

November 2016



West Ridge Care Center

West Ridge Breeze

From Richard's Desk

The change of seasons has brought the cold and flu season. I would like to remind everyone that flu shots are the best defense against contracting the flu. It is important for all health care workers and visitors to protect themselves in order to protect those we serve.

With November comes Thanksgiving and the start of the holiday season. It is the time for all of us during these uncertain times to stop and take a look at our lives and what we are thankful for. I am blessed to have the opportunity to serve with an outstanding staff who work hard to serve the elders of

West Ridge.

During this time of change we have been taking a look at our over-all program in the Garden, our memory care area. We have been busy re-painting and over all cleaning. We have mailed out a questionnaire to the family members for this group of elders and would encourage everyone to complete this. Your input is important to us.

I would like to end with a quote I read. "Work hard at what you like to do and always strive to overcome all obstacles. Laugh at your mistakes and praise yourself for learning from them.

Appreciate the

beauty of nature.

Say hello to strangers and enjoy the people you know. Don't be afraid to show your emotions. Laughing and crying make you feel better. Love your friends and family with your whole heart. They are the most important part of your life. Feel the calmness on a great sunny day. Live your world of dreams. Always remember life is better than it seems and at the end of your day just say thank you for giving you the opportunity to be you."

Richard



Social Work News

Being a caregiver is not easy job. It takes physical, mental and emotional strength to be a day to day caregiver for a loved one. That strength, no matter the motivation, can decrease over time if caregivers do not take care of their own wellbeing as well as their loved ones. In honor of the

wonderful caregivers in the area and the hard work they put in, Heritage Area on Aging and Meth-Wick are sponsoring a Caregiver Wellness Day on November 10 from 7:30 am to 3 pm. This is a free event offered to all family caregivers and will include

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Nursing Notes

Every quarter our interdisciplinary team completes an assessment called the MDS assessment (Minimum Data Set). This is a 58 page comprehensive assessment that looks at every resident and their function. In conjunction with this assessment we also hold a Care Conference. This is held with the elder, family and the interdisciplinary team. That team consists of Abby our Social Worker, Charlene our Dietician, Julie our Activities Director, and either Yolla, the foyer level MDS/Care Plan Coordinator, or RuthAnn the Courtyard level MDS/Care Plan Coordinator.

Upon entry to West

Ridge, Lisa (therapy program coordinator) invites elders and their loved ones to an initial 72 hour meeting. This meeting is to touch base and go over goals and if discharge is the goal, discharge planning begins.

You will be invited to a care conference meeting with the ID team every quarter. This invite should arrive with your billing statement, quarterly. We generally meet on Tuesdays. Please feel free to call to schedule a care conference with Yolla or RuthAnn. We feel these meetings are very important to the communication and quality care of the elders.

Katie, RN, BSN, DON

P.S. If you have not signed a Flu shot consent for yourself or loved one please stop at the desk and sign one. We will begin giving flu shots Oct. 1!

Also please stop to check out our upper level/lower level lost and found carts as soon as possible. We generally donate unclaimed items, once a quarter. We are implementing a new missing item form, to be filled out for any missing laundry or other items you may have. They will be kept at both nurses stations.



Social Work News– continued

motivational and informative speakers, food, resources and a chance to share stories. The event will occur at the Hotel at Kirkwood Center on 7725 Kirkwood Blvd. SW in Cedar Rapids. If respite care needed during time of the event,

loved ones can spend the day at Milestone in Cedar Rapids or Marion or The Villages in Marion. For more information or to register please contact Maria Donohoe at the Heritage Area on Aging at 319-398-5559 ext. 1290. Abby, the Social Worker,

also has brochures outlining the event and schedule in her office. Thank you for all you do!

Abby



Lost and Found

Please be sure to check our 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.

Food For Thought

There are five nutrients recommended in the New Dietary Guidelines for 2015-2020 that the U.S. Department of Agriculture (USDA) thinks Americans should focus on getting enough to possibly prevent health problems. The nutrients are: dietary fiber, calcium, vitamin D, potassium, and iron. These nutrients may potentially be lacking in American diets since many people aren't eating enough fruits, vegetables, whole grains and dairy foods.

Dietary Fiber can aid in maintaining the health of the intestinal tract as well as to help control cholesterol and blood sugar levels. Low intakes of dietary fiber may be due to not eating enough fruits, vegetables and whole grains.

Calcium is important for bone health and may help prevent colon cancer. Low intakes of calcium may be due to not eating enough dairy products such as milk and cheese.

Vitamin D is also important for bone health. Sources can be from the diet and also from sunlight. Some food sources with naturally higher Vitamin D levels are salmon, herring, mackerel and tuna. Foods may also be fortified with Vitamin D such as fluid milk, soy milk, yogurt, orange juice and breakfast cereals.

Potassium is important for maintaining healthy blood pressure. Some good food sources containing potassium are white potatoes, prunes, tomatoes, beet greens, white beans, plain

yogurt and sweet potatoes.

Iron is important to avoid iron deficiency anemia. Food sources containing iron are lean meats, poultry, seafood, legumes, dark green vegetables, foods enriched with iron like breads and ready-to-eat cereals.

For more information about the Dietary Guidelines refer to <http://health.gov/dietaryguidelines/2015>.

