



West Ridge Breeze

From Richard's Desk

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It's hard to believe how fast the summer is going. Soon the kids will be back in school. I encourage the elders and their families to go outside and enjoy our beautiful sitting areas by the front entrance or in our Courtyard.

We have had a lot of clothing show up in the

Lost and Found cart recently. The cart is placed near the Beauty Salon or in the hallway by the Laundry area.

With the changing of seasons near, it is important to always mark clothes with a permanent marker. We have markers available if you need to borrow one.

As always, my door is always open. Stop in and see me anytime.

Richard



Social Work News

"Summertime is always the best of what might be." ~Charles Bowden

August always makes me a little melancholy when I think about back to school and the end of summer. This year has been especially trying with the harsh winter, the cool spring and rainy days. I am finding that the older I get, the faster the time goes. When my boys were younger, summer was always stressful in terms of day-care, swim lessons, ball and trying to provide

some sense of structure for their days. Now, as they get older, it's a different stress: registering for classes, football camps, getting a current physical and moving back to dorms. As they return to classes, I have reflected on how their lives (and mine) have gone so incredibly fast. I am sure our elders are acutely aware of how fast the seasons pass as well. I lost a good friend, former coworker and peer recently, much too young. So fast our

seasons go. Please take a few minutes to stop and say hello to the residents in the facility, drop a card to one of them or place a call to someone you may have lost contact with. Life is short. I hope your summer days have been filled with laughter, love, friendship and sunshine. Let's get ready for our next season together.

Warm regards,
Becky



Nursing Notes

A hero is somebody who is selfless, who is generous in spirit, who just tries to give back as much as possible and help people. A hero to me is someone who saves people and who really deeply cares.

Debi Mazar

As proud members of the Iowa Health Care Association (IHCA) we are gearing up for their annual fall convention. Iowa Health Care Association represents 650 Iowa nursing homes. IHCA is dedicated to promoting quality long term care through professional development and shaping public/private policy through effective advocacy. Every fall IHCA hosts a 3 day convention in Des Moines. We look forward to this year's convention theme of "There's a Hero in All of

Us". We will have a super hero day at WRCC this month. The staff and elders will have some fun dressing up as heroes and taking pictures in capes and masks. We will submit some of these pictures for the convention slide show.

All of us at West Ridge can share our super powers with others on a daily basis. Finding the hero within each of us is our quest for August. Making a difference through encouragement especially during times of stress can be a great power that staff, care

givers/families, and elders alike can use to keep others strong around them. Be sure to join in our fun and feel free to see a staff member if you have a staff member, volunteer or a therapist you would like to nominate for IHCA's Excellence in Long Term Care Awards. To be eligible, nominees must promote quality through teamwork, communication and quality of care in our facility. Nominations are due by August 15th, 2014.

Katie

Super Hero Day



Every day is super hero day at West Ridge because I am always catching an elder, a care partner, or a family member going out of their way to do something nice for others. But on Thursday, August 21st we are going to have a special Super Hero Day here. We will

be dressing up like our favorite super heroes and taking pictures which will be submitted for the convention slide show Katie mentioned above. We will also have a Super Hero party in conjunction with our Community Meeting with super hero treats and other fun.

Please join us at any time during the day, but especially during our Community Meeting at 2:00 p.m. Feel free to wear your cape too!

Food For Thought

You may have heard talk of prebiotics and probiotics – but what are they? Prebiotics and probiotics may promote healthy bacteria, or microflora, in your intestinal tract and could possibly improve your health. Prebiotics stimulate or help activate bacteria growth. Probiotics are the live cultures, or bacteria themselves. Prebiotics and probiotics act together in the body.

Prebiotics are nondigestible carbohydrates that act as food for probiotics. They promote the growth of normal, healthy bacteria that are already in your large bowel or colon. Prebiotics are found in whole grains, bananas, onions, garlic, honey, and artichokes.

Probiotics are active cultures, like some strains of lactic acid bacteria, or food that contain them such as fermented dairy products like kefir and yogurt, that help reintroduce or change bacteria in the intestine. Yogurt and kefir also contain the fuel that the cultures need to thrive.

