

WEST RIDGE BREEZE

FEBRUARY 2013

FROM RICHARD'S DESK

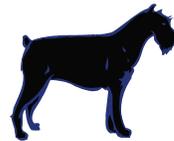
All of us at West Ridge are excited about the arrival of Sami, our nine week old Schnauzer puppy. Sami came to us from Rock Falls, Illinois. She is a gorgeous little lady with a great personality. My hope is to work with Sami, training her to become a registered therapy dog. When she is done growing she will be about 65-70 pounds. Please stop by and meet our new family member. It won't be long before

she will be greeting our guests at the front door.

I would like to remind all visitors, guests and staff that we are still in the flu and cold season and it is very important that we protect our elders. Good hand washing is a must!! If you have a fever or runny nose, please don't visit. The hand sanitizer is at the front door for your use when arriving or departing West Ridge.

As I close, I leave you with a quote I heard today. "You can't walk into your home and expect warmth. You have to be the warmth."

Richard



SUGGESTIONS FROM SARAH

Established in 1973, The Heritage Area Agency on Aging offers a variety of social services for senior citizens. The agency conducts various meetings, training sessions and educational seminars on aging-related issues. Additionally they provide advocacy, planning and housing services. Heritage Area on

Aging maintains a work force of more than fifteen employees, serving Benton, Cedar, Johnson, Jones, Linn and Washington county. The agency provides assistance with home repair and maintenance, counseling, crisis intervention, companionship services and case management services. The agency is funded

by state and federal sources and is located in Cedar Rapids on the Kirkwood Community College campus. For more information call (319) 398-5559.

Sarah



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NURSING NOTES

At WRCC we serve many elders that are receiving skilled therapy or skilled nursing services. These elders have a goal to return home when their therapy is complete. We strive to provide quality care to all of elders. We want everyone to feel as at home as possible here but we must follow Medicare guidelines and of course state regulations first.

Medicare has specific guidelines that we must follow to be reimbursed for the services we provide. One of these guidelines include, those elders that are residing here on a Medicare stay must only leave the premises for

doctor's appointments and church services. Doctor's appointments include dialysis, x-rays, and Dr. ordered procedures. If elders leave to go out to eat or for visits home while residing at WRCC, there is the possibility that Medicare could deny reimbursement for services provided. Medicare feels that if someone is well enough to go out to eat and shopping or even home for the day that they are able to be at home with outpatient services. Medicare does make exceptions for special circumstances such as funerals and weddings. The Medicare team at West Ridge has decided that the

Wednesday facility outings are approved. Due to the therapeutic benefits and because these outings are supervised by a nurse and other members of the interdisciplinary team, it is allowable for elders to attend. Thank you all for your understanding in this matter and if you have any further questions regarding Medicare approved outings please feel free to stop in to visit.

Katie



Love is an act of endless forgiveness, a tender look which becomes a habit.

~Peter Ustinov

FOOD FOR THOUGHT

2013- how time just goes by so fast! Before we know in it in the kitchen we will be going over our spring and summer menus- which I don't mind if that means we get to have warm weather and our garden back. My staff and I enjoyed the garden so much this last season and already have plans for this year. We plan to add some corn and other veggies.

I just want to remind everyone to please give the kitchen a 2 hour notice if you would like to eat with your loved one. Due to limited space we do ask that you don't visit at meal times. The kitchen staff will place you at one of our other tables outside the dining room. We are sorry for the inconvenience but our space is limited in the dining room at all 3 of our meals. If you have any

questions please see Becky. Also meal tickets are available and are \$5.00 per person Thanks for understanding.

Becky



CHUCK'S CORNER

As I write this, we are anticipating inspections from the State Fire Marshal and a survey from the Department of Inspections and Appeals. Our staff do such a wonderful job-and this is their time to demonstrate their professionalism, knowledge and skills. Whether it be Infection Control, Safety, or simply their loving and caring attitude, we

are very proud of all of them. Join me in thanking our staff for caring and helping provide you with the "Dignity of Life!"

Chuck, E.S. Director



WEATHER LORE

In anticipation of Kaj O'Mara's visit to West Ridge, here are some bits of weather lore to spark some conversations. Have you ever heard any of these proverbs or sayings?

