

GOOD Life News

at Westpark Village

JANUARY 2018

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Executive Director

Happy New Year, everyone!

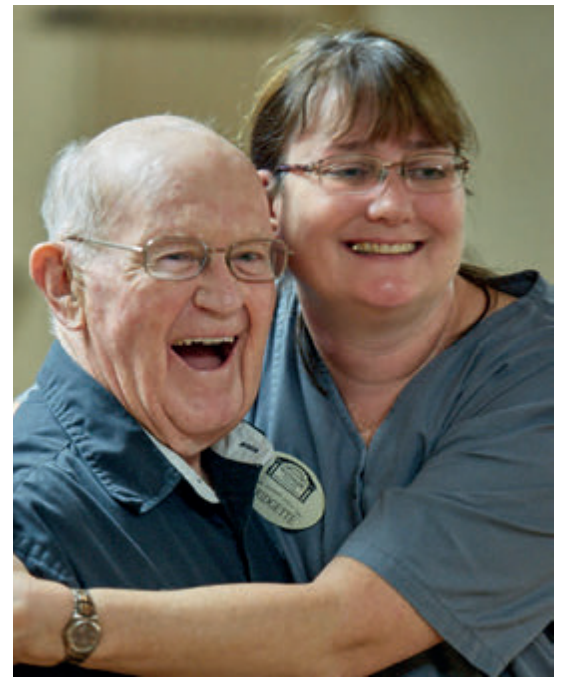
I hope all of you had a very Merry Christmas and Happy New Year. It is so exciting to watch the ball drop to usher in a New Year. I am sure most of you have already set your New Year's resolutions such as losing a few pounds, eating healthier, spending more time with family, serving others through volunteering, etc. I want to wish you luck on whatever your goals are for this upcoming year and encourage you to chase after those goals with tenacity and belief that you will accomplish them. One of my favorite quotes from John Goodman, Chairman of The Goodman Group, is "If you believe it, you can be it. Believing that you can do something is your first step toward accomplishing it."

To the team at Westpark Village, thank you for making a difference in each resident's life and mine. I am ever so humbled at the work you do each and every day.

To the residents at Westpark Village, thank you for giving each of us the privilege to serve you. The lessons I have learned are priceless.

Cheers,

Jon Lorash, Executive Director



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

**Platinum
Service®
Standard #18**

"I am responsible for the quality of the work environment and I am valued when I share ideas, feedback and opinions in a professional manner."

We know that one of the best ways to create a welcoming and great experience for everyone that lives, works or visits our community is by considering each person's feedback. Here, we are fortunate to have an employee base committed and dedicated to our residents and their wellbeing. Being committed to involving each resident and employee helps us improve our overall service. Sharing ideas, feedback, and opinions is essential and always appreciated. Our door is always open!

Soaring: Supporting the Spirit

I hope everyone had a wonderful Christmas.

Did anyone expect a certain gift from someone but received something totally different? I think as we get older it's not a big deal, but younger children can get very disappointed or even mad when they are hoping for a certain toy and they receive a winter coat instead. The child does not understand he or she really needs a heavy coat for winter because it will protect them from the cold. The parent knew what was best for the child. Sometimes (not all the time) as you grow older situations reverse, and your children start making decisions for you they feel will protect you in the long run. You may feel they are being insensitive and mean, but they really love you and want to protect you, just like you protected them when they were younger. Although you may not see it that way, they really want what is best for you. I hope I don't start getting hate mail after this article.

Don't forget, I am always here to help you in any way I can, so please call me anytime, 606-0769.

Have a great New Year!

Mike Feralio, Spiritual Director

Nursing/Health Care

Donate Blood

January is National Blood Donor Month. Here are some interesting facts about blood and donating. Help save a life!

- Someone needs blood every two seconds.
- 4.5 million Americans need a blood transfusion each year.
- There are 43,000 pints of donated blood used each day in the U.S. and Canada.
- Blood and blood products are perishable. Donated red blood cells must be used within 42 days of collection.
- The average adult has about 10 to 12 pints of blood in his/her body. Approximately one pint is given during a donation.
- To donate blood, one must be healthy, and meet age, weight and other donor requirements.
- You cannot get AIDS or any other infectious disease by donating blood.
- The actual blood donation usually takes about 10 minutes. The entire process, from the time one arrives to the time the donor leaves, takes an hour.
- A healthy donor may donate blood every 56 days.
- Just one blood donation can help save up to three lives.

— Lauri Feralio, RN, Director of Nursing

The Benefits of Digital Games

Video and computer games are no longer just child's play. Surveys say more than 41 million Americans over the age of 50 play video games regularly, with 40 percent playing daily. While these types of games are entertaining, research shows they offer other benefits, too.

A variety of digital games, from puzzles and word games to role-playing adventures, have been shown to increase cognitive abilities. Many games engage the brain by using skills such as multitasking, memory, critical thinking and hand-eye coordination. With regular play, these brain functions can become stronger and sharper.

Some games can provide physical exercise as well. Most of today's popular gaming consoles offer games that require players to move their bodies to take part in virtual versions of sports and activities, providing cardiovascular benefits and helping improve balance.

Digital gaming also helps seniors stay socially engaged. Much like bridge and bingo, gaming get-togethers offer good-natured competition with friends and neighbors. Lots of games can be played online with people all over the world and are a fun way to stay in touch with grandchildren and other relatives.

