

# West Ridge Breeze

March 2015

## From Richard's Desk

On February 12, 2015, the government announced that it was making changes in the way it compiles and evaluates the data used to determine their star rating system. The quality rating system continues to give each skilled nursing center a rating of between one and five stars, with five being the highest. Specifically, they have changed how the ratings are determined on the staffing component, added two new Quality Measures for antipsychotic use, and rescaled the cut point for each star level on the quality measure component.

As a result, the overall rating

for West Ridge Care Center continues to be five star in staffing and RN staffing and we have a four star rating in our health inspections. The one are that our star level dropped was our quality measures, going from a four star to a two star, when in fact nothing about the care we deliver here has changed. Unfortunately, the new system is causing some confusion for all of us in healthcare. The new system is reducing the rating for about 30% of all skilled nursing centers in the country.

Although we are disappointed that these changes have caused us to lose two stars

in the Quality Measures, we are proud to be the only facility in Cedar Rapids to receive an overall Quality rating of five stars. All of us at West Ridge will continue to strive for excellence.

I encourage anyone with questions or concerns to come visit us and see for yourself the good work we do here every day. The dedicated caregivers at West Ridge are proud of the quality care and outstanding service we provide to our Elders.

Richard



## Social Work News

Did you know that March is National Social Work Month? You most likely didn't know this unless you are a social worker or have a social worker in your network of friends or family. Most professional careers have a designated time that we take to celebrate the difference each career makes in the lives of others, such as Administrative Professionals Day, Nurses Week, Nursing Assistant Day, and many

others. Here are some fun facts about social workers that you may not have known:

- The first social workers worked mainly with the poor. The earliest origin to modern social work was in the late 1800's when early community workers attempted to help house the poor. One of the most famous was Hull House, which was in

Chicago and founded by Jane Addams.

- Social workers are required to have a 4-year bachelor's degree at the very minimum. Some states require a master's degree and state licensure in order to practice as a social worker.

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## Nursing Notes

*I am down to my last month before we welcome our new little girl due April 1<sup>st</sup>. So I just wanted to touch base with all of you and remind everyone who can help you in my absence and to also discuss some upcoming events. I am planning on being gone for around 5 weeks.*

*We will be in our state survey window as we call it. That means we had our last annual state inspection the week of April 7<sup>th</sup>, 2014. The Department of Inspection and Appeals has 15 months to complete our annual inspection before they are out of compliance.*

*So we are planning to see them in late April, May or June. We will be having a skills fair for staff to brush up on their skills and improve their technique. We will also be conducting a mock survey in April to look at all departments and take a look at our quality assurance processes.*

*As always all of our doors are always open and we encourage you to bring any questions or concerns directly to one of us. Richard (Administrator), Brenda (Social Worker), Susan (UL MDS Coordinator), Yolla (LL MDS Coordi-*

*nator/Unit Coordinator), are all available to help with any issues that may arise. Please see any department head or nurse to get direction as to whom to see.*

*I will bring the baby to see all soon and I will miss everyone during my leave. Thanks everyone for all the well wishes!*

*Katie*



## Food For Thought

Helping people has always been a passion for me. My first job was here at West Ridge as a dietary aide. I learned so much from the supervisor and past administrator about respect. I have taken that with me throughout my career. I decided to accept the position of the Dietary Supervisor because I enjoy cooking and helping others. I was so happy to be given this wonderful opportunity

to join West Ridge and all of the staff here to make the kitchen continue to run smoothly and be open to suggestions from the Elders and their families.

If any of you need anything or have a question, please feel free to contact me at West Ridge any time. I am super excited to get started as the new supervisor in the dietary department. We have also hired a new lead cook, her

name is Sherrie. If you see her, please welcome her to our family. She is very excited to start learning how to create yummy things for the Elders to try!

Erin Bruner



## Social Work News– continued

- Many social workers fill the role of case management, which is linking clients with agencies and programs to meet their needs. This is a large role of what I do here at West Ridge!
- Social workers are employed by many diverse agencies such as schools, hospitals, nursing homes, veterans centers, senior centers, prisons, mental health clinics, military, private cor-

porations, public social agencies, addiction treatment centers, and many more!

- The National Association of Social Workers (NASW) celebrates their 60th year in 2015. NASW works to maintain professional standards for the social work field and to advance social policies.

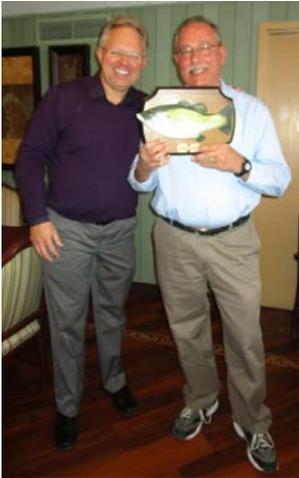
Thank you for making West Ridge a wonderful place to work.

My door is always open for any “social work” needs you or your loved ones may have!

Brenda



## Congratulations Chuck



Congratulations to Chuck Bailey on his retirement from West Ridge Care Center after 23 years of service. West Ridge hosted an Open House for Chuck on February 5th, where Richard Curphey, Administrator, presented Chuck with several “gifts” including this musical bass. Chuck also passed on his 23 year old duster as a “passing of the torch” to Mike Dreismeier, Maintenance and new Environmental Services Supervisor. Have fun fishing Chuck, we wish you well!

