

October 2016



West Ridge Care Center

West Ridge Breeze

From Richard's Desk

As we welcome Fall and the changing of the seasons, it is always a good opportunity to take a look at our programs and ourselves as caregivers. We are all blessed for the opportunity to make a difference in not only the lives of the elders, but also the families and our co-workers. It takes every one of us looking out for and supporting each other to give West Ridge the home-like atmosphere we all

want. Sometimes I believe we all need to look at what we do in our lives and understand that our role in health care services is a "calling", not just a job. There is a saying that I try to live by: "Our lives are not determined by what happens to us but by how we react to what happens; not by what life brings us, but the attitude we bring to life". A positive attitude causes a chain reaction that allows us to not only love what we do, but

also love and respect to those with whom we share the opportunity. I will end with another thought: Our job is not to judge. Our job is not to figure out if someone deserves something. Our job is to lift the fallen, restore the broken, and heal the hurting. I am honored to be part of the West Ridge family.

Richard



Social Work News

Insurance is a difficult world to navigate. There are always new changes and plans that seem better than others. Without the right guidance and knowledge, you may not know what you are getting yourself into. SHIP is a program of the Iowa Insurance Division. They have trained volunteers across the state who meet with Medicare beneficiar-

ies across the country to answer questions about various Medicare plans and options. SHIP services are free, confidential and they do not endorse one plan over the other. They give you all of your options and allow you to make an educated decision regarding your best interest for coverage. As open enrollment is coming

soon, October 15th through December 7th, SHIP is a good resource to consider. Please contact SHIP at (319) 861-7887 to make an appointment or visit www.therightcalliowa.gov for more information.

Abby



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 resident, 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.



Memory Walk Update

First and foremost, our thoughts and prayers go out to our staff and any family members affected by the flood last month. We are thankful that everyone was safe.

The Memory Walk was one of several events rescheduled as a result of the flood. It is now scheduled for Saturday, October 15th. Registration begins at 8:30am, Opening Ceremonies at 9:30am and the Walk starts at

10am. If you would like to walk with the West Ridge team, please let team captain Becky Pickart know.

West Ridge had a fundraiser planned for last month but cancelled it due to flood-related issues. This too has been rescheduled. **Please join us Friday, October 14th from 10:30am-1:30pm for a Grill Out Lunch.**

For only \$4.00 you get your

choice of a hamburger or hot dog with choice of toppings and chips. Desserts will be available for \$0.50.

If you would like to donate a dessert it would be greatly appreciated! Please have it to West Ridge by 10am on the 14th.



Food For Thought

Wow, it's October already!! Happy Halloween!! In the kitchen we are currently working on the fall/winter menus. We are searching around to see if we can implement new recipes. If you have any recipes you would like to see on our new menus, please feel free to bring them in and we will see what we can do.

I have been hiring a lot of new people in the kitchen. If you see

a new face in the dining room, please introduce yourself and help them feel welcomed.

We also have brought a new television into our dining room along with a new stereo system. It is pretty nice to have music during dining times again. The elders are really enjoying it. We are also making sure the football games are available to watch if they are on at the same time as a meal.

If you ever have questions, please feel free to come see me or our dietitian, Charlene.

Erin



In Sympathy

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

Liz Hawes

Glenna Schnell

Linda Ward

And while everyone that passes through West Ridge touches our hearts in some way, we are even more saddened when we lose "one of our own". Linda Ward was the hairdresser at West Ridge for many years, and when she couldn't do hair any more she volunteered here. It is with our deepest sympathies

and loving memories of Linda that we want to let her family know how much we will miss her smile, her sense of humor and her devotion to West Ridge.



Helping Hands

Have you seen the new board near the elevator? It is our new "Helping Hands" board and it is a way to recognize those who go above and beyond in their day to day work at West Ridge. Care Partners can use it to thank other staff that go out of their way to help them, but we

wanted to let you know that as elders, family members and friends who visit loved ones at West Ridge, you can fill out a card if you experience that extra touch. Simply put the care partner's name on the form, a brief description of what they did for you or your loved one, the

date and your name and pin it to the board. If you have any questions, please ask Crystal or any Department Head.



