

GOOD Life News

at West Hills Village Senior Residence

JANUARY 2019

www.westhillssenior.com



Executive Director

Dear Residents and Friends of West Hills Village,

Happy New Year to all of you! I hope everyone had a lovely holiday season. 2018 flew by in flash! We had some great events this last year, made many new friends, and built an amazing team here at WHV. 2019 is sure to be a great year as well! As always, our top priority is to provide our residents, families and employees with quality service. We will continue to pursue our Gold quality journey through the American Healthcare Association. This quality initiative challenges communities such as ours to dive deep into our systems, policies, and procedures. By doing this we can determine our strategic challenges and advantages and put action plans in place to improve our quality of care, our healthcare offerings, reduce turnover, and improve our overall well-being of our community. I look forward to this new year with all of you and I am excited to see what 2019 has in store for us!

Wishing you beautiful moments, treasured memories, and all the blessings a heart can know. Happy New Year!

Lindsay Schroeder, Executive Director

Therapy in Art

Creating art, whether it's with paint, pencils, wood or another material, can be a fun, rewarding activity. Let these benefits of art therapy paint a picture:

Relieves stress: Participating in art activities can be soothing and relaxing. Focusing on a project often boosts positive feelings and has been shown to lower anxiety and depression.

Increases cognitive skills: From selecting materials to choosing a color scheme, many decisions are made during the creative process, stimulating the brain. Artistic endeavors can also trigger memories from long ago.

Promotes self-expression: Art is a nonverbal outlet for communicating and sharing with others. Making something by hand is a personal experience that lets people express their thoughts and feelings.

Sharpens motor skills: Small movements such as brushing paint across a canvas or sanding a piece of wood improve dexterity and hand-eye coordination.

Encourages socialization: Whether it's a shared love of watercolors or an interest in ceramics, art has a way of connecting people, which helps lessen feelings of loneliness. Making art in a group setting promotes socializing with others.

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

**Platinum Service®
Standard #6**

"I enjoy what I do. I have a warm, caring and positive attitude that makes our communities great places to live and work."

Having a positive attitude and an optimistic view of life are two things that intertwine to help us find happiness, both in our personal lives and at work. As we head into the new year, Platinum Service Standard #6 reminds us to reflect on and be thankful for the opportunity to serve our residents and fellow staff members. A warm tone of voice, a smile, and kind manners are examples of our Platinum Service® promise, which we strive for in all things we do. When employees genuinely enjoy what they do, they serve others with a sense of purpose. May you all have a very happy and blessed New Year.

SOARING: Support for the Spirit

“A thrill of hope ... the weary world rejoices.” You may recognize these words from a familiar song you have probably heard or sung through the years. What could be more cherished than to anticipate the new year with great hope for things we desire and would like to see come to pass, for ourselves, those we love, and for the world?

What is hope and how does “holding hope” help anchor us in daily living? In its most basic meaning, hope is trusting for that which you desire in the absence of being able to see it, touch it, feel it, yet believing you will come to experience the very thing for which you hope even while accepting it may manifest itself in a form different from what you might have imagined.

Throughout the ages individuals from a variety of walks of life and circumstances have expressed how they have envisioned hope:

- “While there’s life, there’s hope.” — Marcus Tullius Cicero
- “Hope is being able to see that there is light despite all of the darkness.” — Desmond Tutu
- “I don’t think of all the misery, but of the beauty that still remains.” — Anne Frank
- “Hope is the thing with feathers that perches in the soul and sings the tune without the words and never stops at all.” — Emily Dickinson

What are your hopes? Are you “holding hope” for that which you desire? Might you find encouragement in sharing your hopes with a friend, someone who can “hold the hope” with you?

The beginning of a new year provides a perfect opportunity to do your own hope assessment and perhaps reawaken what your heart holds most dear. May you be blessed as you explore the hidden treasure in seeking hope!

Joyce Pruyn, Spiritual Director

Dine and Be Kind

January is Be Kind to Food Servers Month. Show your appreciation to these hardworking individuals by following these tips when dining out:

Be upfront with special requests: If you have food allergies or dietary restrictions, or if your group would like to split the bill, let your server know before you place your order.

Make eye contact: Looking at your waiter shows respect and, along with speaking clearly, can help minimize the chances of a mistaken order.

Learn your server’s name: Use your server’s name, and avoid whistling or snapping your fingers when you are trying to get his or her attention.

Keep the table clear: Placing your bag, wallet, phone and other personal belongings on the table takes up valuable space needed for plates and beverages.

Remember the golden rule: Treat your server how you would like to be treated. Say “please” and “thank you,” and if something isn’t right, be polite when voicing a complaint.

Tip with respect: A 15 to 20 percent tip is customary at restaurants. If a coupon or other discount is applied, you should tip according to what the full price of the meal would have been.

Know Your Oats

Eating a bowl of oatmeal can be a comforting, heart-healthy breakfast. The different processing methods for this whole-grain food create a variety of oats to choose from.

Steel-cut: Whole oat kernels, called groats, are chopped into coarse pieces to make steel-cut oatmeal, also known as Irish oatmeal. This type is the least processed, so it takes up to 30 minutes to cook and has a chewy texture and slightly nutty flavor.

Scottish: Groats are stone-ground into small, fine pieces to make Scottish oatmeal, which is thick and creamy like porridge.