## In Sympathy

We would like to express our deepest sympathies to the family and friends of Maxine Loukota. We will miss her smiles and her songs.

West Ridge would also like to extend our sympathies to the family of Lois Schuchmann. Lois served on our Resident Advocate Committee for many years

and was a wonderful advocate for the elders and an asset to West Ridge and the Cedar Rapids community. She will be missed





## Happy Birthday to You

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

### Elders

Pauline Hosch on 3/10

Mary Lou Ellis on 3/19

### Care Partners

Lauren Jewel on 3/4

Tammy Redmond on 3/8

Angela DiRenzo on 3/9

Brenda Klepper on 3/11

Brittany Vanderhamm on 3/11

Tricia Burns on 3/13

Mary Perez on 3/14

Destynee Postel on 3/25

Teresa Geppert on 3/27

Richard Curphey on 3/30



## 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

Sharon Beatty

Doris Connell

Sandy Ehlert

Marvin Evers

Earl Foley

Edward Kulhavy

Francis Luzum

Otto Novak

Margurite Pieper

Ella Samek

Miles Tredway

John Wiley

### Care Partners

Gina Callan

Vernette Carter

Angela DiRenzo

Isabel Frisch

Kelsi Pringle

Sherrie Taube



## Happy Anniversary

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

### ELEVEN YEARS

Genny Lane-Jennings

Charlene Vasey-Larson

### TEN YEARS

Mary Giovanazzi

### Six Years

Kathleen Ahart

Carolina Amigon

Courtney Foster

Jeremy Gardemann

### Four Years

Kelly Jennings

### Three Years

Michelle West

### One Year

Angelina Chadwich

Erika Pedraza

Annette Thomas





## Picture Page



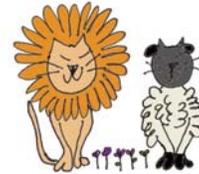
## March is...

Irish-American Heritage Month  
 National Professional Social Work Month  
 Red Cross Month

1– World Compliment Day  
 1-7– Celebrate Your Name Week  
 1-7– National Procrastination Week  
 2– 50th Anniversary of the Film Premiere of *The Sound of Music*  
 2– Birth Anniversary of Theodor Seuss Geisel, 1904-1991  
 5– Full Moon

6– Dentist Day  
 6– World Day of Prayer  
 8– Daylight Savings Time Begins  
 8-14– National Long Term Care Administrators' Week  
 10– Anniversary of the Invention of the Telephone, 1876  
 10– Harriet Tubman Day  
 11– Birth Anniversary of Lawrence Welk, 1903-1992  
 12– Girl Scouts Day  
 14– Pi Day  
 15-21– American Chocolate Week  
 17– St. Patrick's Day

19– Beginning of the 2015 NCAA Division 1 Men's Basketball Championship  
 20– Spring Begins  
 20– World Storytelling Day  
 20-April 12– National Cherry Blossom Festival, Washington, DC  
 21– National Quilting Day  
 26– Make Up Your own Holiday Day  
 29– Palm Sunday  
 30– Doctors' Day



## Quotes on Spring

It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you *do* want, but it just fairly makes your heart ache, you want it so!

~Mark Twain

I love spring anywhere, but if I could choose I would always greet it in a garden.

~Ruth Stout

Spring is nature's way of saying, "Let's party!"  
 ~Robin Williams

Spring is when you feel like whistling even with a shoe full of slush.

~Doug Larson

No matter how long the winter, spring is sure to follow.

~Proverb

The day the Lord created hope was probably the same day He created Spring.  
 ~Bern Williams



## Activities and Recreation

Can you believe Spring is almost here? This month will be busy with the SaPaDaPaSo Parade and our annual Easter Egg Hunt. Be sure to cheer for us if you see us in the parade on March 17th!

The Easter Egg Hunt will be on Saturday, March 28th at 2pm and is open to children and grandchildren ages 1-10 of elders, families, staff, and the community. Please let call me at 319-390-3367 if you plan on attending. Pre-registration is not required but it does help give us an idea of how many children may be coming.

Thank you to the kitchen staff for all their hard work putting on the Cupid's Brunch last month. The food was delicious and the presentation was great too!

A special thank you to all of the staff who made Valentine's for our elders last month. Many of the staff got really into it and I had to keep restocking the supply boxes to keep up with them! The Elders enjoyed receiving the cards too.

And finally, thank you to Gary Ellis, son of Mary Lou Ellis, for the wonderful letter to the editor that was published in the Gazette. It is nice to know

that what we do not only positively affects the Elders we serve but also their families.

Happy Spring to you all! Hopefully the weather will get the memo that Spring is right around the corner!

Julie



## Oreo 411

It was March 6, 1912, that the National Biscuit Company sold the first Oreo sandwich cookies to a Hoboken, NJ grocer.

Today the company is known by the name Nabisco.

How do you eat your Oreos? Do you twist, lick or dunk? Did you know that how you eat your Oreos says something about your personality? Dunkers tend to be adventurous and social;

twisters are sensitive, artistic and trendy; and biters are easy-going and self-confident, according to eatoutwell.com

Oreos are the world's best-selling cookies. These days they can be found in more than 100 countries.

The name is a mystery. No one can confirm the true origin of the word "Oreo". Some believe

it was derived from the French word for gold, "or", because its original packaging was mostly gold.

450 billion Oreo cookies have been sold worldwide since they hit the market in 1912.

