



WEST RIDGE BREEZE



May 2018

From Richard's Desk

Spring is finally in the air. We are all excited that Spring is finally here and soon we will be able to plant flowers and spruce up the grounds.

With the changes in the season, we are quickly coming to the time of year that our weather varies from nice to severe in a blink of an eye. I would remind all employees to take the time to review the Emergency Plan. It is in the light blue three-ring binder notebook at each nurses' station. There is also a spiral flip chart that is inside the three-ring binder. Emergencies can occur at any time without warning. This guide is designed to assist your response to emergency situations and contains valuable information for staff, as well as our customers and guests while at our business. Depending on the type of emergency, the most important decision is

whether residents are held in the facility (shelter) or to move away from the possible danger (evacuate). This guide provides steps to respond safely to many different types of emergencies. It was created to prevent, prepare, and respond in a disaster through public-private collaboration. Please take the time to familiarize yourself with these plans and procedures.

I will end with some news of which I am very proud. West Ridge Care Center was on a short list of care centers in Iowa to be recognized for achievement in the 2017 Quality Initiative Recognition Program. Our commitment to improving the lives of the individuals we serve met the criteria set by the American Health Care Association/National Center for Assisted Living. This program is designed to recognize nursing centers that demonstrate

the attainment of four or more of the following AHCA Quality Initiative Goals:

- Decrease turnover rate in nursing staff by 15%.
- Adopt Core-Q customer satisfaction questionnaire.
- Reduce the number of unintended health care outcomes.
- Safely reduce the number of hospital readmissions.
- Improve discharge back to the community.
- Safely reduce the use of antipsychotics.
- Safely reduce hospitalizations.

Congratulations to the staff at West Ridge for your efforts to improve the lives of the people you serve!!!!

Richard Curphey



Social Work News



Last month, you or family member should have received or will receive your new Medicare card. Due to security and privacy concerns, Medicare has decided to remove all social security numbers from their ID cards. Instead, a new 11 character number called the Medicare Beneficiary Identifier, MBI, will be

issued. At West Ridge, this change affects our billing as we will need the new MBI numbers to run claims. West Ridge encourages you to bring in your new Medicare card as soon as it is received for a copy to be made and to be entered into our electronic system. Please bring your card to the

business offices (across from the upper level nursing station) for a copy and direct any questions to Abby or Donna. Thank you!

Abby Martin



Nursing Notes

We are very excited for May not only for spring and May flowers, but also, we are gearing up for celebrate National Nursing Home Week (May 13-19) and Nurses week (May 6-12) this month as well. Make sure to wish the Nurses a Happy Nurses Week!

The theme of NNHW this year is Celebrating Life's Stories. In Skilled Nursing homes across the country, each person has a unique story to tell. By taking time to listen to how significant events, relationships, and experiences have shaped who we are today, we

achieve personal growth and better understand the perspectives of others, creating a shared sense of purpose in our centers and within the surrounding communities.

We will celebrate the week by collecting personal narratives from residents, staff, and family members in a meaningful way. We will pay tribute to the diverse perspectives we bring each day with the theme "Celebrating Life's Stories". We will have numerous activities and meals planned for the week. There will be a party for all elders, families, and

staff, it will be Thursday May 17th at 2:00pm at our regular scheduled Community Meeting. Please join us!! In the meantime, please be thinking about gathering items for show and tell, pictures to share from when you were a baby/child and if you have an interesting story we would love to hear from you! Thank you for helping to make this a special week for our entire community. We look forward to learning your story!

Katie, RN, DON



Community News

Stay Safe While Spring Cleaning

Simple safety considerations can keep you and your loved ones safe while completing your spring cleaning list:

Do not rush, take your time to prevent injury. Rushing can cause slips, falls and pulled muscles.

Ask family members and friends for help. The more hands, the quicker the job will go.

Use caution while on ladders and step stools. Place ladders and step stools on solid even ground. Do not use a ladder or step stool in wet, muddy areas, and always be sure to have a second person to spot you when climbing on a ladder.

Be careful when walking on wet surfaces. Use shoes with tread and walk slowly to prevent falls.

Use caution while lifting and moving heavy furniture. When lifting, carrying or bending,

separate your feet shoulder-width apart and keep your back upright. Bend at the knees while tightening your stomach muscles, lifting with your leg muscles as you stand up. Do not lift any awkwardly shaped or extremely heavy object without help.

Follow cleaning product directions and safety recommendations on labels. Always keep cleaning solutions in their original containers.

Clear hallways and stairs of clutter and other tripping hazards. Books, magazines, cords and other items can cause trips leading to injury.

Wear a mask when cleaning dusty areas to prevent respiratory problems.

Put all cleaning supplies away when cleaning is complete.

Do not carry too much stuff at once. It's better to take multiple trips to move items throughout the home to

prevent injuries.

Open windows and turn on fans when using cleaners to keep air circulating.

Avoid prolonged repetitive motions such as digging, planting and reaching to prevent muscle injuries.

Take frequent breaks and drink fluids to prevent dehydration.

Keep a cell phone within reach in case of accident or injury.

Also, a reminder that the Safety Program sponsored by the Cedar Rapids Fire Department for this month will be on Wednesday, May 23rd at 11am. The topic for May is "Alzheimer's – The Long Goodbye". These programs are held at the Cedar Rapids Fire Department's Central Station. Call Julie Popelka at 319-286-5277 if you have any questions.

