

West Ridge Breeze

March 2016

From Richard's Desk

With the changing of the seasons, it's always a good opportunity to take a hard look at our programs and ourselves as caregivers. We must always remember to be thankful for the opportunity that we have to make a difference. Not only in the lives of the

elders and families but also our co-workers. It is important to remember that it takes all of us looking out for and supporting each other to give us the home like environment we all strive for.

We need to take time to appreciate those

around, whether that be those we serve or that serve with us on a regular basis. Let those around you know if you think they did a good job. An occasional pat on someone's back or an acknowledgement of one's efforts goes a *Continued on page 3*

Social Work News

Here at West Ridge Care Center we pride ourselves on quality care. However, occasionally concerns arise and in those instances we have a grievance procedure. Our Resident's Rights Agreement states, "Each resident has the right to file a complaint with facility staff and outside representatives free of discrimination from the facility." In

other words, if you have a complaint or concern, please let us know. That is the only way we can make your stay more enjoyable and change whatever is occurring. We encourage our residents and family members to speak to a staff member if there is a complaint. You are always welcome to come to Richard, Katie Candia, or myself if an

issue arises. If you do not feel comfortable coming to us with your concerns, a list of advocates outside the building are provided upon admission. Please help us to make West Ridge feel like your home and address concerns as they arise. Thank You!

Abby Martin



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Nursing Notes

Happy almost spring!!! I am very excited to introduce some of the new faces that you will be seeing here at West Ridge Care Center! We want to give Heather Mayer, RN a big West Ridge welcome! Heather will be our new admission nurse. Heather has worked at WRCC part-time and recently accepted our admission's nurse position. Heather has a background in psych and is very patient with a can-do attitude. She is the perfect person to help Elders and their families feel at ease during that difficult initial admit process! As we all know new can be scary!! Feel free to stop

in and welcome Heather! I can't put into words how pleased we are to have her on board in this role. She will be a huge asset to the WRCC family.

We have known at WRCC for some time that the industry has been using nurse practitioners more and more to deliver care in our setting as well as many other healthcare settings. That leads me into the introduction of our newest addition joining the team, Stacey Becker, ARNP. There are many advantages to having an ARNP on staff at WRCC. She can see patients during her weekly Thursday rounding ensuring quick

intervention/orders for any changes in conditions. We are hopeful this will continue to assist with our quest, along with CMS and the local hospitals, to keep our hospital readmission rate to a minimum. Stacy will be overseen by Dr. Stanley Matthews, MD,

Katie Candia, DON



Food For Thought

The winter months will hopefully be over for us soon. It is no fun being cold. We are going to begin our planning of the spring/summer menus very soon. If anyone has any suggestions on what we could add to our menus, we are always willing to give a recipe a try. Maybe by planning spring and summer things it will help warm us up thinking about it.

The next planning step for spring is how we are going to do

our garden. What I am thinking about doing is building some garden boxes and separating them far enough apart so that the elders can wheel between each box. It will help our elders get more involved and I know we have some great long time farmers in our group right now. We will plant our usual favorites in our garden. We will have some tomatoes, radishes, cucumbers and peppers. I want to also do some fresh herbs for

our cooks to work with during the summer months.

If you have any questions or any suggestion about something pertaining to the kitchen, please feel free to come visit with me. I am here five days a week.

Erin Bruner



From Richard's Desk– continued

long way in fostering a positive relationship with them.

Make a point to show enthusiasm in everything you do. Having a positive bounce in what you do still out-benefits a sulking attitude any day. At minimum, it will help your day get by quicker despite the circumstances and you will know you have given it your best shot and you will know that you have

made a difference.

The workplace is not just about work, for the simple reason that we are more than just machines. It is about people, interactions between them and developing interpersonal relationships. There are lots of things that can be done at work that are not directly related to your job but they will end up affecting how you feel about your workplace in

general.

The above tips can help us stay motivated and maintain the all important positive attitude. Every day is a gift. What are you going to do with it?

Richard Curphey



In Sympathy

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

Ruth Brouse

Dale Obrine

Arlya Kramer



Easter Fun Facts

We all know the true meaning of Easter, but here a few fun facts about the holiday you may not have known.

Each year nearly 90 million chocolate bunnies are made. About 76% of people prefer to eat the ears off a chocolate bunny first, followed by 5% that eat the feet first and 4% that eat the tail first.

The Easter lily capital of the world is located along the California and Oregon border. They produce 95% of all of the bulbs grown in the world for potted Easter lilies.

