

August 2017



## From Richard's Desk

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The summer months are flying by! Before we know it school will be back in session.

Remember to stop and see those you love.

Katie and I have been accepted to participate in the second Iowa Health Care

Association's Leadership Academy. We will spend class time over the next year with other health care professionals to look and learn of

ways to improve our leadership skills and abilities. We hope that as we focus on quality improvement, staff stability, initiating and sustaining organizational change and preparing for future operational challenges that West Ridge will benefit from our participation in the Academy. We attended the first two days of class and left very excited about the opportunities. We are

required to focus on one major project and Katie and I will be working on staff retention. We are blessed to have an amazing work force at West Ridge but hope to be able to improve our turnover rate. We will be working with our team to improve staff stability.

Richard



## Social Work News

Are you or your spouse a Veteran? Have you heard of Aid and Attendance? The Aid and Attendance Pensions provides benefits for veterans and surviving spouses who require the regular attendance of another person to assist in activities of daily living (bathing, eating, dressing, medication assistance, etc.). Aid and

Attendance can help pay for care in the home, nursing home or assisted living facility up to a certain amount per month. This benefit is not dependent on services related injuries and available to Veterans with honorable discharge papers. To learn more about these benefits and the application process contact the Linn County

Veterans Affairs Office at 319-892-5160 or visit the website at [www.veteranaid.org](http://www.veteranaid.org) for more information and forms.

Abby



## Nursing Notes

Hello Everyone

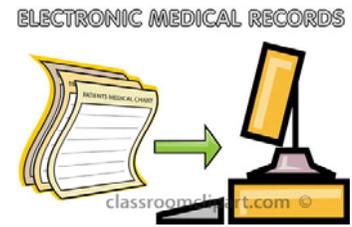
Happy August!

I wanted to update you all on our progress with the electronic health record. The nursing staff just went live 7-18 with our Point Click Care electronic medication administration record. This means the nurses will no longer be using the paper books to sign out medications. You will see laptops on the top of the med

carts as the elders are receiving their medications. So please bare with us as we adjust to our new system. It is a great system with multiple checks to look for medication interactions, it will ensure medications are given on time and that no medications are missed. The system is integrated with Martin Health Services our facility pharmacy. The safe guards alone are amazing. We are pumped about the new system and our

continued journey with the electronic health record. See me or Chris, RN the system Administrator with questions regarding EMARS.

Katie



## Community News

Greetings to All! I have completed my first month at West Ridge Care Center and it has gone by in a snap. I am beginning to acclimate myself with the physical building, learning room numbers, locating various offices and even finding my way to the “shed and garage”. There are a lot of nooks and cranny's in the facility.

Next on list is to become better acquainted with our Elders, their families and all of the staff members. If you see me wandering around the halls please introduce yourself. It would be an honor to get to know you.

Other parts of my day are spent out in the community. I call on discharge planners at the

hospital and meet potential elders who would require our services provided by our West Ridge staff. My goal is to spread the good news about West Ridge Care Center and our success at rehabilitating patients, to get them back home. Whether home is a physical house, condo, or an apartment or if it is a higher level of care such as an assisted living or a room right here at WRCC. We want everyone we care for to reach the highest physical level of mobility possible.

Hospitals are not the only place where I spend my day. I reach out to many local agencies that support seniors as well as many, many medical businesses. These organizations are expert in

what they do. By building and maintaining relationships with them, gives me greater knowledge of senior health issues and how to help solve them. By sharing what I learn in the community with the WRCC team we all become better care givers.

No one is more important than our ELDERS and their FAMILIES!

Jill



## Food For Thought

### Hand Washing and Hand Sanitizer Use

Germ. They are everywhere. They can get onto your hands and everything we touch during activities and can possibly make you sick. Research has shown that the most effective measure for preventing the spread of pathogens is effective handwashing. Handwashing is important not only in the health care setting at work but also where you live and play. There are important differences between washing hands with soap and water and cleaning them with hand sanitizers. Make sure you know the difference!

Handwashing is the vigorous, brief rubbing together of your hands with soap followed by rinsing under a stream of water. Handwashing suspends microorganisms and mechanically removes them by rinsing with water. Be sure to follow handwashing with adequate drying of the hands with a single use towel such as in healthcare or with a clean towel at home. If you don't

dry well enough the moisture left on your hands can transfer pathogens. Handwashing removes but doesn't kill germs. Handwashing should be used whenever soap and water is available when the need arises.