Probiotics and Prebiotics are added to some foods and available as dietary supplements.

Research shows that probiotics may keep your immune system healthy and help maintain the “good” bacteria in your intestine. Probiotics may also help reduce the risk of some health problems such as shortening the length of diarrhea –

especially following treatment with certain antibiotics; reducing the symptoms of lactose intolerance; promoting a healthy immune system; preventing and treating vaginal yeast infections and urinary tract infections; treat irritable bowel syndrome; speed treatment of certain intestinal infections; and decreasing the risk of some cancers and high cholesterol levels – among others. Check with your doctor if you are wondering if pre- or probiotics could possibly benefit you.

Charlene

Source: American Dietetic Association. Complete Food and Nutrition Guide 2nd edition; Mayo Clinic Healthy Lifestyle Consumer Health; mayoclinic.org



Chuck's Corner

Finally, our parking lot seal-coating and restriping is done-after many delays from the weather! We appreciate any inconvenience it may have caused. We now have additional parking spaces for staff and our visitors to use.

We are looking ahead and are planning on installing additional

power needs and a heat tape system in our gutters and valleys of our roof in the front of our building this fall. This should help reduce the ice build-up and slippery areas adjacent the front door and roof canopy this coming winter. Mike in Maintenance will coordinate this project, starting in August/September. Safety is

always a priority to us.

Please feel free to contact us, if any questions...

Chuck Bailey, Director
of Environmental Services/Safety



Happy Birthday to You



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

Elders

Sara Ernst on 8/2
 Mabel Walters on 8/5
 Michael Daley on 8/8
 Virginia Springer on 8/14

Lynda Filip on 8/16
 Patrick Monnahan on 8/19
 Alma John on 8/20

Care Partners

Kathy Palzkill on 8/7
 Jessica Davis on 8/8
 Lynn Woodward on 8/10
 Kathy McLees on 8/12
 Nicole Huggins on 8/15

Arnolfo Tagulao on 8/15
 Erin Bruner on 8/17
 Mary Giovanazzi on 8/21
 Nicole Sanders on 8/23
 Melissa Mergillano on 8/30
 Renè Saylor on 8/30
 Brandy Hansen on 8/31

Let's Welcome Them



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

Elders

John Carns

Michael Daley
 Vernon Erenberger
 Evelyn Hartz
 Alma John
 James Mitchell
 Patrick Monnahan
 Harvey Myli

Arlene Rabe
 Pat Sebetka
 Evelyn Waterman
 Caroll Wilson
 Carole Wiltgen
Care Partners
 Destynee Postel

Happy Anniversary

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

TWENTY ONE YEARS

Becky Pickart

Two Years

Kim Hoffman

One Year

Clarissa Davidson



Picture Page



Mabel, Mardene, Roberta and Sally enjoy lunch at Sutliff Store and Tavern



John hits the (root) beer hard at Sutliff's



Roberta, Jerry, Sally and Mardene pose by Herky on the Sutliff Bridge



Mardene, Mabel, Roberta and Sally enjoy pizza from Zoey's at a park in Marion



Joe poses with his certificate and Lisa during our Grad Party



Mardene, Sally Jerry, Roberta, Mary Lou, Mabel and Velma at the Kernels Game



Mabel enjoys a hotdog at the ballpark



Velma and John pose with Shucks



Mary Lou with Jessica from Garnett Place for Wheelchair Beautification Day

Eden Education

Last month I spoke to the 10 Principles that the Eden Alternative was founded on. As the months go by, I will refer to them and go into some more in depth to help give you a better understanding of the Eden Alternative. These next few months however, I want to go over the 7 Domains of Well-Being. In *What Are Old People For?* Dr. Bill Thomas states, "Well-being is a much larger idea than either quality of life or customer satisfaction. It is based on a holistic understanding of human needs and capacities. Well-being is elusive, highly subjective, and the most valuable of all human possessions."

A question that has long-challenged those committed to changing the culture of care is: What makes life worth living, and how do we measure it?

Pioneers of culture change contend that aging and living with unique health challenges

need not be about decline and despair, but instead, a chance to joyously soar to new heights of human growth and awareness.

