



## From Richard's Desk

The holiday season always brings the family blessings of my life into sharp focus. The time I am able to spend with my family and friends is that much more precious, so when I think of Christmas time, my mind always turns to the blessings in my life. I reflect on what the past year has offered me, and remember fondly all those who have come and gone. I am truly honored to be the administrator of West Ridge. I hope for each of you that the good Lord will bless your Christmas season with peace and joy. I hope also that each visitor to West Ridge may

reflect on the Lord's goodness and may He rid each heart of fear, distress, loneliness, and pain, leaving only serenity and security of resting in His everlasting love.

I am very excited about the changes that we have made in the Garden area. Everyone has worked hard to improve not only the surroundings but the over-all empowerment to allow us to eliminate loneliness, helplessness, and boredom among our elders. We have and continue to work on developing and implementing activities for the elders which will express and expend their

energy while having fun at the same time. I am impressed with the progress and efforts by all and greatly appreciate the input of our families and elders.

I want to personally wish each of you a Blessed Christmas and a Prosperous New Year. Thank you all for being part of the West Ridge family.

I am Blessed.

Richard



## Social Work News

The holiday season is a time where we reflect on all the things in which we are thankful. I am thankful for many things as life is too short not to appreciate every moment. However, I would like to take the time to give a special thank you to all the wonderful people I have the joy of working with every day. Teamwork is so

important in any job. Without every single person at West Ridge giving their best, we would not be able to give the level of care and support we provide each day. Not every day is easy, but we are there to lift each other up in the hard times. I want to say thank you for the hard work, time and passion each staff

member gives. Your dedication allows us to be successful in our mission of rehab to home and we will continue to grow together. I wish everyone a joyous holiday season and a happy new year!

Abby



Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas.



## Nursing Notes

Happy Holidays from the nursing department!

The past month we have actively put a plan together for extreme alarm reduction throughout West Ridge. When I refer to alarms, I am talking about the bed, chair and personal alarms elders have been given to help prevent falls and to keep them safe. Our alarm reduction plan and goal of being alarm free is part of the nationwide movement to phase out alarm use. We are opting for more proactive attentive care. In the 1990's alarms proliferated around the time physical restraints were banned. These alarms are now being

considered restraint-like and can be a dignity issue as well. As we all know, they are annoying to the elders and their families. Studies have shown staff become complacent to them. It is our goal to be alarm free in the next quarter. The goal with this reduction is to find out why the elder is trying to get up in the first place.

I have to give a huge shout out and thank you to Kim Hoffman, LPN/Restorative Nurse, and Lisa Timm, COTA/Therapy Director, for taking this task on together. They have made alarm reduction their special project and have gone above and beyond to make sure

we move forward with this quest. We will all appreciate the absence of those pesky alarms sounding. If you have any questions or concerns pertaining to this topic, please see me anytime. I can't wait to see you all and catch up during this year's Christmas party!! Merry Christmas to you all!!!!

Peace and Love,  
Katie Ross, DON



## Tis the Season

### Important! Please read!!

Please be sure to bring in a warm winter coat for your loved one if they do not already have one here. It is a good idea to have a hat and gloves/mittens too because Iowa's winters can be unpredictable and cold. You may want to get a coat that is one size bigger than they normally wear as it can be difficult to get a bulky coat on if you are also dealing with splints, casts, etc. It is also easier to help someone who has had a stroke or has arthritis or another condition that may limit their mobility get their coat on if you


have a little room to work with. Mittens also work better than gloves if someone has arthritis in their fingers. They are easier to put on and keep their hands warm just as well.

It is important to have a warm coat this time of year, especially if your loved one goes on outings, if you take them out of the building for appointments or are planning on taking them somewhere for the holidays. Please make sure their coats and other winter gear are marked with their name or initials on them.

If you are planning on taking your loved one out for the holidays, please let us know in advance what time you will be picking them up so that our care partners can have them looking their best. If you have a certain outfit you would like them to wear, please call the day before and they can have it laid out for the following morning.

Thank You!





*You are cordially invited  
To West Ridge Care Center's  
Christmas Parties  
Thursday, December 15th, 2016*

*The Garden 2-4pm  
Foyer Level & Blossom Lane  
5-7pm*

*Join us for lots of food, fun,  
music and merriment!*

RSVP to Julie or Crystal by December 12th  
319-390-3367



## Happy Birthday to You

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

### Elders

Velma Powell on 12/15  
Mardene Schultz on 12/27  
Kathy Hughes on 12/31

### Care Partners

Lestine Martin on 12/1  
Paula McQuown on 12/16  
Gabrielle Wisco on 12/17  
Betty Perez on 12/20  
Mell Candia on 12/21  
Fatima Elsheikh on 12/25  
Terry Miller on 12/27  
Ruthann Gharib on 12/31



## 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, learn, work and grow.

### Elders

Jean Brown  
Jenette Bush  
Joan Hayes  
Pat Luse  
Ernest McMillan

Celia Pond  
Anne Prentice  
Peggy Repstein  
Charles Sheehy  
Liz Sherwood  
Stanley Uthoff  
Evelyn Yaus

### Care Partners

Magdalena Ramirez  
Wessley Washington



## Happy Anniversary

The following staff have anniversary dates in the month of December. Thank you for your dedication to West Ridge.

