

West Ridge Breeze

From Richard's Desk

We are all happy for Katie Ross and her family on the arrival of another baby girl. Mother and Baby Gia are both doing well.

We are patiently waiting for Spring to arrive and look forward to planting flowers and sprucing up the grounds. If there are any family members or staff with "green thumbs" that would like to help us spruce

up the place, don't hesitate to contact us. It would be a great activity with your loved one.

May is National Nursing Home month and I would like to take this time to say thank you to all of the great staff that help bring peace and joy to all the Elders. It is a privilege to work with each of you. Your loyal and caring attitudes are

greatly appreciated.

As always, I want to thank you all for giving us the opportunity to care for you or that special elder in your life. May this journey bring you many great blessings.

Richard



Social Work News

Happy May! Spring is finally here, and everyone should be enjoying the beautiful weather, warmer temperatures, and sunshine. May is also a month of celebration for many things. Happy Mother's Day to all the mothers at West Ridge. What a beautiful time of year to celebrate all that our own mothers have

done for us, and for all mothers to be appreciated by their children and grandchildren.

We also celebrate Older Americans Month in May. May we all find the opportunity to appreciate our elders at West Ridge; spending some extra time with them, listening to their life stories, or lending a listening ear to hear

their fears, struggles, accomplishments, or celebrations. We love our elders!

Brenda



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Nursing Notes

It has been my pleasure to serve as an interim director of nursing at West Ridge these past weeks. During Katie's absence, I have enjoyed getting to see all my old friends and making some new ones. I want to thank everyone for making me feel so

welcome and for assisting me to get back into the "groove". West Ridge is a very special facility and you should all be very proud of it and of yourselves for making it so.

Donna Staton



Food For Thought

Spring has finally sprung! Are we excited in the kitchen! This means that the garden is going to be getting on the move really soon. This year we are going to be trying some new methods to keep the weeds out. We are also going to be using some better fertilizers to help our vegetables grow better. Last year our garden did not turn out the way we wanted it to. If anyone has any new ideas on what to plant I am always game for some new ideas. We do

plan on the usual tomato plants, squash, zucchini, cucumbers, green beans, lettuce, peppers, radishes, onions both the regular and the little green ones. We will also try some fresh herbs too. We really enjoy fresh cilantro, basil, thyme, and oregano. If we had more room we would plant the sweet corn again but have decided that we will plant other things in its place because we are just not getting what we need to feed all of the elders.

We are also going to be getting the spring summer menus going here as soon as we can. If anyone has any recipe suggestions or new items let me know. Just stop and see me whenever you can. Thanks again and have a great spring!

Erin Bruner



In Sympathy

We would like to express our deepest sympathies to the families and friends of these elders. It was an honor to know and care for them. They will truly be missed.

Don Graham

Evelyn Hartz

Mary McSparran

Martha Schrader



Ladies' Tea

Ladies of West Ridge be sure to mark your calendars for **Thursday, May 28th at 3:00pm** for our Ladies' Tea.

All the ladies of West Ridge and their guests are invited to join us

for an afternoon of fun and fellowship. Please call 319-390-3367 if you have any questions or to RSVP to Julie by Friday, May 22nd.



Eden Education

After a short hiatus, the Eden Education articles are back. In past issues we have looked at the first five Domains of Well-Being which are Identity, Growth, Autonomy, Security and Connectedness. This month we look at the sixth domain, Meaning.

The medical model of care strips away meaning in many different ways. The physical environment becomes meaningless for anyone except the decorator who designed it or healthcare professionals who access it. The sacred work of care partnering is reduced to a series of tasks and procedures delineated in the interdisciplinary care plan. The rhythm of daily life becomes repetitive and numbing, holds no meaning and inspires little motivation for the individual.

A person-directed approach infuses meaning into every corner, every act and every relationship. This way, all care partners share in a life worth living. Simple pleasures are brought to life for all. The rhythm of daily life is affirming and nurturing, drawing people together in meaningful ways. Meaning is generated because of the caring relationships we have nurtured with one another.

Creating meaning takes a lifetime of effort. Meaning thrives and grows in moments of time. It is more than fulfilling a life's wish. It is woven into our emotions, our feelings, and our need to be needed. Each individual and each community experiences meaning in different ways. Meaning sometimes arises out of other life events; trying

to rationalize trials and successes. Often meaning comes from the very act of searching for it. Food and shelter can be withheld, but meaning is something others cannot deny us. Regardless of our life situation, as humans we are always seeking meaning.

We can help others by learning each other's stories of times when they find meaning in their lives. We can also make time for reflection and celebration as well as helping elder and staff care partners honor and achieve their goals in meaningful ways.





