



West Ridge Breeze

From Richard's Desk

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The Department of Inspections and Appeals was at West Ridge for the annual survey May 8 through May 11. I am proud to report that there were no deficiencies. The surveyors were extremely complimentary of our home, our commitment, and the caring attitude of the whole West Ridge team. What a great accomplishment! It takes the whole team to give the best care to our elders.

As an administrator, I feel very blessed to have such professional caring staff, families, and volunteers at West Ridge. Your

compassion for those we have the privilege to serve does not go unnoticed.

As always my door is open and I continue to always be willing to "make a difference."

Richard



Social Work News

Per an Elder's request, here is some information on Parkinson's Disease. Parkinson's Disease develops gradually over time and includes the breaking down of nerve cells in the brain.

Symptoms include tremors, stiffness, loss of balance, shuffling gait and slowing of movement. Parkinson's disease can affect facial expression, can slur speech and eventually the ability to talk or function by yourself. The cause

of Parkinson's is unknown but has been linked to certain genetic mutations and environmental triggers or toxins. It is also more common in men and generally individuals start to show symptoms around age 60. No specific test exists to diagnose Parkinson's but with multiple symptoms and a review of your history, a neurologist can make that determination. Parkinson's disease cannot be cured but

medication can help. Parkinson's can affect each individual differently. Our elders living with Parkinson's ask for your patience as every day can be different and increasingly difficult. They are grateful for all you do for them!

Abby

Information from Mayo Clinic



Nursing Notes

Centers for Medicare/Medicaid have recently implemented reform for long term care facilities. These changes are called The Rules of Participation. Here at West Ridge we are taking a systems approach to these long awaited revisions. The changes consist of 713 pages of new and revised requirements for SNFs. This is the most comprehensive overhaul of SNF regulations since OBRA 1987. There will be three phases to these rules, Person centered care, Quality of Care and Quality of Life, and Changing Patient Population. Advancing Cross Cutting priorities; Reducing unnecessary hospitalizations, reducing the incidences of healthcare acquired infections/adverse events. Improving behavioral healthcare,

safe guarding nursing home residents from the use of psychotropic (antipsychotic) medications, care planning, quality assurance/performance improvement, and health information technology/ IT Interoperability. The rules reflect dramatic cultural and technology changes over three decades. We are meeting weekly to meet these deadlines! Lots of new polices and training to complete. Good thing we are up for the challenge!!

I am so proud to congratulate all of our staff on our deficiency free annual state (DIA) inspection deficiency free survey. With over 500 state and federal regulations we are to follow everyday it speaks volumes to the commitment to quality care our staff provides

on a daily basis. I often remind folks, the nursing home industry is the most highly regulated industry following nuclear power plants, in our country. The deficiencies in the state of Iowa with fines have quadrupled over the past year. Seeing a deficiency free survey in this day and age is sort of like seeing a dinosaur. So this is truly a huge honor to lead such an amazing nursing department, your professionalism, commitment and dedication to our elders makes my heart soar!!!

Katie, RN, DON



“Sometimes the poorest man leaves his children the richest inheritance.”

~Ruth E. Renkel

In Sympathy

We would like to express our deepest sympathies to the families and friends of the following Elders. Their smiles, wit and wisdom will be deeply missed.

Evie Carano

Roma Dicken

Wilma Linkenback

Sandy Nelson



Food for Thought

Here is an easy yet delicious recipe to help welcome in the summer.

Strawberry Salsa

- 1 pint of strawberries (approx. 3¼ cups), hulled and halved
- ½ small red onion, diced (¼ cup)

- ½ cup cilantro, basil, or mint, diced
 - ½ tsp. salt
 - ½ tsp. black pepper
 - Pita or tortilla chips
- 1) Place all ingredients in a food processor and process until coarsely chopped.

- 2) Serve with pita or tortilla chips.

Yield: approximately 3 cups



Men's Picnic

The men of West Ridge invite their guests to join them for supper on Thursday, June 22 at 5pm. Come and enjoy the culinary skills of Richard and Mike while also enjoying the fresh air and fabulous food.

Please RSVP to Julie Winterboer by June 19th by calling 319-390-3367.



“He didn't tell me
 how to live; he lived,
 and let me watch him
 do it.”
 ~Clarence Budington
 Kelland

Father's Day History

Celebrating Father's Day in the U.S. was the brain child of Sonora Smart Dodd of Spokane, Washington. She got the idea of honoring fathers when she was listening to a Mother's Day sermon at her church in May, 1910. Dodd's father raised her and her five brothers when his wife died in childbirth with their sixth child. Dodd wanted a day to honor her dad and fathers everywhere for their unsung

feats.

Spokane observed Father's Day on June 19, 1910. Newspapers across the country featured stories about the Spokane observance. Members of the all-male Congress did not vote to establish a nationwide Father's Day because they thought it would be interpreted as a pat on the back, although many cities celebrated a day to honor fathers

throughout the U.S. President Lyndon Johnson signed a Presidential proclamation in 1966 for a day to celebrate fathers, but the official recognition took place on April 24, 1972 when President Richard Nixon signed a Congressional resolution declaring the third Sunday in June as Father's Day.



