

# West Ridge Breeze

West Ridge Care Center

April 2016

## From Richard's Desk

As we welcome April it is a good feeling to know that Spring will soon be here. We have been blessed to have a milder winter than most with less snow and temperatures warmer than most years.

With the changing of the seasons, it is a good opportunity to take a hard look at yourself and those around you. We need to remember to be thankful for the opportunity that we have to make a difference in others' lives, whether that be an Elder, family member, or coworker. It takes all of us looking out for and supporting

each other to give the care and compassion that we all strive for. Sometimes I believe we all need to look at what we do in our lives and understand that the role we play as a care giver is a "calling", not a job. I read somewhere "Our lives are not determined by what happens to us but by how we react to what to what happens; not by what life brings us, but the attitude we bring to life." A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is that reaction that allows us to not only love what we do, but also love and respect those with

whom we share the calling.

I would like to end with ideas to be remembered by a great Elder, Charlie Gradoville. Life is all to short so enjoy it. Take time to share the joys and sorrows with those close to you.

I would like to be remembered as one who loved his fellow men and women. I tried to help them and tried to lead my life the God wanted me to. Charlie's final advice for parents: Take every possible opportunity to tell your children that you love them and do this often. It is an honor to have the opportunity care for

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## Social Work News

When completing initial admission paperwork, we give every resident an advocate's list. On the advocates list are multiple resources in the community. One resource I always like to point out is The

Heritage Area on Aging. The Heritage Area on Aging was established in 1971 and offers a variety of social services for senior citizens in the seven county surrounding area. It is funded by

state and federal resources through the Older Americans Act and located by Kirkwood Community College campus. The agency's mission is to develop plans to meet  
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## Nursing Notes

Happy Spring everyone! I have a few things to run by everyone.

As a reminder, please check the lost and found cart for your loved one's belongings. Often the clothes on an elder's back don't get marked upon admission and then those items get placed on our lost and found cart. We keep the lost and found cart generally out in front of the beauty shop. Please feel free to look through it as you are here to visit.

We are looking for volunteers around WRCC this summer. Many high school students need to log community service hours for

college scholarship applications. We would love to have some help this summer to talk to or read to elders, paint nails, help elders organize their room, help with Bingo, help with the lost and found cart... the opportunities are endless!

I want to share with everyone we are had a skills fair the last week of March that all staff members attend to go over regulations and all job specific job skills!! This is a great time to brush up on our skills. As always, if you have any questions or concerns with cares or any of the happenings around the "Ridge", my door is always

open!!

Lastly we have had a rush of dog visitors lately. We love all the furry friends that make our elders feel better and spread joy around West Ridge! Our policy has always been you must bring proof of current vaccinations on any visiting pets. So please make sure you are dropping off vaccinations records to the front desk.

Thanks for your time.

Katie BSN, RN, DON



*"We make a living by what we do, but we make a life by what we give."*

~Winston Churchill

## Social Work News– continued

the needs of older adults, fund programming and be an advocate at the local, state and national level. If you are an older adult, have any questions or concerns regarding aging or services in the area, Heritage Area on Aging is a resource that can offer

referrals to older adults, persons with disabilities, or caregivers. Whether you are interested in long term care, meal assistance, or just have questions regarding new initiatives in the area, The Heritage Area on Aging can be a big help. For more

information call (319) 332-5934.

Abby



## Food For Thought

Here is a fun cookie recipe to get you in a spring mood.

### Spring Lime Tea Cookies

2 tsp. lime juice  
 1/3 cup milk  
 1/2 cup butter, softened  
 3/4 cup white sugar  
 1 egg  
 2 tsp. lime zest  
 1 3/4 cups all purpose flour  
 1 tsp. baking powder  
 1/4 tsp. baking soda  
 2 Tbs. lime juice  
 1/4 cup white sugar

1. Preheat oven to 350° F. Combine the 2 teaspoons of lime juice with the milk, let

stand 5 minutes.

2. In a large bowl, cream the butter and 3/4 cup sugar until light and fluffy. Beat in the egg, then stir in the lime zest and milk mixture. Combine the flour, baking powder and baking soda, blend into the creamed mixture. Drop by rounded spoonfuls onto the ungreased cookie sheets.

3. Bake for 8-10 minutes in the preheated oven, until the edges are light brown. Allow cookies to cool completely.

4. To make the glaze, stir together the remaining lime juice and sugar. Brush onto cookies.



## In Sympathy

We would like to express our deepest sympathies to the family and friends of Charles Gradoville. His wit and wisdom will be missed

almost as much as his gentle smile.



When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and I could say, "I used everything you gave me."

~Erma Bombeck

## Happy Birthday to You

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The following people have birthdays in the month of April. Be sure to wish them a "Happy Birthday" when you see them!

