

West Ridge Breeze

West Ridge Care Center

From Richard's Desk

July 2015

As we welcome summer it is always refreshing to see so many families, children and pets visiting. I can't stress how important family involvement is in order to give West Ridge the homey feeling we strive for.

The Department of Inspections and Appeals along with two federal inspectors were her for our

annual survey June 15-18 and the state Life and Safety Code Inspection was conducted on June 25th. Although at the time of this article we have not yet received their findings. But, I would like to take this time to thank all of the staff for your compassion you show for those we have the privilege to serve. I will let everyone know

the results of the survey in next month's newsletter.

May each of our elders, families and friends know how much inspiration you give us each day.

Richard Curphey



Inside this issue:

Positive Staff Changes	2
Fun Volunteer Opportunity	2
Eden Education	3
Birthdays	4
Fiesta Photos	5
July is...	6
Activity Happenings	7

Social Work News

All of our residents, whether long-term or short-term, have the right to be treated with dignity and respect. We always review this at time of admission, but it is a good reminder to our elders that they do have rights here at West Ridge. Our Resident's Bill of Rights states that each elder should be treated with honesty, dignity, respect,

and with reasonable accommodations except in case that this would impede upon another resident's rights. All of our residents have the right to be free from any type of physical, verbal, sexual or mental abuse. If you ever feel you are the victim of abuse, or suspect abuse occurring at West Ridge, please report it immediately. Our abuse

policy is always located outside the administrative offices for our elders or families to review. Our goal at West Ridge is to provide superior care and do the best for our elders!

Brenda Klepper



Nursing Notes

I want to share some great news with you all. We would like to announce some positive changes within our home. Kathy Wenger RN has accepted the MDS Coordinator/Garden Coordinator for our Garden level. Kathy will now be completing the MDS assessments for the lower level elders as well as composing the care plans. Kathy has served our elders since December 2005. She has a can do attitude and is dedicated to quality care for our elders. Please feel free to call Kathy and set up a care conference.

Yolla Chalhoub RN, BSN who has been serving our elders since October 2012 will now be the Foyer level MDS Coordinator. Yolla was previously serving the Garden level. Yolla has vast experience in long term care and is a huge asset to our facility and elders. The MDS Coordinators help to oversee the elders' needs/care. They also help to oversee the nursing department and serve as nursing supervisors. Please contact Yolla with any nursing needs.

And lastly Jill Hines, LPN has accepted the position as

our new Admissions Coordinator. Jill has served West Ridge since February of 2008. Jill is a positive team player who is always smiling. She will be taking her RN boards soon and is a superb addition to the admission's team.

Please help us in welcoming them all to their new positions!!!!

Katie Ross



Katy's Korner

Hunter's Ridge Golf Course, The Keystones of Cedar Rapids, Summit Pointe and Cottage Grove Place are sponsoring "Goofy Golf" at Hunters Ridge Golf Course on Friday, August 21st from 9am to 12pm.

They are looking for community members to volunteer to help during the event. The morning will be filled with the goofiest 9 holes of golfing you've ever

seen followed by a great lunch with wonderful prizes. Volunteers will be doing a variety of activities from driving carts, supervising a hole or buddying up with the players. Seniors of the community can also golf if they prefer. Look for me- I'll probably be driving a cart or helping out somewhere on the course!

Please contact Keystone Cedars at 393-9500 if you are

interested in joining us for a day of fun memories, lots of laughter and some of the goofiest golfing around! Proceeds from this event will benefit the Alzheimer's Association.

Katy Smith



We need an America with the wisdom of experience.
But we must not let America grow old in spirit.

-Hubert H. Humphrey

Food For Thought

Here is a recipe for colorful, healthy snack that's patriotic as well!

Red, White and Blue Granola Snacks

- ★ 2 cups rolled oats
- ★ 2 cups whole wheat flakes
- ★ 2 cups sunflower seeds
- ★ 1½ cups honey
- ★ 5 oz. pkg. dried cranberries
- ★ 3.5 oz. pkg dried blueberries
- ★ Non-stick cooking spray
- ★ 1 cup shredded coconut

- 1) Preheat the oven to 400°.
- 2) Pour the oats, whole wheat flakes and sunflower seeds onto a cookie sheet and bake for 10 minutes.
- 3) Pour the honey into a saucepan and boil for about three minutes until large bubbles form.
- 4) In a large bowl, combine the honey with oat mixture, cranberries and blueberries. Stir well.
- 5) Spray a 9"x12" baking pan with non-stick cooking spray.
- 6) Scoop the mixture into the pan, press down, and sprinkle coconut over the top.
- 7) Let cool for 30-45 minutes. Cut into bars and serve.

Per serving– 185 calories, 6 g fat, 0 chol, 30 g carbo, 4 g protein

Attention Men

Men of West Ridge be sure to join us on Thursday, July 2nd for our Annual Men's Picnic. Richard will fire up the grill and Mike will be on hand to help out too! You may invite guests to join you at the picnic. We ask

that you RSVP by Wednesday, July 1st. Hope to see you there!



Eden Education

Over the last several months we have been exploring the Seven Domains of Well-Being as defined by the Eden Alternative. This month we will look at the seventh domain, Joy.

“Joy seems to me a step beyond happiness—happiness is a sort of atmosphere you can live in sometimes when you're lucky. Joy is a light that fills you with hope and faith and love.”

