



WEST RIDGE BREEZE

From Richard's Desk

I am always excited when we get to March. Spring will soon be here and we will be able to spend more time outside.

We are quickly approaching April 1, the date that West Ridge becomes a smoke-free campus. I am currently aware of two staff members that are actually quitting and have reported that our health insurance is very supportive in helping with prescriptions and or devices used to treat nicotine

dependence. Please stop and see me with any questions.

We have had some changes with offices and job duties over the last month. Heather, who has been our admissions nurse has moved to become a MDS Coordinator. Penny, who has been a second shift charge nurse is now our Admissions Nurse. Both these ladies are excited about the new challenges and will work hard to improve our quality and over all

March 2017

elder satisfaction.

As we make these changes and as we have been working on all of the changes with the rules and regulations Medicare has put in place, we need to remember to be thankful for the opportunity that we have to make a difference in those elders' lives we are blessed to serve. We must all look at our responsibilities and work on

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Social Work News

A requirement of all nursing facilities in the country is to hold regular care conferences with elders and their families. Upon admission, a conference is to be scheduled within 21 days and then quarterly after. In these meetings we discuss progress and any care concerns you may have. Currently, for our long term elders, we have been sending out letters asking families to

call back if they are available for a conference. As we do not regularly get responses, these important meetings are being missed. Starting this month in March, instead of sending a letter we will be calling families and asking elders in person if they would like to have a meeting. This little step will help us better communicate with you and allow us to continue

improving in our care we are offering your loved ones. If you have any questions please contact MDS Coordinators Yolla or Heather or me. Thank you!

Abby, Social Worker



Nursing Notes

As we learn more about antibiotics, the Centers for Medicare/Medicaid (CMS) are helping us along in this journey. The new Rules of Participation, from CMS have new guidelines as to how we treat infections and the usage of antibiotics. Antibiotic Stewardship is in phase 2 of the guidelines and must be completely implemented by fall of 2017. I will be going to Des Moines this spring to receive training to become West Ridge's Infection Preventionist. While antibiotics are an effective treatment for infections, they can alter the body's microbiome (microbes that naturally occur in and on humans) and put pressure

on the development of antibiotic resistance.

Here are 6 smart facts about antibiotic use:

Antibiotics are **LIFE-SAVING** drugs.

Antibiotics only treat **BACTERIAL** infections

Some ear infections **DO NOT** require an antibiotic

Most sore throats **DO NOT** require antibiotic.

Green colored mucus **IS NOT** a sign that an antibiotic is needed.

There are potential **RISKS** when taking any prescription drugs

Please stop in or make an appointment with me to further discuss our infection control program here at WRCC if you have questions or concerns.

Katie RN, DON



Community News

Last month we highlighted the keystones of Cedar Rapids. This month we have information on Garnett Place. We are fortunate to have great working relationships with most of the areas assisted living facilities. This is key to smooth transitions for our Elders.

This is from Kaelee Freeman, Garnett's Community Relations Coordinator:

Greetings! I am really excited to visit West Ridge in March. My name is Kaelee and I will be coming to West Ridge to talk a little bit about Garnett Place

Retirement Community and Memory Care. Garnett Place is a local Retirement Community nestled in the woods off 1st Avenue. Garnett has served the Cedar Rapids Community since the early 90's. We offer townhomes, independent living apartments, assisted living apartments, and memory care apartments. We have great amenities and an individualized service plan that helps us cater to each resident's needs individually. I can't wait to meet you all. I'll make sure to bring snacks, gifts & information

packets. Feel free to invite your family members to join as well! If you would like more information on our community before I present in on the 27th, please contact me, Kaelee Freeman, Community Relations Coordinator, at 319-533-5050! Take care and see you in the spring!

Please let me know if you have any questions about any of the area assisted living facilities.

Katy Smith



“Remember that sometimes not getting what you want is a wonderful stroke of luck.”

~Dalai Lama XIV

Food For Thought

Can you believe that spring is right around the corner? This means that we are going to be working on our spring and summer menus. If anyone would like to bring in any recipes for us to add, we would love that. We plan to add fresh fruit, fresh vegetables, and some new trendy items like wraps, fresh baked cookies etc.

With Spring coming we will also be planning on the items that we are going to be putting in our garden boxes that are outside the building. We will be putting in some tomatoes and probably cucumbers and onions. It will be nice to have some fresh produce coming into our building for the

elders to enjoy.

Every month we hold a Community Meeting here at West Ridge. They are always the 3rd Thursday of the month. Please feel free to come in during these meetings and bring your elder. We love to have input on any concerns you and your family member may have. The dietary department has a part in these meetings as well. We ask the elders what they have been craving for a meal. It doesn't have to be something we already have on our menus. It can be anything. The elders pick a meal and they also pick the sides and the dessert to go along with it. In February, we had a few special meals. We

had a Valentine's Day brunch, pizza on National Pizza Day, and a taco bar on another day. We do not always do three special meals, just whatever comes up we try to accommodate.

Have a great month!

Erin, Dietary Supervisor



From Richard's Desk-- continued

supporting each other.

I would like to end with a quote from one of our elders. I asked a new elder how it was going here at West Ridge and if we were meeting her needs. She held my hand and said, "Sometimes we

need someone to simply be there, not to fix anything or do anything in particular, but just to let you feel that you are cared for and supported. That's what your girls have done for me. I wouldn't go anywhere else." I would say to

each of my co-workers, that's why we do what we do!

