



West Ridge Breeze

February 2016

From Richard's Desk

As I expressed in last month's newsletter, one of my goals this year is to infuse passion. It's not that we have to go to work at West Ridge, it's that we *get* to.

In today's world your passion and your purpose must be greater than your challenges. To be successful we must be willing to work harder, learn more. Lead better, smile more and love deeper, and this requires passion. This drive I call passion is what wakes you up 30 minutes earlier. It rallies your team together when times are tough. It moves you to see one more elder after a long day. It helps inspire you to help a struggling co-worker. This passion transforms the workplace and fuels a winning team.

No matter your job title or pay, you will find in life that a title or money is not what brings out your passion. It is the opportunity we have to serve others. It is your calling to help those in need. It is knowing that you are needed and appreciated

and understanding that if not you, then who will make the difference? I have know people who stock shelves at a store that are more passionate than a CEO of a large company.

I understand that not everyone is going to be passionate about all their daily responsibilities associated with their job. I know that I'm not always passionate about everything I have to do each day. However, in these cases, we can focus on the one aspect of our job that we are passionate about. You can be passionate about West Ridge. You can be passionate about your co-workers and helping them improve, grow and succeed. You can be passionate about the Elders we have the opportunity to serve. You can be passionate about making a difference.

If anyone feels like they aren't able to express their passion because they are in the position and would rather do something else at West Ridge, I want you to

be honest about this. We will do everything in our power to find a role at West Ridge that allows you to use your gifts and strengths to help those we have the opportunity to serve.

We all owe it to ourselves to live our passion and be the best we can be. Remember, it's a calling, not a job. Thank you for answering your calling in life.

Richard



Nursing Notes

The safety and security of our elders is always a hot topic around West Ridge. As an industry, long term is the most highly regulated industry after nuclear power plants. We have 524 regulations we follow on a daily basis. I'm sure any of you that have visited since the first of the year have noticed that our front doors are now locked all of the time. In the past we only locked the doors at night. This new happening was prompted by regulations that the Department of Inspections and Appeals have recently been enforcing. The locked front doors will keep our elders from the

potential for wandering outside. This is a huge piece of mind in this cold weather and also being located on a busy road such as F Ave.

The handicap button will open the doors upon entering the building and when exiting the building you must enter a code in the keypad to the right of the door. The Foyer Level nurse can provide you with the code to leave. If you push on the front doors to leave without coding out the alarms will automatically sound until they are reset. Please be patient as we perfect the operation of this new safety feature! If

Crystal our receptionist is present during your visit, she attempts to push a switch if she sees visitors approaching. Please see Mike or Richard if you have any questions regarding our new security system. I personally feel great knowing that this extra security measure is in place to protect our elders.

Thank You!!!

Katie RN, BSN, DON



Social Work News

Beginning in mid- January, we resumed a program at West Ridge we call the Adopt an Elder Program. This program is focused on getting to know each new person coming to us and helping them adjust to life, permanently or temporarily, at West Ridge. A staff member will be assigned to each new resident admitted and

for the first 72 hours will ask questions to see how their stay has been so far. These staff members are there for any questions or concerns and to make the transition to a new environment smoother. We want every resident to feel at home at West Ridge and have what they need to make their stay

comfortable and enjoyable. Welcome to West Ridge!

Abby



Love one another and you will be happy. It's as simple and as difficult as that.

~Michael Leunig

Katy's Corner

The month of February is a symbolic time for love, as Valentine's Day lays in the heart of the 28-day month... 29 this year! There is a lot more to this month than just that one day however, and Cedar Rapids is ready to show you.

On the 7th of February there will be a guided snowshoe walk at Indian Creek Nature Center from 1:00pm-2:30pm. This would be a great experience in order to complete it and say you've had your first new experience of 2016. There a fee for this event under \$10, and if there is not enough snow at the scheduled time of the walk, a winter walk in the woods will still occur, something equally unique as doing it with snowshoes

on.

Many renowned shows will also be held at the Paramount Theatre, TCR and CSPS Hall this month. From Ragtime the Musical (at Paramount) on Valentine's Day itself, to Violet (TCR) the 25th-28th, and Next to Normal (at CSPS Hall) on the 26th, this city will be lit with incredible music and riveting story-lines on every corner.

Finally, once you've finished watching actors and actresses, pretend to be one! Attend The Main Event at the National Czech and Slovak Museum on the 26th from 6:00pm- 9:00pm for a night of posh hors d'oeuvres in only your best red carpet attire. With a mere

\$35 entrance fee, enjoy food, cocktails, and some awesome opportunities to win great prizes. This charity events' purpose is to raise money for the Czech Village/ New Bohemia Main Street District as well as spice up your average cold February evening.

As mundane of a month as February tends to be, spice it up with some of the unique events Cedar Rapids has to offer!

Katy



Let's Party~ Eden Style!

Please join us at our Community Meeting on Thursday, February 18th at 2pm as West Ridge celebrates the completion of Milestone 2 on the Path to Mastery through the Eden Alternative. This is yet another

achievement on our Eden journey and we are excited to celebrate this accomplishment!

Come to the meeting to learn more about Eden and about our Community Meetings. They are

open to all elders, family members and care partners. Please see a member of the Eden Leadership Team if you have any questions.



In Sympathy

We would like to express our deepest sympathies to the families and friends of the following elders. They will truly be missed.

