



West Ridge Breeze

West Ridge Care Center



April 2017

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From Richard's Desk

All of us at West Ridge are looking forward to Spring. With the changes in weather, we look forward to the opportunity for spring cleaning not only outside but inside as well. One of the upgrades we will be providing is new dressers and night stands in each of the elders' rooms. We plan on doing some deep cleaning during this process. Please be understanding of any inconvenience this

may cause.

Spring is also a great time to look over your loved one's clothing to make sure those summer and spring clothes are marked and in good condition. Keep in mind that you may want to leave a few sweaters as the weather changes a lot this time of year.

I want to remind our staff and the community that West Ridge became a smoke free campus on

April 1st. I know this is difficult for some, but know that we are here to help and support you.

May each of our families and elders know how much inspiration you give us each day. It is an honor to serve each of you.

Richard



Nursing Notes

The team here at West Ridge Care Center is springing ahead with our quest for advancement in our electronic health record journey. It is a daunting journey and every aspect requires training, equipment and prep work. We currently have 3 pending

projects with our web based electronic software program, Point Click Care.

Chris Maynard, RN, is preparing our system for electronic medicine administration record (EMAR/TARS). That record is how we document our medicine

administration. Chris has planned a go live date of April 17th, 2017. We have a big job training all the nurses on the new system. (continued on page 2) You will be seeing touch screen lap tops on top of the medication carts soon.

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Food for Thought

Maintaining a healthy digestive system and how it relates to general wellness and disease prevention is a hot topic lately. Our intestines are home to microorganisms that keep the immune system functioning properly, support digestive health, and might even have a role in memory, cognition, and mood. Further research suggests a healthy digestive system may also help reduce the duration of diarrhea, reduce symptoms of lactose intolerance, and decrease the risk of some cancers. Keeping your digestive tract healthy relates to having the right mixture of good and bad bacteria.

A diet rich in prebiotics and probiotics can help maintain your digestive system. Prebiotics are nondigestible plant fibers that nourish the good bacteria already in the intestines. Prebiotics are found in apples, bananas, onions, garlic, asparagus, artichokes, oatmeal, legumes, and leeks. Other substances in food like dietary fiber, starch, and sugar alcohols may work as prebiotics too.

Probiotics introduce good bacteria into the intestines. They are active bacteria cultures that reintroduce or change the bacteria in the intestines. Once probiotics reach the intestines, they break down and can help fight off harmful bacteria. Probiotics are the good bacteria found in fermented foods like yogurt (with cultures of Lactobacilli and Bifidobacteria), fermented cheese like Gouda, sour dough bread, kefir (drinkable liquid yogurt), sauerkraut, pickled vegetables, kimchi (a spicy Korean dish with fermented cabbage), miso (a Japanese paste from fermented soybeans), and kombucha (fermented drink made of probiotic and yeast mixed with tea and other flavorings). The fermentation process produces the probiotics.

Prebiotic and probiotic supplements can be purchased as an alternative to food sources. No one food contains both pre- and probiotics but supplements can be purchased that contain both together.

So if you are interested in maintaining a healthy digestive tract, consider adding the foods mentioned above to your diet. The foods can be eaten separately as part of a balanced diet and can even be enjoyed mixed together as a drinkable smoothie. Try your strawberry yogurt blended with a banana for both pre- and probiotic benefits in one menu item! Oh, be sure to check that your favorite yogurt says on the label that it has "live active cultures" if you want to reap the benefits of probiotics since there are some yogurts that don't have live active cultures. Consider what foods you can incorporate into your meals to promote a healthy digestive tract!

Charlene

Sources: Today Dietitian, February 2017, Probiotic-Rich Kefir

American Dietetic Association, Complete Food and Nutrition Guide, 2nd edition, 2002.

WebMD, pre and probiotic supplements

Easter Reminders

If you are planning on dining with your loved one at West Ridge for the Easter holiday, please remember that the kitchen needs at least a two hour notice so that enough food can be prepared. Unfortunately we do not have room in our

dining room for large groups but we do have several spaces available for you to reserve for family's to eat together. Please let Crystal or Julie know if you want to reserve one of these areas. If you want to reserve the dining room for a non-meal

time to celebrate, please contact Julie Winterboer for availability.