Happy Birthday to You

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

Elders

Don Smith on 10/9

Lois Choate on 10/10

Bertha Ehrenberger on 10/12

Donna Heller on 10/12

Joy Sparenborg on 10/16

John Plotz on 10/23

Jerry Tenney on 10/26

Delores Meier on 10/30

Care Partners

Abby Martin on 10/2

Kathleen Ahart on 10/9

Jasmine Reuter on 10/10

Katie Candia on 10/15

Susan Poplawski on 10/17

Alize Watson on 10/19

Seth Greif on 10/30

Travis Vortherms on 10/30



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, learn, work and grow,

Elders

Lois Choate

Rosemary Favia

Shirley Ferroni

Carl Ficken

Ed Gillick

Maxine Gordon

Margery Gundling

Chuck Havlik

Bev Holtz

Geri Howrey Robinson

Kathy Hughes

Joanne Oftedahl

Care Partners

McKayla Barnes

Ruth Ehler

Seth Greif

McKenna Lentner

Penny Lusk

Amara Manuel

Lestine Martin

Danyell Moore

Karlye Rogers

Jacob Seaton

Jodi Starbuck

Jacob Stolen



Happy Anniversary

The following staff have anniversary dates in the month of October.

Eight Years

Frank Creque

Seven Years

Brittney Shasteen

Four Years

Yolla Chalhoub

Crystal Douthart

Jason Ryan

One Year

Heather Mayer

June Richardson

Michon Scott



Trick-or-Treating

Mark your calendars for **Saturday, October 29th** for our annual Trick-or-Treating event. Kids from 0-12 can come to West Ridge between 2-4pm for games and of course lots of candy. This is a fun, family-friendly event in a safe (and warm) environment. We hope to

see you there!

There is no need to RSVP, but if you have any questions, call Julie Winterboer at West Ridge at 319-390-3367.



Cupcake Wars

Do you love to bake? Do you have what it takes to win? If you do, enter our Cupcake Contest on October 28th. Look for signs around West Ridge for all the details. You must have at least 2 dozen cupcakes prepared to

enter. For more details or for any questions, see Crystal Anthes or Becky Pickart.



West Ridge Angels

The West Ridge Angels had their first community outreach last month. The elders baked cookies and then delivered them to the firefighters at Fire Station 3. The firefighters were very appreciative and gave us a wonderful tour and talked with us for quite awhile. Thank you to the men of Fire Station 3 for your service to our community!

This month we are hosting a Halloween party for some of our neighbors and in November the

Angels are planning something for the CRPD.

Way to go Angels!



Activities and Recreation

It's been a busy summer and looks to be an even busier fall. With October starts the beginning of the holiday season. This month we will be hosting a party for our neighbors with a Halloween theme, and we are also hosting our annual Trick-or-Treat event for the children of the community. See the article on page 6 for more details.

We will also be going on a Leaf Trip as well as taking a hay ride at Bloomsbury Farm. Fall is a great time of year for activities with apples and pumpkins and of course it wouldn't be October without Halloween and football. We've got a little bit of everything going on this month.

I wanted to remind everyone that our Community Meeting is open to anyone who wants to attend. It is usually the third

Thursday of the month. This month it will be Thursday, October 20th at 2:00pm. Please join us to learn more about what's happening at West Ridge.

I have also put the Iowa football games on the calendar with the start times, unless they haven't been determined yet. Many people enjoy watching the games, and now with the TV in the dining room, they can watch the game while they eat so they don't have to stay in their room. People can also stay in the dining room or move out to the living room to continue watching the game together. Because let's face it, it's always more fun to cheer your team on together!

If you are an elder and are interested in voting in the election, please let me know as soon as

possible. I will also be going around to talk to people about it. A bipartisan team from the Elections office will be here on October 25th with absentee ballots but I need to fill out some forms before that. Please see me if you have any questions about voting.

And last, I'd like to invite you to join us for our Cork and Canvas event on Tuesday, October 25th at 7pm. We ask that you RSVP no later than Friday, October 21st. Cost for "non-residents" will be \$10. RSVP to me, Katie or Melissa in Activities.

Julie



October is...

American Pharmacists' Month
Celebration of Apples Month
Fun with Fall Month
National Chili Month
National Cookie Month
National Depression Education
and Awareness Month
National Dessert Month
National Physical Therapy
Month
National Pizza Month
National Popcorn Poppin' Month
Positive Attitude Month

3-9– National Healthcare
Foodservice Workers' Week
4– National Taco Day
5– World Teachers' Day
6-12– Physician Assistants'
Week
7– World Smile Day
10– Columbus Day
10-14– Firefighters' Week
11– National Pizza Day
13– Navy's Birthday (1775)
15– Sweetest Day
15-21– Gourmet Coffee Week
16– Full Moon

17– Boss's Day
22– Make a Difference Day
23-29– National Massage
Therapy Awareness Week
28– National Chocolate Day
29– National Forgiveness Day
31– Halloween
31– Magic Day
31– National Caramel Apple
Day

