



From Richard's Desk

The holiday season is upon us once again. During this busy time I like to take time to think about all of the blessings I have received over the past year. The time I am able to spend with my family and friends is that much more memorable. I remember fondly all of those who have come and gone. I look forward to the challenges and rewards of the upcoming year. I treasure the opportunities that lie ahead and pray that the new year will bring us all a little closer and help us to see that we can make a difference in each other's lives if

we take time to give a little pat on the back, a smile or just remember to say "Thank you" or "Job well done". I want to personally wish each of you a blessed Holiday Season and thank you for being part of the West Ridge family.

Richard



Special points of interest:

- Be sure to mark your calendars for our Christmas Parties
- See Chuck's Year in Review

You're Invited!

Please join us on Tuesday, December 16th for our Christmas Open Houses.

The party in the Garden will be from 2-4pm and the party on the Foyer Level will be from 5-7pm.

Come with an appetite as there will be lots of

delicious food. There will also be music and a visit from St. Nick himself.

You do not need to RSVP, however if you know that there will be a large number coming from your family, we would appreciate a notice so that we can

be prepared for all who come.

Please see Julie if you have any questions.





Nursing Notes

Work of Christmas Begins

"When the song of the angels is stilled, when the star in the sky is gone, when the kings and princes are home, when the shepherds are back with their flocks, then the work of Christmas begins:

To find the lost,

To heal those broken in spirit,

To feed the hungry,

To release the oppressed,

To rebuild the nations,

To bring peace among all people,

To make a little music with the heart... .

And to radiate the Light of Christ, Every day, in every way, in all

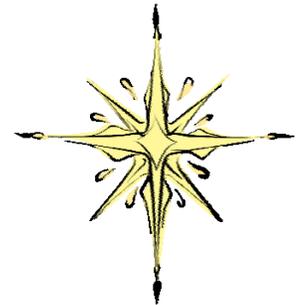
that we do and all that we say.

Then the work of Christmas begins

By Howard Thurman, adapted

Wishing you all the Merriest, Blessed, Christmas ever and the best possible New Year!!

Katie



In Sympathy

We would like to express our deepest sympathies to the families and friends of the following elders. They will truly be missed.

Susann Fuess

Ophelia Mallory

Harper Pike





Chuck's Corner

As our year nearly comes to an end, I'd like to recap some of the "Highlights of the Environmental Services year:

JANUARY: Minus 17* and plenty of snow. Insulation was added to our attic, the Packers lost the playoffs to the 49'ers. The city Fire Marshal came for their "Tour". Clint Maun presented the ARMS program, Fawn's nephew died, Mary had a car accident, and Mike did his annual LOCKOUT-TAGOUT review.

FEBRUARY: Snows continued, Civil Defense did a city-wide drill for schools-even though they were closed due to snow and minus 15*. Many staff were stranded by the weather, Mike turned 49, then the Temps got to 50* and we had leakage in the Laundry because of the thawing ice jams on the roof!

MARCH: More snow and minus 14*, Elders were in the St. Patrick's Day Parade, Career Fair was held at West Ridge for Nursing staff, Mike's sister-in-law, Lisa passed away, Laundry got a new countertop.

APRIL: The Iowa Department of Inspections and Appeals arrived for their annual inspection, I awn contractors did the spring clean-up and pruned, Allison and Nikki were hired, concrete work was done to add 3 parking spaces, Easter Sunday with our families, Richard did a 3 minute spot on Fox television for the Health Fair, lightning hit our building and damaged our call-light

system, the Federal Life Safety Inspector from CMS came for a visit/inspection.

MAY: Cinco De Mayo celebrated, had a revisit from DIA, celebrated Mother's Day, Plan-of-correction submitted to Federal and State agencies, Revised the Emergency Disaster Manual, Internet went down-switch box failed, Federal and State approved our plan-of-correction.