Happy Birthday to You

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

Don Johnson on 4/1

Brittney Shasteen on 4/3

Rosemary Luvstuen on 4/5

Carolyn Harrison on 4/7

Kelly Kimble on 4/9

Jerry Rygr on 4/9

Amanda Shannon on 4/9

Cassy McSpadden on 4/21

Marie Sproston on 4/21

Jane Carney on 4/22

Kara Dornbusch on 4/22

Angela Carr on 4/26

Katie Goldsmith on 4/26

Jake Seaton on 4/27

Becky Pickart on 4/28

Kirsten Collins on 4/30

Wilma Linkenback on 4/30



Let's Welcome Them

We would like to welcome the following care partners to the West Ridge family. We hope that they find West Ridge to be a special place to live, learn, work and grow.

Mary Ahlberg

Bill Anderson

Heather Bubenyak

Ciara Cavin

Mike Daley

Marilyn Dudley

Char Duffy

Mary Frimml

Claudia Greenwood

Eileen Hepker

David Hodges

Annette Moore

Sandy Nelson

Brittany Osterhaus

Mary Richardson

Amanda Shannon

Leona Shramek

Jim Siegel

Tricia Spading

Madysen Young



Happy Anniversary



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

FOURTEEN YEARS

Paula McQuown

THIRTEEN YEARS

Cathy Powers

One Year

Lizzie Udelhoven

Holley Walshire

Anniversary with The Briars

We began Skyping with The Briars in Sandown, England in 2011 in anticipation of the royal wedding of Prince William and Kate Middleton who were married on April 29 of that year. We actually started a few months prior to the wedding, however whenever Will and Kate's anniversary

comes around we are reminded of the wonderful relationship we have developed over the past six years with this wonderful care home in England.

We are also thankful for the technology that allows us to do this each month. We are always looking for new and innovative ways to

connect our Elders to the larger world. If you have any groups that may enjoy Skyping with us, please let Julie Winterboer know.



The Briars' Garden



The Briars, Sandown, England

Words of Wisdom

Thomas Jefferson was born April 13, 1743. He was an eloquent spokesman and many of his words ring true to this day. Here are just a few famous Jefferson quotes:

"When angry, count to ten before you speak. If very angry, count to one hundred."

"Honesty is the first chapter in the book of wisdom."

"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."

"In matters of style, swim with the current; in matters of principle, stand like a rock."

"I never considered a difference of opinion in politics, in religion, in philosophy, as cause for withdrawing from a friend."

"Delay is preferable to error."

"Never spend your money before you have earned it."

"No occupation is so delightful to me as the culture of the earth, and no culture comparable to that of the garden."

"He knows best knows how little he knows."

"We hold these truths to be self evident: that all men are created equal; that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty and the pursuit of happiness."



Activities and Recreation

We are looking forward to nicer weather (and less rain!) this month so that we can get outside and get more fresh air. We will not be planting our flowers and garden until next month, but we will probably be preparing the raised boxes this month. Any elder that wants to get their hands dirty are welcomed to help!

We are making our annual trek to the Amanas this month. This is always a popular outing and family members often want to joins us. Please let me know as soon as possible if you plan to come along on this outings to make sure we have space for everyone. Family are welcome to join us for any outing, we simply ask that you let us know

the day before if possible if you plan on coming as we often make reservations wherever we are going.

Our Volunteer Appreciation Tea is on Friday, April 28th at 3pm. I will be sending out invitations to all of our volunteers who have helped with various activities and projects over the past year. I cannot begin to tell you how thankful I am that I have staff who are willing to help out with activities and events such as button stuffing, the SaPaDaPaSo Parade and the Easter Egg Hunt (to name just a few) on their own time, as well as family members that don't hesitate to pitch in, along with our regular volunteers who consistently devote their time

and talents to helping the people of West Ridge. Please know that you are appreciated beyond words!

In May, we look forward to National Nursing Home Week. The theme this year is "The Spirit of America". We are planning a "road trip" across America to experience the food and customs of other parts of our great nation. Perhaps you can join us on part of our journey!

Happy Spring y'all!

Julie



April is...

Dog Appreciation Month
Jazz Appreciation Month
National Humor Month
National Occupational Therapy Month

1– April Fools' Day
1-7– Laugh at Work Day
2– Opening Day of Major League Baseball
4– Ballroom Dancing Day
7– Slinky's Birthday (1945)
9– Palm Sunday

9-15– National Garden Week
9-15– National Library Week
10– National Siblings Day
11– Barbershop Quartet Day
11– Full Moon
11– National Pet Day
14– Good Friday
15– Income Tax Day
16– Easter Sunday
17– International Haiku Poetry Day
21– Kindergarten Day
22– Earth Day

22– National Dance Day
22– National Jelly Bean Day
23-29– National Volunteer Week
28– National Arbor Day
30– Hairstylist Appreciation Day

