

July 2014

West Ridge Breeze

From Richard's Desk

Happy summer to everyone in the West Ridge family. I am sure that everyone is busy planning summer activities. It is a great time to visit the ones we love.

I would like to take this time to thank Katy Smith for all of her service at West Ridge as our Community Relations Coordinator. She has an opportunity to further her career and still be able to help promote us at the same time. We wish Katy a very successful future and know that she

will always be part of our family.

I am very excited to welcome Jill Ryder as our new Community Relations Coordinator. Jill has known about West Ridge for many years and is very well respected in the health care community. We feel blessed to have her join our team. Please read Jill's blog in the newsletter for more info.

We are actively looking into upgrading our call light

system and overall communication software. We hope to be able to make many upgrades in this area.

I wish all of you a fun and safe summer and if I can assist you in any way, as always, my door is open.

Richard



Social Work News

We have started weekly short education sessions with care partners, staff members, at West Ridge centered around Alzheimer's, The Eden Alternative and person centered care. These weekly sessions are only 10 minutes long but packed with

wonderful information. They are led by our Eden facilitator, Carol Ruggles. As we strive to meet the needs of our elders, we continue to learn and grow in our approaches towards their care. Please let us know if you have any topics you would like

us to address or idea for future education sessions. As always thank you for feedback and happy Summer!

Abby



Nursing Notes

I wanted to take a little moment to remind everyone bringing pets into the facility, that you must have your dog on a leash at all times here at WRCC. We also ask you to provide a copy of your pet's current vaccination records. Tucker our facility little black toy poodle, is very territorial and is not always friendly to other dogs visiting the facility. It is ideal if

you can either call the facility or stop at the reception desk to have Tucker meet your pet. We can also put Tucker away while your pet is visiting. Tucker is generally in the facility M-F 9-5:30pm.

Please don't feed Tucker table food and limit his treats. We don't want him to get too overweight. He is a bit scared of people wearing hats or glasses at times.

Thank you to everyone for loving on Tucker and making him the happiest little puppy on earth!

Katie



Community News

My name is Jill Oldham Ryder and I am the new Community Outreach Specialist for West Ridge Care Center. I am excited to be a part of this team and represent West Ridge in the community. I have worked in long term care for the past 15 years building relationships within the hospitals, assisted living facilities, church communities and many organizations throughout Cedar Rapids.

I am a Respiratory Therapist by trade and have utilized that training throughout my career. While the medical knowledge is very helpful, my training opened my eyes to the compassion and education families need while enduring health struggles. I have found my niche in helping the elderly and their loved ones.

Cedar Rapids has been my home for the past 25 years. I moved here the day after my marriage to Bill Ryder who chose Cedar Rapids to open his chiropractic business. We have 3 children, Anna, Carly and Joseph, all whom have graduated from Linn-Mar High School.

Anna is in graduate school at Duquesne University and living in Pittsburgh, PA. Her goal is to become a community ad school counselor. She is busy planning a wedding as well.

Carly is pursuing a career in Speech Pathology. She graduated from the University of Iowa with a degree in Speech and Hearing Sciences. She is looking into graduate schools and will have a "gap" year and moving home.

Joseph just graduated from high school. He is continuing on at Linn-Mar's Success Center. (This is a program for those with special needs.) They will provide training and guidance to obtain work in the community.

While they are out of high school they still seem to fill much of our free time, which we would not change for the world.

Joining the West Ridge family is such a blessing for me. Their commitment to serve and provide elders with the best care possible, along with The Eden Alternative philosophy has proven to be the best facility Cedar Rapids has to offer.

I look forward to getting to know you!

Jill

Food For Thought

Welcome to the summer of 2017. We are strolling right along through the year. The fourth of July is right around the corner. Here is a fun easy recipe to share with your families at any type of gathering for the fourth celebrations. We do actually have this on our menus here at West Ridge. We hope you enjoy it as much as our residents.

Cucumber Tomato and Onion Salad

Ingredients:

- 1 cup water
- 1 TBS black pepper
- ½ cup distilled white vinegar

- 3 cucumbers peeled and slice ¼ in thick
- ¼ cup vegetable oil
- 3 tomatoes cut to wedges
- 2 tsp. salt
- 1 onion sliced into rings
- ¼ cup sugar

Directions:

Whisk water, vinegar, oil, sugar, salt and pepper until smooth.
 Add cucumbers, tomato and onion.
 Toss lightly to coat. Cover in plastic. Refrigerate for 2 hours. Serve Cold.



Have a great 4th!

Erin

In Sympathy

We would like to express our deepest sympathies to the families and friends of the following Elders. Their smiles, wit and wisdom will be deeply missed.

- Don Detert
- Dorothy Morris



Thank You For Our Freedom

And I'm proud to be an American,
 where at least I know I'm free.
 And I won't forget the men who died,
 who gave that right to me.

~Lee Greenwood



Happy Birthday to You

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

Betty Zipperer on 7/2

Sam Kramer on 7/3

Penny Lusk on 7/5

Peggy Repstein on 7/6

Taylor Courtright on 7/10

Irma Rayborn on 7/12

Jacob Stolen on 7/21



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.

