

# WEST RIDGE BREEZE

## From Richard's Desk

As we say goodbye to 2017 and welcome 2018, it gives me the opportunity to look back at all the blessings we have received over the past year. I would like to thank all of the elders, families, and staff members that have touched our lives. To all the great staff that help bring peace

and joy to each of the elders, thank you for seeing that your "calling" is not an obligation but an opportunity. To the families and elders at West Ridge, we are truly blessed to be able to be a part of your lives. We will never take for granted the gift we have been given to

serve you all.

We are excited about the New Year and the new survey process we will begin. With the new rules and challenges that lie ahead, it will take all of us working together, to be successful.

Richard



## Social Work News

Eden warmth surveys were completed at West Ridge Care Center the month of October and November 2017. Eden warmth surveys assess the temperature of the "soil" or environment in the home you live. The surveys ask questions such as: do you participate in decision-making about your life, are you lonely, do you feel like your home is clean, do employees take the time to talk to you and do you feel happy? The goal is to help West Ridge determine what we are doing well and what we can work

on. Is West Ridge a warm environment where there is optimism, trust and generosity present? We compiled the results from the 27 Elders surveyed and here are some of the main findings. One hundred percent of the Elders' surveyed trust their physician, 100% feel safe, 93% feel their room is home-like, 85% feel they are allowed to participate in decision making and 93% feel the staff are respectful of them. Fifty-two percent of the Elders reported being lonely, 59% are bored, 63% report staff taking the

time to talk to them and 74% report being happy here. As an Eden team we plan to discuss these results and determine action to assist in improving the Elders' overall well-being. If you have any suggestions or further comments of the results, feel free to visit with Abby. Thank you!

Abby





## Community News

**Year's end is  
neither an end  
nor a beginning  
but a going on,  
with all the  
wisdom that  
experience can  
instill in us.**

~Hal Borland

Greetings in the New Year! Typically I am the first person you meet when you are considering West Ridge Care Center for yourself or your loved one. Often I will ask the family to “paint a picture” of what has gone on to lead them to look for skilled care. As their story unfolds, I learn how this patient was living prior to needing services. I learn how much help and support is provided by the family and community. Families and patients will share their goals of what they expect to accomplish after skilled care. At this juncture is where a patient with a hip fracture or knee replacement or stroke

becomes a real person with a lot of history and knowledge to share. These stories of how an illness or accident happened helps the entire staff on how we approach our care.

My job is to not only listen to families and patients but to then share your wishes and desires for rehabilitation to the West Ridge team.

Never being on the receiving end of a hospital stay or rehabilitation in a facility, I can only imagine how frightened and fearful a person can feel. I always tell potential Elders and their families to be good advocates for themselves and loved ones

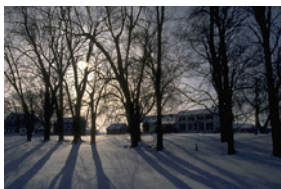
and ask lots of questions. This is a journey to wellness. At West Ridge we are committed to caring for the whole person, not just the illness. This adheres with our Eden Alternative philosophy.

I encourage you to share your positive and successful rehabilitation stories with others, whether it be your friends, neighbors or church family. Word of mouth is a great resource. And finally... Like us on FACEBOOK!!

Jill



## Cold Weather Reminders



Winter weather is upon us.

With winter weather upon us this is a reminder to make sure your loved one has a heavy winter coat as well as gloves or mittens, a hat and scarf so we can make sure they are prepared if they go on an outing or

out for an appointment.

Also, please be sure to let us know if you spot any icy or slippery spots in our parking lot. We have some ice melt by the front door. Our staff will take care of it so that no one slips and falls.

And lastly, please make sure to use the hand sanitizer when you come in to West Ridge. Do not visit if you are ill. Help us keep the Elders safe and well this winter.

Stay warm!

## Food For Thought

Welcome to 2018. What a great year we had in 2017. Let's hope this year will be just as great. In December we had our Christmas parties for our Elders and family members. It went really well. We did not have a huge turnout, but those that attended seemed to really enjoy the time they were able to spend with their loved ones with good food and snacks to enjoy while listening to some entertainment.

I would like to take a moment once again to recognize my staff. All of the staff in the kitchen here at West Ridge, are hard workers. They strive to give the Elders everything they might need when it comes to food and beverages. If any of you would like to dine with your family member that lives here, please come in to the kitchen and let us know. We do require a two hour notice so that our cooks can make

sure that they will have enough food to accommodate our elders, families and staff.

We cannot wait to see what this year will throw at us. I hope that you all have a wonderful New Year.

Erin



## A First Time for Everything

January 1st is the first day of the year, January is the first month, so let's take a look at some other "firsts".

Charlotte Cooper was the first woman to win an Olympic Gold Medal in 1900 for tennis.

David Glasgow became the first admiral of the U.S. Navy in 1866. He's also famous for saying, "Damn the torpedoes, full speed ahead!"

Sandra Day O'Connor became the first female Supreme Court Justice in 1981. She was appointed by President Ronald Reagan.

Annie Taylor was the first woman to go over Niagara Falls in a barrel and live to tell about it in 1901. She was 64 years old at the time.

Theodore Roosevelt was the first American to be awarded the Nobel Peace Prize in 1906. It was for helping mediate an end to the Russo-Japanese War.

Marie Curie was the first person ever to win two Nobel Prizes. Her first was in physics (1903) and the second was in chemistry (1911).

The McCaugheys were the first surviving septuplets. Born on

November 19, 1997, in Des Moines, Iowa. They will be turning 21 this year.