Richard



In Sympathy

We would like to express our deepest sympathies to the families and friends of the following elders. Their smiles, laughter, wisdom and kindness will truly be missed.

Harlan Glandorf
Merle Hepker
Wanda Muck
Helen Torrens



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.

Shelby Johnson on 3/6

Heather Mayer on 3/8

Angela DiRenzo on 3/9

Mary Perez on 3/14

Maxine Halstead on 3/17

Mary Lou Ellis on 3/19

Lizzie Udelhoven on 3/20

Destynee Postel on 3/25

Teresa Geppert on 3/27

Richard Curphey on 3/30

Amara Manuel on 3/30

Rose Smith on 3/31



Let's Welcome Them

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

Donna Becker

Shirley Cathcart

Robert Everson

Kathleen Hendricksmeier

Bob Kirk

Wilma Linkenback

Joanne Oftdahl

Christine Pfeifer

Jerry Rygr

Sheila Seigel

Thomas Thune

Joyce Twachtmann

Marilyn Wicke



Happy Anniversary

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

THIRTEEN YEARS

Genny Lane-Jennings

Eight Years

Kathleen Ahart

Carolina Amigon

Courtney Foster

Five Years

Michelle West

Two Years

Lakeisha Harvey

Shelby Johnson



Easter Egg Hunt

Our annual Easter Egg Hunt will be on Saturday, April 1st at 2:00pm. This fun event is open to children ages 0-12. There will be age categories so that the little ones don't get trampled by the big kids looking for eggs. Along with the hunt, there will also be games to play, temporary tattoos, prizes, treats and more.

The Elders will be busy in the week leading up to the Hunt by stuffing eggs with candy. All who come will leave with a basket full

of candy.

We recommend that you bring a basket along to put all of your eggs in but there will also be some sacks available for people to use.

Registration the day of the Hunt will start at 1:30pm. You may also pre-register to save some time. You do not have to pre-register but it does help us know about how many participants to expect in each age category.

Please call Julie Winterboer at

319-390-3367 if you have any questions or want to pre-register.



SaPaDaPaSo Parade

Are you planning on watching the parade in downtown Cedar Rapids on St. Patrick's Day? If you are, be sure to watch out for the West Ridge bus and cheer when you see us. We will be number 30 in the parade lineup. The parade starts at 1:00pm. The route starts on 6th Street, goes down

2nd Avenue, turns onto 2nd Street, and then back up 3rd Avenue, ending at Green Square Park.

If you would like to be in the parade with us, please let Julie Winterboer know as soon as possible.



Lost and Found

Please be sure to check the Lost and Found cart if you or your loved one is missing any laundry items. If you discover something is missing but do not see it on the cart, please fill out a missing item form. These are located at both Nurse's desks. The cart gets cleared quarterly and what is on it

gets donated to a local mission. Please see a care partner if you have any questions.



Activities and Recreation

As I write this we are enjoying unseasonably warm weather and it has been great helping people to get out more and enjoy the fresh air. But we are also forecasted to get cold again very soon. Please pray for good weather for the SaPaDaPaSo Parade on March 17th. It would be great if the Elders could get off the bus and be outside during the parade! I recently heard back from the parade organizers and we are number 30 in the line up so be sure to look for us if you are downtown watching the parade!

Also note that we had to change the date of our Easter Egg Hunt to April 1st due to a scheduling conflict. I hope that this is not an inconvenience for anyone. The elders will be working hard in the weeks leading up to the Hunt getting the eggs ready. If anyone would like to volunteer that day, we always need help running games or hiding eggs. Please let

me know if you are able to help out.

Our new yoga class has been very well received. Brooke, the instructor, does a phenomenal job and the Elders seem to really be enjoying the class. Please let me know if you'd like to sit in on a class.

Other events we have to look forward to this month include new musicians, one playing the hammer dulcimer and the other playing violin, as well as an old friend, Ilaina, who plays the accordion. We will also have several Irish-themed activities to go with St. Patrick's Day. We are also going to have our own March Madness Pool. I will be encouraging everyone, even if they don't follow basketball, to fill out a bracket and we'll see how we do. We'll have prizes for those who get the farthest.

I also want to send out a big thank

you to Roger Schloss who will be doing the Rosary on Tuesdays after Bingo during Lent. He says he welcomes anyone who wants to listen and of course encourages those who are Catholic to participate with the responses if they want to. Please let me know if you have any questions about this.

I would also like to let you know about some changes we have made to the activity schedule. Melissa will not be working on Thursdays anymore and will be working more on weekends so that we can bring you even more weekend activities. Let us know if there is anything you would like to do on the weekends. We are open to new ideas!

Julie



March is...

Celebrating Spring Month
National Professional Social Work
Month

Red Cross Month

1- Ash Wednesday

1- World Compliment Day

3- 130th Annual World Day of
Prayer

6- Dentist Day

6- Healing Touch Day

7- Monopoly's Birthday, 1933

12- Daylight Savings Time Begins

12- Full Moon

14- Baseball Cap's Birthday, 1860

14- National Potato Chip Day

16- Beginning of the 2017 NCAA
Division 1 Men's Basketball
Championship

17- St. Patrick's Day

19- St. Joseph's Day

20- Spring Begins

20- World Storytelling Day

22- National Goof-off Day

23- National Puppy Day

26- Make Up Your Holiday Day

29- Anniversary of Atlanta

Pharmacist, John Pemberton,
Concocting Coca-Cola (1886)

30- Doctor's Day