Jill Ryder



“Housework can’t kill you, but why take a chance?” ~ Phyllis Diller

Happy Birthday to You



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

JoAnne Zemanek on 5/5

Wendy Finn on 5/6

Betty Rinderknecht on 5/10

Michelle Murphy on

5/11

Tricia Spading on 5/14

Crystal Anthes on 5/20

Julia Winterboer on 5/20

Marilyn VanEtten on 5/21

Crystal Douthart on 5/22

Ruth Harrington on 5/25

Barb Dunbar on 5/26

Melvin Novak on 5/29

Shirley Cathcart on 5/30

Shyanne Tomayo on 5/30



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.

Ursula Brislan

Sharon Chihak

Flo Dvorak

Maxine Gordon

Diana Harris

Sally Henry

Pat Leahy

Dick Lilledahl

Marcia Lofdahl

Sondra Lowder

Tom Lowder

Michael Mead

John Nguyai

Thomas Niccolai

Lori Richardson

Fay Robertson

Dixie Schulte

Marvin Shannon

Bob Stolba

Betty Stotler

Darlene Tiedemann

Carol Turner

Judy Vanek

Marilyn VanEtten

Happy Anniversary



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

SIXTEEN YEARS

Richard Curphey

FIFTEEN YEARS

Susan Poplawski

TWELVE YEARS

Betty Perez

One Year

Randy Cozad

Michelle Murphy





Pictures, Please!

We really need everyone's help for National Nursing Home Week! We need you to bring in or send us photos of the elders when they were babies or children. We also want our care partners to bring in photos of themselves. We will display them during the week of the 13th and people will try to guess

who they are. We will reveal everyone's identity at the end of the week. The theme for the week is "Celebrating Life's Stories" and this is just one of the things we have planned to honor those we work with every day.

We will make color copies and return the

original to you so that no pictures are damaged. We can't make this happen without your help!!!



Celebrating Life Stories

As mentioned above, National Nursing Home Week is coming up May 13th-19th. We are in the process of gathering stories from elders to share at one of the events we are having that week. We need your help for this too. Some elders are unable to share all the details of their stories and we need our family members to help fill in the gaps. If you have any stories you want to share about your loved

one, please let us know! How did your parents meet? Perhaps they went to school in a one room country school? Perhaps they had to keep their family safe and warm during an Iowa blizzard? Or perhaps they were the first in their family to go to college? Perhaps they received recognition or an award for something special they did?

If you can help us learn

more about someone at West Ridge, we would love to hear from you! You can email Julie Winterboer at julie@westridgecarecenter.com with your stories, or better yet, come to our Community Meeting on May 17th and tell it to us in person!



We are looking forward to "Celebrating Life's Stories" during National Nursing Home Week!



Join Us for Our Community Meeting!

The Community Meeting is always open to Elder care partners, staff care partners and family members, but

we want to make sure to encourage you to attend our May meeting as we Celebrate Life's Stories! Join us

Thursday, May 17th at 2pm in the Foyer Level Dining Room.

Activities and Recreation

May is a very busy month for us! We have National Nurse's Week, National Nursing Home Week, Mother's Day and the Ladies' Tea just to name a few things! Please read through the articles on page 6 to learn more about some of the things we plan to do for National Nursing Home Week.

Please join us on Mother's Day for Ice Cream Sundaes in the dining room starting at 2:30pm. If you are coming to visit your mom, be sure to stop by the dining room for a sweet treat.

We will be having the Ladies' Tea on Thursday, May 24th at 2:30pm. Ron Burgess will be providing the entertainment. This is to honor the women of West Ridge and their guests. Please let me know if you plan to attend!

May is typically the month we plant flowers however last year we had to postpone our planting

day 3 times due to weather, so this year I did not put it on the calendar but we will keep an eye on the forecasts and plant on a day when it looks to be a nice, calm day. Please let me know if you would like to help us plant the raised garden beds we have around West Ridge.

I am excited to announce a new program we are launching in May entitled "West Ridge University". I believe people are life-long learners and this is a way to bring in people from the community to speak at West Ridge so we all have an opportunity to learn something new. Our first speaker is Mary Lou Ellis's son, Don Ellis, who will be speaking about the banking industry and about planning for when families members may need to step in and help their parents with finances. I invite you to join us on Monday, May 21st at 3pm to learn from Don.

If you know of anyone who you think would be a good presenter for "West Ridge University" please let me know!

The last outing of the month we are going to the Czech and Slovak Museum. We will be going on Wednesday, May 30th. They are giving us a group rate, so please let me know if you'd like to join us. We could also use some volunteers to assist the Elders that go on the outing. Please see me for all of the details if you are interested!

See, I told you May was busy!! I hope you all have an opportunity to enjoy the beauty that is Spring.

Julie Winterboer



May is...

National Barbeque Month
 National Meditation Month
 National Military Appreciation Month
 National Smile Month
 1– May Day
 3– National Day of Prayer
 5– 144th Running of the Kentucky Derby
 5– Cinco de Mayo
 6-12– National Family Week
 6-12– National Nurse's Week
 8– Anniversary of V-E Day, 1945

8– Birth Anniversary of Harry S Truman
 9– National Receptionists' Day
 10– Ascension Day
 13– Mother's Day
 13-19– National Nursing Home Week
 13-19– National Police Week
 19– Armed Forces Week
 19– 143rd Running of the Preakness Stakes
 24– Brother's Day
 27– 102nd Running of the

Indianapolis 500 Race
 28– Memorial Day
 29– Full Moon
 30– 25th Annual National Senior Health and Fitness Day

