

December 2013

# West Ridge Breeze

## FROM RICHARD'S DESK

We are all excited for the upcoming Christmas season and all of the celebrations that will be taking place. The season is all about families and friends. We look forward to your visits, but please help us keep the elders safe and well by not visiting if you have a fever or do not feel well. There is hand sanitizer placed by the front entrance and I would encourage everyone to use it when entering and leaving West Ridge.

I want to personally wish each of you a blessed Christmas and Happy New Year. I look forward to the challenges and rewards of the coming year. I treasure the opportunities that lie ahead. May we all take time to listen and learn from our great elders.

Richard



## SOCIAL WORK NEWS

Hi! My name is Becky Krapfl and I am the new social worker at West Ridge. I have been a social worker for more than 20 years, all of them in health care. This area of health care, however, in skilled and long term care is new for me. I am excited to be here and look forward to working with the elders and families and serving you. I graduated from the University of Iowa with a bachelor's degree in social work and I am licensed in the state of Iowa. I have been married to

my husband Bill for 25 years and we have 3 boys. Our oldest is 23 and lives, works and goes to school in Milwaukee. He has an undergraduate degree in architectural engineering and is working on a graduate degree from the Milwaukee School of Engineering. Our middle son is 19 and in his second year of a six year pharmacy program at Concordia University just north of Milwaukee.

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**May Peace  
be your gift  
at Christmas  
and your  
blessing all  
year  
through!**

~Author Unknown

## NURSING NOTES

As part of the Quality Assurance Performance Improvement Project (QAPI) we have implemented the “Stop and Watch Tool” here at West Ridge Care Center. The stop and watch tool is an early warning tool. This tool was designed by Florida Atlantic University to get early detection of any change in the resident’s condition. The INTERACT stop and watch tool empowers our frontline staff and families to make significant differences in early detection of changes occurring with the resident.

The goal of the stop and watch tool is to reduce hospitalizations. As a family member if you see a change in your loved one, please fill out a stop and watch tool. They will be kept at the front door, in the UL dining room, therapy room, kitchen and both nursing stations. When you complete, please give to a staff member who will then follow up and assess the resident’s change

in condition.

The familiarity of the social worker, housekeeping, laundry, dietary, therapy, maintenance, and activity staff with the resident helps in preventing hospitalizations. If anything seems abnormal please speak up right away. When in doubt report a change. The sooner something is done to protect our residents the better. Let’s make this tool work for us here at West Ridge! The Centers for Medicare and Medicaid (CMS) are suggesting use of this tool to improve the quality of care and the quality of life of the elderly. Thank you all for your ongoing love and support of all of our residents.

Katie



## SOCIAL WORK NEWS (CONT.)

Our youngest son is a sophomore at Anamosa High School. We enjoy our family time and spend many weekends in Milwaukee. Please contact me if you have questions or

concerns or I can help in any way.

Go Hawks!

Becky



## CHRISTMAS PARTIES

Be sure to mark your calendars for Wednesday, December 18th for the West Ridge Christmas Open Houses. The party for The Garden will be from 2-4p.m. and the party for the Foyer Level and Blossom Lane will be from 5-7p.m.

Come enjoy delicious food made by our top

notch culinary crew, entertainment and fellowship. You may even get a glimpse of Santa himself! Please call Julie Winterboer at 390-3367 if you have any questions.



## CHUCK'S CORNER

Every December, the State Fire Marshal's Office reminds us about Life Safety issues when it comes to decorating for Christmas/Holiday Season. Here are some of the many rules we must follow to protect all of us from fires:

No extension cords allowed

No real (live) greenery-wreaths/trees

No more than 20% of a surface (walls/doors) can be covered with combustible material (artwork/gift wrap/ribbon)

Nothing should be attached to a heat register/smoke detector/fire pull-station/sprinkler/light switch

No doors should be blocked from closing-no door stops in use

Christmas lights should not produce any heat-Mini lights are allowed..battery-operated ones are popular

Air fresheners cannot be of a plug-in type and

Candles/hot-oil/wax-type fresheners are not allowed

Help us keep our Elders, Visitors and Staff safe through the Holidays!

We wish all of you a wonderful Holiday Season-from all of the staff in Environmental Services

Michele, Peggy, Mary, Christina, Angie, Paula, Fawn, Mike Chuck



## IN SYMPATHY

We would like to extend our deepest sympathies to the family of Bea Losenicky. She was an amazing woman and a great whistler and will be missed.

We would also like to extend our sympathies to Lee Thornbloom on the passing of her hus-

band Blair. He played his keyboard at West Ridge and many other care centers for over 20 years. Heaven has a new member of the band.



## HAPPY BIRTHDAY TO YOU

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

### **Elders**

Ted Kaltenbach on 12/8  
Marveleen Hess on 12/8  
Gordon Mollman on 12/15

Velma Powell on 12/15  
Mardene Schultz on 12/27

### **Care Partners**

Paula McQuown on 12/16  
Betty Perez on 12/20  
Mel Candia on 12/21  
Ruthann Gharib in 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 and work.