More than 16 billion jelly beans are produced each year. The most popular flavor is cherry.

The Easter Parade got its name in the mid-1800's. This tradition

began when members of the high society of New York strolled down 5th Ave. showing off their new spring outfits and hats after attending Easter Services at various churches in that area.



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

Lois Lovelett on 3/12

Mary Lou Ellis on 3/19

Rose Smith on 3/31

Care Partners

David Simmons on 3/3

Alasha Hawkins on 3/4

Shelby Johnson on 3/6

Heather Mayer on 3/8

Tammy Redmond on 3/8

Angela DiRenzo on 3/9

Brittany Vanderhamm on 3/11

Debra Miersen on 3/14

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

Richard Derlein

Francis Ellis

Chuck Gradoville

Jack Keppler

Bob Lewis

Lisa Mallie

Owen Miller

Norman Rowray

Unita Schliemann

Thomas Shaheen

Kathryn Satterly

Barb Turnis

Terry Woodward

Care Partners

Carolyn Harrison

Debra Miersen

Melissa Robinson

David Simmons

Ashley Warburton



Happy Anniversary

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

TWELVE YEARS

Genny Lane-Jennings

Charlene Vasey-Larson

ELEVEN YEARS

Mary Giovanazzi

Seven Years

Kathleen Ahart

Carolina Amigon

Courtney Foster

Jeremy Gardemann

Five Years

Kelly Jennings

Four Years

Michelle West

Two Years

Annette Thomas

One Year

Gina Callan

Lakeisha Harvey

Shelby Johnson



Easter Egg Hunt

Please join us on Saturday, March 19th at 2:00pm for our Annual Easter Egg Hunt. The event is open to children and grandchildren ages 1-10 of our Elders, families and care partners as well as our Truman friends and other children in the community. You can call West Ridge at 319-390-3367 to pre-register but pre-registration is not required to be able to attend.

There will be three age groups to help with crowd control and so that the little ones aren't over-run with enthusiastic big kids. There will also be games and activities in the dining room as well as refreshments. The Hunt will be held indoors to avoid weather related problems.

Please call Julie Winterboer at West Ridge if you have any

questions or would like to register your children.



Eden Education

We have written many articles in this newsletter about the Eden Alternative over the years but it is always good to review the basic premise on which the Eden Alternative was founded. To that effect, this month we will review the 10 Principles again.

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 with 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.



Activities and Recreation

Spring is proving to be just as busy around here as the holidays. March in particular, with two big events: the SaPaDaPaSo Parade and our annual Easter Egg Hunt. And as the weather warms up (keep your fingers crossed), we will be going outside as much as we can to get some much needed fresh air.

We have some new groups coming to visit us I wanted to let you know about. First is youth from Edgewood Community Church, just around the corner from us. They come the first Wednesday evening of the

month and visit with elders in their rooms. This has been a positive experience for both the children and the elders.

The other group is led by Stephanie Berberich, who works with a home school group based in Marion and also works with essential oils. On the groups first visit they worked with the Elders in the Garden and used homemade play-do infused with essential oils. It was fun to see how creative everyone got!

If you are involved with a group that would like to come to West Ridge, please let me know. We would love to have you!

I am in need of volunteers to help with the Easter Egg Hunt on March 19th. If you are available to help, please let me know as soon as possible. We need people to help run games during the hunt, help with refreshments, and hide eggs.

I hope you all have a joyous Easter and enjoy the sights and sounds of spring!

Julie Winterboer



March is...

Irish-American Heritage Month
National Professional Social
Work Month

Spiritual Wellness Month
Strolling Into Spring Month

1– 55th Anniversary of the
Founding of the Peace Corps

1– World Compliment Day
1-7– National Procrastination

Week

2– Cat in the Hat Day

3– International Simplify-your-
life Day

4– World Day of Prayer

6– Dentist Day

6– Healing Touch Day

6-12– Celebrate Your Name
Week

9– Barbie's Birthday (1959)

10– Anniversary of the Founding
of the Salvation Army (1880)

12– Anniversary of the Founding
of the Girl Scouts of America
(1912)

13– Daylight Savings Time
Begins

13-19– National Long Term
Care Administrators' Week

14– National Potato Chip Day

14– Pi Day

17– St. Patrick's Day

20– Palm Sunday

20– Spring Begins

20– World Storytelling Day

22– As Young as You Feel Day

23– Full Moon

23– National Puppy Day

25– Good Friday

27– Easter Sunday

30– Doctors' Day

