



# West Ridge Breeze

## From Richard's Desk

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As many of you may know already, Brenda Klepper, Social Worker, has decided to take a position at Mercy Hospital. Although we are very sad she will be leaving West Ridge, we are happy for her and wish her much success. It has been a privilege to have her as part of our family. I am thankful for all that Brenda has done for West Ridge. We wish for Brenda that the good Lord be by her side as she starts her new adventure and that she

will always be a part of our family. Brenda's last day will be August 13th.

It's hard to believe how fast the summer is going. I encourage all of the elders and their families to get outside and enjoy the grounds. Soon the kids will be back in school and the temperatures will be dropping.

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 clothing with a permanent marker. We have markers available if you need to borrow one.

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

Richard



## Social Work News

Continue your care at West Ridge! We love the opportunity to provide many different types of care to our short-term and long-term residents. Sometimes families, and even the hospitals and doctor's offices, are not always aware of the extent of services available at West Ridge. We can provide intensive

therapy services following a hospitalization. If returning home, we do provide outpatient therapy services for your loved one to come in and continue working with the same group of therapists they are used to. We are continually working to overcome any clinical barriers for providing care, and are able to

provide intravenous (IV) antibiotics, wound cares, hospice care, and tracheotomy cares. We can also do on-site lab draws, x-rays, bladder scans, etc. We will do everything we can do to assist in your family member being able to continue their care here at West Ridge.

Brenda

## Nursing Notes



The weather has finally heated up to normal Iowa summertime! Please remember to make sure you and your loved ones are taking in adequate fluids. Dehydration is common in the summer especially in the elderly. If hydration is not made a priority it can lead to urinary tract infections and low blood pressure. Dehydration is associated with increased mortality rates among older adults. Dehydration can accelerate emergence hospitalizations and increase the risk of a hospital stay. Dehydration has been associated with many

elderly health issues including confusion, impaired cognition, falling and constipation. It is estimated that avoidable costs of hospitalizations resulting from dehydration is \$1.14 billion.

Steps that can be taken to prevent dehydration focus of course around fluids! Encourage fluids frequently, at least 8oz every time medications are taken. Make sure to keep a water bottle or insulated cup handy day/night and make sure we are offering fluids to those elders that can't access fluids

independently. Proper hydration helps to keep the body and vitals well regulated. Please see one of our nurses, MDS Coordinators, Dietician, or me if you have concerns regarding hydration. Also please feel free to take a few fluids off the hydration cart passed in the afternoon to have different fluid options in your room. Let us know if there is something you or your loved one likes to drink that you have not seen available here at West Ridge Care Center.

Katie Candia

## In Sympathy

We would like to express our deepest sympathies to the families and friends of the following elders. It was an honor to know and care for them. They will truly be missed.

Albert Cejka

Genevieve Keefer

Bob Turkal

Darlene Walker



## Food For Thought

We are well into the summer now. Our garden is finally beginning to give us some produce. We have a whole bunch of tomatoes that are green. So I believe that anytime we will be getting some garden fresh tomatoes. We have already harvested a bunch of radishes. So if anyone would like to try some, just let the kitchen know and we can get you samples. Mabel's daughter has given us

some plants for our garden that we just planted last week. They will not be an edible plant but they will be a nice table decoration whenever they are ready. If you have time, go ahead and go out and check out our garden and if you see a yummy tomato grab it and eat it right! We also finally have our new menus started.

Look for some new things that we added this

time. We had some great ideas.

We are putting out an elder meal satisfaction audit for the elder to fill out with their families. Look for them in their rooms in the beginning of the month. If anyone has any questions please come see me anytime.

Erin



## Katy's Korner

Here at West Ridge we care about you, the elders, as if you were our own family, and just like with family, we only want the absolute best for you, especially proceeding your stay.

As individuals who hope to prosper beyond their stay, one vital key in achieving this prosperity is making sure to reemerge yourself in social and physical communal activities. The health of your mind and body relies heavily on the amount of time and exercise you give it, and here at West Ridge we encourage and assist in helping to achieve high volumes in both of these increments.

Of course you are never alone when you are at West Ridge but you are also not alone when you leave. Cedar Rapids has many events such as Pot Lucks catered to seniors once a month at Hope Lutheran Church or Saturday Bingo for all ages at St. Jude's. Events like these might seem small but every bit helps in not only rehabilitating your body back to social demands, but mentally recreating affiliations that were once part of your everyday life. It takes physical effort to create a healthy social support system but the benefits outweigh any uneasiness that might come in the beginning.

Your family at West Ridge wants

nothing more than to see you thrive and prosper, and will do just about anything to try to get you the information you desire in order to rebuild your role in having proper communal affiliations and support.