### **Elders**

Carolyn Bengé  
Dorothy Blaha  
William Clancy  
Pat Florang  
Margery Gundling  
Marveleen Hess

Al Loukota  
Pat Mikulas  
Madonna Plummer  
Jerry Rygr

**Care Partners**  
Tanikka Diggins  
Carly Wendt



## HAPPY ANNIVERSARY

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

### **FOURTEEN YEARS**

Kathy McLees  
Julia Winterboer

**Eight Years**  
Kathy Wenger

**Three Years**  
Tammy Redmond

**One Year**  
Wendy Finn  
Aleigha Packerham





# PICTURE PAGE



The gang enjoying lunch at Breitbach's Restaurant in Balltown, IA during our Leaf Trip



Joanne and Roberta enjoy the décor at Breitbach's



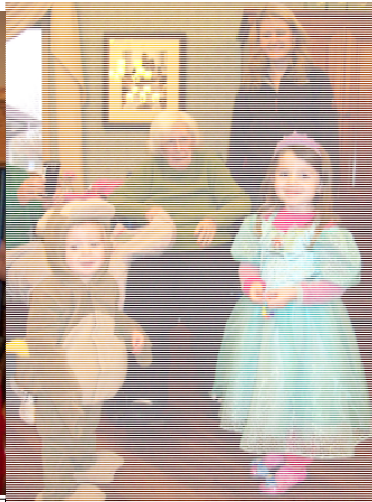
Even our Lab Tech got into the spirit of Halloween



Leah and Jody get into the spirit of Halloween



Super Conny made her presence known



Marian entertained a monkey and a princess



Jerry hands out candy to the Tin Man



Mabel, Marguerite and Barb enjoyed lunch at Leonardo's. Like our Facebook page to see more photos



Tyler and Hailey helped Cowboy Jim



Several people enjoyed lunch at Kava House in Swisher

## DECEMBER IS...

Celebrating the Season  
Month

National Stress-free Family  
Holidays Month

1– Advent Begins

1-7– Cookie Cutter Week

1-21– Operation Santa Paws

4– 65th Birthday of Scrabble

6– St. Nicholas Day

7– Pearl Harbor

Remembrance Day

9– Christmas Card Day

12– Poinsettia Day

13– Friday the 13th

15– Anniversary of the  
Premiere of *Gone With  
the Wind* (1939)

17– Full Moon

20– Anniversary of the  
Premiere of *It's a  
Wonderful Life* (1946)

21– 100th Anniversary of the  
First Crossword Puzzle

21– First Day of Winter

24– Christmas Eve

25– Christmas Day

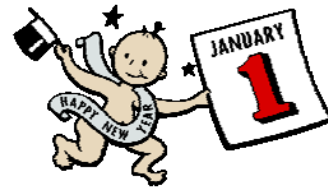
26– National Candy Cane  
Day

28– Card Playing Day

29– Birthday of the Bowling  
Ball (1862)

30– 50th Anniversary of the  
TV Premiere of *Let's  
Make a Deal*

31– New Year's Eve



## GIFT IDEAS

Here are some gift ideas if you are having trouble thinking of something to give your loved one for the holidays.

CD's of their favorite music and/or a CD player

DVD's of favorite movies

Books or Books on tape

Lotions, perfume, aftershave, etc.

Gift Certificate for a massage

Gift Certificate for the hair salon

Photo books

Photo album/Scrapbook with family names written in

Blankets

Cardigans for layering

Sweaters

Slipper Socks

Pajamas

New gloves or scarf (especially if they go on outings or need to go out for appointments)

Small décor items for their room

Fresh fruit

Feel free to ask the staff about anything specific that your loved one might need as well!

Happy Shopping!



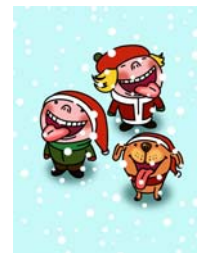
## ACTIVITIES AND RECREATION

Thank you to everyone who has helped to make this a wonderful year at West Ridge. To all my wonderful and awesome volunteers, thank you so much for giving of your time and your heart. We wouldn't be West Ridge without you. To all the staff who help people get to and from activities and who sometimes even join us, thank you for your help and support. It is up to all of us to make this a wonderful place to be for our elders. Thank you to the students at Truman for bringing such joy and enthusiasm every time you visit us. Thank you to the Truman teachers for all your hard work making our relationship with Truman Elementary be as wonderful and rewarding– for everyone involved– as it is. Thank you to the family members who often pitch in to help on a moments notice or who join us for activities and outings. And finally, thank you to the el-

ders of West Ridge for making my job one of the best in the world. Every day I am privileged to come to work and just “be” with some pretty amazing people. People from all walks of life who have come here for many different reasons but whatever that reason may be, fate has brought us together. And for that I am truly grateful. It is my honor to know each of you.

I hope everyone reading this has a blessed and merry Christmas and may the coming year be filled with love and laughter.

Julie



## FUN WEBSITES FOR SENIORS

So far I have written about [www.bonzer.org.au](http://www.bonzer.org.au) and <http://seniors.lovetoknow.com>.

This month our featured website is Eons. Eons is a social network site geared toward baby boomers and up. Besides the online community, they offer a variety of groups and encourage members to start their own. Eons has games and puzzles including what they call “brain games”. It’s a friendly place that includes conversations about books and movies, computers and technology, blogs and videos.

You can find Eons on Facebook or go to <https://www.facebook.com/EonsInc>.

I would love to hear some feedback from anyone who has tried any of these featured websites. Email me at [julie@westridgecarecenter.com](mailto:julie@westridgecarecenter.com).