☀ If the groundhog sees his shadow on February 2, there will be six more weeks of winter.

☀ If March comes in like a lamb, it goes out like a lion; if it comes in like a lion, it goes out like a lamb.

☀ A ring around the sun means rain or snow is coming soon.

☀ When grass is dry at morning light, look for rain before the night.

☀ When chickens scratch together, there's

sure to be foul weather.

☀ When sheep huddle together, tomorrow we will have a puddle.

☀ Clear moon, frost soon.

☀ When ants travel in a straight line, expect rain; when scattered, expect fair weather.

☀ If salt is sticky and gains in weight, it will rain before too late.

☀ Cold is the night when the stars shine bright.

☀ When cattle lie down during a light rain, it will pass soon.

☀ Onion skins very thin, mild winter coming in; Onion skins thick and tough, coming winter cold and rough.

☀ Red sky at night, sailor's delight; red sky in morning, sailor take warning.

☀ Plant your beans when the moon is light, You will find that this is right; Plant potatoes when the moon is dark, And to this line you'll always hark; But if you vary from this rule, You will find you are a fool; Follow this rule to the end, And you'll have lots of dough to spend.



Love one another and you will be happy. It's as simple and as difficult as that.

~Michael Leunig

HAPPY BIRTHDAY TO YOU!

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

Elders

Roberta Phinney on 2/8

Dale Stuckenbruck on 2/18

Tom Yamagata on 2/20

Doris Holub on 2/25

Care Partners

Matt Cimprich on 2/10

Mike Dreismeier on 2/12

Kathy Wenger on 2/15

Chuck Bailey on 2/21

*Happy Birthday to You
Happy Birthday to You
Happy Birthday to all of you
Happy Birthday to You!!*



LET'S WELCOME THEM

We would like to welcome the following people to the West Ridge family. We hope they find West Ridge to be a special place to live and work.

Elders

Mayme Cechura

David Chapel

Marjorie Davies

Dolly Duball

Linda Hoefler

Joyce Johnson

Marlena Kerr

Pat Kline

Vivian Lambert

Emma Nolte

Donald Novak

Jenny Pusateri

Nancy Ruprecht

Care Partners

Wendy Finn

Aleighia Packingham



LAUGH AS
MUCH AS
YOU BREATHE
AND LOVE AS
LONG AS
YOU LIVE.

HAPPY ANNIVERSARY

Thank you to all the staff who have anniversary dates in the month of February for all your hard work and dedication to West Ridge.

TWENTY ONE YEARS

Chuck Bailey

TEN YEARS

Cassy McSpadden

Five Years

Jill Hines

Two Years

Melissa Mergillano

Joyce Spaight

One Year

Fawn Ingalls



IN SYMPATHY

We would like to express our deepest sympathies to the family and friends of Clarence Kisling. His great smile

and infectious laugh will be missed.



PICTURE PAGE



The Losenicky Sisters lead us in song



Delores and Thelma entertain some of our Truman friends



Marguerite smiles with her Truman friends



David enjoyed meeting some of the students from Truman



Marilyn's Truman friends show off the penguins they made for her



John is all smiles with his Truman friends



Virginia and Roberta enjoyed the Red Hat Ladies' outing to the Olive Garden



Barb Elam graced us with her beautiful voice in January



We also enjoyed hearing The Jewels again



Sally, Mardene, John and Donald learn some Italian at the Touch of Italy program

Fawn has an eye for detail and always has a smile for others!



FEBRUARY IS...

American Heart Month
 American History Month
 Celebration of
 Chocolate Month
 National Blah Buster
 Month
 National Cherry Month
 National Weddings
 Month
 Spunky Old Broads
 Month
 1- National Wear Red
 Day
 2- Groundhog Day
 3- National Popcorn
 Day

3- Super Bowl XLVII
 5- Weatherperson's
 Day
 8- Anniversary of the
 Founding of the Boy
 Scouts of America
 (1910)
 10- Chinese New Year
 Begins
 10-16- JELL-O Week
 11- National Inventors'
 Day
 12- Fat Tuesday
 13- Ash Wednesday
 13- Get a Different
 Name Day

14- Valentine's Day ♥
 18- Presidents' Day
 24- Daytona 500
 NASCAR race
 24- 85th Annual
 Academy Awards
 Ceremony
 25- Full Moon
 26- Blue Jeans Tues-
 day
 28- National Chili Day



ITALIAN CREAM SODA

Many people asked for the recipe for the Italian Cream Sodas we served at the Touch of Italy activity in January so I thought I'd include it here.