JUNE: Chuck went to Canada-staff happy for 2 weeks!, Annual Board of Directors meeting held, Hoe-Down held-what a success!, some of our Elders had interviews with DeNovo for our website and for a commercial. **JULY:** Storms hit Cedar Rapids and surrounding areas-multiple outages and 100's of trees damaged, 4th of July celebration, Legislative Forum held here, parking lot was sealed and re-stripped.

AUGUST: Amber joined our E.S. team, Chuck decided retirement was coming in the "near future", and the last 5 electric beds were purchased.

SEPTEMBER: Wiring was done for roof heat tapes, Picnic in the park for residents, a Band performed down the street that the residents enjoyed, sampling new soap dispensers for house-wide use, picked out new carpet for the elevator to be installed in November, Internet service continues to "Plague" us, Iowa Healthcare Association held annual convention.

OCTOBER: Fawn's family gath-

ered for their grandfather's Memorial, Richard went to Washington, D.C. to receive the Bronze Award for West Ridge, new alcohol-Foam hand dispensers were put up -right before the Ebola incident began, Mike frustrated with Internet service working only half the time, Christina and Mary discovered a nesting basket fell down in the bird aviary

NOVEMBER: Nikki washed the inside of 78 windows, Thanksgiving Turkey and all the fixin's, Environmental Services staff have painted and prepared over 195 rooms for new admissions this year, new carpet was installed in the elevator, Amberley joined our wonderful team.

Winter is nearing! Christmas lights and trees and numerous decorations will go up soon, 65 new soap dispensers start being installed house-wide, Chuck helps Mike start training to become the new Environmental Services/Safety Dir.

DECEMBER: Lots of end of the year/Holiday activities, staff are probably getting tired of hearing of Chuck counting down his days until retirement! Anyway.....

A VERY, VERY MERRY AND
BLESSED CHRISTMAS
SEASON TO ALL!

*Amberley Peggy Mary
Christina Allison Paula
Fawn Mike Chuck*



Happy Birthday to You

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

Elders

Ted Kalltenbach on 12/8
Velma Powell on 12/15

Mardene Schultz on 12/27

Care Partners

Grace Neru on 12/12
Paula McQuown on 12/16
Betty Perez on 12/20
Mel Candia on 12/21

Larionna Littleton on 12/25

Ruthann Gharib on 12/31



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 and work.

Elders

Jane Carney
Mary Cole
Elsie Drahovzal

Bob Jennings
Marvin McCullough
Mary McSparran
Thelma Morris
Dona Naaktgeboren
Irene Petrik
Alfred Standley

Faith Williams
Don Williamson
Care Partners
Brenda Klepper
Jessica Wenger



Happy Anniversary

Happy Anniversary to the following staff who have anniversary dates in the month of December for all your hard work and dedication to West Ridge.

FIFTEEN YEARS

Kathy McLees
Julia Winterboer

Nine Years

Kathy Wenger

Three Years

Brittany Vanderhamm

Two Years

Wendy Finn
Aleighia Packingham





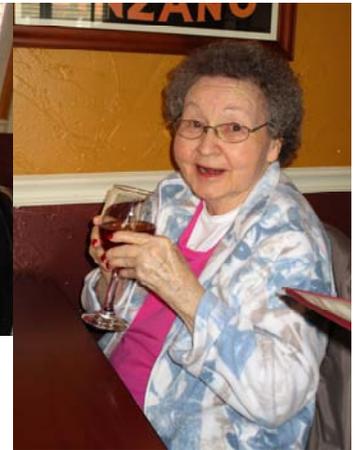
Picture Page



A couple of Energizer Bunnies visited us on Halloween



Mary Lou, Judy, Mabel and Roberta enjoyed fine food and tried some wine at Daly Creek Winery



Velma says Cheers! at the winery



Thank you to the Daisy Troop from St. Jude's for putting on a very nice Veteran's Day program for us!



Mardene, Velma and Mabel get ready to watch West Side Story at Washington High School



Hailey and Marguerite enjoy the Giving Thanks party



◀ There was a great turnout for our Giving Thanks Party! It was nice to hear all of the things that people are thankful for.



