



West Ridge Breeze

From Richard's Desk

It's hard to believe that summer is almost over and the kids are all back in school. It won't be long before the different groups from the schools start stopping by to see us. We always look forward to their visits.

The Department Heads and I will once again be attending the annual Iowa Health Care Conference in Des Moines this month. With all of the never ending changes in the rules and regulations that take place, this conference will focus on

elder-centered care and the realm of possibilities for living life to the fullest no matter what setting or the level of care an elder needs. This will also allow us to fulfill our CEU requirements and learn along the way.

With the changes of the seasons, a lot of you will be bringing in fall and winter clothing for your loved one. Just a reminder to mark all clothing with a permanent marker. This enables us to return the items to the correct elder. We have markers

available if you need to borrow one. If you feel you are missing an item of clothing, please check our Lost and Found cart.

As always, my door is always open. Stop and see me anytime. Thanks for giving us the opportunity to provide care to the elders of Iowa.



Suggestions From Sarah

Specializing in vision rehabilitation services, Cedar Rapids Vision in Motion offers a variety of vision assistive devices for sale as well as low vision occupational therapy and optometry services - all designed to help the low vision patient live the best life possible. Located on Williams Blvd. SW, assistance is available Tuesdays and Thursdays from 8AM - 4PM. Mondays,

Wednesdays and Fridays by appointment only. Staff can be reached by calling (319) 364-2311 . www.lowvisioniowa.com

Iowa Department for the Blind provide services that include training in techniques of blindness, rehabilitation, talking books, etc. Aids and appliances available either free of charge or at a cost. These services are available to the visually impaired

as well. Contact the Department for the Blind at (319) 365-9111.



Sarah

Nursing Notes

ATTENTION RESIDENTS, FAMILIES, AND STAFF

It is a requirement that all elders sign out on a "Leave of Absence" form in their chart when there is an absence from the facility for any length of time or for any reason. It has been a concern in the past when an elder has been taken out of the facility and the charge nurse has

not been informed as to where that elder is. West Ridge is responsible for the elders while in the facility, but is not responsible when they are out with family or friends. Please make sure the form is completed when leaving. Thank you.

Donna



Chuck's Corner

Mike in Maintenance would like to remind everyone that "Smoking Is Prohibited" within 50 feet of our front entrance to our building as per the Iowa Code. A "NO SMOKING" sign has been placed on the outside of the emergency exit door of the Dining room as a reminder. There is a bench there for residents and family members to enjoy the outdoors. Smoking is allowed on the east end of the building in the designated area. Ashtrays are located in this area only.

A second item he wanted mentioned was concerning the disposable wipes we provide in resident rooms. These wipes should be placed in the waste-

basket, as they are not flushable. Some of you may not have noticed the label on the container stating this. They do plug up the sewer system.

Thank you for your cooperation with these two items. We pride ourselves in maintaining a clean and pleasant environment and your assistance is appreciated!

September brings the beginnings of the fall season arriving. There will be plenty of activities planned and a few miscellaneous projects planned, like carpet cleaning and window-cleaning. At the end of the month, the Iowa Healthcare Association's annual Convention

will be held in Des Moines. The Administrative staff will be attending classes that are very educational and uplifting for us. We return energized and motivated with information we can use to improve West Ridge.

As always, feel free to visit with us with your comments or questions.



The whole purpose of education is to turn mirrors into windows.

~Sydney J. Harris

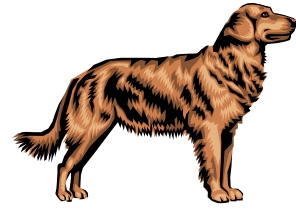
Critter Corner

On Thursday, September 8th, the Pet Committee will have a pulled pork sandwich sale from 10:30a.m.-1:30p.m. Pulled pork, sandwich, baked beans and chips will be \$4.00. For those who only want a sandwich, it will be \$3.00. Desserts will be \$0.50 each.

We will also be raffling off a kitchen basket. The value of the basket is \$30.00. Tickets will be \$1.00 each. The drawing will take place after the sale ends at 1:30p.m. You do not have to be present to win.

We have a few cookbooks left for sale. They contain over 200 recipes that are easy to make.

