

# West Ridge Breeze

September 2014

## From Richard's Desk

The Department Heads and I will be attending the annual Iowa Health Care Conference in Des Moines this month. This three day event will focus on making connections and working to improve quality care. With a changing health care system and the looming increase of seniors in need of care, it is more important than ever to stay up to date and connected with health care issues and the professionals who work with us.

Iowa Health Care Association has a Facebook page. You may have noticed West Ridge putting some of their posts on our page. This is a great way for staff to keep informed on the latest in long term care news, resources and education. The IHCA Facebook page was developed to promote professional growth and commitment to quality care among our certified nursing assistants, certified medication aides, rehabilitation/restorative aides and universal workers. 'Like' their page today to learn

more. Go to Facebook and search "Iowa Health Care Association and Iowa Center for Assisted Living" organization.

I would also like to invite everyone to take a look at the IHCA/ICAL website at [www.iowahealthcare.org](http://www.iowahealthcare.org). It offers general information and resources for its members including West Ridge employees.

Here are some highlights:

-The Members Only section includes quality initiative and resources, regulatory and reimbursement information, disaster planning resources, information on scholarships and much more.

-The Education and Events Calendar has a sort function and list or calendar views so you can find the education topics that meet your needs.

-The Education page includes links to member resources including AHCA/NCAL webinars, CE Solutions online courses and Hospice Care

education resources.

-The Member Resources section offers specific information and resources for the different areas of expertise in the long term care continuum. There are resources for nurses, health care assistants, social services, environmental/housekeeping, activity services, dietary services and marketing and communications and that's just the start. There is much more to see so be sure to visit and check back for updates. To access the members only materials, you must enter West Ridge. The organization number is: 495 and the password is: missionq1st.

If you have any questions please do not hesitate to stop and see me and as always, thank you for giving us the opportunity to serve you or care for the one you love.

Richard Curphey



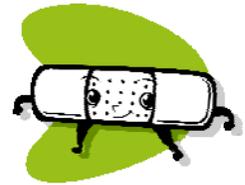
## Nursing Notes

Last week I was blessed with the opportunity to attend the skin and wound management course hosted by The Wound Care Education Institute in Des Moines. This class was a week long, 8 hours a day course that focused on improvement and effectiveness in wound care. The course was followed by a national

certification exam. This education allows me to call myself a WCC or wound care certified specialist clinician. I will now be able to make wound treatment recommendations; organize prevalence and incidence studies; monitor complex wounds for healing; as well as staff education. I cannot wait to use this knowledge for

improved clinical outcomes for our residents here at West Ridge. Please see me with any questions about this exciting new knowledge!!

Katie Ross



**“Aging is not ‘lost youth’ but a new stage of opportunity and strength.”**

~ Betty Friedman

## Social Work News

“A late summer garden has a tranquility found no other time of year.”  
~William Longgood

Of course, as I write this, the school district where our youngest son is a junior is dismissing early due to the heat! It seems as soon as school starts, summer’s here again at least for a week or so. I always feel sorry for those kids involved in sports, especially football, because the heat is usually unbearable for the first few weeks. Once that mini heat wave passes, I find this to be my favorite time of year. When the kids

settle into a school routine, the days cool off and the nights are “sweatshirt weather” I find myself a little more relaxed and enjoying the open windows, the colors of the season and the promise of hot suppers again after football practices. I have a college-age son playing football as well so I love the chilly Friday nights under the lights and the crisp Saturday afternoons watching football. Although I graduated from the University of Iowa, I rarely have the chance to watch the Hawks play. I will have

to count on the other faithful Hawk fans to cheer enough for me as I travel to my son’s games! Enjoy the days, the smell of fall in the air, your favorite team, and one another.

Becky Krapfl



## Chuck's Corner

The Fall Season is nearing— where did our summer go? As I mentioned last month, Mike is getting the contractor going on the front entrance wiring for ice-prevention on our front entrance roof. Exterior window cleaning will be coming soon and then our fall colors will start appearing.

Laundry is gearing up for the elders' fall clothing. Please see that any new clothing is marked with first and last names for proper return to our residents. Many elders' closets are pretty full— this is a good time to thin out the summer attire. We do provide hangers, but we ask that you leave them here when a

resident leaves. Thanks!

As always, feel free to contact us with your questions or comments.

Peggy, Mary, Christina, Allison, Paula, Fawn, Nikki, Amber, Mike and Chuck



## Food For Thought

The fall season brings to mind thoughts of dishes made with delicious apples. Here is a combination I hope you will like:

### Apple Crisp Cheesecake Bars

Ingredients:

Crust :

- 1 c. flour
- 1/2 c. butter
- 3/4 c. brown sugar
- 3/4 c. oatmeal

Cheesecake Filling:

- 1 8oz. package cream cheese, softened
- 1 tsp. vanilla
- 1/4 c. brown sugar
- 1/4 c. sour cream
- 1 egg

Apples:

- 2 apples, peeled and diced

- 1 tsp. cinnamon
- 2 Tbsp. brown sugar

Instructions:

Crust:

- Add flour, sugar, oats and butter to food processor.
- Process until pea sized crumbs form.
- Reserve 1 cup oat mixture. Spread remaining mixture in a greased 9x9 baking pan.
- Bake at 350° for 10 minutes.

Cheesecake Filling:

- Beat room temperature cream cheese until smooth.
- Add brown sugar and vanilla, beat until smooth.
- Add sour cream and stir to combine.

- Add room temperature egg and beat to combine.
- Pour over cooked and slightly cooled crust. Spread to edges.