### Elders

Doris Connell on 4/1

Lavada Buresh on 4/10

Marie Sproston on 4/21

Jane Carney on 4/22

Dorothy Krivanek on 4/22

Bonnie Schmelzer on 4/25

Robert Nechanicky on 4/29

### Care Partners

Brittany Shasteen on 4/3

Carolyn Harrison on 4/7

Kelly Kimble on 4/9

Jason Ryan on 4/11

Chelsea Gatewood on 4/21

Kendall Howze on 4/21

Cassy McSpadden on 4/21

Kelsey Oellrich on 4/24

Angela Carr on 4/26

Becky Pickart 4/28

Nicole Henderson on 4/30

Kirsten Rabedeaux on 4/30



## Let's Welcome Them

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### Elders

Phyllis Bishop

Shar Bouska

Alvin Cook

Mary Duenow

Joseph Fencil

Kim Krapfl

Paula Main

Frances Markham

Irene McAleer

Richard Merritt

Owen Miller

Robert Nechanicky

Patricia Rotter

Ruth Runnels

Bonnie Schmelzer

Jane Schmidt

Dorothy Scroggins

Bonnie Sindelar

Joyce Twachtmann

Kathleen Wickham

### Care Partners

Nicole Henderson

Alyssa Sackett

Wendy Simmons

Alica Trawick



Welcome  
Glad you're here!

## Happy Anniversary

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The following staff have anniversary dates in the month of April.

### THIRTEEN YEARS

Paula McQuown

### TWELVE YEARS

Cathy Powers

Seven Years

Brandy Hansen

### One Year

Brent Kennedy





## Volunteer Appreciation

Mother Theresa said, "In this life we cannot always do great things , but we can do small things with great love." The volunteers of West Ridge are constantly proving that to be true! Did you know that people who volunteer are 42% more likely than people who don't to say that they are "very happy".

West Ridge will be honoring our volunteers on Tuesday,

April 19th at 7pm. Invitations will be sent out but anyone who has volunteered for anything at West Ridge is welcome to come. Give us this opportunity to express our gratitude for all that you do for West Ridge. Please RSVP to Julie by April 18th.



## Eden Education

Last month I listed the 10 Principles of the Eden Alternative. This month we will break down Principle One a little further.

Principle One states "The three plagues of loneliness, helplessness and boredom account for the bulk of suffering among our Elders." These plagues can affect all humans, but Elders are at higher risk.

Eden's definition of loneliness is "the pain we feel when we want but cannot have companionship." The definition of helplessness is "the pain we feel when we always receive care and never give care." Boredom is "the pain we feel when our lives lack variety and spontaneity."

These plagues affect the human spirit, not the body. We've done a good job treating the physical ailments but we also need to treat the spirit. Principle One is the problem statement, a wake up call if you will. The rest of the Principles are the solutions. If we don't acknowledge Principle One, there is no reason to learn the next 9 Principles.

We are constantly striving to educate our care partners and Elders about the Eden Alternative. We have asked elders what they thought loneliness, helplessness and boredom look like. We were happy to hear that many of them did not think they saw much of these plagues here,

however we know they exist here and everywhere and we are working on alleviating these plagues through building relationships with our Elders and families.

Over the next months we will cover each of the other Principles. Members of our Eden leadership team are: Erin Bruner, Katie Candia, Yolla Chalhoub, Betty Perez, Carol Ruggles, and Julie Winterboer. Any member of the team would be happy to visit with you about Eden!



## Activities and Recreation

Thank you to everyone who came and who helped with our Easter Egg Hunt last month. We had over 50 kids here searching for 100's of eggs. Thank you especially to all of the Elders for stuffing the eggs full of candy the entire week before and to all of the volunteers who helped hide eggs and man the games and refreshments in the dining room. We couldn't have done any of it without each one of you!

With that in mind, I'd like to make sure all of our wonderful

volunteers mark their calendars for Tuesday, April 19th for our Volunteer Appreciation. We are doing it a little differently this year by having it in the evening. We hope that this helps our school-aged volunteers and those that are unable to come during the day make it.

As the weather warms up we will be spending more time outside to shake off our cabin fever. Please make sure your loved one has a cardigan or light jacket they can throw on since our Iowa weather can

change in a heartbeat.

We will be attending the Senior Community Performance of The Pajama Game at Kennedy High School on April 20th. Please let me know as soon as possible if you would like to join us.

Julie



*Volunteers are seldom paid; not because they are worthless but because they are priceless."*

~Anonymous

## April is...

Celebrating Springtime Month  
Dog Appreciation Month  
Keep America Beautiful Month  
Music for the Ages Month  
National Garden Month  
National Humor Month  
National Occupational Therapy Month  
National Poetry Month  
National Woodworking Month  
Stress Awareness Month  
Volunteers' Appreciation Month

1- April Fools' Day

3- Opening of Major League

Baseball  
4- Anniversary of the Assassination of Martin Luther King, Jr. 1968  
6- United States entered World War 1 (1917)  
7-10- The Masters Tournament  
10- National Siblings Day  
10-16- National Library Week  
10-16- National Volunteer Week  
12- Polio Vaccine was first announced (1955)  
13- Scrabble Day

15- Income Tax Pay Day  
22- 46th Anniversary of Earth Day  
22- Full Moon  
26- National Bird Day  
27- Write an Old Friend Day  
29- National Arbor Day  
30- Hairstylist Appreciation Day  
30- World Veterinary Day