Resident Spotlight

Anna Faye was born Oct. 9, 1935, in Malta, Mont., to Charlie and Anna Seafford. She spent her first couple of years in the Little Bend Mine on top of the Little Rockies. Her father was a mining supervisor at the gold mine and worked atop the mine grading ore. She is the eldest of her five brothers and sisters. Once Anna Faye reached first grade, her family moved down to the prairie which was her grandfather's homestead. Anna Faye attended a one-room school house. Her father manufactured his own lumber and built their three-bedroom house along with a saw mill. She remembers her childhood as a beautiful experience. As a family, they managed their two milk cows, chickens, turkeys, ducks, sheep, Weiner pigs, a reservoir and a large garden. Anna Faye's high school was 65 miles away, which meant she would have to live in town. She worked for her room and board to attend high school.



In 1952, Anna Faye married her first husband, Dewain Matthews, and welcomed her three sons: Danny, Larry, and Michael. They lived the ranching life in Malta and Anna Faye thoroughly enjoyed being a mother. In 1969, Anna Faye and Dewain divorced, and this led her to attend nursing school in Billings, Mont. She chose Billings because it was warmer. She worked at St. Vincent Hospital for four years as a LPN. She was never keen on winter, so when she traveled down to Tucson, Ariz., she fell in love with the desert. It was so nice to leave behind the three foot banks of snow. Once back from her trip, she put in her two weeks to her supervisor and set sail for Arizona.

In Arizona, Anna Faye worked as a live-in nurse for a kind elderly couple in Sassabe, Ariz., situated right on the Mexican border. She attended and cared for this couple until they passed away. It was in Arizona that she met Ernie S. He was in the Air Force and loved fishing and golfing. Anna Faye and Ernie married on June 20, 1980, in Sierra Vista, Ariz. Ernie retired from the Air Force and they lived in a beautiful house on the golf course. They were happily married for 23 years before Ernie unfortunately passed away. Anna Faye considers her three sons and happy marriage to be the most amazing events in her life. She decided after some time to move back to Malta, where her family lived, and eventually moved back to Billings to become a part of the Westpark community. Anna Faye feels so happy to have found Westpark, where she feels like she is treated like family. Anna Faye has three sons, seven grandchildren, and nine great-grandchildren. She enjoys reading, relaxing and the occasional jigsaw puzzle. Thank you, Anna Faye, for your wonderful story.

Soup's On

Whether it's a hearty chowder or a delicate broth, a bowl of soup can warm you up on a winter day. During National Soup Month in January, take stock of these common types:

Chowder — This is a chunky soup that often features pieces of seafood and vegetables. European fishermen introduced chowder to America, where it became a signature dish in New England.

Bisque — Originating in France, bisque is a rich, creamy soup traditionally made with pureed shellfish. In the past, recipes called for the shells to be ground into a paste and added to the soup to thicken it.

Broth/Stock — The light liquid that remains after cooking meat and vegetables in water and then straining it is called broth. To create stock, meat or fish bones are simmered to create an intense, flavorful base for other recipes.

Cream — By itself or used as an ingredient in casseroles and other dishes, this popular soup is made by adding cream to a pureed vegetable or meat stock. Mushroom, tomato and chicken are classic varieties.

Consommé — This is a broth or stock that has been clarified, meaning all the tiny bits of food used to create its flavor are removed to create a clear, concentrated soup.

Chilled soups — Spanish gazpacho and French-style vichyssoise are common examples of soups that are served cold. Blended or pureed vegetables and fruits create their flavor and texture.

Message from the Life Enrichment Department

Thought for the Day:

"Life is an echo, what you send out comes back."

— Chinese Proverb

The month of December went by so fast, and here it is January 2018!

We hope all of you enjoyed the decorations, activities and entertainment offered during the month of December.

We would like to thank the residents and staff for all the help the Life Enrichment Department received during the holidays. It was such a busy time of the year and required everyone working together to get everything done. We certainly enjoyed the month of December.

Thank you!

We wish all of you a very happy and healthy New Year. We are looking forward to the year 2018 and welcome any ideas and suggestions you may have for activities and entertainment. Our office is located in the Lower Level, and we invite you to stop by any time.

We will do our best to keep you informed of any changes or additions to the activities during the month. Please listen to the daily announcements and check the activity sheets in the lobby and in the second and third floor laundry rooms.

— Kathy, Life Enrichment Director
Team: Ashlyn, Maria, Mike and Art

Purses, Scarves and Jewelry Needed!

Westpark Village will be hosting their annual Purse, Scarf & Jewelry Sale on March 2 and 3. Please tell your friends and family we are happy to take their donations to this sale at any time. All proceeds from the sale will go to American Cancer Society's Relay For Life.

Please contact Becky or Jan if you have any questions about the sale. Thank you!

Food and Beverage/ Dining Services

Happy New Year!

Resident Birthdays

Carol H., 2nd
Barbara H., 3rd
Willard B., 4th
Darlean S., 5th
Julie H., 6th
Ray R., 6th
Gladys B., 6th
Jerrine H., 7th
Zena Faye R., 9th
Genie H., 11th
Erna A., 13th
Evelyn K., 13th
Joyce S., 15th
Phyllis P., 19th
Kathy B., 28th
Herman H., 29th

Anniversaries

Bill And Marjorie B., 1/19/2007



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Lauri Feralio

Environmental Services Director

Una Weisenhaus

Life Enrichment Director

Kathy Shannon

Food and Beverage Director

Birdie O'Brien

Director of Marketing

Becky Meisenheimer

Community Outreach Director

Jan Doak

Resident Chauffeur

Art Thompson

Business Office Director

Meredith Warren

Resident Services Director

Lynette Rudio

Spiritual Director

Mike Feralio

New Residents

Tom & Ginny H., #214

Kay J., #206

Beverly P., #231

Mary Jane A., #335

Gene & Mary M., # 353

Happy New Year!

Like Us on Facebook

Go to facebook.com/WestparkVillageBillings to see pictures and catch up on all the fun here at Westpark Village. This is a great way for family members and friends to stay connected!