Apples;

- Peel and dice the apples.
- Toss with cinnamon and brown sugar.
- Sprinkle over cheesecake layer.
- Top apple layer with remaining oat crust.
- Bake 20-25 minutes at 350°.
- Cool and cut into squares.
- Store in refrigerator.

Optional: Drizzle with caramel



**“I love  
Autumn, the  
one season of  
the year that  
God seemed to  
have put there  
just for the  
beauty of it.”  
~ Lee Maynard**

## Happy Birthday to You

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

### Elders

Dennis Hahn on 9/5

Martha Divishek on 9/15

Marguerite Scolaro on 9/18

Peggy Schultz on 9/20

Ardith Bliss on 9/30

### Care Partners

Michelle West on 9/3

Kelly Jennings on 9/6

Cathy Powers on 9/6

Melissa Griffin on 9/8

Jordan Lamphier on 9/11

Bridget Becker on 9/12

Margie Anthony on 9/16

Jill Hines on 9/22

Frank Creque on 9/29

Aleighia Packingham on 9/29

Starr Partee on 9/29



“To know how to grow old is the master work of wisdom and one of the most difficult chapters in the great art of living.”

~ Henry F. Amiel

## 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

Mary Bozanek

Maxine Drallmeier

Ruth Gaede

Dennis Hahn

Dorothy Kautz

Dalene McKinnon

Nedra Millburn

Evelyn Miller

Harper Pike

Judy Rehbehn

Jerry Rygr

Lorraine Spidle

Geraldine Taschner

Karen Waddell

### Care Partners

Kendall Howze

Amber Meeker

Jacey Mohs

Tammy Redmond



## Happy Anniversary

Happy Anniversary to the following staff who have anniversary dates in the month of August for all your hard work and dedication to West Ridge.

### One Year

Susan Lassen

JoAnn McBride

### Three Years

Lauren Jewel

### Four Years

Angela Randall

### Seven Years

Ruthann Gharib





## Eden Education

Last month I gave a brief explanation of The Eden Alternative's Domains of Well-Being. Well-being can simply be defined as "a contented state of being." Well-being is the path to a life worth living. It is the ultimate outcome of a human life. The Eden Alternative has identified seven primary Domains of Well-Being: identity, growth, autonomy, security, connectedness, meaning and joy. This month we will look at the meaning of "identity".

Nothing exists without identity. The healthcare system, as it exists today, strips away individuals' identities, leaving them virtually unknown and vulnerable. The medical model identifies people by their job title alone, their disease process, what they need assistance with, or how their food is prepared and served.

Becoming well-known is a

hallmark value of The Eden Alternative. Part of knowing each other deeply involves acknowledging our strengths and what we each have to offer. How we bring forth these strengths each day is a powerful way to celebrate each other's unique individuality.

Identity is socially constructed. One's identity, history, life and sense of self are essential components of well-being. Without this, individuals "cease to exist".

In our health care system, we use care plans as a way to establish one's identity in terms of what assistance they need and the deficits they live with. Defining care needs in terms of diagnosis or disease homogenizes individual experiences in favor of a group identity. When we use well-being as our frame of reference, the care plan becomes

very individualized, focusing on strengths, preferences, goals and growth. Now that we have a full picture of an individual's identity, we know how to partner with her to highlight and strengthen her sense of individuality. This is true for everyone involved in the care relationship: the Elders and other individuals accepting support, employees, and family members.

At West Ridge we strive to get to know each elder's story upon admission and throughout their stay. It is an ongoing relationship that we cherish.

Please let us know if you have any questions about The Eden Alternative or any of the topics that have been discussed in this series of articles.



## In Sympathy

We would like to extend our deepest sympathies to the family of Rosemary McAleer. She was a wonderful person who will be greatly missed. It was obvious that she loved her family deeply and we were honored that we were able to be a part of her life and of her family's life, if only for a short time.



## Activities and Recreation

I am so excited to announce that starting September 8th, we will be having Zumba Gold classes here twice a month! For those of you who don't know what Zumba is, it is a high energy fitness program featuring movements inspired by various styles of Latin American dance and performed to Latin American and other fun dance music. Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors and others needing modifications in their exercises routine.

The instructor for this

class, Ariel, had a family member at West Ridge several years ago and when she got certified in Zumba Gold, West Ridge was the first place she thought of for this class. Thank you Ariel for thinking of us and presenting us with this new and exciting opportunity!

Zumba Gold will be on the second and fourth Mondays of the month if you would like to stop by and see us in action.

Thank you to the Angel and Kim from Christopher and Banks and C.J. Banks for bringing their Trunk Show here. It was a lot of fun

looking at the new Fall fashions and checking out all the beautiful accessories they brought. We even got a lesson on the many ways to wear a scarf. Thank you also to our guests from Ridge View Assisted Living for coming up for the show.

We are always looking for new things to do and try here so if you have any ideas, please let me know.

Julie



**“You don't stop laughing when you grow old, you grow old when you stop laughing.”**

~ George Bernard Shaw

## September is...

Back-to-school Month  
Classical Music Month  
Healthy Aging Month  
National Sewing Month

1– Labor Day  
4– Birth Anniversary of Paul Harvey  
4– National Football League Season Starts  
7– Grandparent's Day  
8– Full Moon  
11– Patriot Day and National Day of Remembrance

13-14– 200th Anniversary of the Inspiration of Writing The Star-Spangled Banner  
17– Constitution Day  
19– International Talk Like a Pirate Day  
21– International Day of Peace  
21-27– National Dog Week  
21-27– National Ballroom Dance Week  
21-27– National Rehabilitation Awareness Celebration  
21-27– World Reflexology Week

22– Anniversary of the Patent of the Ice Cream Cone (1903)  
22– National Centenarians Day  
23– First Day of Autumn  
27– World Tourism Day

