

# West Ridge Breeze

February 2017

## From Richard's Desk

West Ridge Care Center is committed to the health and wellness of all. Therefore at the request of many and with much thought we will become a "smoke-free" campus as of April 1, 2017.

Our goal is to make this a positive experience that will promote our home's health and well-being. At the same time it will provide support to those who want help to quit smoking. We will host a lunch and learn

on February 7, 2017 starting at 10:30a, with another at 12:30pm.

This will help educate and assist smokers to learn ways to deal with tobacco withdrawal. Whether or not you are a smoker we need your assistance and support. It will take all of us working together to implement this for the benefit of those we serve and serve with.

I know this will be difficult for many. We will all work together to

help identify resources to help you in this journey.

We must all be willing to be mentors and cheerleaders so please RSVP for the lunch and learn on the 7th of February by signing on the sheet by the timeclock.

Richard



## Social Work News

Palliative Care is a service for patients with serious medical illnesses. Serious illness can include but are not limited to: cancer, heart disease, lung disease, kidney disease, Alzheimer's, ALS and many more.

Palliative care's focus is on relief from pain, stress and symptoms of a serious illness.

Palliative is different from hospice care as you do not need a terminal diagnosis to qualify but similar in its goal of comfort.

Palliative care offers a team of doctors, nurses, social workers and other specialists providing interdisciplinary support. This team can help you understand your symptoms, clarify your treatment goals  
*(continued on page 2 )*

## Nursing Notes

This newsletter I wanted to take a moment to remind everyone of some of the processes and officers here at West Ridge Care Center.

Richard Curphey, Administrator, is the Grievance Officer. Any grievance can be written up and given to Richard, slid under his door or put in the anonymous comment box near the pamphlet wall by the breakroom. A formal grievance form will be available on this wall as well.

Mike Dreismeier, Environmental Services Supervisor, is our Safety Officer. Mike is in charge of making sure the building and grounds are safe for

our elders, visitors and staff. This is a 24 hour job.

Becky Pickart, head of HR, is the OIG Compliance Officer. Becky makes sure we are in compliance with the Office of Inspector General and makes sure employee files are up to date.

Abby Martin, Social Worker, is the Security Officer for HIPPA. Abby also helps with abuse prevention. Her main focus is the psychosocial well-being of the elders here at West Ridge Care Center.

I, Katie Candia, Director of Nursing, am our Infection Preventionist. I am in

charge of the nursing department and infection control. I also do the self-reporting in the event of a fall with major injury, allegations of abuse, or any other incident reportable to DIA (Department of Inspection and Appeals).

We all have boxes near the administrative offices. You are welcome to leave a note for one of us anytime. Our doors are always open. Please feel free to stop in and discuss any concerns.

Katie



**You really shouldn't say "I love you" unless you mean it. But if you mean it, you should say it a lot. People forget.**

*~Author unknown, attributed to an 8-year-old named Jessica*

## Social Work News– continued

and assist with you making any medical decisions or referral for alternative care. Palliative care's overall goal is to improve your quality of life. If you are

interested in learning more about palliative care or accessing services, please let your nurse or me know.

Abby



**Love is the condition in which the happiness of another person is essential to your own.**

*~Robert Heinlein*

Spread love everywhere you go. Let no one ever come to you  
without leaving happier.

~Mother Theresa

## Community News

Over the next few months I will be highlighting some of the area assisted living facilities that West Ridge works with. We are fortunate to have great working relationships with these AL's. Often times someone comes to us from an area AL for a short term rehab stay and then returns to the AL they were living at prior to their West Ridge stay. Other times someone may have been living independently in the community but due to a decline in strength or cognition related to a fall, injury or illness, it is not safe for that person to return to independent living. Our therapists may recommend an assisted living facility as a viable option for that person.

Regardless of the situation, it is important that West Ridge maintain a good working relationship with multiple AL's in town to help with a smooth transition for

our Elders. This month we are featuring The Keystones of Cedar Rapids... Here is what Tricia Hart wanted you to know:

We are the community that welcomes you home. Whether you are looking for Independent Living, Assisted Living or Memory Care you will find that "family feel" you have been searching for. At the Keystones you will meet others who share your interests and enjoy multiple social and recreational activities. Live independently at Keystone Place knowing that in the future you can turn to Keystone Cedars, which provides both assisted living and memory care services. We are conveniently located on the northeast side and have quick access to shopping, churches, medical services, restaurants and more.

Enjoy the stress free lifestyle. No cooking, housekeeping, mowing, shoveling snow, etc.

To find out more about what the Keystones of Cedar Rapids has to offer, or to set up a tour please contact Tricia Hart at 319-393-7900. You can also check us out on our website at [www.keystonesenior.com](http://www.keystonesenior.com)

If you have any questions about assisted living facilities, please see me or Abby Martin, our Social Worker.