Happy Birthday to You

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

Elders

Marguriete Pieper on 5/11

Ed Kulhavy on 5/18

Care Partners

Wendy Finn on 5/6

Fawn Ingalls on 5/17

Isabel Frisch on 5/19

Crystal Anthes on 5/20

Julia Winterboer on 5/20

Crystal Douthart on 5/22

JoAnn McBride on 5/31



Welcome to West Ridge

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

Michael Beason

Joanne Dinville

Mary Flowers

Vern Glotfelty

Liz Hawes

Bea Johnson

William Lambert

Judy Ochs

Suzanne Petersen

Vincent Ryan

Darlene Walker

Care Partners

Tammy Brewer

Rory Gallagher

Lakeisha Harvey

Jodi Hayes

Alisha Jansen

Shelby Johnson

Brent Kennedy



Happy Anniversary

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

THIRTEEN YEARS

Richard Curphey

TWELVE YEARS

Susan Poplawski

Nine Years

Betty Perez

Renè Saylor

Two Years

Carolyn Green

One Year

Tricia Burns

Mother's Day



In the U.S., Mother's Day was first suggested as a day dedicated to peace in 1872 by Julia Ward Howe, writer of the lyrics of the Battle Hymn of the Republic. Howe organized Mother's Day meetings in Boston, MA for many years.

In 1907, Anna Jarvis, a Philadelphia, PA schoolteacher began

a campaign to establish a national Mother's Day. She persuaded her mother's church to celebrate Mother's Day on the second anniversary of her mother's death which was on the second Sunday of May that year. Jarvis and her supporters wrote letters to ministers, businessmen and

politicians to promote a national Mother's Day.

By 1911, Mother's Day was celebrated in almost every state. By 1914, President Woodrow Wilson proclaimed Mother's Day as a national holiday to be held every year on the second Sunday of May

Quotes for Mothers

A mother's arms are made of tenderness and children sleep soundly in them.

~Victor Hugo

Mother's love is peace. It need not be acquired, it need not be deserved.

~Erich Fromm

A man's work is from sun to sun, but a mother's work is never done.

~Author Unknown

May is...

- Gift From the Garden Month
- National Barbecue Month
- National Hamburger Month
- National Military Appreciation Month
- National Salad Month
- National Salsa Month
- National Smile Month
- Older Americans Month
- 1- May Day
- 3- Full Moon
- 3-9- National Hug Holiday Week
- 3-9- National Music Week
- 5- Cinco de Mayo

- 6-12- National Nurses' Week
- 7- National Day of Prayer
- 8- Have a Coke Day
- 10- Mother's Day
- 10-16- National Hospital Week
- 10-16- National Nursing Home Week
- 13- National Third Shift Workers' Day
- 14- Ascension Day
- 14- National Dance Like a Chicken Day
- 15- National Pizza Party Day
- 15-25- International Pickle

- Week
- 16- Armed Forces Day
- 20- Flower Day
- 24- Pentecost
- 25- National Tap Dance Day
- 25- Memorial Day



Activities and Recreation

There are many things we are able to do now that the weather is nice. We will be spending a lot more time outside on the warmer days. We look forward to sitting in the Courtyard or in the front of the building enjoying lemonade and people watching!

Sadly though, the beginning of summer brings the end of our Truman visits for this school year. We will go to Truman on May 1st for an End of Year Celebration. We always enjoy going there and listening to the students sing for us, but it is also good-bye for another school year. We encourage and welcome the Truman students to visit us throughout the summer.

We have a lot of new and different entertainment scheduled for May too. John Krob returns to us and we welcome Dennis Hite. We also look forward to the Country Steppers and Barb Elam coming as well as our "regulars" Amy, Glen, Carroll and Leo. A big thank you also to our friends at RidgeView for inviting us over to listen to the University of Iowa Steel Drum Band again.

And finally, ladies be sure to mark your calendar for **Thursday, May 28th for our Ladies' Tea!** This is a chance for us to honor the special women of West Ridge for all that they have done for the people they love. Please see

page 3 for more details.

Happy Mother's Day to all the ladies reading this. Even if you didn't have children of your own, know that you have touched people in your life through kind words and actions. To my own mother, I thank her for instilling her values in me and teaching me the importance of a good work ethic and more importantly how to find joy in life.

Be kind to one another!

Julie



Some mothers are kissing mothers and some are scolding mothers, but it is love just the same, and most mothers kiss and scold together.

~Pearl S. Buck

Laughter is the Best Medicine

Laughter has many benefits but sadly adults do not laugh as much as we should. Did you know that children laugh three times more than adults? Here are a few more benefits of laughter:

Fifteen minutes of solid belly laughing can burn up to 40 calories.

Laughing 100 times has the same effect on the body as being on a rowing machine for 10 minutes or a stationary bike for 15

minutes.

We laugh up to 30 times more when we are with others rather than by ourselves.

