



West Ridge Breeze

West Ridge Care Center

From Richard's Desk

The Department of Inspections and Appeals was here for their annual survey May 1st-4th and the State Life Safety Code inspection was conducted on May 11th, 2016. Both events went well. They were extremely complimentary over all of the caring attitudes of our staff. Congratulations to the nursing department on zero deficiencies. We did receive 3 deficiencies from DIA: the timing of a staff background check on one staff member, storing of pasta and cleanliness of a heat vent in the kitchen, and the smoothness of handrails. The Life Safety Code inspection came back with one deficiency on the timeliness of fire drills in July and September of 2015. All deficiencies have been

corrected. If you would like to read a copy of either report, they are located near our break room or feel free to contact me at any time. I feel very blessed to have such professional, caring staff here at West Ridge. Their compassion for those we are blessed to serve does not go unnoticed. Now that our annual inspection is over, we can get enthusiastic about the West Ridge Super Team and all that it can accomplish. The Super Team consists of four sub teams, each with specific goals and responsibilities. The Admissions and Rightness team implements doing the right thing for the elders and staff in the right location at the right time with the right equipment and

documentation. The Wellness Team strives to provide a healthy, happy environment and milieu for the elders to live and the care partners to work. The IT Team is responsible for developing programs and training staff to provide the most current and efficient modes of communication. The Operations Team concentrates on assuring that goals we have already achieved are carried on into the future.

We are excited about involving as much staff as possible on each team and working together to achieve the very highest quality of care we can possibly provide.

Richard Curphey

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Nursing Notes

Happy Summer everyone!! I am excited to announce the Eden Leadership team completed a training last week expanding our conflict resolution team. All staff participated in a mandatory conflict resolution inservice taught by Dr. Jim Coyle from Cedar Memorial last month. We have since put together an expanded team to take our skills and ability to deal with conflicts to the next level. Thank you to Holly, Michon, Scott Our goal is to have a conflict resolution team member available 24 hours a day, 7 days a week. As you know conflicts arise from time to time when working with people. We have close to one hundred staff members with all types of backgrounds and different types of upbringings. The one thing we all have in common is wanting to provide quality care to our elders! I love that our staff

is passionate and wants the best for our elders but when working with passionate people, sometimes we disagree from time to time. I know you all find that surprising! In conflict ridden situations mediation skills and interventions are not only essential, they are critical.

The Eden Leadership team is responsible for creating an environment that enables people to grow. Here are 4 simple steps to success when dealing with conflict.

1. Treat others with respect.
2. Listen to clarify understanding, summarize and restate the other persons point of view.
3. Briefly state your point of view.
4. Come to compromising

win-win decision.

I can't wait to continue this task as part of our Eden journey. Because as we know conflict does not only effect the people having the conflict. Our passion is meeting and exceeding the needs of the elders. This is central to our collective pursuit of happiness for all at West Ridge Care Center. Please see Katie or Julie if you have suggestions for this team. I will keep you posted on this exciting new team!

Katie Ross Candia, RN,
DON



Social Work News

At West Ridge, we aim to treat our Elders with dignity and respect and want each individual to feel like a valued part of the community. Starting this month we will be kicking off a new group, the Elder Leadership Council. Our goal with this group is to allow our Elders to take more of a leadership role at West Ridge and allow your voices to be heard.

We plan to discuss daily operations, new initiatives and any concerns that have been brought to our attention. We want these Elders to be a representation of the community and actively help us to make important decisions. If you are interested in joining this group, please let Carol, our Eden mentor, or myself know. Thank

you for all you do for our community.

