

West Ridge Breeze

June 2014

From Richard's Desk

Happy Summer to everyone in the West Ridge family. It's hard to believe that school is out and we are all busy planning summer activities. Be sure to mark your calendar for this: We will be having a family picnic on June 26th from 5-7pm. There will be live music, fun and games and most importantly, great food! If you have any questions, please do not hesitate to call.

A big thank you to everyone that has worked so hard to plant

flowers and help beautify our grounds and the garden looks great and is a fun topic of conversation by elders and care partners alike.

With the warmer weather, I would strongly encourage everyone with food items in their room to please store them in a sealed container or Ziploc bag. It is that time of year when food items tend to attract pests. So please help us keep West Ridge pest-free. (And if the food item needs to be refrigerated, please let a

care partner know and we can store it for you.)

As always, my door is always open. I enjoy the opportunity to get to know the families at West Ridge. God bless you all.

Richard



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Well, we definitely went from winter to summer without the experience of some nice spring days. As the weather warms, consider taking your loved one out of the facility to enjoy the nice days. Remember the sunscreen, bug

spray and plenty of fluids as well as food safety when out and about. Some activities to consider include family events such as weddings, graduations and family reunions, a church service or activity, a stop at one of

the local Farmer's Markets or a meal out. If it's too hot, perhaps a stroll through the mall or shopping trip. Everyday events that may seem mundane or trivial to us can be a real treat to the elders who cannot *(continued on page 3)*

In June, as many as a dozen species may burst their buds on a single day. No man can heed all of these anniversaries; no man can ignore all of them.

~Aldo Leopold

Nursing Notes

Summer is here and we are ready to continue our wellness mission, here at West Ridge. We are very excited to be implementing our hydration program. Another great way to maintain one's health is to get your teeth cleaned every six months to a year. This is a great way to keep your teeth, heart and overall health in great condition.

We will have the pleasure of the

Kirkwood Community College dental hygiene students spending some time with us in June during their clinical rotations. The students are able to clean your teeth here at the facility. They will be here June 4th, 6th, 11th, and 13th, from 8:30 am until 11:30 am. If you would like to have your teeth cleaned please stop at the nurse's station to fill out a consent form or to fill out consent for your

loved one. This is such a great opportunity; please take advantage of this great service!

As always my door is always open! Please see me with any questions or concerns regarding your care or your loved one's care.

Thank you~

Katie



Chuck's Corner

We've just completed a survey process with CMS, Centers for Medicare and Medicaid Services, the Federal Department of Health and Human Services. CMS randomly selects facilities in various states to monitor different state's Department of Inspections and Appeals/Life Safety and State Fire Marshal's thoroughness. As I write this, we are submitting our responses to their report-expecting full compliance results. It's good to know our state's performance is also monitored for quality service.

Frankly, I'm ready for vacation now! Our yearly fishing trip starts June 6th-returning June 22nd. We are still patiently waiting for our parking lot project to be completed soon. Maybe, by the time this is published, it will be in process!

I will be working on revisions to our Emergency Disaster Preparedness Manual. With the possibility of many forms of disasters and violence in our world, we must always be prepared. We keep a manual at each Nurse's station, if

you are interested in looking at it. It is reviewed and revised annually and as needed. Since I will be gone in June when the July Newsletter article is due, there will not be a July article from Environmental Services, so I'd like to wish all of you a wonderful 4th of July from all of us in Environmental Services.

LET FREEDOM RING!

Michele, Peggy, Mary, Christina, Allison, Paula, Fawn, Nikki, Mike, and Chuck



Food For Thought

Warm weather is finally upon us! Do you have any road trips or days at the beach planned with picnics? If so, don't forget the importance of food safety. Potentially hazardous foods need to be kept at 40 degrees F or less to stay safe for consumption.

For your summer outings, you will want to use a cooler. Before using, make sure you clean the inside well with soap and warm water. If you need to disinfect or deodorize the cooler, use a commercial cleaning product according to the label directions.

