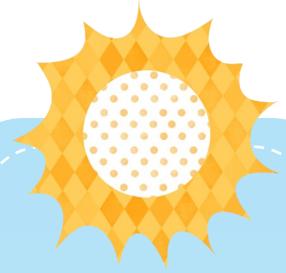


July 2014

West Ridge Breeze



From Richard's Desk

Congratulations to all of the staff at West Ridge Care Center for being recognized as a 2014 recipient of the Bronze Award– Commitment to Quality Award for it's dedication to improving the lives of residents through quality care. The award is presented by the American Health Care Association and National Center for Assisted Living through the National Quality Award program.

"I applaud West Ridge Care Center for its commitment to delivering quality care", said Mark Parkinson, President of AHCA/NCAL. "The award represents the dedication that each Bronze recipient has given to improve in the long term and post-acute care profession."

Implemented by AHCA/NCAL in 1996, the National Quality Award Program is centered on the core values and criteria of the Baldrige Performance Excellence Program. The program assists providers of long term and post-acute care services in achieving their performance excellence goals.

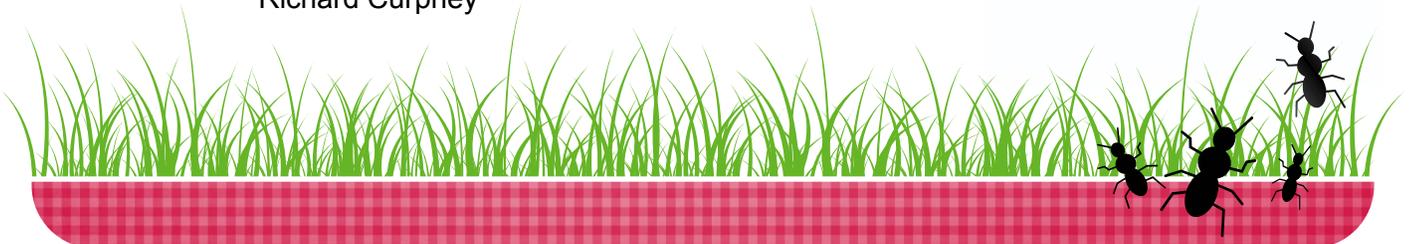
The awards are sponsored by AHCA/NCAL Association Business Members, My InnerView by National Research Corporation and Point Right. My InnerView represents the true voice of nursing home and assisted living residents, families and employees with the most insightful quality measurement solutions and satisfaction surveys in the healthcare continuum. Point Right is the recognized leader in data-driven analytics for health care and insurance. West Ridge was one of 390 centers across the United States to receive the Bronze-level award. The award will be presented to West Ridge Care Center during the AHCA/NCAL's 65th Annual Convention and Exposition October 5-8, 2014 in Washington, D.C.

Congratulations to each and every member of the West Ridge family.

Sincerely,
Richard Curphey

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Thank You!!

Thank you to all of the elders, families, friends and "alumni" that came to our Hoedown on June 26th. We hope you enjoyed the food, music and fun. Special thanks to our care partners for helping people go through the line, making sure everyone got to eat and ensuring everyone had a good time.

Y'all come back now, ya hear!

Nursing News

If you did not notice our banner out front, I am very happy to report we have restored our overall quality rating to 5 Stars!!!! The 5 Star Ratings of nursing homes is how the Centers for Medicare rate nursing homes in the country. The Quality Measure (QM) rating is posted on the Nursing Home Compare website monthly. The score is based on MDS 3.0 quality measures using data from the second, third, and fourth quarters of 2013. The quality measures are based on our patient population and the type of patients we admit.

We scored 4 stars for our near perfect health inspection, 3 stars for quality measures based on the MDS assessment, 5 stars for overall staffing, and 5 stars for RN staffing.

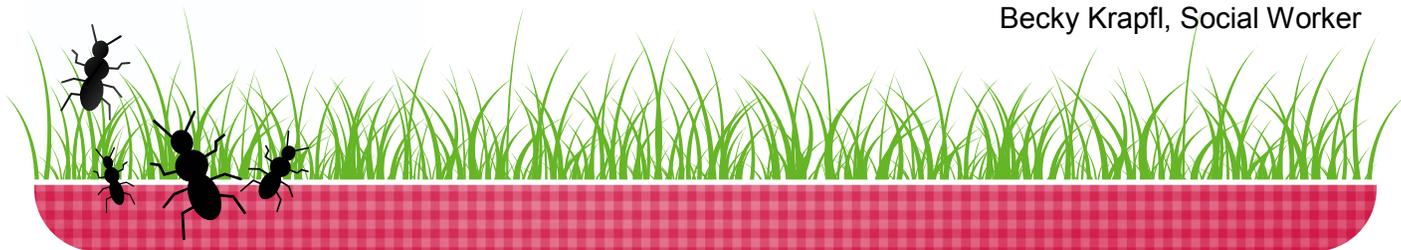
This is an awesome achievement for West Ridge and our staff. We strive for quality every day and it is an ongoing process. Our quality assurance team is committed to continued quality improvement and we've been working on action plans /goals to continue to the next step in our journey. Please feel free to stop in and discuss any concerns or ideas for quality assurance team.

