

West Ridge Breeze

February 2015

From Richard's Desk

As I mentioned in last month's newsletter, Chuck Bailey will be retiring from his position of Environmental Services Supervisor after 23 years. His association with the elders, families, staff, vendors and members of other branches of the health care community has been first class all

the way. Chuck's last official day will be February 13th but he will always be part of our West Ridge family. With Chuck's retirement we have made many changes. Mike Dreismeier, who has been our maintenance supervisor since 2002, will take over many of Chuck's responsibilities

and Becky Pickart, who has been with West Ridge since 1993, and our Dietary Supervisor since 1997, will move to Human Resources/Administrative Assistant. Part of Becky's new position will include Quality Assurance compliance and Human Resources.

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Social Work News

As a child, Valentine's Day was a holiday I always looked forward to. It was a day filled with fun activities at school, valentines from my classmates, and delicious treats and candy galore! This year, I am excited to spend my first Valentine's Day as a "wife!" Someone will need to remind my husband that flowers are still appreciated, even after "I Do!"

However, this time of year can be difficult for those around us who have spouses or loved ones who have passed away, and can be especially hard for our

elders who may be away from their family and significant others because they are here with us at West Ridge. I encourage all of us to attempt to make this day special for all of our elders. They are all a part of our West Ridge family, no matter how long or short their stay is with us.

Here are some ideas for our care partners, family, and friends of our elders on ways to help our elders feel special around this time of the year:

♥ Have a small bouquet of flowers delivered to your loved

one

♥ Share a special treat or dessert with our elders

♥ Make an old-fashioned valentine

♥ Watch a classic romance movie

♥ Laugh together and share fun memories from over the years

♥ Find the time in our busy lives to spend some quality time with our elders- this means more to them than we will ever know.

Brenda Klepper



Nursing Notes

I am hoping by the time you are reading this we are all healthy and free from flu, quarantine, isolation and face masks!

The Centers for Disease Control and Prevention announced that this year's flu vaccine might not provide robust protection against H3N2, the dominate strain circulating in late December.

H3N2 is typically associated with more severe illnesses and worse patient outcomes, said CDC Director Thomas Frieden, MD. He emphasized that people still should be

vaccinated, and that the shot would have "some effectiveness" against newly altered strains.

He says the single most important message is that medical providers be prepared with antiviral Tamiflu or Relenza to combat flu once a person has been infected, but says only about one in six people infected with the flu receives them. Our pharmacy has had no difficulty keeping Tamiflu on hand.

Please remember to continue to wash your hands frequently, use hand sanitizer

often, try to not touch your face/mouth, try to get plenty of rest, take your vitamins, and drink lots of water. If you have any signs or symptoms of illness, as always we ask that you not visit if at all possible. Please feel free to wear a mask while visiting if you choose. Thank you in assisting to keep our elders healthy!

Katie Ross



Food For Thought

"The hunger for love is much more difficult to remove than the hunger for bread."

~Mother Theresa

Wow! I look at all the time that has passed and all of the families, friends, coworkers and elders I have come in contact with over the years serving as the Dietary Department for the past 21½ years.

I am excited to let everyone know that I will be taking a new position at West Ridge as the Human Resources Manager. This move opened up my position as the

Dietary Supervisor. Richard has hired Erin Bruner to become the new Dietary Supervisor. She has worked at West Ridge for 4½ years as a cook and dietary aide. She also worked here when she was in high school before moving away after graduation, only to return and come back to West Ridge. I am very excited for her to start and know that she will do a great job! You will see some new

faces as we hire for her position of lead cook in the Dietary Department.

I will still be here at West Ridge which means I will be able to help out in the kitchen from time to time, so don't be surprised if you see me helping out in there.

Becky Pickart



From Richard's Desk– continued

Erin Bruner will be taking over as the Dietary Supervisor. Erin is excited for this opportunity and I believe that Erin will work very hard to make the dining experience for the elders one we can continue to be proud of.

Starting the first of February we will be working to improve the bathing/spa experience on Blossom Lane on our lower level. We will be

adding a shower area, new tile and a new bathing system. We apologize in advance for any inconvenience during this time. We will be using the Foyer level spa during this time. We feel that once this project is completed it will be a great addition to the quality of life for those we serve.

Richard Curphey



In Sympathy

We would like to express our deepest sympathies to the families and friends of the following elders. They have touched our hearts and we will truly miss them.

Irma Brown

Margaret Means

Delores Newport

Jerry Weber



Thank You West Ridge Staff

The following message is from Joanne Hasselbrink, Marguerite Scolaro's daughter, and she wanted to share it in the West Ridge Breeze so that the entire staff would see it.

Words cannot begin to express my gratitude to the entire West Ridge

family for the excellent care that Marguerite received over the past 4½ years. I know she enjoyed being the "official greeter" there and loved being around people. Her passing has left a big void in my heart but I can take consolation knowing that everyone there

loved her as I did. Let it be said that West Ridge will never be the same without her. My sincere thanks to everyone who made an impact on our lives.