Laura Black

Ivan Byrd

Clarence Downs

Jeanette Maier

Pat Moe

Jill Ryder

Elaine Rygr

Linda Skala

Stanley Uthoff

Irene Valenta



Happy Anniversary

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

NINETEEN YEARS

Nicole Sanders

Eight Years

Peggy Burnett

Four Years

Mel Candia

One Year

Martha Aguilar

Nikki Mitchell



Active Seniors

The Importance of Time Outdoors
Humans crave a connection with nature. From gardening and horticulture to walking through a park or hiking through the woods, people have found peace in nature.

Traditionally, the healing power of nature has been defined as an internal healing response designed to restore health. Research shows that average Americans spend 87% of their time in enclosed buildings and 6% of their time in enclosed vehicles. There are a number of reasons why this is unhealthy for body, mind and spirit. Many pollutants concentrate indoors, where levels are often two to five times higher than the outdoors. Staying indoors all day may fuel anxiety and insomnia. Exposure to sun-strength rays calibrates the body's circadian clock which regulates everything from appetite and sleep schedules to mood and energy levels.

Quality time in nature has many benefits. Here are some reasons to make the great outdoors a part of daily life:

Boost creativity and focus— Research has shown that spending time outside can improve memory performance and attention spans. It can also boost creativity.

Reduce stress— The sights, sounds and smells of the great outdoors can help soothe and relax a person.

Improve mood and self-esteem — Several studies have shown that spending as little as five minutes outdoors leads to measurable improvements in mood and self-esteem.

Increase your vitamin D levels— It is estimated that over 95% of seniors in the U.S. may be deficient in vitamin D, along with 85% of other ages.

Improve awareness and healing— There is something

inherently healing about spending time outdoors. Part of it has to do with exposure to natural light. One study found people exposed to 46% more sunlight after surgery used 22% less pain medication per hour. However, there are likely benefits even beyond the light exposure. Research shows that older adults who spend more time outdoors have less pain and sleep better.

At West Ridge, we try to spend time outside with the Elders when we can, and even put it on the calendar. At times we even change the scheduled activity if it's a beautiful day outside and we want to take advantage of the weather while we can. We encourage you to take your loved one outside when you come to visit. You will get to enjoy the benefits of the outdoors as well! Modern life can create isolation from nature. Explore the outdoors and engage your body, mind and spirit in the beauty, healing, and peace of nature.

Holiday Humor

You have to love a nation that celebrates its independence day every July 4, not with a parade of guns, tanks and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy and the flies die of happiness. You may think you have over eaten, but it is patriotism.

~Erma Bombeck

Activities and Recreation

We have a lot of fun stuff coming up this summer. This month we have some fun road trips to some of our favorite places and a fishing trip planned. We will be celebrating our love of ice cream this month as July is National Ice Cream Month. We also have some fun music coming up. New to West Ridge, the La La Ladies will be here on the 6th to entertain us. And, after a long hiatus, the Pick and Hammer Band is back. And of course our favorites, Amy and Carroll will be here. Our Cork and Canvas class this month will be on Thursday, July 20th. Please let us know ahead of time if you would like to join us.

Looking forward to next month we

will be going to a Kernels game and our annual Pontoon boat ride. Please let me know if you want to join us on either of these trips as they take a bit more planning than some of our other outings.

Please read the article on page 6 on the benefits of spending time outdoors. We try to be spontaneous sometimes and sometimes it's planned when we go outside, but we try to take advantage of the summer weather when we can knowing it won't be too long and we'll be thinking about that white stuff that falls from the sky. Our therapists are wonderful about doing people's therapy outside when it is appropriate. Kim, our restorative nurse also

takes people outside sometimes to exercise in the fresh air. Of course, we live in Iowa so there will be times the weather will upset our plans, whether it be raining or too hot and humid to be outside so we will adjust our plans accordingly. We thank the Elders and their families for their understanding in this.

I hope you all have a safe, happy and fun 4th holiday and enjoy your summer.

Julie



July is...

Anti-boredom Month
 Celebrating Patriotism Month
 Celebrating Summer Fun Month
 National Hot Dog Month
 National Ice Cream Month
 National Peach Month
 National Picnic Month
 National Watermelon Month

2- Halfway Point of 2017
 3-August 11- Dog Days of Summer
 4- Independence Day
 5- Cracker Jack Day

5- Spam's Birthday, 1937
 9- Full Moon
 12- Birth Anniversary of Milton Berle
 16- National Ice Cream Day
 20- Moon Day (This is the anniversary of the first man on the moon in 1969.)
 23- Gorgeous Grandma Day
 23- Ice Cream Cone's Birthday, 1904
 24- Cousins Day
 25- National Hot Fudge Sundae

Day
 27- Anniversary of the Korean War Armistice, 1953
 27- Hula-Hoop Day
 30- Father-in-law Day
 30- International Day of