Katie Ross, DON

Social Work News

Just a friendly reminder that family members or an appropriate designee are responsible for attending appointments with West Ridge residents outside of the facility. As always, we will assist in transportation arrangements but keep in mind that the Special K or Norse Transport personnel are not medically trained and do not stay with patients at the appointments. Often times, residents require assistance with toileting needs, transfers or are just simply overwhelmed and anxious about the appointments. West Ridge staff will notify families of pending appointments and request families to either ride along or meet residents at the appointment. In some circumstances, we understand it may not be possible for a family member to attend and we will try to send a staff person. For our skilled residents, a member of the therapy department will attend follow up orthopedic appointments. If you have questions or concerns, please talk to any member of the nursing staff. Thanks and Happy Summer!!

Becky Krapfl, Social Worker



Food For Thought

We did get the garden planted finally after all that cold weather. Plants are up and looking good! But the grass has gotten out of control. The dietary staff and I are trying our best to slowly get it all pulled out away from the plants just in case anyone is wondering what happened. I do apologize for the looks of it currently. We do take pride in our garden and are trying to get a hold on it.

Items planted in the garden are corn, lettuce, onions, green peppers, tomatoes (which have

started their own patch in the garden), green beans, cucumbers, peas, squash, and zucchini. I hope we have a good turn out of all our produce. We also are working on our spring/summer menus and are printing them now and hope to start soon.

Becky and the Dietary staff



You have to love a nation that celebrates its independence every July 4, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism.

~Erma Bombeck

Ice Cream Making

The heat is on! Summertime is in full swing and now is the time to cool off with delicious ice cream. Here is a great way to make ice cream and get the kids or grandkids involved. We will be doing this around the 23rd.

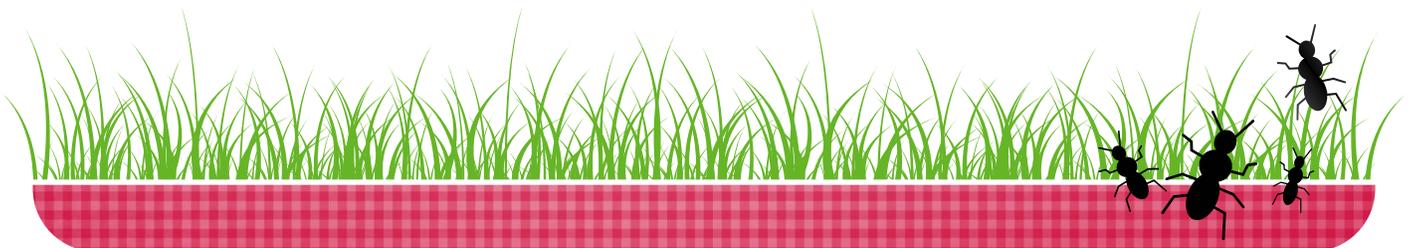
Ingredients:

2 Tbsp. sugar
½ tsp. vanilla extract
1 cup half and half
1 pint-size Ziploc bag
½ cup kosher or rock salt
Ice cubes
1 gallon-size Ziploc bag
Fresh fruit, diced (optional)



- 1) Combine the sugar, vanilla and half and half in the pint-size bag and seal tightly.
- 2) Place the salt and ice cubes in the gallon-size bag, then put the pint-size bag inside and seal the large bag.
- 3) Pass the bags around so everyone can shake them. Do this until the mixture hardens, about five minutes. If desired, add diced fresh fruit to the ice cream mixture in the small inner bag.

This will be enough for everyone to have a taste. If you want more ice cream, make more bags. Enjoy!