Glenn Miller received the first gold record ever awarded to a recording artist (1942). It was for selling more than 1 million copies of the hit "Chattanooga Choo-Choo."

Now think about some of your firsts... your first car, first date, first house, first day of school, etc.





# Happy Birthday to You!

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

- Leona Shramek on 1/2
- Lisa Hall on 1/6

- Stan Uthoff on 2/9
- Eileen Hepker on 2/18
- Kim Hofmann on 1/22
- Connie Antonini on 1/30
- Jessica Mulder on 1/31

Shaunae Regulus on 1/31



# 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.

- Alisa Gavin
- Rami Herron-Galvan
- Richard Johnson
- Pete Kapfer

- Lenny Kroupa
- Jim Krueger
- Cheryl Martinez
- Edna McDonough
- Evelyn Miller
- Pearl Northland
- Shirley Paustian
- Melvin Rockwell
- James Sargent

Leona Shramek  
Paul Weible



*We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day.*  
~Edith Lovejoy Pierce

# Happy Anniversary

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

**TWENTY FOUR YEARS**  
Connie Antonini

- Seven Years**  
Crystal Anthes
- Four Years**  
Katie Nugent
- Two Years**  
Terry Miller

**One Year**  
Mia Miller  
Erika Pedraza





# Brain Wellness



Research indicates that the brain is capable of learning and retaining new facts and skills throughout life, especially with frequent intellectual stimulation. Learning new information and skills keeps the brain strong.

In the last few years, there has been lots of discussion and research regarding the effectiveness of brain games. Recently published research has shown that brain games are not a miracle cure but the latest studies by Global Council on Brain Health (GCBH) suggest a number of proven ways that people can support and maintain their mental acuity as they age. Intellectual curiosity, pursuit of education, games, crossword puzzles, reading and learning new activities are enjoyable and easy ways to exercise the mind.

There are many ways to engage with life:

1. Exercise regularly. Physical exercise has been shown to improve

brain health in adults. It can improve energy levels, sense of well-being, sleep, and brain health and reduce the risk of depression and anxiety.

2. Socialize. Friends provide opportunities to enable the sharing of experiences, new learning, challenges, emotions, trust, and understanding.

3. Maintain Strong Connections. The ability to communicate and interact with others is critical to maintaining strong connections. It is widely accepted that social engagement is related to many positive outcomes in older adults. Many Elders have family close by but some are far away. One way to stay connected is to take advantage of technology. We can set up a Skype, Messenger or FaceTime video chat if you live far from West Ridge to help you stay connected to your loved one.

4. Practice Meditation and Mindfulness. Brains require time to process information more deeply in order to

gain more benefit from daily experiences. Multiple studies have shown a relationship between spirituality and the immune system. Yoga is another great way to practice mindfulness.

5. Learn New Things. Maintaining a strong sense of purpose in life is an important contributor to longevity. It is important older adults continue to develop multiple skills and interests.

6. Play Games. To stay sharp, the mind needs regular workouts in creative thinking, problem solving, and intellectual focus. To stretch and exercise the brain, choose cognitively stimulating activities such as solving crossword puzzles, playing cards, games such as Scrabble and Chess, word scrambles, jigsaw puzzles, Sudoku, logic games, and trivia.



*You can't change who you are, but you can change what you have in your head, you can refresh what you're thinking about, you can put some fresh air in your brain.*

*~Ernesto Bertarelli*

# Activities and Recreation

Happy New Year everyone! As in any year, 2017 was a year of highs and lows and 2018 will be no different. Let us celebrate the good times, and be there for each other to face the bad times, together.

I want to start the New Year by looking back at the past year. I want to say first and foremost, thank you to all of the Elders who make my job so enjoyable. Knowing I can possibly bring you a fraction of the joy you give me makes my heart light. Thank you to all of the family members and friends who show their love and dedication to their loved one and set

an example for the rest of us. Thank you to those family members and volunteers who help out at activities and outings. It is always appreciated! Thank you to all of the care partners who help get people to and from activities, sometimes joining us if they have the time. Making sure the elders look their best helps them feel their best too. Know that your job is vital to the elders' happiness and well-being. Thank you to my fellow department heads who help me when I need it most. Thank you especially for your most recent help with the Christmas parties. And finally, thank you

to Melissa and Katie. I could not do my job if you were not excellent at your jobs. I may not say it enough, but thank you from the bottom of my heart for all of your support and hard work.

With that, let's look forward to 2018. We have a few new tricks up our sleeves and more details will be coming. In February we will have some new "toys" that I am very excited for the elders to try! I will keep you posted...

Julie



## January is...

Get Organized Month  
International Gourmet Coffee Month  
National Eye Care Month  
National Hobby Month  
National Hot Tea Month  
National Soup Month

1- Full Moon  
1- New Year's Day  
3- National Chocolate-Covered Cherry Day  
4- Trivia Day

5- National Bird Day  
6-February 13- Carnival Season  
7-13- National Pizza Week  
8- College Football Championship Game  
12- National Hot Tea Day  
15- Martin Luther King, Jr. Day  
19- National Hat Day  
21- National Hugging Day  
21- World Religion Day  
21-27- National Book Week  
21-27- National Activity Professionals' Week

24- Global Belly Laugh Day  
24- National Compliment Day  
25- National Clothes Clashing  
29- Bubble Wrap Appreciation Day  
29- Curmudgeons Day  
29- National Puzzle Day  
31- Backwards Day  
31- Full Moon