Abby Martin, LMSW



Food For Thought

There has been so much talk about the new menus that we are coming up with in the dietary department. Well, all of that talk can come to end because I am happy to announce we are starting our new menus on May 29th. It has taken us a really long time to finish these menus but we are excited with the new and upcoming changes that are going to take place on these new Spring/Summer menus. You will

be able to try items like chicken cordon bleu casserole, cashew chicken, Asian coleslaw, baked French toast casserole, chicken Marsala, Cobb salads, s'mores cookie bars, and a ton of new fresh made items instead of all of the box mixes. We are excited to have better food to prepare for our elders. We want the dining experience to be the best that it can be. If anyone has any input on the items after we start trying

them out please let us know the good the bad and the ugly. Just because it is on the menu does not mean it cannot be taken off if the elders do not enjoy it. Thanks again for being patient and we look forward to hearing what everyone thinks of our new fresh made items.

Erin Bruner



It's Party Time!!

Please join us for our annual Family and Friends Party on **Wednesday, June 15th from 5-7pm**. Supper will be provided, as well as music and fun! It's a 50's theme this year so feel free to dress up in your poodle skirt, bobby socks and saddle shoes, or roll your jeans and slick back your hair!! It will be a rockin' good time!

During this event we will also be

recognizing some of our staff for their years of service as well as some of the elders who have been a part of the West Ridge family for some time. Please join us to recognize all these wonderful people.

The party will be held outdoors under a tent in our parking lot, so please dress appropriately. As of this printing, the forecasted high is in the 80's.

If you have any questions, or to RSVP, please call Julie Winterboer or Crystal Anthes at 319-390-3367. Please RSVP by June 10th. We hope to see all you cool cats there!!



50's Slogans

Since our upcoming party will have a 50's theme, I thought it might be fun to reminisce about some of these famous slogans from the era. If you can't remember, I'll have the answers at the party!

A Little Dab'll Do Ya!

Double Your Pleasure, Double Your Fun

"Fresh Up with _____"

Have You Had Your Soup Today?

It's Never Too Late to Make Dessert...

See the USA in Your _____

Nothing Says Lovin' Like Somethin' from the Oven

Away Go Troubles Down the Drain

Snap, Crackle, Pop

You'll Wonder Where the Yellow Went When You Brush Your Teeth with _____.

Happy Birthday to You

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

Elders

Harriet Bierman on 6/4

Marvin Evers on 6/4

Erv Elgin on 6/5

Mabel Pettlon-Elvers on 6/27

Care Partners

June Richardson on 6/1

Matthew Bevins on 6/4

Christina Maynard on 6/4

Alivia Buch on 6/5

Peggy Burnett on 6/8

Angela Emerson on 6/8

Courtney Foster on 6/16

Katy Smith on 6/17

Lakeisha Harvey on 6/19

Annette Thomas on 6/19

Katie Tenney on 6/26



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

Joe Baldrige

Harriet Bierman

Grace Ebert

Jean Harryman

Willard Hegewald

Marj Henderson

Kathy Hughes

Sandra Mason

Charline McDermott

Glen Muters

Mabel Pettlon-Elvers

Care Partners

Kathy Fletcher

Lizzie Udelhoven



Welcome
Glad you're here!

Happy Anniversary

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

SEVENTEEN YEARS

Mary Perez

FOURTEEN YEARS

Mike Dreismeier

Six Years

Erin Bruner

Four Years

Katie Tenney

Three Years

Star Partee

Two Years

Destyne Postel

Kristin Rabedeaux

One Year

Emily Aukes

Gloria Overton



We Need Your Help!

After many years of service to West Ridge, the Kalina family is taking a break from their family ministry. We want to thank them for their dedication to bringing the joy of Christian music and message to the elders of West Ridge.

While we will miss the entire Kalina family, we now need to look at other opportunities for spiritual growth. A wise family member gave me some great advice. He said to reach out to our West Ridge community for contacts that may be able to help us meet this important need for

the elders of West Ridge. So, while I am also planning on reaching out to people in other ways as well, I am asking all who read the newsletter to consider their own churches and see if you think you or someone from your church may be able to provide a Sunday service once a month. It could be a group of people taking turns, or various circles or other groups within your church that take turns.