When packing the cooler, make sure to fill it with plenty of ice or frozen gel-packs. Put your food products in waterproof re-sealable plastic bags or containers to keep the ice/water out of your food items. Also be sure to store raw meats,

eggs, etc. separately from your cooked foods and fresh produce. It is also suggested that you put beverages in a separate cooler from your food since you open and close it often to get drinks and the temperature rises. Having the food in a separate cooler will help keep the safe cold temperature since the lid isn't opened as often. Stocking the cooler with pre-chilled or frozen foods will also help keep the temperature in the cooler colder. To ensure the temperature inside your cooler stays at a safe level, you can use an appliance thermometer to monitor it. If the temperature gets over 40 degrees F, replenish the ice and/or ice packs.

If you're going to a park or beach for the day, cover the cooler with blankets or put in the shade of trees or an umbrella to keep it cooler.

Direct sun with outdoor temperatures above 90 degrees F can make the ice melt faster and the cooler less effective to keep the food safe. Remember not to let food sit out at room/air temperatures for more than 2 hours and only 1 hour if the outside temperature is 90 degrees F or above. If your food does sit at room/air temperature for these time periods, discard it.

Enjoy those summer outings!

Charlene

Source: www.foodsafety.gov. *Ice Cooler Is Your Best Friend on the Road*



Social Work News~ continued

be as active as they once were.

There is something about the sense of normalcy and routine that can really boost the spirits of our residents. Please check with the nursing staff when you are planning an outing

with your loved one so we can plan accordingly for medications, treatment and therapy schedules.

Hurray for summer!
~Becky



Happy Birthday to You

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

Elders

Mel Gage on 6/10

Marge Means on 6/27

Care Partners

JoMarie Elkema on 6/1

Susan Lassen on 6/7

Peggy Burnett on 6/8

Rebecca McConnell on 6/8

Angela Randall on 6/8

Carolina Armigon on 6/11

Alicia Donnell on 6/11

Clarissa Davidson on 6/14

Courtney Foster on 6/16

Charlene Vasey-Larson on 6/18

Annette Thomas on 6/19

Jeremy Gardemann on 6/21

Katie Tenney on 6/26

Becky Krapfl on 6/29



***"If you don't
like
something,
change it.
If you can't
change it,
change your
attitude."***

***~Maya
Angelou***

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

Pat Baker

Pauline Bielow

Marilyn Chmelicek

Fritz Diers

Del Gibney

Marie Hess

Richard Jansen

Helen Kubalec

Deb Mauck

Shirley Myli

Ann Pizinger

Susan Rocarek

Virginia Springer

Stan Uthoff

Karen Waddell

Pauline Weber

Janie Whitesell



Happy Anniversary

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

FIFTEEN YEARS

Mary Perez

TWELVE YEARS

Mike Dreismeier

Eight Years
Allison Bohren

Four Years
Erin Bruner

Two Years
Rebecca McConnell

Katie Tenney

One Year
Starr Partee

Picture Page



Heddy celebrates Cinco de Mayo



Mary Lou shows how to shake the maracas



Velma and Todd made a special connection this year during the Truman visits



The Truman students did a great job singing for us at the End-of-Year Celebration at Truman



Martha made some good friends at Truman this year



Mabel shows off some of the finds when we went plant shopping



Part of the planting crew: Roberta, Melissa, Dorothy, Katie and Marian



Maxine had lots of guests and lots of fun at the Ladies' Tea

For more pictures, 'Like' the West Ridge Care Center page on Facebook

Eden Alternative Education

West Ridge Care Center has been a Registered Eden Alternative home since 2000. The Eden Alternative is an international, non-profit organization dedicated to creating quality of life for Elders and their care partners. At West Ridge we strive to bring quality to the lives of everyone involved, including elders, their families and our staff, helping us stay true to our mission statement: Committed to the dignity of life. This series of articles will help you understand a little more about Eden and West Ridge's journey of culture change.