It's never too late to start! Please find me, Katy Smith, Community Relations Director, or any other care partner and we will work together as a team and as a family to ensure your experience beyond West Ridge is one of prosperity.

Katy Smith



POTLUCK DINNER

## 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

Mildred Fuller on 8/2

Mabel Walters on 8/5

Virginia Springer on 8/14

Lynda Filip on 8/16

Alfred Kaupins on 8/20

**Care Partners**

Gloria Overton on 8/3

Jessica Casper on 8/8

Lyn Woodward on 8/10

Kathy McLees on 8/12

Erin Bruner on 8/17

Emily Aukes on 8/19

Mary Giovanazzi on 8/21

Nicole Sanders on 8/23

Melissa Lynch on 8/30

René Saylor on 8/30

Tammy Brewer on 8/31

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**

Darlene Craig

David Dietrich

Margaret Doyle

Mildred Fuller

Dorcas Henderson

Suezann Jacobsen

Evelyn Johansen

Barbara Jones

Alfred Kaupins

Loretta Ray

Nyle Spalding

Donald Tauke

Audrey Yarbrough

**Care Partners**

DeAnn Crawley

Mariah Davis

Makayla Keegan

Kelsey Oellrich

## 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 TWO YEARS**

Becky Pickart

**Three Years**

Kim Hoffmann

**One Year**

Kendal Howze



## Join Our Team!



Join the West Ridge Walkers as we walk for a cure- a cure for Alzheimer's Disease. Today 5.3 million Americans are living with Alzheimer's Disease. That doesn't include the millions more spouses, children and other care takers that this disease takes a devastating toll on, whether it be the care takers' health, finances, family relations, and more. It is the nation's sixth leading cause of death. It is also a very personal fight for the care partners of West Ridge as we care for those with the disease. We see the difficulties our families go through as they struggle to understand

this disease and we do our best to help the elders with dementia as they struggle constantly to make sense of the world around them.

The Alzheimer's Association's Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

You may notice this month as you enter our building that we have a very purple theme. This is to help all of us remember how Alzheimer's Disease and related dementias affect us all, whether directly or indirectly. It is a

reminder to us how important it is to find a cure for those who can no longer remember for themselves.

Join us, The West Ridge Walkers, on Saturday, September 26th at the McGrath Amphitheatre as we do our part to help put an end to this devastating disease. Please see Becky Pickart or Julie Winterboer if you would like to join our team or make a contribution to help us meet our team fundraising goals.

## Watermelon Facts



Watermelon is 92% water.

Watermelon is technically a vegetable. It is related to cucumbers, pumpkins and squash.

Early explorers used

watermelons as canteens.

Watermelon doesn't contain any fat or cholesterol. It is high in fiber and a good source of potassium and vitamins A, B6 and C.

The world's heaviest watermelon was grown by Lloyd Bright of Arkadelphia, AR in 2005. It weighed 268.8 pounds.

## Activities and Recreation

It's hard to believe that summer is almost over. At the end of this month we will be going over to Truman to do our orientation program for the second grade students and then we will start another year of visits with our wonderful community partner, Truman Elementary. It's another reminder that summer will soon be fading into fall. So of course we will be spending as much time outside as we can while the good weather lasts. If anyone has a little time to spare, we would love to have volunteers to sit with people outside while they enjoy the fresh air.

We have lots of fun trips planned this month including going to the Mississippi River Museum in Dubuque. Their Titanic exhibit will be gone by September 7th so I wanted to be sure we could get there to see it. If you are interested in accompanying us on this trip, please let me know as soon as possible.

We will also be going on our annual pontoon boat ride. This is one of the favorite outings of the year I've been told. Again, I need to know as soon as possible if you would like to join us on this outing as space is limited.

We are planning a Neighbor Appreciation on September 24th from 3:30-5:30pm. Look for more details in next month's Breeze, but be sure to mark your calendar and join us for a sweet summer time treat!

Enjoy this great weather while we can!

Julie



## August is...

Happiness Happens Month

National Fair Month

National Golf Month

Summer Fun Month

What Will Be Your Legacy Month

1- 25th Anniversary of the World Wide Web

2- International Forgiveness Day

3- National Watermelon Day

3-9- National Smile Week

4- Coast Guard Day

6- Birth Anniversary of Lucille Ball

6- National Root Beer Float Day

7- International Beer Day

8- Happiness Happens Day

9- Book Lovers Day

9- Family Day

10- National S'mores Day

13- International Left-handers Day

14- V-J Day (1945)

15- National Relaxation Day

15-21- National Aviation Week

20- Lemonade's Birthday

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

21- Poet's Day

22- Be An Angel Day

26- National Dog Day

28- Birth Anniversary of Elizabeth Ann Seton who became the first American-born saint

29- Full Moon

