



West Ridge
Care Center

West Ridge Breeze

January 2017

From Richard's Desk

As we begin a new year it is a great opportunity to look back at all of the blessings and challenges of 2016.

I would like to thank all of the elders, families and staff for taking the time and commitment to make West Ridge the warm place that it is, to the volunteers who help bring joy and peace to those we are so fortunate to serve. May

you always know that you really do make a difference. To all of the great staff members who have chosen West Ridge to spread your passion. I thank you for striving to make West Ridge the wonderful place that it is. It is a privilege to work with each of you. Your loyal and caring attitudes are greatly appreciated. I would also like to thank

the Elders and their families for giving us the opportunity to be a part of your lives. It is a gift to be able to serve each of you. May the upcoming year find Peace and Good Will to all.

Richard



Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us.
~Hal Borland

Social Work News

10 Ways to Fight Off the Winter Blues

1. Get moving.

Exercise can help keep your body and mind stay active by increasing endorphins and mood.

2. Add Aromatherapy.

Essential oils can influence the area of the brain that's responsible

for controlling moods and the body's internal clock that influences sleep and appetite. During winter months use citrus oils to cheer and uplift and floral oils to help fight feelings of sadness.

3. Let in the sunshine.

If you are unable to get outside, let the natural

light in by opening up your blinds.

4. Stick to a schedule.

Maintaining a regular schedule improves sleep and can help alleviate signs of depressed mood. Eating on a regular schedule can also help you watch your diet and not overeat
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Nursing Notes

As I start 2017, I am planning on making the most of my days by working on some new positive habits. The more engaged you are, the more passionate, productive and innovative you're likely to be. A few simple changes every day can improve your outlook. These tips can pertain to living in a care center, at work, at home or just on your own.

-Make the most of your down time- Read a chapter, or a magazine, color, get some fresh air, and listen to an audiobook.

-Give compliments everyday- Praise an idea, compliment a sweater

- Talk with peers, elders, visitors

and staff

-Stimulate your mind in new ways- Freshen up routines, read a new magazine

- Personalize your room, work-space, or wheelchair

-Challenge yourself- Set big picture goals, take a class, learn a new skill

-Take yourself less seriously- While it's important to focus. It's also possible to be lighthearted and fun, laugh and share moments and stories.

-Identify your talents- To find meaning in life, take a wider view to find your sense of purpose.

-Be kind to yourself- We all have tough days, if you are not feeling social simply smile and then

quietly focus on your work.

Keep things kind and positive by maintaining an optimistic attitude!!!! If you need help with ideas on how to implement these ideas in your own life, see me or a member of activities, or social services.

Katie RN, DON



Social Work News– continued

during the winter months.

5. **Keep a journal.** Writing down your thoughts can have a positive effect on your mood. It can help you release negative feelings out of your system.

6. **Get more Vitamin D.** Vitamin D supplements have been shown to improve depression symptoms during winter months when we are unable to get as much natural sunlight. Talk to your doctor before starting a new medication.

7. **Wear bright colors.** Wearing bright colors can trick your brain into thinking it is sunny and

beautiful, even if it's snowing and freezing temperatures outside.

8. **Spend time with positive people.** Individuals who associate themselves with happy people tend to be happier themselves.

9. **Try something new.** Take advantage of winter months to learn or try something new. It also can be a good time to de-clutter your home and organize the environment around you.

10. **Talk to your doctor.** Seasonal affective disorder is a form of depression. Consider talking

to your doctor for effective treatments if you notice increased anxiety, depression, lethargy, mood changes, sleep problems or over-eating during the winter months.

Abby

Source: *University of Michigan Depression Center, 2016*



Food For Thought

I cannot believe that it is 2017! How time has flown by. The Dietary department hopes that your New Year goes great! And on that note I would like to share a couple of recipes that we use in our kitchen. I hope you try them and enjoy.

The first recipe puts a little twist on your usual tuna and noodle casserole. It's called **Grown Up Tuna and Noodle Casserole**.