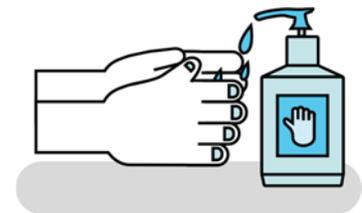
Alcohol-Based Hand Sanitizer (ABHS) use does not replace the need for frequent and proper handwashing since they don't kill all types of germs (such as Norovirus or Clostridium Difficile and some parasites) and might not remove debris or harmful chemicals like pesticides and heavy metals. It is important that you use plenty of sanitizer to cover all the surfaces of the hands and fingers. Follow the product directions to apply enough product to all surfaces and rub hands together until hands feel dry. This should be about 20 seconds. Don't rinse or wipe off the sanitizer before its dry or it may not work as well. You should make sure to check that your sanitizer contains at least 60% or more alcohol. Do not use ABHS if your hands are visibly dirty and greasy such as

after gardening, playing outdoors, or after fishing or camping unless a handwashing station isn't available. ABHS should be used in situations if soap and water aren't available. If you do use an ABHS, you should perform proper handwashing ASAP later on when the opportunity arises to have soap and water present.

Remember the situation you are in at the time you need to wash your hands. If soap and water are present use those; if not, then use ABHS until you can get to a place you can later wash your hands properly.

Charlene

*Source: CDC/Centers for Disease Control and Prevention; General Information on Hand Hygiene.*



## In Sympathy

We would express our deepest sympathies to the family and friends of Bruce Kahle. His smile, wisdom and witty humor will be missed by us all.



**God gave us  
the gift of life; it  
is up to us to  
give ourselves  
the gift of living  
well.**

~Voltaire

## Happy Birthday to You!

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

C.C. Castilla on 8-2

Gloria Overton on 8-3

Kathy McLees on 8-12

Michon Scott on 8-12

Virginia Springer on 8-14

Erin Bruner on 8-17

Melissa Robinson on 8-18

Nicole Sanders on 8-23

Jack Fay on 8-25

Ben Haerther on 8-26

Ida Albaugh on 8-28

Melissa Lynch on 8-30



## 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.

Ada Albaugh

Duane Belknap

Thelma Belknap

LaDonna Carroll

Mary Dougherty

Robert Everson

Jolene Groff

Kelsey Hollander, CNA

Joe Hubbard, Dietary

Kay Kendrick-Wallace

John Ludeman, RN

Solange Mindih, CNA

Bill Mullen

Evelyn Nading

Violet Needham

John Plotz

Heather Timm, CNA

Carol Turner

Isaac Woods, Environmental Services

Francis Youngblut



## Happy Anniversary

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

**TWENTY FOUR YEARS**

Becky Pickart

**Five Years**

Kim Hoffman

**Two Years**

Abby Martin

Scott Smith

**One Year**

Penny Lusk

Amara Manuel

Jacob Stolen

Austin Wernimont



## Benefits of Adult Coloring

August 2nd is National Coloring Book Day. We will be having an activity that day and everyone that comes will receive their own coloring book. Adult coloring has become a huge “craze” lately that has adult coloring books on the New York Times’ best seller list. But this is nothing new. Many people know that adult coloring is clearly beneficial for the mind, body and spirit. The nature of coloring is focused, therapeutic, relaxing, calming, problem solving and organizational. It also stimulates areas of the brain related to motor skills, the senses and creativity.

The coloring phenomenon is reintroducing art as an important component of health and wellness and for pleasure and self-care; however these uses should not be confused with the delivery of professional art therapy services. Art therapy is a mental health profession in which the process of making and creating artwork is used to “explore feelings, reconcile emotional conflicts, foster self-awareness, manage behavior and addictions, develop social skills, improve reality orientation,

reduce anxiety, and increase self-esteem.” There are therapeutic effects that result from coloring, but it is not the same as art therapy. The difference is that although art therapy relies on the practice of creating art, it also involves the relationship and witnessing of a trained practitioner.