Creamy Italian Soda

Ingredients:
 2 oz. ice

2 oz. half-and-half
 2 oz. Italian syrup flavor of choice (Vanilla, Cherry, Raspberry, etc.)

4 oz. Club Soda

Directions:

Place ice in a tall glass.

2. Add half-and-half, syrup and club soda.

3. Stir until combined.

4. Serve immediately.

Serves 1

(Source: Martin Bros.)

Piacere! (or Enjoy!)



Love is the condition in which the happiness of another person is essential to your own.

~Robert Heinlein

GUNG HEY FAT CHOY

Gung hey fat choy means "Wishing you prosperity and wealth." It is one of the ways to say "Happy New Year" in Chinese.

The Chinese New Year is a very important celebration in the Chinese culture. It is celebrated for 15 days.

The Chinese Zodiac is a

12 year cycle and each year is represented by an animal. This year is the Year of the Snake. People who are born during this year are said to be fast learners, wise, mysterious and quiet. So people who are "snakes" would have been born in 1917, 1929, 1941, 1953, 1965, 1977 or 1989.

The other animals representing the Chinese Zodiac are the Rat, Ox, Tiger, Rabbit, Dragon, Horse, Goat, Monkey, Rooster, Dog and Pig.

To find out what sign you are under and to learn more about the Chinese New Year, come to the activity on Monday, February 11th in the morning!



ACTIVITIES AND RECREATION

I hope everyone reading this is keeping warm. We are experiencing extremely cold temperatures so please take the necessary precautions to stay safe. If you haven't already, please make sure your loved one has a hat, scarf, and mittens or gloves here at West Ridge if they go on the outings or need to go out for doctor appointments.

We did brave the elements to go to Tommy's on January 30th since it was just around the corner. Mike scoped out the road and the parking lot situation before we made the decision to go. With our Iowa winter weather, we won't always be so lucky. Please note that if the temperature or wind chill is below zero or the road conditions are not safe, we will cancel the

outing.

February brings us a lot of things to celebrate. Groundhog's Day, Chinese New Year, Valentine's Day and Presidents' Day are the major holidays. But did you know February is also Spunky Old Broads Month? Just saying that brings a smile to my face. And I am glad to know all the "spunky broads" in my life! I'm not sure how we'll celebrate that one, but if we put our heads together, maybe we can come up with something good!

February 5th is Weatherman's Day. We are looking forward to having Kaj O'Mara from KCRG here on February 15th to give us a program on severe weather and how they predict the weather. Please let me know if you would like to attend this event.

We welcome all elders, staff and family members to attend the Community Meetings. This month the meeting will be on Thursday, February 21st at 2pm.

Some dates to mark on your calendar are the SaPaDaPaSo Parade which will be on Sunday, March 17th and our annual Easter Egg Hunt which will be Saturday, March 23rd. The Easter Egg Hunt is open to the public and we welcome the children and grandchildren of our staff and elders to come. It is for children 12 and under. There will be more information in next month's Breeze.

Stay warm!

Julie



LOVE IS A
SYMBOL OF
ETERNITY. IT
WIPES OUT
ALL SENSE OF
TIME,
DESTROYING
ALL MEMORY
OF A
BEGINNING
AND ALL
FEAR OF AN
END.

~AUTHOR
UNKNOWN

FOR YOUR FUNNYBONE

Over breakfast one morning, a woman said to her husband, "I'll bet you don't know what day this is."

"Of course I do," he answered as if he was offended and left for the office.

At 10am, the doorbell rang and when the

woman opened the door, she was handed a box of a dozen long-stemmed red roses. At 1pm, a foil-wrapped, two pound box her favorite chocolates was delivered. Later, a boutique delivered a designer dress.

The woman couldn't wait for her husband to

come home.

"First the flowers, then the chocolates, and then the dress!" she explained.

"I've never had a more wonderful Groundhog Day in my life!"

