

West Ridge Breeze

From Richard's Desk

As we move into a new year it gives me the opportunity to look back at all the blessings I have received over the past year. I would like to thank all of the elders, families and care partners that have touched our lives over the past year. To all the great staff who understand that bringing peace and joy to the elders that give us the opportunity to be a part of their lives is a calling, not a job. It is a privilege to work with you. Our loyal and caring ways are 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 honor you have bestowed on us.

As many of you may already know, Chuck Bailey, our Environmental Services Supervisor, has decided to retire after 23 years of service to West Ridge. His retirement date will be February 13, 2015. Although I am truly sad to see Chuck go, we are

happy for him and wish him many health years of enjoyment and safe travels wherever the next chapter of his life takes him. I feel very blessed to have had the opportunity to work along side Chuck, his knowledge and dedication to serving West Ridge has been second to non. Your support of me over the years will never be forgotten.

Richard



Social Work News

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Hi! My name is Brenda Klepper, and I am the new Social Worker at West Ridge. I previously worked as a hospital social worker at Mercy Hospital in Dubuque. I am originally from Bernard, Iowa, a very rural area near Dubuque. I have my Master's degree in Social Work from UNI (University of Northern Iowa). I especially

enjoy working with the elderly population.

My husband Mitch and I are newlyweds who were married in September, and are living in Hiawatha with our dog, Sophie. We have just bought our first home and are learning a lot about home improvement! In my spare time, I enjoy cooking, shopping, reading, bike rides, road

trips, and spending time with my family and friends. I am excited to work with you all here at West Ridge, and encourage you to contact me with any social work questions or concerns!

Brenda

Nursing Notes

As we enter the New Year I want to really focus on pursuing, monitoring, and evaluating the quality of care here at West Ridge Care Center. The nursing department has some goals in mind to improve the quality of care and we are very excited about all the New Year holds.

Our quality assurance committee meets on the first Thursday of each quarter to discuss concerns in all departments. The QA team consists of

all supervisors, our consultant pharmacist, our medical director and our administrator. Once a concern or problem has been identified the committee brainstorms possible mechanisms to resolve or a tool is developed for prevention or corrective action.

It is the philosophy of the facility that Quality Assurance is the responsibility of every employee at West Ridge and this responsibility should not be taken lightly. Quality Care is our number one concern. As always

if residents, staff or families have suggestions for our QA team, please feel free to visit with a supervisor or drop in one of our anonymous boxes near the break room. We welcome the suggestions.

Happy New Year!!!!

Katie



Chuck's Corner

Since this will be my last newsletter article, I would like to take this opportunity to thank all of you for my twenty-three memorable years as Director of Environmental Services and Safety at West Ridge Care Center. My retirement day is February 13th.

My staff have grown so much over the years. I truly appreciate all of them. The professionalism they provide in the every-day tasks that sometimes are taken for granted- please know I do notice and you should be complimented much more! Coming to West Ridge every day with smiles and a need to provide a clean, pleasant building, fresh linens, and a safe environment is a calling-it has been a privilege to work with each of you! I know all of you would "Walk through Fire" for our Elders and I will truly miss you!

The amount of talent, creativity, and knowledge that the Administrative team, MDS Coordinators and Admissions staff has is outstanding. Thank you for all your support and encouragement over the years. I know you'll continue to grow and always strive for providing compassion and quality care for our Elders. Please welcome Mike Dreismeier, as West Ridge's new Environmental Services Director and Safety Officer. Mike has begun orienting to his new position and will be introduced in the near future.

Mike has been part of the West Ridge team for over 12 years and brings much experience to all.

And finally, thank you to Richard Curphey, Terry Warner, the Board of Directors, and my family.

Thank you for the opportunity to work at West Ridge and for being there to guide, encourage and support me. You provided me the freedom to operate the Environmental Services Department in my own management style-an experience I consider the best of my forty-three years in Healthcare.



"GONE FISHING"

Chuck Bailey



Food For Thought

A Small Step Approach for Better Health: Build and Maintain Healthy Bones

In the new year, you may be thinking of goals for improving your health. Your goals might be losing weight, increased exercise, or eating healthier. One specific area you could consider to focus on might be bone health.

Growing from a child to a young adult, the bones grow and get thicker and stronger but after age 35 many adults begin to lose bone mass. This isn't something you feel happening but it can later lead to bone fractures and/or osteoporosis.

Steps to maintain healthy bones include the following:

1. Eat foods that are good sources of calcium and vitamin D which work together to build and maintain your bones. Vitamin D can also be made in the body when our skin is

exposed to sunlight. How much sun you need varies based on where you live, what time of year it is and the color of your skin so for these reasons it is important to eat foods that provide Vitamin D. Good sources of both calcium and Vitamin D are: milk, dry cereal, yogurt, fortified orange juice, soymilk, salmon, and collard greens among others. The Dietary Guidelines recommends 3 servings of low-fat dairy every day. Read the food label and pick foods with at least 10% of the recommended Daily Value for both.

2. Get regular weight bearing exercise to keep your bone healthy. Examples of these types of exercises are: walking, running, and lifting weights. Exercise at least 30 minutes most days of the week to keep bones strong.

3. Quit smoking and if you drink alcohol, limit your consumption.

4. If you are lactose intolerant, try yogurt. The live and active cultures in yogurt make it easier to digest than milk so you can still get the benefits of dairy. You can also buy milks that are low lactose.

