

West Ridge Breeze

From Richard's Desk

As we welcome 2016, it gives me the opportunity to look back at all the blessings I have received over the past year. I would also like thank all of the elders, families and staff members that have touched our lives during this past year. To all the great care givers that help bring joy, peace and love to each of the elders, it is a privilege to serve with you. Your loyal and caring ways are a true gift and greatly appreciated. To the families and elders who chose West Ridge for

your rehab or long term care, it is an honor to have each of you in our West Ridge family. We do not take lightly the opportunity that you have given us. We are excited about the possibilities that 2016 will bring.

Richard



Social Work News

Medicare vs. Medicaid

I have had many questions and concerns lately regarding the privatization of Medicaid. First, just a reminder that we currently do not accept Medicaid or Title 19. This is simply due to the fact that we are not licensed to do so. Also a reminder, Medicaid is a government aid program provided for low-income or disabled individuals. Medicare, which the majority of our residents have, is also a government aid program for adults 65 years and older or

disabled individuals. These programs can sometimes be confused due to their similar names. I remember the difference as Medicaid includes the word "aid" and gives aid to the needy. Medicare includes the word "care" and provides care for the elderly and disabled. Medicare will have some small changes in 2016 but Medicaid is the program in Iowa that will now be managed by four private firms including: Amerigroup Iowa, AmeriHealth Caritas Iowa,

UnitedHealthcare Plan of the River Valley, and WellCare of Iowa. This change in Medicaid should not affect our residents as we do not accept Medicaid, but if you have questions or concerns about the switch please let me know. Thank you!

Abby





Nursing Notes

Happy New Year from the Eden leadership team! We are excited to share our journey with you this year! We are just submitting our information for Milestone 2 to the Eden registry. This is part of the Path to Mastery pertaining to The Art of Creating a Caring Community. Completing Milestone 2 means we are progressing in our organizational transformation, personal transformation, and

physical transformation.

We will start our journey on Milestone 3 early this year. If you would like to learn more about our Eden journey, please see one of the Eden Leadership team (Katie C, Yolla, Carol, Kathy W, Betty, Julie, Erin and Richard). If you are an elder and have an interest in becoming part of the Eden Leadership team, please let a care partner or someone on the team know.

As always please attend our monthly community meeting regularly scheduled for the third Thursday of the month at 2:00pm. This meeting is open to elders, family members, friends and care partners! Please come and bring a friend!! 2016 is going to be amazing!!!!

Katie, RN, DON



*Year's end is neither
an end nor a
beginning but a going
on, with all the
wisdom that
experience can instill
in us.*
~ Hal Borland

Food For Thought

Welcome to the New Year! It is crazy how fast 2015 went by. During the year of 2015 I was able to accomplish some personal tasks! I became a certified 90 hour food service manager. It was a lot of really great information that I learned and have been trying to implement some of the ideas that I learned from each of my classes. I have been teaching my staff ways to improve things we do and time management things as well. I hope that I can bring some fresh ideas for this coming year!

Something that I learned in 2015 was that we have a lot of really great elders and families.

But to make our dining experiences a little bit easier, we ask families and friends to let us have at least a two hour notice if you are going to eat a meal with one of our elders. This will give the kitchen enough time to make sure that they are able to provide the meal items you would prefer! It also only costs \$5.

Visitors are welcome during our meal times but, due to limited seating in the dining rooms, elders and their visitors will be seated in another area. We have a small area in the back hall of the upper level. We also have the conference room that we can reserve at any time with a notice. We are sorry for any inconven-

ience. If you wish your loved ones to eat in the dining room, there is a very nice snack area and living room you are welcome to visit during meal times. Thank you for your consideration.

Again, if you have any questions, or would love to share a family recipe for us to try out in the kitchen, please stop in and seem me. I am always inviting to new fresh ideas and comments!

Here's to making this a great year!

Erin



Recipe for a Happy New Year

♥ 1 cup of Good Thoughts

♥ 2 cups of Sacrifice for Others

♥ 1 cup of Kind Deeds

♥ 3 cups of Forgiveness

♥ 4 cups of Prayer and Faith

1) Mix the first four ingredients thoroughly as you add Tears of Joy,

Sorrow, and Sympathy for Others.

2) Flavor generously with Gifts of Love and Kindly Service.

3) Fold in Prayers and Faith to hold the other ingredients together and give them a Firm Foundation for the Future.



New Year's Around the World

Here are some examples of how other countries celebrate New Year's. What are some of your favorite traditions?

In Greece on New Year's Eve, an onion is hung on the door as a symbol of renewal and rebirth. In the morning, the mother of each family wakes her children up by tapping them on the head with the onion.

In Turkey at midnight, salt is sprinkled on the doorsteps of homes, This is said to bring peace and abundance.

Russians write down a wish, burn it, and put it in a champagne glass. They must drink the champagne before the stroke of midnight on New Year's Eve.

