

West Ridge Breeze

September 2016

From Richard's Desk

Several of the Department Heads and I will be attending the annual Iowa Health Care Association's Fall Convention in Des Moines this month. This three day event will focus on preparing providers to meet the challenges of state and federal regulations, quality improvement and managed care, as

well as consumer needs and expectations. The convention provides an excellent opportunity to meet, network and learn. I would also like to invite everyone to visit the IHCA/ICAL website at www.iowahealthcare.org It offers general information and resources for its members including West Ridge

employees.

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



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Mom's Meals

It is time to highlight another wonderful service in our community! One of our current resident's family are the owners and founders of Mom's Meals. Mom's Meals is a healthy home delivered meal alternative to Meals on Wheels. You are able to choose your menu from nearly 60 different meal choices prepared by a trained professional chef.

There are 9 menu choices including general wellness, heart-friendly, lower sodium, diabetic-friendly, renal-friendly, pureed, vegetarian or cancer support. Meals cost \$6.99 per meal including snacks. Food is delivered fresh to you in a climate-controlled cooler and stays fresh for 14 days in the refrigerator. This is another great solution for family members

struggling to lend a hand to aging parents and relatives far away. If you are interested in learning more about Mom's Meals please visit their website at www.momsmeals.com or call 1-877-508-6667. Thank you!

Abby



“Autumn carries more gold in its pocket than all the other seasons.”

~Jim Bishop

Nursing Notes

The Eden leadership team has branched out in efforts to work on a revitalization of our beloved Garden neighborhood. With the direction from Carol Ruggles our Eden mentor, we are planning great changes for the garden with both physical changes and changes in how we educate the staff on working with people living with dementia. This is an exciting time and the team is

pumped!!! If you have input/ideas or suggestions, we welcome the input. Please feel free to take a walk to the back living room in the Garden and take a look at some of the new bright furnishings. Carol has been adding color for visual stimulation that speaks directly to the senses of the demented elder. These colors often have an added benefit of stimulating memories. We are so

excited to begin the transformation to a stimulating, entertaining, active living environment. This is the true essence of being committed to the dignity of life!

Katie



Flu Shots

Please make sure to sign the consent form for your loved one to receive a flu shot. West Ridge provides flu shots to all elders and care partners (staff) yearly. West Ridge strongly encourages everyone to get a flu shot to protect them-

selves and those around them from getting the flu. All West Ridge staff are required to receive a flu shot to be able to work at West Ridge. If there is a medical reason they cannot, they are required to wear a mask while at work

during flu season. If you have any questions, please contact Katie Candia, RN, DON.



“An investment in knowledge always pays the best interest.”

(Author unknown but commonly attributed to Benjamin Franklin)

West Ridge Angels

The Elders of West Ridge have decided to start a group called the West Ridge Angels. Each month they will pick a group, organization or other worthy cause to recognize. This month they have chosen to thank local firefighters for all they do for us at West Ridge

and the Cedar Rapids community at large. The group will meet monthly to work on the projects and have already planned out ideas through January.

This is a wonderful opportunity for the Elders of West Ridge to give back and show

their appreciation to their community. If you know of any group that we might be able to help, please let us know.



Be sure to join us
Sunday,
September 11th at
3pm for an Ice
Cream Social to
honor all
Grandparents!

Memory Walk News

The time is fast approaching for the Alzheimer's Association annual Memory Walk. We have one last fundraiser planned to help our team, the West Ridge Memory Walkers, raise funds for our team total for the walk.

Please join us Friday, September 23rd from 10:30am-1:30pm for a Grill Out Lunch fundraiser. Look for signs around West Ridge for more details.

If you would like to walk with the team at the walk, please see team captain Becky Pickart. The Memory Walk is

Saturday, September 24th at the McGrath Amphitheater. Registration opens at 8:30am and the opening ceremony starts at 9:30am. The walk itself starts at 10am. We would love to have you on our team!



Jokes Grandparents Tell

A Grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a

swing made from a tire, it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl

was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"



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

Austin Wernimont on 9/2

Michelle West on 9/3

Martha Divishek on 9/15

Alice Satterly on 9/22

Susan Rocarek on 9/24

Care Partners

Cathy Powers on 9/6

Frankline Nabuyoli on 9/8

Margie Anthony on 9/16

Melanie Simmons on 9/27

Frank Creque on 9/29

Star Partee on 9/29



"The purpose
of life is a life
of purpose."

