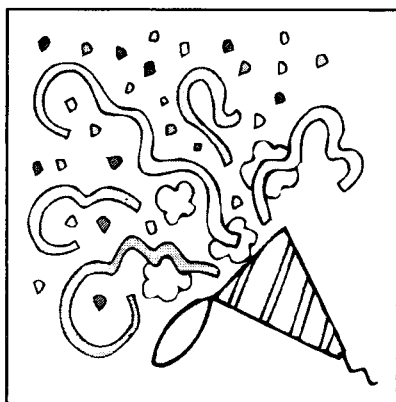


RETIREMENT CENTER NEWS

A PUBLICATION OF WEST HILLS RETIREMENT CENTER

Join Us for Fun, Games and Birthday Celebrations at Family Day

West Hills Retirement Center invites residents and their families to spend the afternoon enjoying live entertainment, games with prizes, followed by a birthday celebration of our March birthdays on Saturday from 2:00 - 4:00 pm. Family Days are a great way to spend quality time with your family members while we put on the fun! After musical entertainment, Activities Director Ruben Santana will be leading word and trivia games between residents and family members with prizes for the winning teams. We'll also be serving up cake and refreshments to celebrate our March birthdays. All ages are invited, and we look forward to our residents' family members spending an afternoon with us. It's a chance for everyone to meet and get acquainted with the WHRC family.



Please RSVP so we can count you in on the fun!

When: Saturday
Time: 2:30 pm
Where: West Hills Dining Room

WHRC Activities Have Something for Everyone

Memory challenges. Day trips. Group discussions. And, of course, exercise. There's activities for everyone to participate in at WHRC.

"Our programs are structured to benefit residents no matter what their interest and physical levels are," says Activities Director Ruben Santana. For those who like to go out and about, WHRC has shopping expeditions, movies, tours and scenic drives.

For homebody types, there's daily memory-improvement games, learning workshops and in house discussions.

"We encourage residents to try different activities they feel comfortable with," says Administrative Assistant Deanna Jin. We welcome family assistance to help us help residents connect with the programs they would find most enjoyable.

While exercise might not be a priority on anyone's list, participating in a fitness program on the appropriate level of ability helps seniors maintain independence and prevent accidents. Balance, coordination and flexibility exercises are a key to mobility and are held right here at WHRC. Monday Exercise Class focuses on coordination and balance, and morning exercise and stretch classes offer various levels of fitness conditioning. Exercise is held at 10 am in the activities room weekdays.

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Announcements

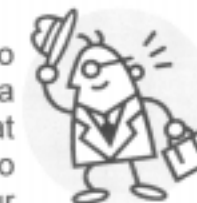
West Hills Retirement Center Helps Community with Eldercare

WHRC contributed to Los Angeles Family Magazine in an article *When Someone Needs Eldercare*.

"Relying on support services is commonplace in families these days," says Community Relations Director Judi Uthus. "It's important that families know how to help older members and the options available." Copies are available in the front office if you know anyone who could benefit from the article information.

No Tip Necessary

While we know it's habit to reward individuals for doing a great job, it is not policy at West Hill Retirement Center to tip. Our staff is here for your needs and do not expect compensation.



We do have an annual holiday fund that residents can participate in to show your gratitude. Your gift will be distributed to all our appreciative staff and we will announce the collection during the holidays.

EMPLOYEE OF THE MONTH

Activity Highlights

This month is blooming with activities. We'll be returning to **Big Mama's Kitchen** by popular demand. If you haven't yet tried this popular Valley restaurant dishing up authentic down home Louisiana cooking—gumbo, deep fried or smothered chicken, and dirty rice—join Ruben on Wednesday.

Residents will also be selecting a group trip of choice. If you have an urge to put your toes in the sand at the beach, see a favorite movie, or eat at a special restaurant, let Ruben know.

For residents with physical limitations, Ruben has a range of in-house activities that provide mental stimulation, fun and fitness. Word games, memory challenges, exercise classes, social hours and educational programs will be part of the summer fun. There's something for everyone!

"Our programs are structured to benefit residents no matter what their interest and physical levels are," says Ruben. He invites all residents to participate in his line-up of daily activities.

Adriana Chavez



Bathing Assistant Adriana Chavez could give a bird a bath, says residents of her courteous, kind, patient and attentive service. Residents note she can take their meal order and not need to write it down—they know that she cares about them.

Celebrity Resident...



Mildred S.

Residing at West Hills Retirement Center for just six months, Mildred's outgoing personality has already earned her recognition as resident of the month. She can often be found sitting next to a resident engaged in conversation. "I know if you give someone an ear, they'll talk," says Mildred. When not sparking up social interaction at WHRC, Mildred is out with friends or active in her synagogue.

A native New Yorker, Mildred came to Los Angeles to be near her daughter and four grandchildren upon retirement from administrative work. "The highlight of my life has been my family," she says, and enjoys being near her daughter and grandchildren. She also found a second career in California which she loved, modeling clothes and jewelry for a traveling fashion line.

The energetic Mildred finds that her positive and social outlook is directly related to how she feels, and attributes exercise as the key to her active and outgoing nature. "I swam a mile in my 60's and worked with weights in my 70's." Today, you'll find her on the exercise bikes on the upstairs patio and out for walks.

IRISH WORD PUZZLE

Find the hidden words. They are hiding, up, down across and sideways

S L V T I R E L A N D W E E
 H M I S T A L V A S O K I Y
 A D E V M I F E B R S L E E
 M L B Y E N D D E E Q N I K
 R A D D U B L I N C R T G C
 O R A G S O I W E A E E R I
 C E B S G W M O L N P A E R
 K M T O H S E B N O Q O E T
 K E T L E P R E C H A U N A
 P O O Y I J I E L L O A S P
 P I P E K L C O S T O N E T
 T U M L U C K Y R Z M V L S
 I H B N O G R E E N B E E R
 I R I S H S C A R O L T O R

rainbow potogold pub limerick pipe spatrnick lucky elf
 mist dublin blarney emerald leprechaun stone ireland
 shamrock green irish clover green beer

Who Is It?

Can you guess who this resident is?

Find out if you're right on Wednesday. Ruben will post the answer in the activity room.



Restaurant Helpers

These neighborhood restaurants are offering residents and their families special discounts. Enjoy a meal out at one of the local favorite establishments and save too!

10% off Sandwich and Snack Bar
 Enjoy patio setting in a historic landmark and outdoor garden

23130 Sherman Way, West Hills
 (818) 610-3228

NICO'S COFFEE SHOP
Steaks ** Fried Chicken ** Roast Beef **
Stuffed Cabbage ** Senior Menus
 7116 Shoup Avenue
 (corner Shoup Ave. and Sherman Way)
 (818) 888-3998

10% off entire check
 Not applicable to already discounted items

STARGAZER
All-You-Can-Eat California Asian Fusion Buffet
 6501 Fallbrook Avenue, West Hills
 (818) 704-6633

Get 50% off second entrée
 Discount cards in WHRC's front office.
 Also 20% senior discounts cards available

Edie's Pastries
 21608 Sherman Way

\$5.00 off any order over \$35.00
\$2.00 off yule log

Eddie's is the Valley's favorite for pies, cheesecakes and holiday desserts

West Hills Retirement Center
 7055 Shoup Avenue
 West Hills, CA 91307