Katy Smith



## 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.

Nataline Soko on 2/2

Emily Curler on 2/3

Ron Powers on 2/3

Mary Bowles on 2/4

Roberta Phinney on 2/8

Scott Smith on 2/11

Mike Dreismeier on 2/12

Lorraine Spidle on 2/12

Amelia Givens on 2/14

Belinda Thurn on 2/14

Irene McAleer on 2/16

Marian Brecht on 2/19

Martha Aguilar on 2/23

LaShawna Rosario on 2/25



## 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

Mary Jo Bowles

Harlan Glandorf

Byron Morehead

Wanda Musk

Judy Nye

John Petrzelka

Ron Powers

Jerry Schulz

Helen Torrens

Diana Walker

Betty Zipperer

### Care Partners

Kara Dornbusch

Katherine Goldsmith

Joe Hubbard

Mia Miller

Erika Pedraza

Nataline Soko



A smile is  
the  
universal  
welcome.

~Max Eastman

## Happy Anniversary

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

### FOURTEEN YEARS

Cassy McSpadden

### Six Years

Melissa Lynch

### Three Years

Teresa Geppert

### Two Years

Angie DiRenzo

### One Year

Carolyn Harrison

Melissa Robinson





## 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.

Waunita Emken

Phyllis Kuda

Lillian Jensen



We don't stop  
playing because  
we grow old.  
We grow old  
because we stop  
playing.

-George Bernard Shaw

## Lost and Found

Please be sure to check out 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.



## Benefits of Yoga

Growing older presents many gifts— maturity, grace, wisdom, experience and perspective to name a few. But it also has its set of challenges. The good news is that there are many things you can do to improve your well-being as a senior. Eating healthy, exercise, meditation and brain training exercises can help you improve your overall well-being.

Yoga can also offer a wide array of health benefits. Here are just some of the many benefits of yoga for seniors:

- Increased flexibility
- Increased muscle strength and tone
- Improved respiration, energy and vitality
- Maintaining a balanced metabolism
- Weight reduction
- Cardio and circulatory health

- Protection from injury
- Reduce anxiety
- Sharpens your mind
- Boosts mood

We are excited to be able to offer a new yoga class on Monday mornings here at West Ridge! Come and check it out!



## Activities and Recreation

Even though it's still cold outside, we are keeping things warm and moving in here! I am happy to announce that Brooke Ralston will be starting a chair yoga class this month. It will be Monday mornings at 10am. (See the benefits of yoga article on page 6.) This is in addition to our weekly Zumba Gold classes on Thursday mornings. Many of the Elders at West Ridge are here for Skilled care which means they exercises with a therapist, other Elders work with Kim, our Rehab Nurse, to exercise several times a week. These classes enhance our wellness program and are a fun way to improve overall health and well-being. You are welcome to join us for a class to see what they are all about.

St. Patrick's Day and Easter

will both be here before we know it. Be sure to cheer us on at the SaPaDaPaSo Parade on Friday, March 17th in downtown Cedar Rapids. We love being part of this Cedar Rapids tradition!

Our annual Easter Egg Hunt will be held on Saturday, April 8th. This is open to children of the community ages 0-12. The elders always have a great time getting ready for this event and helping to hide the eggs on the day of the hunt and the kids have a great time finding the eggs and winning prizes! Be sure to mark your calendar with both of these events.

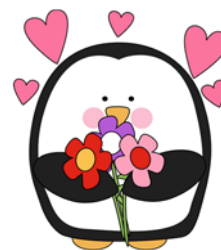
We will also be having our annual Valentine's Brunch on Tuesday, February 14th. If you would like to join us for this day, you must RSVP by February 10th so that we can

ensure seating as our dining room shrinks a little to make room for all of the delicious food. Cost is \$5.00 for family and friends.

There are lots of other fun things coming up this month including another Cork-n-Canvas, music from a hammer dulcimer, an animal program from Camp Courageous and much more!

Please take time this month to reflect on all those who you hold dear to your heart and be sure to reach out to them and let them know how much they mean to you. Happy Valentine's Day!!

Julie



## February is...

American Heart Month  
 American History Month  
 Black History Month  
 Celebration of Chocolate Month  
 National Cherry Month  
 2- Groundhog Day  
 5- Super Bowl LI  
 5- Weatherperson's Day

8- Anniversary of the Founding of the Boy Scouts of America, 1910  
 10- Full Moon  
 12-18- Random Acts of Kindness Week  
 14- Valentine's Day  
 19-25- International Friendship Week  
 20- National Cherry Pie Day

20- Presidents' Day  
 22- National Margarita Day  
 26- 59th Annual Daytona 500 NASCAR Race  
 28- Mardi Gras