God Bless you all,

Joanne Hasselbrink



Happy Birthday to You

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

Elders

Roberta Phinney on 2/8

Hedy Benish on 2/12

Marian Brecht on 2/19

Evelyn Hartz on 2/26

Care Partners

Lynette ToKach on 2/11

Mike Dreismeier on 2/12

Lily Driscoll on 2/14

Chuck Bailey on 2/21

Martha Aguilar on 2/23

Kathy Wenger on 2/27



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

Sharon Beatty

Albert Cejka

Diana Coberly

Kathleen Engle

Donald Graham

Bob Herington

Bob Hildebrand

Pauline Hosch

Theresa Huber

Kathryn Lindhorst

Bessie McCright

Tom McMillan

John Miller

Irma Rayborn

Lester Steward

Care Partners

Kjersten Borreson

Marion Creque

Lily Driscoll

Shaylee Harris

Michelle Howard

Christina Maynard

Denise Roff

Lynette ToKach

Jessica Wenger

Jessica Wise



Happy Anniversary



Happy Anniversary to the following staff who have anniversary dates in the month of February for all your hard work and dedication to West Ridge.

TWENTY THREE YEARS

Chuck Bailey

TWELVE YEARS

Cassy McSpadden

Seven Years

Jill Hines

Four Years

Melissa Mergillano

Three Years

Fawn Ingalls

Two Years

Christina Welbes

One Year

Teresa Geppert

Eden Education

Over the past months I have spoken to Identity, Growth, Autonomy and Security. This month we will look at the fifth domain from The Eden Alternative's Seven Domains of Well-Being which is Connectedness.

"No man is an island, entire of itself; every man is a piece of the continent."

~John Dunne

The idea John Dunne brings forth in this meditation is not an unusual one—this idea of interconnectedness. Studies show physical and emotional benefits to staying connected with loved ones and with one's environment. Connectedness is more than being surrounded by people who are friendly or skilled in customer service. It is about being in meaningful, and sometimes deep, relationships with others. It is about being a part of something that is bigger than ourselves. It is about being surrounded by things that have personal meaning for us throughout our homes. It means knowing our history and looking forward to our future.

During our lives many connections can be lost- we retire, spouses and friends

die, children, friends and neighbors move away, we are home-bound and don't get out as much— all of these place us at high-risk for feeling disconnected. Individuals can become disconnected from the past, by loss of familiar relationships, places and personal possessions, and from the future by loss of hopes and dreams. Thus, the present reality becomes endless days of loneliness, helplessness and boredom. As this seeps into their spirits, many disconnect completely from the physical and social environment.

A person-directed model seeks to reconnect Elders or individuals accepting support and their care partners with the past, present and future, with their environment and with hope and dreams. Care partner relationship consistency is the beginning of this reconnection. Creating a home space that is filled with meaningful items, and not medical trappings, continues the connections. Restoring relationships and making peace with one's life can be another way to foster connectedness. The possibilities are endless as

we get to know each other's stories.

To bring connectedness forward we need to look at how are members of the care partner team connecting with one another regularly. We also need to determine how meaningful connections in the lives of care partners are identified and shared. What actions are the care partner team members taking to help all team members continue or build connectedness? And what role does a connection with the larger living world play in the individual's life and how is the care partner team developing that connection?

If you have questions about the Eden Alternative or the Domains of Well-Being, please see an Eden Leadership team member, Julia Winterboer, Katie Ross, Yolla Chalhoub, Betty Perez, Erin Bruner or Ruthann Gharib.

Source: The Eden Alternative



Activities and Recreation

I am excited to have a new group come to West Ridge this month, Leviathon, a group of local high school students that play string instruments. Please be sure to give me your reviews after they perform here on the 21st!

There are lots of fun things in February, like Groundhog's Day, Presidents' Day and of course Valentine's Day. We are doing a Cupid's Brunch on Thursday, February 12th and I know the kitchen crew will do as beautiful a job this year as they did last. Come hungry and wear your heart on your sleeve!

Thank you to the elders from Mercy Hallmar for their visit in January. We look forward to going there this month for a Social. It is important for the elders of West Ridge to continue to be active participants in the community in which we live. If you know of an organization in the area that would benefit from the knowledge and wisdom the elders have to offer, please let me know.

This has been a difficult time for many of us at West Ridge as we have lost several members of our West Ridge family recently, some who had lived here several years. People often say to family members or friends who have lost a loved one,

"They're in a better place." While I believe in my heart this is true, it doesn't make those they left behind miss them any less. If any elder or care partner feels they need to talk to someone, please let us know and we will help you.

I hope you are able to take the time this month to reflect on those you love and make sure they know how much they mean to you. Happy Valentine's to each of you!

Julie



February is...

American Heart Month
American History Month
Celebration of Chocolate Month

Connecting to Joy Month
National Blah Buster Month
National Cherry Month
National Weddings Month
Spunky Old Broads Month

1– Popcorn Day
1– Super Bowl XLIX
2– Groundhog Day

3– Full Moon
4– Thank a Letter Carrier Day
5– Weatherperson's Day
6– National Wear Red Day
8– Anniversary of the Founding of Boy Scouts of America, 1910
9-15– Random Acts of Kindness Week
14– Valentine's Day
16– Presidents' Day
18– Ash Wednesday
19– Chinese New Year

Begins
22– 57th Annual Daytona 500
NASCAR Sprint Car Race
22– 87th Annual Academy Awards
22-28– International Friendship Week
26– Blue Jeans Thursday
28– Floral Design Day