December is...

Bingo's Birthday Month
Celebrating the Season Month
World Drumming Month

- 1- Anniversary of the Creation of Basketball, 1891
- 2- *Rudolph the Red-nosed Reindeer*, sung by Gene Autry, hit the record charts on this day in 1949
- 4- Scrabble's Birthday
- 6- Full Moon
- 6- St. Nicholas Day (The Netherlands)
- 7- Pearl Harbor Remembrance Day
- 9- Christmas Card Day

- 12- Birth Anniversary of Frank Sinatra, 1915-1998
- 12- Poinsettia Day
- 13- St. Lucia Day (Sweden)
- 15- 75th Anniversary of the Film Premiere of *Gone With the Wind*, 1939
- 15- National Firefighters' Day
- 16-24- Las Posadas (Mexico)
- 17-24- Hanukkah
- 17- Wright Brothers Day
- 20- National Go Caroling Day
- 21- Anniversary of the First Crossword Puzzle, 1913
- 21- Winter Begins
- 22- On this day in 1882, Thomas Edison created the

- first Christmas tree lights
- 24- Christmas Eve
- 25- Christmas Day
- 26- Boxing Day (Canada and England)
- 26-Jan. 1- Kwanzaa
- 29- Birthday of the Bowling Ball, 1862
- 31- National Champagne Day
- 31- New Year's Eve



Gift Ideas

It can be hard to find the right gift for someone with limited space. Here are some ideas that might help:

Photo Album or scrapbook of family or of "favorites" (i.e. people, animals, flowers, food, etc.)

Poem or letter describing how much that person means to you

Offer to record memories or stories

Pre-addressed and stamped envelopes with note cards and a

pen

Suncatcher

A picture to be hung in their room

Bird feeder to hang outside their window

Warm socks

Non-slide slipper socks

Lotions, perfume, cologne

Lap quilt

Warm sweater or cardigan

CD Player and CDs of their favorite music

2015 calendar that ties into our loved one's interests (you can write important dates for them as well)





Activities and Recreation

My apologies to those who get the newsletter via post mail for all the problems with last month's newsletter. If you wish to receive the newsletter via email, please give your email address to me or email me at julie@westridgecarecenter.com.

For those who want to read last month's newsletter that didn't get one, it is available on our website or you can request a printed copy and I can get that for you.

Please join us on December 16th for our Christmas parties. The Garden Party will be from 2-4pm and the party for Blossom Lane and the Foyer level will be from 5-7pm. You do not need to RSVP, however if you know there is a large group coming from your family, please let us know so that we can be

prepared for a larger number.

We have lots of fun and exciting events this month and the calendar is ever-changing as more groups continue to call to share their Christmas spirit. We appreciate all of the groups who come in to see us this time of year.

Be sure to 'Like' our West Ridge Care Center Facebook page to see all the photos from our Holiday fun. It is also a good way to get updates on what's going on at West Ridge.

If you are planning on having a family gathering at West Ridge, please be sure to call ahead and reserve the space. Our conference room and two family areas are available to reserve. The dining room is also available to reserve for larger

gatherings but on a limited basis due to meal and activity times. Call Crystal or Julie at 319-390-3367 to make your reservations.

Just a reminder to please bring in a warm coat, gloves, hat, etc. for your loved one, especially if they go on our outings or go out to the doctor. I'm sure I don't need to tell you how cold winter in Iowa can be!

Katie, Melissa and I would like to wish you the Merriest of Christmases and the Happiest of New Years! May the joy of the season be in your hearts the entire year.

Julie



Holiday Stress Relief

The holidays can be a very stressful time for many people. Here are some humorous tips to keep in mind this season:

Drive carefully. It's not only cars that can be recalled by their Maker.

A truly happy person is one who can enjoy the scenery on a detour.

Have an awesome day and know that someone has thought about you today.

Accept the fact that some days

you're the pigeon, and some days you're the statue.

Some mistakes are too much fun to make only once.