Well-being can be simply defined as "a contented state of being". Satisfaction, wellness and happiness are concepts that are often used interchangeably with well-being. However, satisfaction is based on expectations. If others don't meet them, we are not satisfied. Wellness implies healthiness, which may peak and decline over time. Happiness, too, is a human emotion that comes and goes. In contrast, well-being evolves and develops over a life time, deepening as we grow into our full potential as a human being.

Well-being is the path to a life worth living. It is the ultimate outcome of a human life. It leads us to ask the following questions: What are the components of well-being? What do we need to experience contentment? Through a

collaborative effort involving a task force of culture change specialists, The Eden Alternative has identified seven primary Domains of Well-being. They are identity, growth, autonomy, security, connectedness, meaning and joy.

Over the next few months we will go into more detail on each of these Domains, and how they work with the 10 Principles to guide us on our Eden journey here at West Ridge.

There will be an Iowa Eden Gathering in Des Moines on Friday, August 15th. This is a meeting of care partners from Eden homes across the state. If you are interested in more information, please visit with Richard Curphey.

Source: The Eden Alternative



In Sympathy

We would like to offer our deepest sympathies to the family of Robert Jandik. His smile and sense of humor will be remembered by many. Odpočívaj v pokoji Bob.



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 could say, "I used everything you gave me."

~Erma Bombeck

Activities and Recreation

June was a busy month for us. We enjoyed lunches in Center Point and Lisbon, a picnic in Marion, a Kernels ball game and a fishing trip. We are well-traveled this summer! Please be sure to "Like" our Facebook page (West Ridge Care Center) to be able to see even more pictures of our adventures and to get updates about activities, upcoming events and meetings and day-to-day life at West Ridge.

Even though we think of the beginning of August as the "dog days of summer", fall weather and cooler temperatures will be here before we know it. We have a lot of great spaces around West Ridge to sit and enjoy the outdoors including our Courtyard and the Park. Please feel free to spend time with your loved one outside when you come to visit if the weather is cooperative! Be sure to find a staff member if you need assistance in any way.

August is...

National Canning Month

National Fair Month

National Golf Month

3- National Friendship Day

3- National Watermelon Day

3- Sister's Day

4-10- National Smile Week

6- National Root Beer Float Day

9-17- Elvis Week

10- Daughter's Day

10- Family Day

10- National S'mores Day

We will once again be collecting donations of school supplies to help our friends at Truman Elementary. Look for a box in the front area on the upper level to drop off donations. You can also donate money which we will use for the elders to pick out school supplies on a shopping trip.

Our annual pontoon boat ride outing will be on Wednesday, August 13th. Please RSVP to me, Melissa or Katie by email (julie@westridgecarecenter.com) or phone (319-390-3367) no later than Friday, August 8th if you would like to go along. Space is limited on this adventure so it will be on a first come first serve basis.

We are having a Trunk Show with CJ Banks here on Monday, August 25th at 2pm. Families are welcome to attend as well. There

will be opportunities to do a little shopping at the end of the show. There is no obligation to purchase anything but it should be a fun event for you to enjoy with your loved one, and if you choose, perhaps pick out a new outfit! We have invited several area facilities to join us so if you would like to attend, please RSVP to me by Friday, August 22nd so that we are able to assure you are able to sit with your loved one for the show.

As always, we are open to new ideas for activities and outings. If you have a suggestion you think the elders would enjoy doing, please let us know! And if you have a talent you wouldn't mind sharing with us, give me a call!

Julie



10- Full Moon

13- International Lefthanders' Day

14- Anniversary of V-J Day

15- Best Friend's Day

15- National Relaxation Day

16- National Tell a Joke Day

17-23- National Aviation Week

20- Lemonade's Birthday (1630)

21- 55th Anniversary of Hawaii's Admission Day (1959)

21- Poet's Day

22- Be An Angel Day

25- 75th Anniversary of the Movie Release of *The Wizard of Oz* (1939)

26- Birth Anniversary of Mother Theresa, 1910-1997

26- National Dog Day