What are some of the health benefits of coloring? Coloring decreases stress and reduces anxiety, it activates the cerebral hemispheres and cerebral cortex of the brain, it brings adults into the present moment, it helps adults rediscover themselves, it reminds us of childhood, it can transport us to another a time and place far away, it sparks creativity and increases connections.

It can help those who are ill. Coloring is ideal for people with health issues. It is also good for individuals who struggle with obsessive-compulsive disorders, depressive disorders, eating disorders, and anger management issues. Studies have been shown that coloring helps individuals with anxiety disorders

and stress issues because it calms down the amygdala– the part of the brain that controls the flight or fight response that keeps them in a heightened state of worry, panic and hyper-vigilance when it is active.

Coloring allows people to focus and calm down, and this can actually turn the response of the amygdala down so the brain can have some much needed rest and relaxation. Coloring can also reduce the feelings of anxiety and unpleasantness associated with lengthy medical treatments. It offers calm, relaxation, stress reduction and distraction from the grind of appointments, therapy, treatments, medication and pain.

When we have Color Therapy on the calendar at West Ridge, we do not imply that it is true art therapy, however I hope you can now see the many therapeutic benefits of adult coloring.

*Source: Jeanne Adams, MEd*



## Join us on the Walk!

The Alzheimer’s Association’s annual Walk to End Alzheimer’s will be Saturday, September 30th at the McGrath Amphitheatre. If you would like to join the West Ridge team, please let any department head know and we can help you get signed up. Watch our Face Book page soon for more information about fundraising and a link to our team page. Julie has some brochures if you want more information about the Walk.



## Activities and Recreation

It's hard to believe that summer is almost over! Very soon we will be welcoming a new group of second grade friends from Truman Elementary. But there's a lot going on around here before that happens. Of course there will be sweet corn, root beer floats and S'mores floats, three things summer wouldn't be complete without! But also two of our bigger "annual" outings are coming up. Our annual trek to Lake McBride for pontoon boat rides will be on Wednesday, September 16th (weather permitting) and we will be cheering on the Cedar Rapids Kernels Baseball team on Monday, August 21st. Family members are welcome to join us on both of these outings, however I need to know ASAP if you are coming. We only have a certain number of seats for the boats, and

I order the tickets for the game in advance. If you would like to join us for either of these events, please let me know as soon as possible by calling me at 319-390-3367 or emailing me at [julie@westridgecarecenter.com](mailto:julie@westridgecarecenter.com) or just letting me know when you are at West Ridge.

Next month we will go on our fishing trip, which was postponed from July due to heat. You are also welcome to join us for this outing on September 13th, but we also need to know ahead of time if you are joining us so that we can plan for enough food for everyone. I thank you for your cooperation with this as it ensures that our outings go more smoothly.

We are spending a lot of time outdoors, enjoying the fresh air before that white stuff starts to fall. Many people like to go outside

this time of year. Feel free to enjoy the seating area around our entrance when you come to visit your loved one. I'm sure they would appreciate another opportunity to bask in the sunshine (or shade!).

Be sure to "like" our Face Book page (West Ridge Care Center) to get updates on activities and outings and to see pictures of all of the fun we have around here. We do not have a solid date yet but are hoping to have our Family Party in September. Look for announcements on our Face Book page and fliers around West Ridge for more information.

I hope you are enjoying the nice weather as much as we are!

Julie



## August is...

National Fair Month  
Summer Fun Month

2- National Coloring Book Day  
2- National Ice Cream Sandwich Day  
3- National Watermelon Day  
6- National Friendship Day  
6- National Root Beer Float Day  
6- National Sisters' Day  
7- Full Moon  
7-13- National Smile Week  
11-13- 20th Annual Kool-Aid

Days

12- National Garage Sale Day  
13- Daughters' Day  
13- Family Day  
14- National Creamsicle Day  
15- Best Friends' Day  
15- National Relaxation Day  
21- Lemonade's Birthday (1630)  
21- Hawaii Admission Day  
21- Solar Eclipse  
22- Be an Angel Day  
25- Anniversary of the Founding of the National Park Service

(1916)

25- Anniversary of the Film Release of *The Wizard of Oz* (1939)  
26- National Dog Day  
26- Women's Equality Day  
27- Birth Anniversary of Mother Theresa, 1910-1997  
30- National Toasted Marshmallow Day