Happy Birthday to You!!

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

June Richardson on 6/1

Marvin Evers on 6/4

Chris Maynard on 6/4

Ciara Cavin on 6/5

Chana Nelson on 6/6

Peggy Burnett on 6/8

Randy Cozad on 6/9

Carolina Amigon on 6/11

Courtney Foster on 6/16

Hannah Dawson on 6/17

Al Geers on 6/19

Tia Northern on 6/23

Katie Tenney on 6/26

Mabel Pettlon-ELvers on
6/27



Let's Welcome Them

We would like to welcome the following care partners to the West Ridge family. We hope that they find West Ridge to be a special place to live, learn, work and grow.

Rick Ahmann

Cherie Chittendon

Randy Cozad

Frank Edmunds

Hattie Holms

Mary Jencks

Bruce Kahle

Mary Jane McDaniel

Betty Meis

Joan Moses

Michele Murphy

Melvin Novak

Rose Peyton

John Plotz

Bud Rayborn

Irma Rayborn

Shana Young



"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken."

~James Dent

Happy Anniversary

The following staff have anniversaries dates in the month of June.

Thank you for your hard work and dedication to West Ridge.

EIGHTEEN YEARS

Mary Perez

FIFTEEN YEARS

Mike Dreismeier

Seven Years

Erin Bruner

Five Years

Katie Tenney

Four Years

Star Partee

Three Years

Kirsten Collins

Destyne Postel

Two Years

Gloria Overton

One Year

C.C. Castilla

Emily Curler

Frankline Nabuyoli



June is...

Celebrating Summer Month
Great Outdoors Month
International Accordion Month
June Dairy Month
National Camping Month
National Candy Month
National Fresh Fruits and Vegetables Month
National Iced Tea Month
National Rose Month

2– National Donut Day
3-11– National Fishing and Boating Week
4– Cheese Day
4– Pentecost
5– World Environment Day
6– Anniversary of D-Day, 1944

6– National Yo-Yo Day
9– Full Moon
10– 95th Birth Anniversary of Judy Garland
13-20– National Hermit Week
14– Flag Day
15– 40th Annual Career Nursing Assistants' Day
15-18– U.S. Open Golf Championship
15-22– National Nursing Assistants' Week
18– Father's Day
18-24– National Sheriff's Week
19– Juneteenth (also known as Freedom Day or Emancipation Day)
20– First Day of Summer

24– Great American Campout
25– National Forgiveness Day
27– PTSD Awareness Day
29– Anniversary of the Establishment of the U.S. Interstate Highway System
29– National Handshake Day
30– National Ice Cream Soda Day



"It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside."

~Maud Hart Lovelace

The Good Ol' Days

In June 1917, the average annual income was \$1,100. The average cost of a new house was \$5,520. A loaf of bread was 9¢, a gallon of milk was 44¢ and a dozen eggs was 36¢. Stamps were 2¢ each. A car cost \$375, and gas was 24¢ per gallon.

In June 1981, the average annual income was \$13,773. The average cost of a new house was \$78,220. A loaf of bread was 53¢, a gallon of milk was \$2.23 and a dozen eggs was 50¢. Stamps were 18¢ each. A new car cost \$7,718 and gas was \$1.25 per gallon.



Activities and Recreation

So much happened in May that it was hard to pick and choose what photos to put on the Picture Page this month. If you would like to see more of what is going on around here, please "like" our West Ridge Care Center Facebook page. If you have any questions about how to find us on Facebook, let me know and I will be happy to help you out!

With the summer months come nice, sunny days. We try to take advantage of them when we can before the heat gets to be too much. Therefore, we sometimes change up our activities so that we can fully take advantage of the nice weather. You may find us in the Courtyard or out front enjoying lemonade and fresh air. At the end of the month, we hopefully will have good enough weather to enjoy a little

campfire in the park. Last year when we did this and made S'mores, I think more chocolate got on us than made it to our mouths, but we gave it the old college try!

Last month we also had to say goodbye to yet another wonderful second grade class from Truman Elementary. We went to Truman for an End of Year Celebration last month and the kids sang for us and served us treats. We will miss their visits over the summer and I would like to say a heartfelt thank you to Cynthia Haring and Tracy Simmons, the second grade teachers, for all of their time and dedication they have put into this program over the years. This program is beneficial to both the students and the elders and it wouldn't work without all of the effort they put into it, so thank you Cynthia

and Tracy!

To all the men of West Ridge, be sure to read the article about the Men's Picnic on June 22nd. This is always a fun event for the guys to enjoy. I hope you are able to join us!

We have started our Cork n' Canvas event again after a short hiatus. If you would like to join us for our next one on June 20th, please let me know so that we can be sure to have enough materials.

Happy Father's Day to all the Dads out there! And to everyone, have a safe, fun and fabulous summer!

Julie



"Rest is not idleness,
and to lie sometimes
on the grass on a
summer day listening
to the murmur of
water, or watching
the clouds float
across the sky, is
hardly a waste of
time."

~John Lubbock

Did You Know?

Before the Civil War, schools did not have summer vacation. In rural communities, children

had school off during the spring planting and fall harvest while the urban schools went year-

round. What do you think about summer vacation?