So, make it a goal to add a serving of non-fat or low-fat dairy to your diet if you're not already getting 3 per day and choose foods that have 10% or more of the recommended Daily Value for calcium and Vitamin D. Plan to make time in the day to do weight-bearing exercise. Talk to your Physician about dietary supplements if you don't think you're getting enough of the right nutrients.

Source: Yoplait yogurt Small steps for better health handout

Charlene



In Sympathy

We would like to express our deepest sympathies to the family and friends of the following elders. We will truly miss them.

Cassie Hanson

Alma John

Sally Saxen

Pearl Schuldt

Marguerite Scolaro

Marilyn Whittlesey

Don Williamson



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

Bob Jennings on 1/10

Lester Schulte on 1/13

Delpha Gibney on 1/22

Willard Lynch on 1/24

Thelma Filling on 1/28

Care Partners

Cynthia McConnell on 1/2

Kim Hoffman on 1/22

Connie Antonini on 1/30

Allison Bohren on 1/31



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.

Roger Brinkerhoff

Irma Brown

Lydia Brown

Bill Burke

Trudy Claypool

Elsie Drahovzal

Nina Farland

Lulene Gardemann

Elizabeth Hawes

Joseph Hronek

Jim Jacobi

Lillian Jensen

Florence Kadlec

Willard Lynch

Mary McSparran

Harriette Naughton

Susan Rocarek

Bob Schorg

Don Stien

Evelyn Vaughn

Happy Anniversary

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

ELEVEN YEARS

Connie Antonini

Four Years

Crystal Anthes

Three Years

Melissa Griffin

One Year

Grace Njeru

Katie Tihpen



Thanks to all of the “Santas”

I would like to thank all of the care partners who participated by giving a gift to an elder this year. It was a huge success and I had many elders tell me how thankful they were to be thought of by the staff.



Melissa Mergillano

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

Eden Education

In past months we have covered several elements of The Eden Alternative’s Domains of Well-Being, including identity, growth and autonomy. Now we will look at the fourth domain, security.

Abraham Maslow theorized that human beings are motivated by a hierarchy of needs, and that certain lower needs must be satisfied before higher needs can be fulfilled. For example, safety needs– the security of home and family, freedom from fear and anxiety– must be satisfied before we can grow toward self-actualization.

In his speech on the four freedoms, Franklin Delano Roosevelt touched on the right of human beings everywhere to feel secure in their ability to express themselves freely, to define their own unique relationship with spirit, to feel financially

stable, and to be free from fear.

Security also expands beyond the basic need for safety to also include right to privacy, dignity and respect.

Another aspect of security involves ensuring that our commitment to safety doesn't infringe on someone's rights and choices. This is where Autonomy and Security are closely related domains. Eden Alternative Co-founder Dr. Bill Thomas reminds us to consider “surplus safety” when optimizing, rather than maximizing, security for another. Our healthcare system is risk averse. Once an individual relies on the support of others on the care partner team, they find their safety maximized and opportunities to take risk diminished, if not removed entirely. To take away all risk and chances to make

mistakes is to take away the right to be human. Maximizing safety actually creates insecurity. While safety is important, there is a range of risk tolerance. Optimizing safety with the individual, based on their risk tolerance, creates security.

To help ensure security here we need to look at things such as, how do care partners protect the dignity and privacy of individuals in our community? What does respect for one another look like on the care partner team? How does the care partner team uncover and address anxieties and fears that members of the team possess (elders, employees, family members)?



Activities and Recreation

I want to start this month's article by thanking everyone for their help during the holidays. And "everyone" is a lot of people! Thank you to all of the groups from schools, churches and other organizations that came in to share their holiday spirit with us. Thank you to the staff who put up with me moving stuff around to decorate, even if it wasn't very convenient for them. Thank you to the house-keeping care partners for making sure our home looked good. Thank you to all of the aides who helped get people out for the many holiday activities we had. Thank you to everyone in the kitchen for their help making our Christmas parties memorable with all of the

delicious foods they prepared. Special thanks to Becky Pickart who planned the menu and found new things to try this year and spent hours preparing. Special thanks also go to Crystal Anthes who came in on a Saturday to help make cookies for the parties, and then was in at 4:30am the day of the parties to help again. Thank you to Katie and Melissa for putting up with me throughout December. And finally, thank you to all of our elders and their families for making the holidays special for us. Thank you to all who were able to make it to the Christmas parties and thank you to everyone who brought in goodies for the staff. We appreciate it more than you know and many of us

have expanded waistlines to prove it!

While it is nice to slow down again in January, we also want to make sure we don't get bored so we will include some activities this month that will help beat the winter blahs. We are always looking for new, fun ideas to try. Some work, and some don't, but the joy is in the experience.

I hope you all have a Happy New Year filled with many blessings and a lot of love.

Julie



*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

January is...

Celebrating Wellness Month
Celebration of Life Month
International Gourmet Coffee Month
National Hobby Month
National Hot Tea Month
National Soup Month

1- New Year's Day
4- Blender's Birthday (1910)
4- Full Moon
4- Trivia Day
4-10- National Pizza Week
6- Epiphany

8- 80th Birth Anniversary of Elvis Presley
16- Hat Day
17-18- Bald Eagle Appreciation Days, Keokuk, IA
18- World Religion Day
18-24- Book Week
18-24- National Activity Professionals' Week
19- Martin Luther King, Jr. Day
21- Maintenance Day
21- National Hugging Day
22- Clothes Clashing Day
23- National Pie Day

24- Belly Laugh Day
26- Bubble Wrap Appreciation Day
29- National Puzzle Day
30- Backwards Day
30- Fun at Work Day

