

West Ridge Breeze

February 2009

From Richard's Desk

January at WRCC was certainly busy. The month started out trying to get back to normal after celebrating a wonderful holiday season. Julie Winterboer, our Director of Activities, and staff did a great job of seeing that the facility was decorated and that the activities that were planned made all of the elders, families, and staff feel festive. As always, way to go Julie!!!

As I mentioned in last month's Breeze, we will be starting Phase I of the renovations on the Courtyard level (mostly on the Memory Care Unit). We have been working on moving Mike

from the maintenance work area to the north-west side of the building away from the Courtyard level. We also will be enclosing the screened in deck area on the south side of the building.

We are in the process of purchasing new flat screen televisions for the elder's rooms and have been working with Mediacom to develop a package deal for bulk cable services. This will allow us to offer these services at a reduced rate. In addition, we are in the process of offering wireless internet services throughout West Ridge allowing the elders and their visitors

the opportunity to have easy access to the internet.

February should find us continuing the upgrade in the facility on the memory care unit. I will keep you up to date on the improvements. Please stop by or don't hesitate to contact me with any questions or concerns as we move forward on improving the overall living experience for the elders of West Ridge Care Center.

Richard

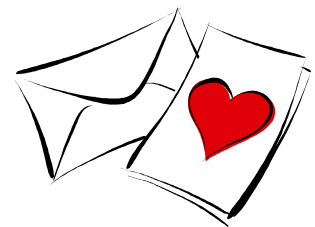


Bits From Bridget

Here is this month's Resident Right. Each Resident is encouraged to participate at the resident's discretion in social, religious, and community group activities that do not interfere with the rights of others in

the facility.

If you have any questions about the Residents' Bill of Rights, please feel free to ask me.



Bridget

Nursing Notes

The FDA recommends consuming up to 2,300 milligrams of sodium per day— that's equal to about one teaspoon of table salt. But some Americans are consuming as much as two times that amount! Taking in too much sodium can compromise the health of your bones, heart and kidneys. To cut some sodium from your diet, pay attention to labels and eat accordingly.

Below some ideas:

Soups have an enormous amount of sodium. Look for lower or low-sodium options such as Campbell's Healthy Request condensed chicken noodle soup which has 470 mg of sodium per serving versus Campbell's condensed chicken noodle soup which has 890 mg sodium per serving.

Or fresh green beans with 3 mg of sodium

per serving versus canned green beans with 204 mg per serving.

Homemade vinegar and olive oil dressing with Italian seasoning is about 1 mg of sodium per serving where store bought Italian dressing has 486 mg of sodium per serving.



Courtyard Chatter

The long-anticipated remodel has begun. We will be keeping an extra close eye on the Elders and hopefully head off negative behaviors.

The noise and extra commotion is difficult enough for our staff to deal with and we can

reason it through and know that things will get better. Imagine being in "your home" and someone begins construction without your approval. Then you have to worry about how to pay for it. And you wake up the next day and this whole

process starts over again. This will be a very disruptive time.

If you have an questions please bring them to Julie or myself.



Valentine's Did You Know?

-Retailers expect to rack up about \$650 million in sales of candy, flowers, food, chocolate, and wine for the big day.

-About 3% of pet owners will give gifts to their pets.

-Nearly 1 billion Valen-

tine's Day cards are exchanged each year, second only to Christmas.

-At least 110 million roses,

Chuck's Corner

Once each year, Iowa Healthcare Association and the Iowa Department of Public Safety present a seminar on Life Safety/Fire Safety for Iowa Long Term Care Facilities. Mike and I will be attending these classes to hear the State Fire Marshall's office and various other speakers present information on current and future code issues, trends, disaster preparedness, and going "Green" and the truth about "Green" chemicals/cleaning products. Keeping up with changes in the

hundreds of codes of Iowa Life Safety is a must along with IOSHA and Dept. of Inspections and Appeals' regulations.

Richard will most likely mention our remodeling (phase I) in process, so I'll just mention the importance of safety during the construction:

Areas will be partitioned off to protect anyone from entering areas that could be unsafe without proper protective equipment.

Please follow any safety signage posted.

The contractors have been oriented to our

need for resident/visitor/staff safety and will comply with all requirements. If during any of the work, you have questions or concerns, please contact

Richard or myself. We look forward to the new look we will have when completed!

Chuck



Food For Thought

With the remodel comes some changes to the Dining Service here at West Ridge. At some point we will no longer have a dining room on the lower level "skilled" side. All Elders will be eating in our dining room on the Foyer Level. This will take some getting used to by both our staff and our Elders. We ask your patience and co-

operation as we work the bugs out of our new system. If you have any questions about the dining service at West Ridge, please contact me.

I also wanted to include a reminder that we need at least a two hour notice for guests who want to have a meal with their loved one. While we love having guests join us

for meals, we also do not want to run out of food, so the notice is very important. Cost for a guest meal is \$4.00. Thank you for understanding.

Becky



Happy Birthday to You

The following people have birthdays in the month of February. Please wish them a "Happy Birthday" the next time you see them.

