



JANUARY 2012

Hello From Holli

From tap-dancers to carolers, December was a busy month and I sincerely hope that each of you took advantage of something special the larger community brought to West Hills Village. After all the excitement of the holidays it is easy to get the “January Blues”, however there is a lot happening this month to keep the doldrums away. Our first happy hour will feature an entertainer new to our community, for game lovers we have added “Sequence” on Thursdays, gather for “Sippin’ Social” coffee hour on Saturday afternoons, take a trip to Ardiri Winery for a boxed lunch and wine tasting, and enjoy classical music at the free Oregon Sinfietta Concert. Wishing all of you a very Happy New Year and don’t forget to attend these special presentations:

Tuesday, January 10th at 1:30 pm “Pacific Lady” Sharon Sites Adams has been sharing her story at various organizations and groups for 40 years. In 1969, without the aid of GPS, high-tech monitoring and instantaneous reporting, Sharon was the first woman to sail solo across the world’s largest ocean. Don’t miss this incredible opportunity to hear about her adventures first hand.

Tuesday, January 17th at 1:30 pm “Manila Espionage” This month’s OASIS lecture is by returning speaker, Sig Unander. Learn the true story behind the Hollywood movie, I was an American Spy and fascinating details of a real life heroine from Oregon, Claire Phillips. Phillips played a vital role in wartime Manila in helping U.S. prisoners in the infamous Cabanatuan prison camp.

Monday, January 23rd at 1:30 pm “Chinese Legends” For over 10 years Storyteller Ann Rutherford has performed at libraries, festivals and community events throughout the northwest. In celebration of the Chinese New year, Anne will be sharing Chinese folktales, a few songs on her mandolin and a real-life story about a man from China who practiced Chinese Medicine in John Day Oregon.



Outings:

6th Bannings Pie House

13th McCormicks

20th Ardiri Winery

22nd. The Oregon Sinfonietta

Mondays: Shopping

Wednesdays: Library/
Town & Country Drive



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Welcome!

Dorothy & Newt H.
Clarice E.

Falls Can Be Avoided With Understanding and Prevention

Research has uncovered interesting and important findings about falling among those over the age of 65, including that:

- every year nearly 35 percent of those over the age of 65 will experience a fall,
- half of those who do will not be able to get up without assistance, and
- more than 20 percent fear falling to the extent that it limits their activities thereby the quality of their lives.

The reasons people fall vary, but most can be traced to some basic causes. Environmental factors that include poor lighting, area rugs and walkway obstructions are among the most common. Others relate to strength and balance, limited mobility and poor vision.

Whatever the cause, there are things you can do that can reduce the likelihood of a fall by as much as 30 percent. They include exercising and staying active, which improves muscle tone and flexibility, using assistive devices like canes or walkers if you feel unsteady on your feet, and maintaining a safe home environment with good lighting, clear pathways and grab bars in the bathroom.

Some falls are unavoidable. But if you pay attention to the factors mentioned here, you can prevent the rest. Learn more about fall prevention on Monday, January 23rd at 6:30 pm.

Promises, Promises

TIME magazine's Top 10 commonly made and broken New Years Resolutions:

- Lose Weight/Get fit
- Quit Smoking
- Learn Something New
- Eat Healthier and Diet
- Get Out of Debt and Save Money
- Spend More Time With Family
- Travel to New Places
- Be Less Stressed
- Volunteer
- Drink Less

Birthdays

9th Lynn M.

9th Dorothy H.

10th Sue L.

14th Pat S.

16th Janet D.

21st Charlotte T.

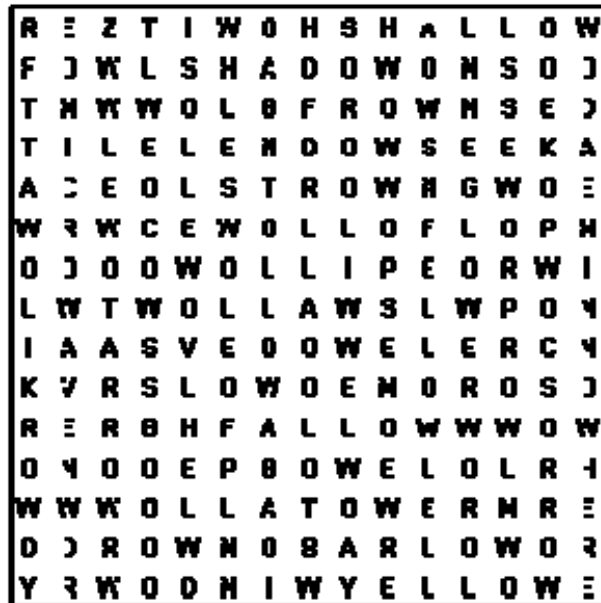
Thank You!

The West Hills Village Adopt-a-Family 2011 was a huge success! Thanks to the contributions of residents, resident family members and staff we were able to get everything on the family's wish list.



Word Search

OW Words



ARROW	CROWN	HOWDY	ROWROW	SORROW
EARLOW	ELBOW	HOWITZER	ROWESS	SOW
BELOW	ENDOW	KILOWATT	FROYL	STOW
ELOW	FALLOW	MEADOW	ROWDY	STROWN
BOVEL	FELLOW	MEOW	ROWEL	SHALLOW
COYL	FOLLOW	MICROWAVE	SCOW	TALLOW
COWPOKE	FOWL	MINNOW	SHADOW	TOWEL
COVS	FROWN	NOW	SHALOW	TOWER
COWEL	BLOWER	NOWHERE	SHOW	VOWEL
COWN	BOWN	PILLW	SLOW	WINDOW
COWRY	HALLOW	FLOW	SNOW	YELLOW
COWSE	HOOSGOW			

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<http://www.thepotters.com/puzzles.html>





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An Apple Bite

Preventing colds with hand washing is one way you can stay well this season -- and you might prevent other illnesses, too, such as the flu. Amazingly, about 80% of infectious diseases are transmitted by touch.

According to the CDC, the simple act of hand washing is the single most important means of preventing the spread of viral and bacterial infections. Yet some findings reveal that many Americans using public restrooms don't wash their hands before leaving. People also forget to wash their hands before preparing meals. They grab snacks without thinking of hand washing. Each day your hands are exposed to many contaminated surfaces. Then, when you unknowingly touch your face, the germs enter your body through your eyes, nose, and mouth. You can also transmit those germs to others by shaking hands (direct transmission) or handling items that others then touch (indirect transmission).

Your best protection from illness is frequent hand washing. The simple friction that occurs when you rub skin against skin, along with warm water and soap, followed by thorough rinsing, and drying, gets rid of the potentially harmful bacteria.

Source: <http://www.webmd.com/cold-and-flu/cold-guide/cold-prevention-hand-washing>