

From Richard's Desk

As we have been visiting with the staff at West Ridge, it has come to our attention that we need to update our hiring process. Every role and responsibility can vary a great deal from one nursing home to another. It is essential that we take the time for every new employee to be oriented to West Ridge's mission, vision, policies, practices, procedures, and the importance of our Eden Culture. We need to be assessing new

employees' competencies and provide instructions and mentoring to strengthen any deficits identified. In addition to being assessed that they are competent and able to fulfill the responsibilities associated with their role, we want new employees to gain an understanding of West Ridge's philosophy. If we expect employees to stay at West Ridge, we must be willing to take the time to prepare them for success. We hope to implement

our new orientation program this month.

"Success is liking yourself, liking what you do and liking how you do it."

Richard Curphey,
Administrator



Nursing Notes

I hope you are all staying well as we head into March, we get a little closer to heading out of Cold and Flu Season. This flu season has been an especially hard season and the CDC (Centers for Disease Control) are reporting that this year's Flu season could possibly last well into May. They are currently reporting this year's flu vaccine was found to have been 36% effective against A and B strains.

We have been doing our best around WRCC to iso-

late and contain any illness at the first sign of symptoms. Our infection Control Policy states we isolate if residents are showing signs or symptoms of communicable illness or if they are being treated for communicable illness.

We continue to ask for loved ones to not visit if they are suffering from any cold or flu symptoms. Be sure to use the hand sanitizer stations set up near the front door, Foyer Level dining room and off the elevator on the LL. Hand

washing and receiving the flu shot are still the best defenses to stay well. Staying hydrated, getting enough rest, exercising regularly and eating a healthy diet are also good tips to combat the illness. See me if you have any questions regarding infection control here at WRCC.

Katie Ross-Candia, DON



Community News

As we mentioned last month, the Cedar Rapids Fire Department is holding a series of Safety Programs for the community. In March they will be hosting a **Health and Safety Fair** on March 28th from 11am-1pm. (This is a change from the normal 11am-12pm time the rest of the programs are held.) West Ridge will be there! Please stop by and see Jill and say 'hi'!

(See the flier below for all the details!)

The program on April 25th is Chair Yoga: How staying active prevents falls with Andrea Parks. All programs are at the Cedar Rapids Fire Department's Central Station located at 713 First Avenue SE.

If you have any questions about the Health and Safety Fair or any of the other

programs, call Julie Popelka with the CRFD at 319-286-5277.

There are a lot of resources in our community for outreach and support. If there is something specific you are looking for, contact Abby or Jill at West Ridge and they will try to help connect you with the right group or person.

HEALTH AND SAFETY EXPO

WEDNESDAY, MARCH 28TH

11AM-1PM

CEDAR RAPIDS FIRE DEPARTMENT CENTRAL STATION

Cedar Rapids Fire Department

Wednesday March 28, 2018

11:00 am — 1:00 pm

FREE ADMISSION



Adult Resource Expo



Central Fire Station

Sample vendors:

- Caregiver Resource Center
- AARP
- Rider's Club of America
- Home Instead
- Cedar Memorial
- KMRY

Community Risk Reduction—Public Education

Cedar Rapids Fire Department
713 First Avenue SE-Second Floor
Cedar Rapids, IA 52401

Contact Person: Firefighter/Paramedic Julie Popelka
Phone: 319.286.5277
E-mail: jpopelka@cedar-rapids.org



Parking is limited—look for signage



Easter Egg Hunt

Mark your calendars for Saturday, March 24th for our annual Easter Egg Hunt. It will begin at 2pm in our Foyer Level Dining Room. Something new this year is that we will be giving out an Easter bucket to the first 50 children who come!

In addition to searching for eggs, there will be a few activities going on in the dining room as well as refreshments. We welcome the children, grandchildren and great

grandchildren of our Elders, their families, our care partners and our community partners. It is open to children ages 0-12.

We are also looking for a few good volunteers for that day too. If you would be able to help with this event, please let Julie Winterboer know as soon as possible.

The Elders will be busy the week before stuffing candy into plastic eggs

to ensure that all children that come to our Hunt will be guaranteed to go home with a basketful of candy!!

If you have any questions about this event, call Julie at West Ridge at 319-390-3367 or check out our Face Book page!



“NO MATTER
HOW LONG
THE WINTER,
SPRING IS
SURE TO
FOLLOW.”

~PROVERB

Marking Clothes— Help Us Help You!

West Ridge has a new clothing labeler and our laundry staff is working hard to label everyone's clothes, but we need your help!

Often when someone first comes to West Ridge, it is from the hospital and they have limited belongings with them. When our laundry staff is aware of someone new moving in, they attempt to have their clothes labeled soon after they arrive.

However, we are finding that family and friends may bring in more clothes after someone

has been here for several days. We are asking that you let a staff member know any time you bring in new clothes for your loved one so that we may get it marked. As you can imagine, we launder thousands of articles of clothing, bedding and linens every week and we welcome new people here every week. It is easy for things to get in the wrong room or end up on our Lost and Found cart if they are not labeled.

The labeler is a typed tag that gets pressed

onto the clothing and is very comfortable. We encourage everyone, even if you are doing your own laundry, to let us label your clothes so that we don't end up with a full Lost and Found cart!

If you have any questions about this, please visit with Torri, our Environmental Services Supervisor.



Happy Birthday to You!