Ingredients:

- ♥ 1-2 cans tuna, drained or 3 cups shredded chicken or turkey breast
- ♥ 3 Tablespoons olive oil
- ♥ ½ large white onion, diced
- ♥ 3-4 mini Bella mushrooms, sliced
- ♥ Salt and pepper to taste
- ♥ 1 tsp. garlic powder
- ♥ 4oz. cream cheese
- ♥ ½ cup sour cream
- ♥ 1 10.5oz. can of mushroom soup
- ♥ ¾ cup milk
- ♥ 8oz. any kind of pasta
- ♥ 1 cup shredded cheese
- ♥ 1 cup French fried onions

Instructions:

1. Preheat your oven to 375°, then slice the mushrooms and dice the onions. Lightly grease your baking dish with cooking spray.
2. Start your pasta water cooking. While the water is heating heat the olive oil in a large frying pan over medium heat. Once the oil is heated, add the onions and mushrooms and sauté until the onions are translucent. After the onions are done, add your pasta

to the water and cook until al dente (7 minutes or so).

3. Add the mushroom soup, cream cheese, sour cream, milk and garlic powder to the frying pan and heat until it's hot. Season with salt and pepper to your tastes once it is warmed up.

4. Drain the pasta well and add to the pan and stir to mix. Make sure your pasta gets covered well.

5. Once you've mixed the pasta well, add tuna (make sure it is well drained) or cooked chicken to your pan and mix it all up again. Pour the mixture into your baking dish.

6. Add the shredded cheese on top. If you want more cheese, go for it.

7. If your making this amazing casserole for tonight's dinner, sprinkle the French fried onions on top and bake at 375°F for 10 minutes or just until the onions are golden brown.

Enjoy!

The next recipe to enjoy is called **Creamy Parmesan Garlic Mushroom Chicken**.

Ingredients:

- ★ 4 boneless, skinless chicken breasts, thinly sliced
- ★ 2 TBS olive oil
- ★ Salt and pepper
- ★ 8 oz. sliced mushrooms

Sauce ingredients:

- ★ ¼ cup butter
- ★ 2 garlic cloves, minced
- ★ 1 TBS flour

- ★ ½ cup chicken broth
- ★ 1 cup heavy cream or half and half
- ★ ½ cup grated parmesan cheese
- ★ ½ tsp. garlic powder
- ★ ¼ tsp. pepper
- ★ ½ tsp. salt
- ★ 1 cup chopped spinach

Instructions:

1. In a large skillet add olive oil and cook the chicken on medium high heat for 3-5 minutes on each side or until brown on each side and cooked until no longer pink in center. Remove the chicken and set aside on a plate. Add the sliced mushrooms and cook for a few minutes until tender. Remove and set aside.

2. To make the sauce, add the butter and melt. Add the garlic and cook until tender. Whisk in the flour until it thickens. Whisk in chicken broth, heavy cream, parmesan cheese, garlic powder, pepper and salt. Add the spinach and let simmer until it starts to thicken and spinach wilts. Add the chicken and mushrooms back to the sauce and serve over pasta.

I hope that these recipes find their way into your kitchen. The elders here really seem to enjoy these two new recipes that we added to our Fall/Winter menus. If you have any recipes that you would like to share for our upcoming Spring/Summer menus, please let me know.

Erin, Dietary Manager

Happy Birthday to You

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

Elders

Don Detert on 1/6

Stan Uthoff on 1/9

Shorty Miller on 1/24

Don Schmitz on 1/27

Dennis Karr on 1/31

Care Partners

Holley Walshire on 1/4

Kim Hoffman on 1/22

Connie Antonini on 1/30

Jessica Wise on 1/31



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, learn, work and grow.

Elders

Dorothy Armstrong

June Cabrnach

Charles Dennison

Barbara Dunbar

Merle Hepker

Don Johnson

Helen Kubalek

Diane Lucore

Rosemary Luvstuen

Shorty Miller

Susan Rocarek

Kathleen Sexton

Lorraine Spidle

Darrol Syferd

Care Partners

Sasha Erving

Katie Goldsmith

Joe Hubbard

Sam Kramer

Edith Schultz

Emily Smith

Nataline Soko

Shameka Wilson

Nichole Wolfe



Happy Anniversary

The following staff have anniversary dates in the month of January. Thank you for your dedication to West Ridge.

TWENTY THREE YEARS

Connie Antonini

Six Years

Crystal Anthes

Three Years

Katie Nugent

One Year

Terry Miller

Shawn Price



In Sympathy

We would like to express our deepest sympathies to the families and friends of the following elders. Their smiles, laughter, wisdom and kindness will truly be missed.