~Robert Byrne

Let's Welcome Them

We would like to welcome the following people to the West Ridge family. We hope you find West Ridge to be a special place to live and work.

Elders

George Boyd

Roger Goodson

Liz Hawes

Jan Means

Delores Meiers

Dwaine Persels

Oma Roberts

Joy Sparenborg

Linda Ward

Seth Weaver

Care Partners

Danielle Coghlan

Preslie Johnston

Nicole Mitchell

Mariah Pearson

Alize Watson

Austin Wernimont



Happy Anniversary

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

Nine Years

Ruthann Gharib

One Year

Angela Carr

Melanie Simmons



September is...



Back-to-School Month	America, 2001	of Peace
Healthy Aging Month	11– Grandparent’s Day	21- World Alzheimer’s Day
National Honey Month	11– Patriot Day	22– Anniversary of the Patent of the Ice Cream Cone (1903)
National Piano Month	11-17– National Truck Driver Appreciation Week	22– Autumn Begins
National Senior Center Month	16– Constitution Day/ Pledge Across America	22– National Centenarians Day
National Sewing Month	16– Full Moon	24– National Hunting and Fishing Day
Pain Awareness Month	17-October 3– Oktoberfest	25– Gold Star Mother’s Day
Square Dance Month	18-24– National Dog Week	25-October 1– Active Aging Week
5– International Day of Charity	18-24– National Rehabilitation Awareness Celebration	26– Birth Anniversary of John Chapman aka Johnny Appleseed
5– Labor Day	19– International Talk Like a Pirate Day	29– Birth Anniversary of Gene Autry (1907 -1998)
6– Read a Book Day	21– 35th Anniversary of the International Day	
7– Anniversary of the Founding of Google Internet Search Engine, 1998		
8– National Football League’s (NFL) Season Starts		
11– 15th Anniversary of the Attack on		

Apple Trivia and Facts

Pomology is the science of apple growing. Apples, the hardiest and most widely cultivated of all fruit trees, are members of the rose family.

Folk hero Johnny Appleseed (John Chapman) did indeed spread the cultivation of apples in the U.S. He knew enough about apples so that he didn’t distribute seeds, because apples do not grow truly from seeds. Instead he

established nurseries in Pennsylvania, Ohio, Illinois, Michigan and Indiana.

The game of apple-bobbing began as a Celtic New Year tradition for trying to determine one’s future spouse.

In ancient Greece tossing an apple to a girl was a traditional proposal of marriage; catching it was acceptance.

Apples are “self-

incompatible”. Two trees need to grow near each other to have successful pollination. Apple trees take four to six to produce their first fruit, and they can live for hundreds of years.

If you ate one apple variety each day, it would take 27.3 years to eat one of every type of apple in the world.



Activities and Recreation

Last month was action packed with pontoon boat rides, a “cruise” to Mexico, a surprise bridal shower, our own version of Cork n Canvas, a trip to the Wild West, and much more.

We continue this month by welcoming a new group of friends from Truman Elementary. We always look forward to meeting the new group of students and getting to know them over the course of the school year.

Of course, with September comes football season and it wouldn't be complete without celebrating the interstate rivalry between Iowa and Iowa State. We will have a pep rally on September 9th for the elders and care partners to show their colors and root for their team.

We will have an ice cream social after the church services on the 11th to honor all grandparents. You are welcome to come in and enjoy a sundae on Sunday with your loved one.

I would like to invite all Elders, family members and care partners to join us on the 15th for our Community Meeting at 2pm. This is an opportunity to learn more about West Ridge, share any concerns you may have, and build relationships with others in the West Ridge family.

Below you can see how much fun some of us had last month at our own version of Cork n Canvas. This month we will be making decorative plates for Fall/Halloween. Next month we will again be doing a canvas project. We hope

this grows into an ongoing opportunity for people to express themselves through art.

I've already mentioned the West Ridge Angels. I am truly excited to see what these amazing people do! See the article on page 3.

See the article, also on page 3, about our last fundraiser before the Memory Walk. If you would like to join us on the walk on September 24th, see Becky Pickart.

We end the month celebrating Oktoberfest. Feel free to wear your lederhosen on the 29th when we showcase German heritage.

Coming up in October will be our leaf trip, Trick-or-Treating and much more. Happy Fall y'all!

Artists in Residence

In August we did our own version of Cork and Canvas. Katie Tihpen led us step by step to paint a beautiful tropical scene. The resulting paintings were amazing!! Here is a

picture of the class with their finished product. Check out more pictures on the West Ridge Facebook page.