Happy Birthday to You

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

Care Partners

Carly Wendt on 7/9

Michelle Rasmussen on 7/10



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

Sally Gaskill

James Hopkins

Sue Madrick

Joe Michalec

Rose Pudil

Dauna Riley

Larry Ryan

Kim York

Care Partners

Deb Bicket

Tricia Burns

Nathan Prouty

Kirsten Rabedeaux



Happy Anniversary

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

SIXTEEN YEARS

Nicole Sanders

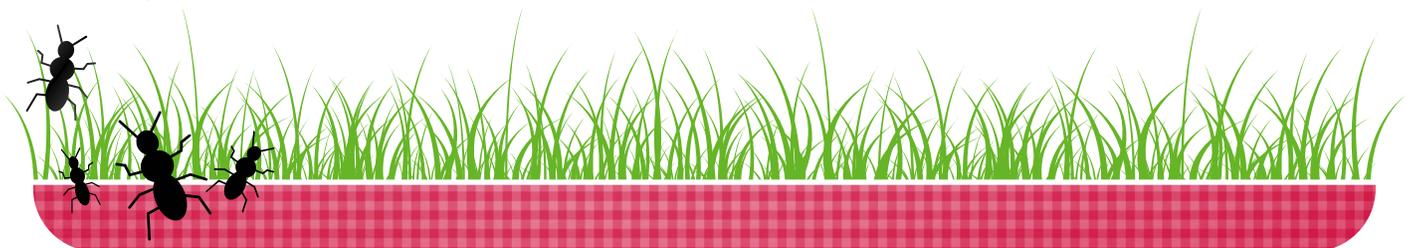
Five Years

Peggy Burnett

One Year

Mell Candia

Jacey Mohs



Picture Page



Mabel and Velma at Kava House



Roberta and Helen enjoy the Summer Happy Hour



Hedy and her family



The Ellis Gang



Maxine and her kids enjoyed the music



◀ Joan and Cowgirl Connie had a grand time.

John Krob provided the music for us. ▶



Mardene's niece came all the way from Maryland for the Hoedown!



There were a lot of outlaws running around West Ridge during our Hoedown! Wanted for having a good time! ▼



In Sympathy

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

David Bliss

Howard Boots

Beverly Clinton

Virginia Reding



Eden Education

When West Ridge became a Registered Eden Home, all staff were trained on the 10 Principles that the Eden Alternative was founded on. We still look to the 10 Principles to guide us with our daily and long-term decisions, asking ourselves questions such as would we do this in our own home or did the elders have a say in this decision. Here are the 10 Principles of the Eden Alternative:

1. The three plagues of loneliness, helplessness and boredom account for the bulk of suffering among our Elders.
2. An Elder-centered community commits to creating a Human Habitat where life revolves around close and continuing contact with plants, animals and children. It is these relationships that provide the young and old alike a pathway to a life worth living.
3. Loving companionship is the antidote to loneliness. Elders deserve easy access to human and animal companionship.
4. An Elder-centered community creates opportunity to give as well as receive care. This is the antidote to helplessness.
5. An Elder-centered community imbues daily life with variety and spontaneity by creating an environment in which unexpected and unpredictable interactions and happenings

can take place. This is the antidote to boredom.

6. Meaningless activity corrodes the human spirit. The opportunity to do things that we find meaningful is essential to human health.
7. Medical treatment should be the servant of genuine human caring, never its master,
8. An Elder-centered community honors its Elders by de-emphasizing top-down, bureaucratic authority, seeking instead to place the maximum possible decision-making authority into the hands of the Elders or into the hands of those closest to them.
9. Creating an Elder-centered community is a never-ending process. Human growth must never be separated from human life.
10. Wise leadership is the lifeblood of any struggle against the three plagues. For it, there can be no substitute.

Please let us know if you have any questions about the 10 Principles.



Activities and Recreation

Thank you so much to everyone who came to the Hoedown on June 26th! I hope you all had a good time. Special thanks go out to all of the staff who helped with the party. It takes a team to pull off an event of that size! I think a lot of people had fun posing for their wanted posters. Some tried to look "mean" or tough, others smiled which made the variety fun to look at! Please go to our Facebook page to see more photos from the Hoedown.

We are having our first Meet & Greet and Grad party on the 16th. This is to introduce new people that have recently come to West Ridge and to celebrate the success of those leaving West Ridge after completing their therapy. We plan to do this once a month to start and then possibly more often.

If anyone wants to go with us to the Kernels game, please let me know ASAP. I need to order the tickets soon so we can get the seats we prefer so we are mostly in the shade.

I encourage family members to join us on the third Thursday of each month at 2:00pm for our Community meetings. These are for all elders, care partners and family members to discuss what's going on at West Ridge, to give feedback and to make suggestions. Please see me if you have any questions about the meeting.

Enjoy your summer!

Julie



July is...

- Anti-boredom Month
- Celebrate Patriotism Month
- Celebrating the Outdoors Month
- National Hot Dog Month
- National Ice Cream Month
- National Picnic Month
- National Wheelchair Beautification Month
- 1– Creative Ice Cream Flavor Day
- 2– Halfway Point of 2014
- 3– August 11– Dog Days of Summer
- 4– National Country Music Day
- 4– Independence Day
- 5– Anniversary of SPAM's First Appearance on the Market (1937)
- 6– Anniversary of the TV Premiere of *Name That Tune* (1953)
- 12– Full Moon
- 14– Anniversary of Dr. Benjamin Spock's book,

The Common Sense Book of Baby and Child Care being published (1946) *Question: Do you remember reading this book when you were raising your children?*

- 15– 85th Annual Major League Baseball All-Star Game
- 20– 45th Anniversary of Man's Landing on the Moon (1969)
- 20– National Nap Day
- 21– National Junk Food Day
- 23– Ice Cream Cone's Birthday (1904)
- 23– Gorgeous Grandma Day
- 27– Anniversary of the Korean War Armistice (1953)
- 28– 100th Anniversary of the Beginning of World War I (1914)