Joan Elliott-Green
Ski Kaupins
Francis Luzum
John Wojtowicz



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

Michael Schmitz on 2/9

Marian Brecht on 2/19

Care Partners

Scott Smith on 2/11

Mike Dreismeier on 2/12

Brent Kennedy on 2/21

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

Charlotte Boniventure

Joyce Boyd

Tanna Buchanan

Joanne Dvorak

Barb Franklin

Beverly Gates

Harlan Glandorf

Charlotte Hawkins

Jeanette Maier

Marie Matheny

Dottie Morris

Dale Obrine

John Perez

Bud Rayborn

Irma Rayborn

Connie Sanders

Lois Wessling

Clarence Vaughn

Joyce Zenor

Care Partners

Chelsey Gatewood

Alasha Hawkins

Terry Miller

Shawn Price



Happy Anniversary

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

One Year

Angela DiRenzo

Two Years

Teresa Geppert

Five Years

Melissa Lynch

THIRTEEN YEARS

Cassy McSpadden



Eden Education

As you have seen, in this issue we are very excited to be able to announce that we have completed Milestone 2 in our Eden journey. But, you might ask, what exactly does that mean?

West Ridge chose over 16 years ago to become a registered Eden Alternative home. The vision of the Eden Alternative is to eliminate loneliness, helplessness and boredom. Their mission statement is, "To improve the well-being of Elders and their care partners by transforming the communities where they live and work". The staff was trained in what this meant and several of the department heads went through the three day Eden Associate training. Over the years, several more department heads have gone through the 3 day training and we continually work to educate staff (care partners), elders and family members. We completed Milestone 1 several years ago. Eden is a never ending journey where we strive to improve the overall well-being of the elders and care partners of West Ridge. Eden offers tools to help registered homes in this process, but each Eden home is different much the same as your

home is different from your neighbor's.

At West Ridge we have an Eden Leadership team. This team spent the last few months going over the steps required by Eden to be able to complete Milestone 2. Steps such as, making sure all care partners have at least 4 hours of Eden Alternative overview training per year; families, Elders, volunteers and others are provided with information on the Eden Alternative Principles at least quarterly; that our Community recognizes, shares and honors the value each Elder brings to our Community— Celebrations of individual milestones are a way of life, and many more. In fact there were 42 steps that we had to accomplish to be able to complete Milestone 2.

There are three parts to each Milestone: personal transformation, organizational transformation and physical transformation. The personal transformation has to do with the formal and informal leaders of West Ridge and include education, training, building relationships and quality care. The organizational transformation also looks at formal and informal leaders as well as our

mission and vision statements. It looks to leadership to make sure that the care partners have the tools they need to create meaningful relationships with those they work with and to create a caring community for all of us to work, live and visit in. Milestone 2 helps to make sure that we are offering Elders choices as much as possible and that we are celebrating life to the fullest. It also looks at connecting West Ridge with the larger community. The physical transformation simply makes sure that the physical environment of West Ridge reflects the people who life and work here, beyond just the Elders' rooms.

As you can see, we have been busy here but we look forward to celebrating this Milestone with you and then continuing on to Milestone 3 as we progress on this transformational journey. Won't you join us? Help us make West Ridge a place to learn, grow, live and love!



Food For Thought

Cherry Cheesecake Snacks

8-oz. pkg. cream cheese, softened
1/3 cup sugar
2 tsp. vanilla
8-oz. carton whipped topping,

thawed
36 squares graham crackers
21-oz. can cherry pie filling

1. Beat cream cheese, sugar and vanilla until smooth.

2. Fold in the whipped topping.
3. Spread the filling on graham crackers. Garnish with a teaspoon of cherry pie filling.
4. Chill until set, about 2 hours.

Activities and Recreation

February brings to mind Valentine's Day, and that often brings to mind love. There are many kinds of love— love for your spouse, for your kids, your parents, your friends, etc. I am so grateful that I am able to witness acts of love on a daily basis in my job. I see the love of husbands and wives faithfully visiting their spouses, adult children and grandchildren visiting their parent/grandparent, I see the care partners lovingly care for the elders, often going above and beyond to make sure they feel loved and cared for, and I am the lucky recipient of love from the elders daily. We have couples married 70+ years setting the perfect example of love and commitment. That's a rarity these days.

In a world full of scary stories on

the news, politicians spouting promises they very likely won't keep and displays of hatred around the world, it is comforting to come in to the sanctuary that is West Ridge and feel and see the love.

As we close in on Valentine's Day, be sure to express to those who are the most important to you just how much you love them. Don't assume they know. And besides, it's always nice to hear again, isn't it?

We have lots of unique celebrations this month including Chinese New Year, Mardi Gras, Valentine's Day, Presidents' Day, Friendship Week, and Leap Day. However the one I want you to mark on your calendar is our Community Meeting on February 18th at 2pm. You are always welcome at our Community

Meetings, however this one will be special as we are celebrating the completion of Milestone 2 through the Eden Alternative. Being part of the Eden Alternative is a never ending journey, one that we are proud to be on. Come learn more about Eden and celebrate with us!

You are also welcome to join us on Valentine's Day for Sweetheart Sundaes. Come to the dining room at 2:30pm to build your own sundae. Sharing with your sweetheart is optional— we'll have enough for everyone!

With love,
Julie



February is...

American Heart Month
 Celebration of Chocolate Month
 National Black History Month
 National Cherry Month
 National Senior Independence Month
 National Weddings Month
 2– Groundhog Day
 4– Founding of the USO, 1941
 5– National Wear Red Day
 6– Anniversary of the Coronation

of Queen Elizabeth II (1952)
 7– Super Bowl 50
 8– Chinese New Year Begins
 9– Mardi Gras
 10– Ash Wednesday
 14– Valentine's Day
 14-20– Random Acts of Kindness Week
 15– Presidents' Day
 21– 58th Annual Daytona 500 NASCAR Sprint Car Race

21-27– International Friendship Week
 22– Full Moon
 23– United States Flag was Raised over Iwo Jima (1945)
 26– Blue Jeans Friday
 28– Floral Design Day
 29– Leap Day

