

# GOOD Life News

at Westpark Village

JANUARY 2019

www.westparksenior.com

## Executive Director

Happy New Year Everyone!

I hope that 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 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 of our residents' lives and in mine. I am ever so humbled at the work that 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 that I have learned are priceless.

Cheers,

Jon Lorash, Executive Director

## Nursing/Health Care

### January is Glaucoma Awareness Month

Currently, more than 3 million people in the United States have glaucoma. Glaucoma is the leading cause of irreversible blindness. Combined with our aging population, we can see an epidemic of blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision.

Glaucoma is a group of eye diseases that gradually steal sight without warning. Vision loss is caused by damage to the optic nerve. There is no cure for glaucoma, yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

Those at higher risk include people of African, Asian, and Hispanic descent. Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted. The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Information Received From: Glaucoma.org

Lauri Feralio RN

Director of Nursing



**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.



## Resident Spotlight

Frank B. was born to Ann and Frank on Dec. 17, 1933 in Roundup, Mont. Frank started first grade in Kline, Mont., then his family moved to Lockwood and he attended school in a two room schoolhouse until high school. He then was bussed to Senior High School in Billings. He graduated from Senior in 1951 and went straight into the navy for four years.



Joy B. was born to Abe and Mary W., here in Billings, Mont., at Deaconess Hospital on Dec. 26, 1936. Joy moved all over Montana as a child including: Shepard, Joliet, and several different places in Billings. The summer before Joy entered junior high, she told her parents that if they were going to continue to move around she would just have to stay with her grandmother in Billings; so her parents finally decided to stay in one place and that was Lockwood. As you might have guessed, that is how Frank and Joy met. They both had to ride the bus into Billings Senior High School. Joy graduated in 1955.

Frank and Joy married on Sept. 11, 1955, while Frank was in the service. Joy moved to Hawaii to be with Frank while he was there and their first son, Ralph, was born in Hawaii. In 1957 they moved back to Billings and Frank began working at the airport and was there until 1996 when he retired. Joy and Frank had two more boys, Ron and Rick. Joy stayed home with them until they were school age. She then went back to work part time and ended up working for Billings Deaconess Clinic as an administrative secretary for 20 years.

Once both Frank and Joy were retired, they would go to Arizona for the winters; they did this for eight years. They had a fifth wheel trailer that was left in Arizona and Frank even worked and played at one of the largest golf courses in Arizona, called Emerald Canyons. Some of Frank's hobbies include golfing, woodworking, fishing, hunting, and gardening. Joy's hobbies include sewing, crafting, and reading. They credit their longevity to their genes and maybe a good drink (as Frank puts it). The most amazing event of their life was all the travelling they were able to do. Frank and Joy got to travel with the Navy, the Shriners, and the Oriental Band. They even took a cruise to Alaska. Frank and Joy visited Westpark many times when an aunt and uncle lived here for several years. So it was an easy choice for them to come to Westpark when they moved from their house! Thank you Frank and Joy for sharing your story!

## Resident Birthdays

Barbara H., 3rd	Evelyn K., 13th
Willard B., 4th	Joyce S., 15th
Ray R., 6th	Ray O., 17th
Arloa W., 7th	Rex H., 19th
Zena Faye R., 9th	Kathy B., 28th
Genie H., 11th	Herman H., 29th

## Anniversaries

Bill And Marjorie B., 1/19/2007

## Message from the Life Enrichment Department

The month of December went by so fast, and here it is, January 2019! We hope that 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 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 2019 and welcome any ideas and suggestion that you may have for activities and entertainment. Our office is located in the Lower Level and we invite you to stop by any time.

Now that the holidays are over, we encourage you to join us in our regular daily activities. We do exercises in the morning and are looking for team members for Wii Bowling.

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 activity sheets in the lobby and in the second and third floor laundry rooms.

### THOUGHT FOR THE MONTH

*"Life is an echo — what you send out comes back."* Chinese Proverb

— Life Enrichment Department

## Soaring: Supporting the Spirit

I hope everyone had a wonderful Christmas. There was a lot going on, but I hope you spent some quality time with your family and friends.

In September, I thanked all the residents who volunteer here at Westpark. Since then, I have had more residents ask me how they can volunteer. I got together with Kathy and we have decided to have a meeting with you, the residents. We would like to get some more ideas on ways we can volunteer, either here at Westpark or outside the facility. One example I received from another facility was that two residents wanted to help an animal shelter by making and donating throw pads. It has grown into a program that involves residents, staff, families, and the Humane Society Shelter where animals are provided foster care and opportunities for adoption. Even though they helped the Animal Shelter, they never had to leave the facility. If you are willing and able to leave the facility that is fine also. Please come to the meeting on Thursday, Jan. 24 at 3 p.m. in the lower level. It is on your calendar under Volunteer Suggestions. We have already had a suggestion to help homeless teens in Billings. The high schools provide a food pantry for teens in need. Maybe we can help them out in some way. So please, start thinking of ways that we as employees and residents here at Westpark can make a difference in someone's life for the better. If you are looking for more meaning and purpose in your life in 2019, I guarantee this will help.

Have a GREAT NEW YEAR!

*Mike Feralio, Spiritual Director*



*Happy New Year 2019!*

## Food and Beverage/ Dining Services

Happy New Year from all of us in The Westpark Dining Services Department!

A Healthy Plan For the Elderly

New Year's resolutions are a common stepping stone to a new year for everyone. As a senior, these resolutions should perhaps include a yearlong plan to stay healthy and live a fuller life. The U.S. Elder Association has issued a healthy living program just for the elderly that could jump start a New Year's resolution.

- Keep an eye on the type of food you eat. You want to have a diet that is heavy in fresh fruit and vegetables. Daily, it should get 1/3 of your plate's attention. Eat plenty of coarse grains, more fish and less red meat, include a good amount of dairy products for healthy bones, and even with a good diet, take a multivitamin. You don't get the right amounts of vitamins and minerals in your diet with food alone.
- Maintain a regular and consistent yearly check up with your doctor; even though you may feel healthy, it's important to be proactive. The leading factor in treating any serious diseases is to catch it early.
- Keep a moderate level of activity in your life. Low impact aerobics are best for about 30 minutes a day but be aware of the dangers from falling. A preventative measure is to do exercises that improve balance and strength.
- Limit your alcohol intake, men should consume no more than 30 grams of alcohol per day and women should consume no more than 15 grams. If you smoke, this is a habit you definitely should stop at your age.
- Keep your social schedule busy, some elders draw back as they age and can become depressed. Keep the lines of communication with family and friends.
- Keep a consistent sleep schedule with no less than 8 hours per night.

## New Residents

Joan Z., Apt. 167

Don and Donna H., Apt. 354



# WESTPARK VILLAGE

Senior Living

2351 Solomon Avenue, Billings, MT 59102  
406-652-4886 | [www.westparksenior.com](http://www.westparksenior.com)



MANAGED BY  
 The Goodman Group

## Staff

**Executive Director**

Jon Lorash

**Director of Nursing**

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

## Marketing News

Happy New Year to our wonderful residents and families!



## Like Us on Facebook

@WestparkVillageBillings

Visit [facebook.com/WestparkVillageBillings](https://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!