Jim Earl
 Carl Ficken
 Dorothy Krivanek
 Alice Satterly



West Ridge Delivers Person Directed Care

In the December 28th issue of the Cedar Rapids Gazette, there was an article about the many new rules affecting care centers that will soon be enforced. These new rules and regulations are aimed to give people living in care centers a louder voice in their care. The rules and guidelines allow elders and their families to be “much more engaged in the design of their care plan and the design of their discharge plans.”

West Ridge has been a registered Eden Alternative since 2000 and we adhere to the philosophy that a care center should be a place to live and grow. Hence, West Ridge is “ahead of the game” of many other care centers. That does not mean that there are not areas that we can improve on, but because of our philosophy, we are constantly looking at our processes and finding ways we can improve the overall quality of life of the elders, the work environment of our care partners and the services that we provide at West Ridge.

One of the points mentioned in the articles states that elders are “entitled to alternative meals and snacks... at non-traditional times or outside of scheduled meal times.” We have a snack area on both floors that is available to the elders 24/7 and Erin, our Dietary Manager is always accommodating when someone has a special request for a snack. We also allow people to sleep in if they prefer and offer breakfast to them when they wake. We are also flexible with meal times based on a person’s preference or schedule.

We have also always encouraged elders and their families to be involved in their discharge planning. When someone comes to West Ridge for skilled care, Lisa, the Therapy Director, and Abby, our Social Worker, set up a 72-hour meeting with the elder and their family to discuss how their therapy is going so far, what that person’s goals are and to start the discharge planning process so that when a person completes their personalized therapy

program, they are set up for success to return to the community.

Another point was about visiting hours. West Ridge has always allowed elders to choose when they have visitors as long as it does not interfere with the well-being of others. When a family is going through the difficult time when their loved one is passing, we try to accommodate families as much as we can, allowing family members to stay overnight, offering refreshments, and anything else we can do to make that difficult time as comforting as we can.

These are just a few ways that West Ridge offers person directed care. If you have any questions about our Eden philosophy, or the new rules and their implementation, please speak with Richard Curphey, our administrator, or any department head.



Activities and Recreation

Thank you to everyone who attended our Christmas parties last month. I think they were a success if the smiles I saw on the elders' faces were any indication. If you do have any feedback on how to improve next year's festivities, please let me know.

Thank you to all of the care partners who helped get the elders ready for the parties and those who helped during the parties. We cannot do this without you and I appreciate you more than you can know! Thank you also to Erin and her crew for their amazing job on the food! It was all so delicious! Almost everything they made was made from scratch. Thank you to all of the department heads for all your help getting ready for and during the parties. And finally, thank you to Melissa and Katie for keeping me sane during this time of year. Thank you for all your hard work! Your

love for the elders shines through in all you do.

I am continuing to work on the boxes for each person in The Garden. I am trying to make them as personalized as possible, but I need help from everyone's families. If you can bring in family photos, especially ones with significant meaning to your loved one, such as their wedding picture, photos of their children when they were young, family vacations, etc. I can make photo copies to put in their box. Also, any input you can give on what their interests have been throughout their life would be so appreciated!

If you would like to join us for our Cork n Canvas on January 31st, please let me know. If you are attending with an Elder from West Ridge, it is free. If you are a member of the community wanting to come, we will ask a small fee to

cover the costs of materials. Our very own Katie Nugent teaches the West Ridge version of Cork and Canvas and has done an excellent job. Please let me know if you have any questions.

I have had some exciting conversations recently with people interested in doing things at West Ridge. One is from a church so would add to our spiritual activities and the other is someone who teaches chair yoga, which will enhance our exercise program. I am excited to see what 2017 will bring? I hope you have health, happiness and love in the new year!

Julie



Lost and Found

It is so nice seeing everyone sporting new clothes they got for Christmas! Unfortunately, many of the gifts of clothing received for Christmas were not marked and now our Lost and Found cart is overflowing. Please check the cart the next time you are visiting West Ridge to see if any of your

loved one's items ended up on the cart. We hate for someone not to be able to enjoy their new clothes because they ended up in the Lost and Found.

If you find something that belongs to your loved one, see Crystal or one of the nurses to get a laundry marker to label it so that it doesn't

end up back on the cart. See any care partner if you have any questions. Thanks!

