

September 2017



West Ridge Care Center

West Ridge Breeze

From Richard's Desk

The administrative staff will be attending the annual Iowa Health Care Convention and Trade Show in Des Moines this month. This event always gives us an opportunity to join other long-term services and support professionals in focusing on excellence in quality care and treatment. It is a three day event which includes keynote speakers and more than forty

educational breakout sessions on topics from health care to culture change to personal development.

We will be celebrating our 25 year anniversary of "Making a Difference" on September 21, 2017 from 5:00-7:00p.m. We will be blessed with great food and live entertainment. If you have any questions, please call. I would like to thank all the elders, families,

staff and ownership for helping us "MAKE THE DIFFERENCE". Plan to attend and help us celebrate.

Remember you are the difference. Never put the key to your happiness in someone else's pocket. Life is better when you're laughing.

Richard



Social Work News

September is Alzheimer's Awareness Month. Over 5 million Americans are living with Alzheimer's today and it is the 6th leading cause of death. It is a disease at this time with no cure, affecting both the individual experiencing memory loss and their family. At West Ridge Care Center, we support Alzheimer's research to find a cure by participating in the Memory Walk each year and with our donations. To find out more about dementia and Alzheimer's or to learn

how you can get involved, check out the Alzheimer's Association website at www.alz.org. I've included a poem below by Owen Darnell.

Abby Martin

Do Not Ask Me to Remember

Do not ask me to remember,
Don't try to make me understand.
Let me rest and know you're with me,
Kiss my cheek and hold my hand.
I'm confused beyond your concept,
I am sad and sick and

lost.

All I know is that I need you
To be with me at all cost.
Do not lose your patience with me,
Do not scold or curse or cry.
I can't help the way I'm acting,
Can't be different though I try.
Just remember that I need you,
That the best of me is gone,
Please don't fail to stand beside me,
Love me 'til my life is done.

Nursing Notes

We recently updated our officers here at West Ridge. Abby, our Licensed Social Worker has recently taken over the duties of the Grievance Officer. The Grievance Officer's duties include overseeing the grievance process here in the facility. Abby with the team will lead any necessary investigations while tracking the grievance through to its conclusion. Our policy states grievances will be resolved within 2 weeks of the

grievance submission. Grievance forms are kept on the wall between the breakroom and the administrative offices.

Here at West Ridge we strive for excellence every day. If you do have a concern please bring it to a staff member's attention ASAP. Our doors are always open and our #1 priority is the safety and wellbeing of the elders that we care for. Communication between elders, staff and family members is the

first line of defense to avoid these type of issues. Never let concerns fester. We appreciate a good advocate!

Katie Ross Candia



Community News

Move Back During Medicare's 30-Day Window

Plan Ahead And Play It Safe.

So you or a loved one has been discharged from a hospital or skilled nursing facility after receiving Medicare benefits. You may have even been told that you're no longer eligible for Medicare coverage. But did you know that if your condition worsens during 30 days after the discharge or loss of eligibility, you may be reinstated for Medicare coverage? And you may be able to move in or move back to a skilled nursing facility?

Medicare's "30-Day Window" can be confusing. Many patients of West Ridge Care Center are eligible for Medicare funding. We want to help explain the specifics of the 30-Day rule to help you know your options and

plan ahead for maximizing your Medicare benefits.

Who may be eligible for the 30-Day Window of Medicare coverage?

Patients discharged from the hospital.

If a patient goes home from the hospital after three consecutive overnight stays*, and his or her condition worsens within 30 days, Medicare may cover admitting the patient to a skilled nursing facility.

Patients discharged from a skilled nursing facility.

If a patient goes home from a skilled nursing facility, and his or her condition worsens within 30 days, Medicare may cover re-admitting the patient

to a skilled nursing facility.

Patients cut from Medicare at a skilled nursing facility.

If a patient is staying at a skilled nursing facility and is no longer eligible for Medicare coverage - then has a significant change in his or her condition - the patient may qualify to be reinstated to Medicare.

If you have questions regarding this Medicare Policy please call myself or Abby at West Ridge Care Center at 319-390-3367 and we will be happy to help you out.

Jill Ryder



Help West Ridge Celebrate 25 Years!

Please join us on Thursday, September 21st from 5:00 to 7:00pm as West Ridge celebrates 25 years of serving the Elders and the Cedar Rapids community! This is also our way to say a huge thank you to our Elders, families, staff and community partners.

There will be lots of food, music and fun! Be sure to wear your school colors (Iowa, Iowa State,

UNI or a private school) as we celebrate in true Iowa fashion with a tailgate party. We will have props for a photo booth and there will be tailgate style games.

Please RSVP by Monday, September 18 by calling West Ridge at 319-390-3367 or email Julie Winterboer at julie@westridgecarecenter.com.



Grandparents Day

Join us on Sunday, September 10th at 3:00pm for an Ice Cream Social to celebrate all the grandparents in our lives. You are welcome to come for Worship Service and stay for ice cream! Church Services in the Garden

are at 2pm and on the Foyer Level at 2:30pm.

No need to RSVP, just come and enjoy some sweet time with your loved one!