Elders

Vera Drew on 2/15
Tom Yamagata on 2/20

Faye Sandvig on 2/22

Frank James on 2/25

Staff

Mike Dreismeier on 2/12

Chuck Bailey on 2/21

Jennifer Copeland on 2/26

Kathy Wenger on 2/27

*Happy Birthday to You
Happy Birthday to You
Happy Birthday to All of You
Happy Birthday to You!!*



Let's Welcome Them

We would like to welcome the following Elders to the West Ridge family. We hope that they find West Ridge to be a special place to live.

Elders

Robert Allison

Carolyn Couch

Elizabeth Johnson

Robert Marsh

John Pruett

Marilyn Shull

Nioma Staka

Jane Stumpff

Helen Waddle

Eleanor Wayson



Happy Anniversary

Thank you to the following staff who have anniversary dates in the month of February for all your hard work and dedication to West Ridge.

Seventeen Years

Chuck Bailey
Diane Reilly
Linda Wilkingson

Six Years

Cassy McSpadden

Two Years

Carrie Seevell

One Year

Jill Brokel
Lisa Parr



In Sympathy

We would like to express our deepest sympathies to the families and friends of the

following Elders. They will be missed.

Leona Grubhoffer

Marilyn McKenzie



Picture This

Mabel Kruse celebrating her 101st Birthday!!

Anne Fischer celebrating her 89th Birthday!

Construction has begun!!

Faye rings in the New Year

Millie and Dolores talked about their New Year Resolutions

Mary enjoyed the goodies at the New Year's party

Irene and Tom concentrate on building their igloos for the Penguin Party

Betty won first place at the Penguin Party for her efforts to make an igloo out of sugar cubes. Way to go Betty!

Critter Corner

The book "Tails From The Heart" has been placed on each floor and in the staff lounge. It is the Pet Committee's version of "Chicken Soup for the Pet Lover's Soul". We hope you will read and enjoy the stories in the book.

Pets enhance our lives every day. We would

like to add to the book. If you have a pet or know of an animal that has added to your life, please submit your story for the book. If you would like to have the story written for you, Kathy Hughes will be happy to meet with you to get your story and write it for you. This is an ongoing project.

On Monday, February 23 the Pet Committee will have a meatball sub sale. A six inch sub and chips will be \$3.50. Desserts will be \$.50. The sale will be 10:30a.m. to 1:30 p.m.

The Pet Committee



February is...

American Heart Month	tion to the U.S.	Daytona 500	16-
Celebration of Chocolate Month	(1827) 8- World Marriage Day	8-14-	19-
International Embroidery Month	Jell-O Week 8-14	National Chocolate Mint Day	
National Bird Feeding Month	- Love May Make the World Go 'Round, But Laughter Keeps Us From Getting Dizzy Week	20- National Cherry Pie Day	
National Blah Buster Month	9- Full Moon	22- 81st Annual Academy Awards Ceremony	
National Senior Independence Month	9-10- The Westminster Kennel Club 133rd Annual All Breed Dog Show	23- International Dog Biscuit Appreciation Day	
1- Super Bowl XLIII	11- National Inventors' Day	23- National Banana Bread Day	
2- Groundhog Day	12- 200th Birth Anniversary of Abraham Lincoln (1809-1865)	23- Tootsie® Roll Day	
2-6- Pride in Food Service Week	13- Friday the 13th	24- Shrove Tuesday	
3- Flush Toilet's Birthday (1837)	13- Get a Different Name Day	25- Ash Wednesday	
4- National Homemade Soup Day	14- Valentine's Day	26- Blue Jeans Thursday (Birth anniversary of Levi Strauss)	
6- National Wear Red Day	15- 51st	26- National Chili Day	
7- Anniversary of Ballet's Introduction		27- National Polar Bear Day	



The best way
to cheer
yourself up is
to try to
cheer
somebody
else up.

-Mark Twain

Blessing of Marriage

You are cordially invited to a Blessing of Marriages on Friday, February 13th at 2:30 p.m. All of our married Elders and their spouses are invited to participate in the ceremony that will include a

blessing from Pastor Dick Ernst. Following the ceremony, we will have refreshments.

Please RSVP by Wednesday, February 11th if you plan on attending.



Activities and Recreation

February always makes me think of love. There are lots of types of love. I love my family, I love my friends, but I also love my Elders. I just wanted to take this opportunity to let all of the Elders at West Ridge how much I appreciate you and thank you for the wonderful examples you set for the rest of us. Some set examples of how a marriage should be as some of you have been married 60 years or more. Some set examples of how to keep a positive attitude in the

midst of adversity. There are those who set the example of how to keep a sense of humor. And there are those that set the example of how to live a life of honor and integrity. Thank you for your friendship and yes, your love.

Back to business, we have some "new acts" we are auditioning this month. Please give me feedback on whether you want them to return or not.

Also, we are in great need of volunteers to

help with Bingo on Tuesday afternoons. We get such a large crowd and there are several people that need assistance. If you are able to help, even once in awhile, please let me know ASAP.

Have a great Valentine's Day and don't forget to let the ones you love know how much they mean to you!



Quotes From the Heart

A loving heart is the truest wisdom.

Charles Dickens

It is a good thing to be rich, and a good thing to be strong, but it is a better thing to be loved by many friends. *-Euripides*

Love lifted me, when nothing else could help, love lifted me!

-Old English Hymn

How wonderful it is that nobody need wait a single moment before starting to improve the world.

-Anne Frank