Charlene

Source: Nutrition Action.com; David Schardt 10/2016



In Sympathy

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

Shirley Ferroni

Norman Rowray



When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, "I used everything you gave me ."

~Erma Bombeck

Happy Birthday to You

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

Elders

Carl Ficken on 11/5

Nyle Spalding on 11/29

Care Partners

Broderick Carstens on 11/1

Yolla Chalhoub on 11/4

Katie Nugent on 11/19

Nikki Mitchell on 11/20

Preslie Johnson on 11/26



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, learn, work and grow.

Elders

Bill Anderson

Wanda Becker

Kathryn Hamer

Kitty Johnson

Dennis Karr

Darlene Lambert

John Sheeley

Ruth Stark

Doris Templer

Anna Whittle

Care Partners

Broderick Carstens

Hannah Dawson

Amelia Givens

Aubrey Griffitt

Gabrielle Wisco



Happy Anniversary

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

ELEVEN YEARS

Katie Candia

TEN YEARS

Margie Anthony

Four Years

Kelly Kimble



Toys for Tots

West Ridge is proud to be a collection site again this year for the Toys for Tots program run jointly by the Salvation Army and the U.S. Marine Corps.

The box will be located in the front area of West Ridge, near the nurse's station. We ask that you bring in new, unwrapped toys for children birth to 14. Items of greatest need are toys for infants and teenagers. The program also encourages donations of books, family

games and educational toys. Please no clothing, food or used toys. The drop off box will be available through Friday, December 9th. All donations will be used in the Linn County area.

Please join us from 1-3pm on Monday, November 28th for our Toys for Tots Drive. If you bring in your donated toy(s) at this time the elders of West Ridge will reward you with hot chocolate or coffee and a treat!



November is...

American Diabetes Month
Aviation History Month
Family Stories Month
Feelings of Gratitude Month
National Alzheimer's Disease Month
National Family Caregivers Month
National Home Care Month
National Hospice Month

1- All Saints' Day
3- National Sandwich Day
4- Peanut Butter Lovers' Day
5- National Doughnut Day
6- Daylight Savings Time Ends
8- General Election Day

11- Anniversary of the First Performance of *God Bless America*, 1938. Kate Smith first sang it on her radio show. It was written by Irving Berlin especially for Smith.
11- Veterans' Day
13- World Kindness Day
14- Full Moon
14- World Diabetes Day
17- Great American Smokeout
20-27- Annual National Game & Puzzle Week
20-27- National Family Week
23- Anniversary of the Debut of the Jukebox, 1899

24- Thanksgiving Day
25- Black Friday
26- Anniversary of the Premiere of the Movie, *Casablanca*, 1942
27- Advent Begins
29- Square Dance Day
30- 85th Anniversary of the Publishing of *The Joy of Cooking*, 1931



Let us remember that, as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds.
~Theodore Roosevelt

Activities and Recreation

Thank you to everyone who came to our Trick or Treating Event on October 29th. We had about 100 children come through to Trick or Treat! Thank you to all of the Elders who helped hand out candy and to the families that donated candy. We couldn't have done it without you! Thank you also to those who volunteered: Angela, Mikayla and Emily Carr, Hailey Winterboer, and Maddox Sercy.

As we get into the holiday season, please know that we have some spaces available to you if you want to celebrate with your family at West Ridge. We have our conference room located at the front of West Ridge and there is an area in the back corner on the Foyer Level for smaller groups. In the Garden we have our "Family Room" in the back area. Our Foyer level dining room is available for larger groups, however times for this area are

more limited due to meals and activities. Please call to reserve one of these areas for your family gatherings as soon as possible to ensure availability.

We would like to take the elders to the Festival of Trees on Saturday, November 19th at the Double Tree Hotel in Cedar Rapids. I, however, will be out of town during this time and would like to line up volunteers to help with this trip as soon as possible. If you are able to help your loved one go on this trip, please contact me as soon as possible. I thank you in advance for your help!

We are also excited about the opportunity to see Washington High School's musical, Grease, on Wednesday, November 9th. If you would like to join us for this event, please let me know as soon as possible. All of the area schools do a great job with their musicals and we love getting to see them!

We had a great turnout for our second "Cork 'n Canvas" event. We had several family members join us too. Our next painting class is on November 29th. If you think you might be interested in joining us and doing your own canvas, please RSVP by November 26th so that we can be sure to have enough supplies on hand. It is so fun to watch the budding Picasso's emerge!

Please see below for some ideas of Christmas gifts that might work for your loved one at West Ridge. If you have any questions about the upcoming holidays, please don't hesitate to ask!

Julie



Holiday Gift Ideas

The best gifts are actually the ones that cost very little except for time. Spending time with your loved one would probably mean the most to them. Join them for a meal at West Ridge, or if possible, take them to their favorite restaurant. Spend time listening to their favorite music with them or going through

family photos.

For those who also want to give a gift they can unwrap, try one of the following:

Scented lotions, perfume or cologne

Comfortable robe or pajamas

Photo album with photos

marked with the names of each person in the pictures

DVD or CD player along with their favorite music or movies

Favorite snacks

New comforter for their bed

More ideas will be in the December issue of the Breeze.