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

Nina Schlegel on 3/3

Rami Herron-Galvan on 3/4

Bill Mantor on 3/4

Heather Moeller on 3/8

Bud Rayborn on 3/9

Sam Loudenback on 3/12

Mary Perez on 3/14

Shirley Paustian on 3/16

Maxine Halstead on 3/17

Mary Lou Ellis on 3/19

Carol Williamson on 3/21

Donna Staton on 3/22

Jill Ryder on 3/24

Destyne Postel on 3/25

Teresa Geppert on 3/27

Richard Curphey on 3/30

Amara Manuel on 3/30



"I LOVE SPRING ANYWHERE, BUT IF I COULD CHOOSE, I WOULD ALWAYS GREET IT IN A GARDEN."

~RUTH STOUT

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.

Marie Finch

Ruth Harrington

Kylie Hoth

Dave Leonard

Mary Levi

Bill Mantor

Betty Meis

Melanie Nesteby

Judy Paul

Graciela Rivera Avial

Nina Schlegel

Evelyn Schoelerman

Onie Shifflett

Julianne Suckow

Opal Yeisley



Happy Anniversary

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

FOURTEEN YEARS
Genny Lane-Jennings

Nine Years
Kathleen Ahart

Carolina Amigon

Courtney Foster

One Year
Amanda Shannon





Picture Page

Irish Blessing

The Irish are known for their blessings and there are many of them out there. Here is one we wish for you:

Always remember to forget the things that made you sad. But never forget to remember the things that made you glad.

Always remember to forget the friends that proved untrue. But don't forget to remember those that have stuck by you.

Always remember to forget the trouble that passed away. But never forget to remember the blessings that come each day.



“SPRING IS
WHEN YOU
FEEL LIKE
WHISTLING
EVEN WITH A
SHOE FULL OF
SLUSH.”
~DOUG LARSON

Who Was St. Patrick?

St. Patrick was a British bishop who was the first to bring Christianity to Ireland. He is the patron saint of Ireland. He was born in Scotland, and at age 16 was kidnapped and taken to Ireland as a slave. After six years he escaped to France. He

returned to Ireland years later as a bishop. He lived in Ireland for nearly 30 years, preaching the religious values of Christianity. It is said he used a shamrock, the three-leafed clover, to explain the Holy Trinity to the Irish people. To

this day, St. Patrick is highly revered in the Irish church.



March Fun Facts

March hasn't always been the third month of the year; it was the first month on the ancient Roman calendar. Beginning the year in March seemed logical because it is when new growth starts.

The birthstone for March is aquamarine. Its color is pale to medium blue, sometimes with a hint of green. The stone was associated with the god of the sea in Roman

mythology. The flower of the month is the daffodil. The daffodil is heavily associated with spring because it's one of the first flowers to bloom. Daffodils symbolize chivalry, respect, modesty and faithfulness. Most are yellow but other varieties exist.

March zodiacs include Pisces (The Fish) for March 1-20 and Aries

(The Ram) for March 21-31.

Some famous people born in March include Dr. Suess, Knute Rockne, Billy Crystal, Joan Crawford, Aretha Franklin and Liz Claiborne.





Activities and Recreation

Spring is in the air! At least today it is. Will March come in like a lamb or a lion? You never know when you live in Iowa!

We have a few bigger events this month. West Ridge will be in the SaPaDaPaSo Parade on Saturday, March 17th. The parade starts at 1pm. If you would like to be in the parade with us, please let me know as soon as possible. If you are in the crowd watching, be sure to shout out and let us know you are there.

Our other big event this month is our Annual Easter Egg Hunt. It will be on Saturday, March 24th at 2pm. This is open to the

children and grandchildren (ages 0-12) of the Elders and their families, our care partners and our community partners. The elders will be busy stuffing eggs with candy leading up to this fun event. If you are able to help on the day of the hunt, please let me know as soon as possible. We always need help hiding eggs!

You may have seen the pictures on our Face Book page of some Elders trying out virtual reality headsets. West Ridge is the first home in Iowa to sign on with a company that has content specifically geared towards seniors. Before an elder can use the equip-

ment they or their POA needs to a release form. I am excited to introduce this new technology and can't wait until they can explore France, drive a race car or listen to a singer crooning Frank Sinatra in a jazz club! I will be working on getting those who want to try virtual reality signed this month. Please let me know if you want more information or have any questions.

Happy Spring!

Julie, Director of Recreation and Community Services



March is...

1- Full Moon
 1- National Pig Day
 1- Share a Smile Day
 1- World Compliment Day
 2- World Day of Prayer
 6- Dentist Day
 8- International Women's Day
 11- Daylight Saving Time Begins
 11-17- Long Term Care Administrators' Week
 11-17- National Chocolate Chip Cookie Week
 12- Anniversary of the

Founding of the girl Scouts of the U.S.A., 1912
 14- Pi Day
 15- 2018 NCAA Division 1 Men's Basketball Championship Begins
 17- St. Patrick's Day
 17- Worldwide Quilting Day
 18- National Oatmeal Cookie Day
 20- Spring Begins
 20- World Storytelling Day
 21- World Poetry Day
 22- As Young As You

Feel Day
 22- National Goof-off Day
 23- National Puppy Day
 25- Palm Sunday
 26- National Make Up Your Own Holiday Day
 29- Anniversary of the Creation of Coca-Cola
 29- Opening Day of Major League Baseball
 30- Good Friday
 30- Doctors' Day
 31- Full Moon