Old-fashioned: Also called rolled oats, these are the most commonly used in oatmeal and are made by steaming groats and flattening them between rollers into flakes. Old-fashioned oats are often used in baked goods, such as cookies and muffins.

Quick: These are another form of rolled oats, but are steamed longer and rolled thinner. They make a fast breakfast since their smooth, thin flakes cook in just one minute.

Instant: Usually sold in single-serve packets with added flavors such as brown sugar, cinnamon and various fruits for sweetness, the oats in instant oatmeal have a soft texture. They have been fully cooked during processing and then dehydrated.

How the World Celebrates the New Year

In the U.S., the New Year is often ushered in with parties, fireworks and a midnight kiss. The rest of the world revels in a variety of traditions.

Spain — At the stroke of midnight, people in Spain eat 12 grapes, one for each month of the year ahead, for good luck.

Russia — In the country’s region of Siberia, divers plunge into icy lakes to place a New Year tree, or “yolka,” beneath the water’s surface, symbolizing a new beginning.

Germany — Germans give a sweet greeting to Jan. 1 by eating the jelly doughnut known as a “Berliner,” “Pfannkuchen” or “Krapfen.”

Japan — All across this Asian nation, the sound of cities ringing in the New Year can be heard at midnight, when bells chime 108 times as a cleansing ritual.

Colombia — Those hoping for travel adventures in the coming year will carry an empty suitcase with them, a custom in Colombia and other Latin American countries.

Greece — Symbolizing renewal, onions are hung on doorways as a good luck token.

Brazil — To bring prosperity and good luck, Brazilians wear white on New Year’s Eve and toss white flowers and candles into the ocean.

Turkey — At midnight, people here sprinkle salt on their doorsteps, which is believed to bring peace and good fortune.

Finland — A crafty custom in Finland is to melt down some tin and then pour it into cold water. When the metal hardens, the shape it forms gives a prediction for the year to come.

Romania — For protection in the new year, many dress up as bears and perform a dance to scare away bad luck.

Life Enrichment Highlights

Spa Afternoon: Thursday, Jan. 17

Japanese Dance Performance: Saturday, Jan. 12

Movie at Kennedy School or Mission Theater: TBD

Men’s Outing to Acadia: Wednesday, Jan. 9

Girl Scouts Visit: Wednesday, Jan. 16

Presentation — How to Keep the Golden Years Golden Even Though My Hair is Turning Gray: Thursday, Jan. 10

Organic Vs. Non-Organic

What Is Organic Food?

The term “organic” refers to the process of how certain foods are produced. Organic foods have been grown or farmed without the use of artificial chemicals, hormones, antibiotics or genetically modified organisms. In order to be labelled organic, a food product must be free of artificial food additives. This includes artificial sweeteners, preservatives, coloring, flavoring and monosodium glutamate (MSG). Organically grown crops tend to use natural fertilizers like manure to improve plant growth. Animals raised organically are also not given antibiotics or hormones. Organic farming tends to improve soil quality and the conservation of groundwater. It also reduces pollution and may be better for the environment.

Conventional Non-Organic Food

Crop growers apply chemical fertilizers to promote plant growth, spray insecticides to reduce pests and disease, use chemical herbicides to manage weeds, give animals antibiotics, growth hormones and medications to prevent disease.

Is Organic Food More Nutritious?

Probably not, but the answer is not yet clear. A recent study examined the past 50 years’ worth of scientific articles about the nutrient content of organic and conventional foods. The researchers concluded that organically and conventionally produced food items are comparable in their nutrient content. Again, just keep in mind the chemicals used.

In Conclusion

As an alternative to simply buying “organic” or “non-organic”, you may want to consider seeking out sources of produce close to where you live. Although buying local fruits and vegetables from smaller farms does not always mean you are buying organic, that is often the case. In addition, the closer to the source of your fruits and vegetables you are, the more likely they are to be fresh. In addition, freshness has a direct impact on nutritional value and taste. An added benefit is that buying locally supports your local economy. Virtually everyone could improve their health by eating more vegetables and fruit, organic or not. There is not much specific evidence we can point to that shows significant health benefits of organic produce. When you are deciding whether to buy organic products, multiple factors beyond just health considerations may influence your decision. I recommend that you make your choices based on the factors that are important to you.

— WHV Nursing Staff



WEST HILLS VILLAGE

Senior Residence

5711 SW Multnomah Boulevard, Portland, OR 97219
503-245-7621 | www.westhillssenior.com



MANAGED BY
 The Goodman Group

Staff

Executive Director
Lindsay Schroeder

Life Enrichment Director
Erin Zellmer

Administrative Assistant
Margaret Ripple

Director of Marketing
Debbie Hart-Hartman

Resident Care Coordinator
Javier Arizola

Director of Dining Services
Kateland Duke

Resident Chauffeur
Larry Anson

Housekeeping Director
John McKay

Maintenance Director
John Mourlas

Spiritual Director
Joyce Pruyne

Quality Coordinator
Jennifer Baron

New Residents

Raymond, #226

Paul, #221



Like Us on Facebook

@WestHillsVillageSeniorResidence

Visit facebook.com/WestHillsVillageSeniorResidence to see pictures and catch up on all the fun here at West Hills Village Senior Residence. This is a great way for family members and friends to stay connected!