### SEVENTEEN YEARS

Kathy McLees  
Julia Winterboer

### ELEVEN YEARS

Kathy Wenger

### Four Years

Wendy Finn

### Two Years

Chris Maynard  
Jessica Wise

### One Year

Theresa Mahoney





# Picture Page



## Gift Ideas... continued

Last month I included some gift giving ideas as it can be difficult to know what to get someone who lives in a care center. Here are a few more ideas to help with your holiday gifting.

Clothes (make sure they fit and they are marked)

Anything homemade from grandchildren

Digital photo frame

Books on Tape

A Kindle or tablet with some books and/or games already loaded on it

Magazine subscription to a favorite magazine

2017 calendar that ties into your loved one's interests

A new picture for their room

Sun catcher

Bird Feeder

Holiday decorations (not just Christmas) for them to decorate their room with

A plant that is easy to care for  
Costume jewelry

A new scarf, hat and/or gloves or mittens

An offer to take them out to their favorite restaurant

Puzzle books, Sudoku, etc.

Stationary and writing supplies

For those that enjoy exercise, some small 1 or 2 pound hand weights they could use in their room

For people with anxiety, a weighted blanket might be a good option

If you are a DIY-er, there are many cute things on Pinterest too.

We can also help you set up a Facetime or Skype visit. Please call Julie Winterboer, Activity Director at 319-390-3367 for more information or to set up a visit.

Again, the best gift is always the gift of your time and presence, but we know that with many family members living out of town, this isn't always possible. We hope this list helps you in your gift giving quest.

\*See the November issue of the West Ridge Breeze for a few more ideas.



## In Sympathy

We would like to express our deepest sympathies to the families and friends of the following elders. Their smiles, laughter, wisdom and kindness will truly be missed.

Bev Holtz

Bob Kilpatrick



## Lost and Found

Please be sure to check our Lost and Found cart if you or your loved one is missing any laundry items. If you discover something is missing but do not

see it on the cart, please fill out a missing item form. These are located at both Nurse's desks.

The cart gets cleared quarterly

and what is on it gets donated to a local mission. Please see a care partner if you have any questions.



## Activities and Recreation

Happy Holidays everyone! I hope you all had a nice Thanksgiving and are looking forward to getting to spend time with your loved ones for Christmas. Make sure to read the details for our Holiday parties. Every year I have questions as to why we do the Garden party earlier as it can be difficult for some family members to come during the day. We have the party for the Elders in the Garden earlier as people living with dementia often tire earlier and would not be able to enjoy the party as much if it were later. Therefore, the party for the Elders in the Garden and their families is from 2-4pm. If you are unable to make this time, you can always come to the Foyer Level/Blossom Lane party which starts at 5pm. Please let us know if this is what you wish to do so that we can make sure your loved one is ready at the correct time. Let me know if you have any other

questions about the parties. Thank you to all who donated for our Toys for Tots box this year. This was one of the best years for our collection site! Remember that all of your donations go to children in our local area so you are helping your neighbors.

I wanted to take this opportunity to thank all the people that help bring meaning to my work at West Ridge. First and foremost, to all of the elders. You make me smile and laugh daily and you are the reason I look forward to going to work each day. Thank you for sharing your lives with me, your wisdom, advice, kindness and love. Thank you to my co-workers for always keeping me humble and for all the help you give to make sure that the elders are able to get to their favorite activities and look nice to boot. Thank you to those of you who go above and

beyond to bring joy and spontaneity to the lives of the elders. Thank you to the family members who come to visit but end up helping us at an activity by serving or cleaning up and all of the other things you help us do. Thank you to the volunteers who help with Bingo and other activities and outings. Your generosity inspires me. And last, but certainly not least, I would like to thank Katie and Melissa. I could not do this without you. Your passion, creativity, humor and support motivate me and are appreciated more than these few words can say.

To all of you, a Joyous and Merry Christmas and many blessing in the New Year!

Julie



## December is...

Bingo's Birthday Month  
Celebrating the Season Month  
1- Mistletoe Day  
1- Basketball's Birthday, 1891  
4- National Cookie Day  
4- Scrabble's Birthday, 1948  
4-10- Cookie Cutter Week  
6- Anniversary of the Patent of the Microwave Oven, 1945  
6- St. Nicholas Day  
7- 75th Anniversary of the Attack on Pearl Harbor, 1941

9- National Christmas Card Day  
10- National Lager (Beer) Day  
12- National Cocoa Day  
12- Poinsettia Day  
13- Full Moon  
15- National Firefighters' Day  
20- 70th Anniversary of the Film Premiere of *It's a Wonderful Life*, 1946  
21- Anniversary of the First Crossword Puzzle, 1913  
21- Humbug Day

21- Winter Begins  
24- Christmas Eve  
25- Christmas Day  
25-January 1, 2017- Hanukkah  
26-January 1, 2017- Kwanzaa  
29- Birthday of the Bowling Ball, 1862  
31- New Year's Eve