~Adela Rogers St. John

Joy-happiness; pleasure; delight; contentment; enjoyment

Joy is a short, simple word that describes the best, most elusive dimensions of human experience. While people often identify joy with a response to a specific experience (for example the birth of a child) these moments are actually more accurately understood in

terms of “happiness”. Joy is both deeper and more encompassing than happiness.

One of the best ways to understand “joy” and the role this emotion can play in our experience of well-being is to become aware of how often it sneaks up on us. Moments of joy often catch us by surprise. These joyful moments cannot
continued on Page 6

Happy Birthday to You!

The following elder has a birthday in the month of July. Be sure to wish her a "Happy Birthday" when you see her!

Elder

Margaret Emerson on 7/29



Welcome to West Ridge

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

Arthur Baldwin

Bonnie Bower

Mary Boxa

Kay Carson

Margaret Emerson

Lois Lovelett

Lowell Michels

Eileen Riley

Don Schmitz

Annie Smith

Jerome Szyszka

Bob Turkal

Bennie Wheat

John Wjtowicz

Care Partners

Emily Aukes

Fatima Elsheikh

Gloria Overton



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.

SEVENTEEN YEARS

Nicole Sanders

Six Years

Peggy Burnett

Two Years

Mel Candia

One Year

Tammy Redmond



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

Picture Page



Eden Education—continued

be scheduled, structured or commanded into existence. They can only emerge from the moment. No one can say “I’m going to experience joy at 2:30 this afternoon.” Efforts to intentionally create joy for others are doomed to failure. The best soil for joyful moments is always found in places where relationships are deep, rich and intensely meaningful. It is through the relationships we

have with one another that we can discover ways to recognize and celebrate moments of joy when they occur.

Ways to bring joy forward include the following:

Sharing stories about joyful moments in life.

Knowing how joyful energy can enrich the lives of members of the care partner team.

Knowing how each care partner team member defines “joy”.

Finding ways for care partners to express the joy they experience with one another.

Source: The Eden Alternative

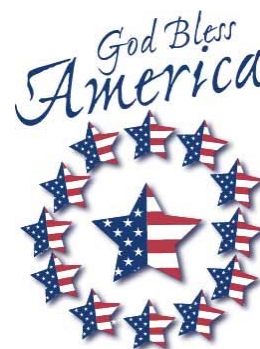


July is...

Anti-boredom Month
Celebrating Patriotism Month
Celebrating Summer Fun Month
National Grilling Month
National Hot Dog Month
National Ice Cream Month
National Picnic Month
National Wheelchair
 Beautification Month
1– Full Moon
2– Halfway Point of 2015
3– August 11– Dog Days
4– Independence Day
11– Bald is In Day
12– Birth Anniversary of Milton

Berle (1908-2002)
13– International Puzzle Day
20– Moon Day
21– National Junk Food Day
23– Gorgeous Grandma Day
23– Ice Cream Cone’s Birthday
 (1904)
24– Cousins Day
25– National Hot Fudge Sundae
 Day
26– Parents’ Day
27– Anniversary of the Korean
 War Armistice, 1953
27– Hula-Hoop Birthday (1958)
30– Father-in-law Day

31– Blue Moon (A Blue Moon is the second full moon in a calendar month. The next blue moon will take place in January 2018.)



Happy 4th!

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among

these are Life, Liberty and the pursuit of Happiness.”
~Declaration of Independence,
July 4, 1776



Activities and Recreation

Can you believe that on July 2nd, 2015 will be halfway over? Where does the time go? School is out and people are taking vacations. If you are planning to take a trip to a distant (or not-so-distant) locale and would be willing to come in and be a guest speaker to talk about your travels, we would love to have you!

Thank you to all of the families and West Ridge "alumni" who came to the Family Fiesta in June. I am thankful that we had such a beautiful evening to enjoy each other's company. I hope those who attended had as much fun as I did. There are a few pictures from the Fiesta on page 5. For more photos from the event, please "Like" the West Ridge Care Center Facebook page.

Men of West Ridge, be sure to

mark your calendars for Thursday, July 2nd for the Men's Picnic. Richard usually cooks up something pretty tasty and Mike will also be there to lend a hand.

We have some fun activities coming up in July. The Ding-Alings Bell Choir from Garnett Place will be here on July 17th to entertain us.

On July 21st Doc Anderson's Traveling Medicine Show will make a stop at West Ridge. Please join us for a night of fun, comedy, magic tricks and more! The show will start at 7pm. There will be signs around West Ridge closer to the date with all of the details.

We are going to the Cedar Rapids Kernels game on July 22nd. Let me know ASAP if you want to join us to cheer on

our local baseball team. I order the tickets a few weeks out.

On July 29th we will be road tripping to Waterloo to tour the newly opened John Deere Museum. We will need a few volunteers to assist the elders during the tour. Please let me know if you are able to come along and help.

Of course, we will be trying to get outside as much as we can when the weather is nice. Feel free to join us for our Patio Parties throughout the summer.

Happy Summer everyone!

Julie



More Quotes on Independence

"This nation will remain the land of the free only so long as it is the home of the brave."

~Elmer Davis

"Liberty is always dangerous, but is the safest thing we have."

~Harry Emerson Fosdick

"In the truest sense, freedom cannot be bestowed; it must be achieved."

~Franklin D. Roosevelt

"And I'm proud to be an American, where at least I know I'm free. And I won't forget the men who died, who gave that right to me."

~Lee Greenwood

Happy Independence Day to all of our Elders, families, volunteers and care partners. And a special note of thanks to all those who have served or are currently serving in our Armed Forces. We are grateful for your service and your sacrifices on behalf of our freedom!