Food for Thought

Welcome to September! Here in the Dining Service Department, we are going to be working on our Fall/Winter menus. I like to take the time to ask you, the families and Elders, if anyone has any recipes they would like to share with us. We are always excited to try new things, or even just revamp an old recipes that we currently use. I am

personally looking for some recipes that are from the generations of our elders. We have tried a lot of the new types of foods and they do not always go over all that well and we have to make changes. So if you have anything that we could use that your Mom or Dad loved and cooked for you, we would love to try it out here.

If you ever have any questions or concerns about anything pertaining to the food at West Ridge, please feel free to contact me here at West Ridge.

Erin



Happy Birthday to You

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

Cathy Powers on 9/6

Joan Moses on 9/9

Martha Divishek on 9/15

Margie Anthony on 9/16

Marvin Hoppenworth on 9/16

Melanie Simmons on 9/27



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.

Charlie Akers

Bev Bieber

Leo Castilla, Dietary

Arona DeVore

Bob Everson

Louie Gardemann

TraShay Holman, Dietary

Marvin Hoppenworth

John Kratzer

Leah Lawson

Alex Nassif

Mary Port

Danielle Rashed, CNA

June Stock

Liz Varnum



Happy Anniversary

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

TEN YEARS

Ruthann Gharib

Two Years

Angie Carr

Melanie Simmons

One Year

Brody Carstens

Amelia Givens



History of Grandparents Day

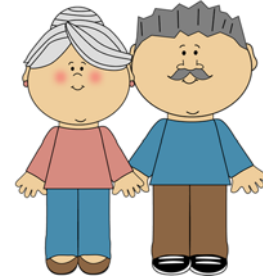
Marian Quade from Fayette County, West Virginia began a campaign in 1970 for a day to recognize grandparents. The first Grandparents Day was celebrated in 1973 in West Virginia. The day became a national observance in 1979 by President Jimmy Carter who proclaimed the first Sunday after Labor Day each year as National Grandparents Day. September was chosen to signify the “autumn years” of life, and the forget-me-not was

chosen as the flower.

To celebrate and honor the grandparents in our lives we are having an ice cream social on Sunday, September 10th (see details on page 3). If you join us, be sure to ask your loved one some questions that perhaps you do not know the answers to, such as what do they remember about *their* grandparents? Or, what games did they play when they were young? Or, what was school like when they went to school?

Did their parents or grandparents come to America from another country?

We must cherish the wisdom and heritages of our elders. We have a lot to learn from them!



September is...

Back-to-school Month
Healthy Aging Month
National Piano Month
National Senior Center Month
4– Newspaper Carrier Day
4– Labor Day
6– Full Moon
6– Read a Book Day
7– NFL Season Starts
9– Teddy Bear Day
10– Anniversary of the Patent of the Sewing Machine, 1846
10– Grandparents Day
10-16– National Assisted Living Week

11– National Day of Service and Remembrance
11– Patriot Day
13– International Chocolate Day
15– Constitution Day
16-October 1– Oktoberfest
17-23– National Ballroom Dance Week
17-23– National Rehabilitation Awareness Celebration
17-23– National Tie Week
18– 70th Anniversary of the U.S. Air Force, 1947
19– International Talk Like a Pirate Day
21– International Day of Peace

21– World Alzheimer’s Day
21– World Gratitude Day
22– Anniversary of the Patent of the Ice Cream Cone, 1903
22– Autumn Begins
22– National Centenarians Day
29– Native American Day



What children need most are the essentials that grandparents provide in abundance. They give unconditional love, kindness, patience, humor, comfort, lessons in life. And, most importantly, cookies. ~Rudolph Giuliani

Activities and Recreation

My how fast time flies. School is back in session and we will soon be welcoming a new group of Truman friends. For those of you new to West Ridge, we have a community partnership with Truman Elementary. The second graders come to visit us throughout the year and both the students and the elders love it! We start by going over to the school and doing an orientation so that the kids know what to expect when they come for their first visit. We also have simulations that help the kids comprehend some issues that may affect the elders such as limited mobility, hearing and vision issues, and others. The following week the kids will come over to West Ridge for a tour so they can get all of their questions answered so when they come for their first visit, they are ready and able to focus on their West Ridge friend.

We have enjoyed this partnership for 17 years now and look forward to an ongoing relationship. The program couldn't work without all of the efforts of the teachers and I have been privileged to have worked with many amazing teachers over the years. Mrs. Haring and Miss Simmons have been the Second Grade teachers for quite awhile now and do an amazing job of preparing activities of the students and elders to do together. Thank you to all of the teachers out there for all you do for our youth!

Most of you should have received an invitation for our Family and Friends party coming up on the 21st. (See page 3 for the details.) Please call me if you have any questions. We just ask that you RSVP by September 18th to ensure we have enough food for everyone. If anyone would like to volunteer

to run a game, just let me know.

I would also like to extend an invitation to anyone who would like to join us on our outing to the Youngville Café on the 20th. They are opening their doors especially for us on this day, but we are supposed to have at least 15 people so please let me know if you'd like to join us for lunch in this historic café.

Don't forget that you can see all the fun stuff we are up to by "liking" our West Ridge Care Center Facebook page.

Happy Fall Y'all!

Julie



Gentle Reminder

Please remember that West Ridge Care Center is a smoke-free campus. This includes your vehicles in our parking lot. It also applies to e-cigarettes and any other type of tobacco

products.

We thank you for helping us keep our environment healthy for our Elders and Care Partners!