You may notice we use the term elder at West Ridge. There has been much debate on this term. Some people just outright dislike it. Often

times it is because our society views the pursuit of youth to be acceptable and desired and scorns anything having to do with aging. Dr. Bill Thomas, founder of the Eden Alternative defines this in the term agism. The Eden Alternative defines Elder this way, "An Elder is someone who, by virtue of life experience, is here to teach us how to live." So by this definition, we are all Elders. Parents are elders to their children, teaching them their values and life lessons. It is a term of honor and respect. I know I have learned so much from so many elders I have had the privilege to know over the past 18+ years of my career.

Throughout the years, West Ridge has provided education to the staff on the Eden

Alternative and we continue to do so. Currently many of the staff have taken the Open Hearts, Open Minds class, and there is another OHOM class scheduled for new employees this month.

Each month in The Breeze there will be an article on the Eden Alternative to help you understand why West Ridge chose this path so many years ago. If you have questions, please feel free to ask one of our Certified Eden Associates: Chuck Bailey, Richard Curphey, Becky Pickart, Katie Ross or Julie Winterboer or a member of our Eden Leadership team: Chuck Bailey, Erin Bruner, Yolla Chalhoub, Ruthann Gharib, Susan Lassen, Betty Perez or Julie Winterboer.

June is...

Great Outdoors Month
June Dairy Month
National Camping Month
National Fresh Fruits and Vegetables Month
National Iced Tea Month
5- World Environment Day
6- 70th Anniversary of D-Day
6- National Yo-yo Day
8- Pentecost
9- 80th Birthday of Donald Duck
10- National Iced Tea Day
12-19- 37th Annual National

Nursing Assistants' Week
13-Friday the 13th
13- Full Moon
14- Family History Day
14- Flag Day
15- Father's Day
18- International Picnic Day
20- Take Your Dog to Work Day
21- Summer Begins
23- Baby Boomers Recognition Day
25- Anniversary of the Beginning of the Korean

War, 1950
26- National Handshake Day
30- Anniversary of the Founding of the National Organization of Women, 1966
30- Corvette's Birthday, 1953
30- National Ice Cream Soda Day



You're Invited to the West Ridge Hoedown

Please join us for a Western themed family picnic on Thursday, July 26th from 5:00-7:00p.m. Vittles (supper) will be served so bring your appetite. There will also be music and fun and photo ops so break out your cowboy boots and hat (optional!) and mosey on over to West Ridge for a rowdy good time.

Please pass this invitation on to family members who may

not get the newsletter. We ask that you RSVP to Julie or Crystal by June 23rd.



Activities and Recreation

Hopefully by the time you've gotten to my article, you know about the Western Hoedown happening here on June 26th. I encourage all family members to join us for a good old-fashioned family picnic. This year we have chosen a Western theme so feel free to come in plaid, or wear a cowboy hat or boots if you have them. And if you don't, come anyway!! Please let me know if you have any questions about it.

We said goodbye to our Truman friends last month. They gave us a great summer send-off by singing and then sharing refreshments with us. I encourage the Truman students to

continue visiting us over the summer.

I would like to extend a thank you, again, to all the elders, care partners and family members that helped stuff the Freedom Festival buttons. We filled 9000 buttons for the Freedom Festival. Way to go everyone!

Enjoy the summer and enjoy the outdoors at West Ridge when you come to visit. The elders did a great job choosing flowers for the Courtyard and Park. Feel free to pull a few weeds while you visit outside!

As part of our Eden philosophy we adhere to, we enjoy spontaneity in our day to day

lives, so please know that the activity schedule may change on a whim. If the weather is beautiful and people would rather go outside to get some fresh air, then that is what we will do. If you have any questions about the calendar, feel free to call or stop by to visit with me. If you know of any community groups or organizations that the elders would like to hear speak, please let me know. We are always looking for new ideas and opportunities.

Julie



*“Try to be a
rainbow in
someone’s
cloud.”
~Maya
Angelou*