud to spotlight George, a dedicated med tech whose kindness, focus and quiet determination have made a meaningful impact at West Hills Village Senior Residence.



George's journey began in Bucharest, Romania, where he was born. At just 7 years old, his family made the life-changing move to Texas, and a year later, they settled in Oregon. The transitions weren't always easy, but they helped shape George into someone who is resilient, adaptable and grounded.

Even as a child, George showed a natural energy and drive. He participated in gymnastics, a sport that taught him discipline and focus, qualities that continue to shine in his work today. During high school at Wilson, George became involved with Camp Kesem, a nonprofit that supports children who've lost a parent to cancer. The mission of that organization left a lasting impression on him.

After graduation, George went on to study pre-med at the University of Oregon, focusing on anatomy and human physiology. He also joined the ATO fraternity, forming lasting friendships and developing leadership skills. Throughout college and in the years following, George worked in caregiving, a role he held for seven years. His compassion and calm presence made him a trusted caregiver and deepened his desire to go even further in the health care field.

Earlier this year, George completed nursing school and has a goal of becoming an oncology nurse. With his background, heart and sense of purpose, there's no doubt he'll make an incredible impact in that field.