At just \$10, they make great gifts too!



Kathy

Food For Thought

High Blood Pressure

High Blood Pressure, also called hypertension, can raise your risk for heart disease, stroke, kidney disease, and damage to your eyes. Get familiar with your blood pressure numbers. Normal blood pressure is less than 120/80. High blood pressure is 140/90 or higher. What do the numbers mean? The upper number is the systolic pressure and is the amount of pressure it takes for the heart to squeeze blood to the body. The lower number is the diastolic pressure and the amount of pressure when the heart is relaxed and is filling with blood. One thing that can help lower your blood pressure is to eat less salt.

Salt is called sodium on food labels. Try to eat less than 1500mg of sodium a day. 1 teaspoon of salt has 2300mg of sodium. Try not to add salt to food when cooking or eating. Many foods naturally contain sodium. To read a food label, be sure to look at the serving size and number of servings per con-

tainer. Also review the label for amount of sodium (or mg). For example, if a food label says the sodium amount is 400mg but the food item lists the serving size as 1 c. and the number of servings per container as 2, then the whole container has 800mg of sodium.

To try and eat less salt/sodium, try to avoid these foods:

-fast food items like pizza, tacos, burritos, cheeseburgers, fries, and fried chicken.

-ham, bacon, sausage, corned beef, hot dogs, salt pork, packaged meats and cheese

-salty foods in cans and jars like pickles, sauces, dips, salad dressings, soups, and broths

-packaged foods like salty snacks and chips, mixes for sauces, rice and noodle meals

-frozen meals and foods that contain soy sauce or are marinated, smoked or cooked in broth

Besides avoiding the above mentioned foods, what more can

you do?

-don't add salt when cooking or while eating at the table

-eat more fresh fruits and vegetables

-use more frozen fruits and vegetables rather than the canned

-cook with fresh herbs, salt-free seasonings, spices and lemon juice for flavor

-rinse canned foods like vegetables, beans, and tuna with water to remove the salty juices

-for salads, choose vinegar and oil for dressing or when eating out, ask for the dressing on the side and use as little as possible

-when shopping choose reduced sodium, low/light sodium, or sodium free foods

Charlene

Source: *Prevention Cardiovascular Nurses Association* 2011



Happy Birthday to You

The following people have birthdays in the month of September. Please wish them a Happy Birthday when you see them!

Elders

Millie Knabb on 9/7
Martha Divishek on 9/15
Pauline Moncrief on 9/16
Marguerite Scolaro on 9/18
Pegge Schultz on 9/20

Jim Boniface on 9/25
Harold Rammelsburg on 9/25

Staff

Amanda Early on 9/1
Joyce Spaight on 9/5
Kelly Jennings on 9/6
Cathy Powers on 9/6
Cecilia Carlson on 9/11
Margie Anthony on 9/16

Jill Brokel on 9/22
Sirese Jacobson on 9/22
Frank Creque on 9/29

*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 and Staff to the West Ridge family. We hope they find West Ridge to be a special place to live and work.

Elders

Ken Anderson
Lenore Jones
Donald Leyse
Alma Matthews

Catherine Purington
Ruth Robertson
Elmer Rolfes
Alice Scollon
Phyllis Wegner

Staff

Cassandra Deal
Choyce Jackson
Elease Jones

Jennifer Laflin
Clarine McNamara
Tekka Mudlin



Happy Anniversary

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

Five Years

Emily Hoyer

Four Years

Ruthann Gharib

One Year

Amanda Early
Aleena Naylor-Bruck
Angela Randall



Picture Page



Millie and Emma pose with Shucks at the Kernels game



Stan and Austin smile for the camera with Shucks



Eugene helps clean the corn for lunch



Harold, Virginia, Mardene and Kathy all helped clean the corn for the elder's choice meal



Mardene, Maureen and Austin enjoy a picnic lunch on the boat



Stan, his grandson Sam, Marian and Barb look relaxed on the pontoon boat



René and Roberta enjoy a beautiful day at Lake McBride

September is...