If you think your church might be willing to help us fulfill this need, please contact me, Julia Winterboer, at 319-390-3367 and

I would be happy visit with you or contact your church to set up a time to meet.

As many of you know, spiritual well-being is vital to living a meaningful life and it is very important to many of the elders we serve. Any ideas or suggestions for churches or groups that may be able to help us in this area are greatly appreciated!



Eden Education

Principal Four of the Eden Alternative states "An Elder-centered community creates opportunity to give as well as receive care. This is the antidote to helplessness."

Helplessness is defined by Eden as the pain we feel when we don't have the opportunity to give care as well as receive care. And care is defined as helping another to grow. It is the balance of giving and receiving care that gives life meaning.

Giving care is like a tonic to the soul. There is giving and receiving for all of us all of the time. It can be as simple as

giving a care partner or their family a hug when they need one. It can also be when an Elder folds napkins, arranges flowers, helps deliver mail or stuffs hundreds of button envelopes for the Freedom Festival. We have had Elders go to Truman Elementary to read for America Reads Day. Perhaps they are caring for a plant in their room. There are a lot of ways Elders can give care, but sometimes they need a little encouragement or boost of confidence.

A balance between the giving and receiving of care is essential. At West Ridge we strive to provide opportunities where Elders can

give. The Eden Leadership team is constantly discussing ways to give the Elders a voice and thereby allowing them to share of themselves. It's something we all need in our lives.

If you have any questions about the Eden Alternative, please see a member of the Eden Leadership Team.



Activities and Recreation

I want to start by thanking everyone who helped with the buttons for the Freedom Festival and pass along the thanks from the organization itself, who was so appreciative of our help. West Ridge volunteers stuffed over 5,000 envelopes with buttons for the upcoming community celebrations. Thank you to Aleigha, Bertha, Betty, Courtney, Erv, Evelyn, Glenna, Harriet, Katie, Kelly, Lois, Mabel, Mardene, Margie, Marian, Mary, Mary Lou, Melissa, Roberta, Rose, Sandy, Shirley, and Tammy for all your help. And if I have forgotten anyone, I apologize!

I'm sure you've all seen the article on page 3 about our party on June 15th. Please be sure to come! We love it when our families can join us to celebrate

everything West Ridge!

Please also note the article on page 6 about our need for more church services. Please let me know if you, or anyone or group from your church, would be willing to visit with me about providing this much needed service to the Elders of West Ridge.

Please join us for our Community Meetings. They are held in the Foyer Level dining room the third Thursday of the month, unless otherwise noted on the calendar, at 2:00pm. The meeting is open to all Elders, Care Partners, and family members. It is an opportunity to gather to discuss the happenings of West Ridge, get some education, and get to know each other better. This month the Community Meeting will be on June 16th at 2pm.

This month we also honor all of the fathers reading this, thank you for your wisdom, your strength and the safety and security you have provided your families over the years. Sometimes fathers don't get the credit they deserve because perhaps they were the "silent" parent (unless your child got into trouble) but know that you were a strong influence on your children. Happy Father's Day to all of our West Ridge dads!!

Julia Winterboer



June is...

Great Outdoors Month
International Men's Month
June Dairy Month
National Camping Month
National Candy Month
National Iced Tea Month

1- Say Something Nice Day
3- National Donut Day
5- Anniversary of the
Assassination of Robert F.
Kennedy, 1968
6- Anniversary of D-Day, 1944
9- 39th Annual Career Nursing
Assistants' Day

9-16- 39th Annual National
Nursing Assistants' Week
10- Iced Tea Day
14- Flag Day
15- Anniversary of the TV
Premiere of *Hee Haw*, 1969
19- Father's Day
20- Full Moon
20- Summer Begins
21- World Music Day
22- Baby Boomer Recognition
Day
24- Celebration of Senses Day
25- Korean War Began

26- National Forgiveness Day
27- The Song, "Happy Birthday to
You" was composed (1859)
30- National Bomb Pop Day
30- National Handshake Day