In Estonia on New Year's Day, people eat seven, nine, or twelve times during the day, since those numbers are all lucky numbers. The more times they eat, the more food they will be blessed with during the year.

In Denmark, neighbors smash plates on each other's doorsteps which is said to bring good luck and friendship. The more pieces of plate people have on their doorsteps, the luckier they will be and more friends they will have.

Italians wear red underwear which is said to bring love, good luck and prosperity.

In the Philippines, things having to do with circles are said to bring prosperity such as wearing polka

dots and eating circular-shaped fruits.

In Thailand, people throw buckets of water on each other.





Happy Birthday to You

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

Elders

Don Detert on 1/6
Edith Raus on 1/6
Joanne Carl on 1/8

Sondra Peck on 1/9
Lester Schulte on 1/13
Don Schmitz on 1/27

Care Partners

Britany Folkerts on 1/18
Kim Hoffman on 1/22
Connie Antonini on 1/30

Allison Bohren on 1/31
Jessica Wise on 1/31



Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man.

~ Benjamin Franklin

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

Joanne Carl

Dave Halvorson
Roland Lee
Wayne Meier
Jack Petrzelka
Jean Petrzelka

Care Partners

DeAnne LeGrand



Happy Anniversary

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

TWENTY TWO YEARS

Connie Antonini

Five Years

Crystal Anthes

Two Years

Katie Tihpen





In Sympathy

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

Thelma Filling
Robert Shetler



Eden Education

As Katie mentioned in her article this month, we have recently completed Milestone 2. As we are always having new people join our West Ridge family, some may be unfamiliar with the Eden Alternative. Below is part of The Domains of Well-Being from Dr. Bill Thomas, the founder of the Eden Alternative. It speaks to the term ‘culture change’, which is what we are striving for through our Eden journey.

“Culture change” is the common name for a global initiative focused on transforming care, as we know it, for Elders and individuals living with different physical, developmental, intellectual, and

psychological abilities. It advocates for a shift from institutional models of care to person-directed values and practices that put the person first. Person-directed care is structured around the unique needs, preferences, and desires of the individual in question. Through this approach, decisions and actions around care honor the voices and choices of care recipients and those working most closely with them.

The ultimate goal of culture change is well-being for all — all care partners (the Elder or individual accepting support, employees, family members, and volunteers), the

organization, and ultimately the community. The Eden Alternative promotes the concept of care partnership, which affirms that care is a two-way street, focused on ensuring the growth and well-being of everyone involved in the care relationship. It acknowledges that the quality of our relationships is the key to our success, and that care and well-being is for everyone, not just the individuals receiving treatment or services.

Please let us know if you have any questions about the Eden Alternative.



“Accomplishment will prove to be a journey, not a destination.”

~Dwight D. Eisenhower

Activities and Recreation

Thank you to everyone who came to our Christmas parties in December! Thank you for all of the compliments we received from you as well. I want to personally thank Erin, our Dietary Supervisor, for doing a tremendous job on her first West Ridge Christmas party. Thank you also to Becky for all of your help and sharing your experience and wisdom with Erin. Thank you to Crystal and Jill who were instrumental in helping get ready for the party.

Thank you to everyone in the kitchen for your hard work. Thank you to all the Department heads and staff who helped with the party. Thank you to Melissa and Katie for all your hard work and for putting up with me. We couldn't have done it without all of you!!

As you can see by the Activity Calendar, January isn't quite as busy as December was, but it doesn't mean we have idle hands. As I look forward to the new year, I am also thinking of new things for us to

try and new places for us to go. If you have any ideas or suggestions for groups that could come in for an activity or for entertainment, or an idea for a trendy new activity, please let me know. We are always open to trying new things.

Many blessing to you and your family in this New Year!

Julie



People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas.
~ Unknown

January is...

- Celebrating Wellness Month
- Folk Music and Dancing Month
- Get Organized Month
- International Creativity Month
- International Gourmet Coffee Month
- National Hobby Month
- National Hot Tea Month
- 1– New Year's Day
- 1– Rose Bowl (Iowa vs. Stanford)
- 3– National Chocolate-covered Cherry Day
- 4– Blender's Birthday, 1910
- 4– Trivia Day

- 6– Epiphany (Twelfth Day)
- 8– 81st Birth Anniversary of Elvis Presley, 1935-1977
- 10-16– National Pizza Week
- 11– College Football Championship Game
- 15– Birth Anniversary of Martin Luther King, Jr., 1929-1968
- 15– National Hat Day
- 17-23– Book Week
- 17-23– National Activity Professionals' Week
- 18– Martin Luther King, Jr. Day
- 20– Maintenance Day
- 21– National Hugging Day
- 23– National Pie Day

- 23– Full Moon
- 24– Belly Laugh Day
- 24– National Compliment Day
- 25– Bubble Wrap Appreciation Day
- 28– National Clothes Clashing Day
- 29– National Puzzle Day