Back-to-school Month
Celebrating Autumn Month
Healthy Aging Month
National Sewing Month
Women's Friendship Month
4-10– National Waffle Week
5– Be Late For Something Day
(sponsored by the Procrasti-
nators' Club of America)
5– Labor Day
6– Fight Procrastination Day
6– Read a Book Day
8– NFL Season Starts (*pending
the result of labor negotiations*)
9– Hot Dog's Birthday (1884)
11– 10th Anniversary of the
Attack on America Day

(2001) 11– Grandparent's Day
11– Patriot Day
12– Full Moon
13– Fortune Cookie Day
13– International Chocolate Day
16– Constitution Day/Pledge
Across America
17– Citizenship Day
18-24– National Ballroom Dance
Week
18-24– National Rehabilitation
Awareness Celebration
19– International Talk Like a
Pirate Day
21– United Nations' International
Day of Peace
21– World Alzheimer's Day

22– Anniversary of the Patent of
the Ice Cream Cone
22– National Centenarians Day
23– Autumn Begins
23-October 1– Oktoberfest USA
24– 90th Anniversary of the
Band-Aid® (1921)
24– National Hunting and
Fishing Day
25– Gold Star Mother's Day
25-October 1– Active Aging
Week
27– World Tourism Day



Memory Walk

The Alzheimer's Association's annual Memory Walk to raise funds and awareness for Alzheimer's Disease and other dementias is Saturday, September 24th. If you are interested in joining the West Ridge Walkers team, please see Becky Pickart or Julie Winterboer.

Thank you to everyone who bought a Hope t-shirt! They turned out great, and many of the staff who bought one are wearing them on Thursdays for Casual for a Cause days.

The team is having a **bake sale on September 21st**. Please come buy some delicious home-

made goodies for a good cause! Donations of food items are welcome!



Attention Families

Heritage Area Agency on Aging is sponsoring "**A Celebration of Caregivers**" on **Friday, November 18 from 9:30 a.m. to 3:15 p.m.** at the Kirkwood Training and Outreach Services Center, 3375 Armar Dr., Marion. This is a day of wellness for family caregivers of older adults.

It is free and will include speakers, alternative therapies, health screenings, continental breakfast, lunch, door prizes and the chance to meet with fellow caregivers.

Please consider going. Being a caregiver can be stressful at times and you need to learn to

take care of yourself! For more information, contact the Heritage Area Agency on Aging at 319-398-5559 or 1-800-332-5934.

Activities and Recreation

Finally the weather has started to cooperate with us a little. We had a gorgeous day on Lake McBride for our pontoon boat rides, and I am hoping for just as nice a day for our fishing trip this month. Thank you to everyone who helped with the trip to the farmers' market. We had a wonderful time. Special thanks to Becky's sister-in-law, Carrie, for looking out for us. (Sorry Carrie, your picture will have to go in next month's Breeze. We had so much fun this month I couldn't fit it in!) The elders have also

requested some trips to museums, including the National Mississippi River Museum and Aquarium, the Herbert Hoover Museum and the History Center. We will try to spread these out over the next few months and hopefully will be able to get them all in before *winter* weather starts affecting our outings.

This month we welcome new friends from Truman Elementary. We also welcome back Cowboy Jim all the way from Minnesota! And it is football season so we are kicking off the

month with our own version of a tailgate party!

Families are invited to an Ice Cream Social on Sunday, September 11 at 3pm, following the Worship Service, to celebrate Grandparents Day.

Please feel free to join us for any of our activities!

Julie



Eden Education

Principal One of the Eden Alternative states that "The three plagues of loneliness, helplessness and boredom account for the bulk of suffering among our elders." The next three principals are the "antidote" principals. Principal Three states that "Loving companionship is the antidote to loneliness. Elders deserve easy access to human and animal companionship."

That is what we are striving to

do here at West Ridge. By getting to know our elders, and in return the elders getting to know the staff, we start to blur the line between "resident and staff" and build meaningful relationships.

From time to time, we may ask family members about their loved ones, if they are unable to tell us themselves, about their pasts and what brings them joy. Some families have put detailed biographies together for us.

Some have shown us mementos from their loved one's life. All these things help us to create an elder-centered human habitat.



In Sympathy

We would like to express our deepest sympathies to the families and friends of the following elders. They will truly be missed.

Evelyn Husman

Bernice Spalti



Gladiolus paluster