

# West Ridge Breeze

## From Richard's Desk

As we welcome March, I think we can all agree that Spring cannot get here fast enough! With this changing of seasons, it's always a good opportunity to take a look at our programs and ourselves as caregivers. We need to remember to be thankful for the opportunity that we have to make a difference in not only the lives of the elders, but also families and co-workers. It takes all of us looking out for and supporting each other to make sure that West Ridge is providing the standard of excellence we should all demand. I came across a memo that talked about what it takes to provide excellence.

### **Sense of Ownership:**

- Perform your job with pride and skill
- Show pride in the appearance of self and the facility
- Take responsibility for meeting customer requests. Do not say "It's not my job or my patient."

### **Compassion:**

- Acknowledge patients, families, guests and customers
- Immediately make eye contact and greet them with a smile
- Give appropriate easy-to-understand information and provide periodic updates

### **Communication:**

- Acknowledge customers immediately. Make eye contact and greet them with a smile.

- Listen carefully to customers; avoid interrupting

- Give appropriate easy-to-understand information to customers

### **Commitment of Co-workers:**

- Treat all associates and departments with courtesy, respect and honesty.
- Offer to help other coworkers
- Give praise for a job well done, criticize in private, avoid placing blame
- Look at one's self– Am I part of the problem or the solution?

### **Positive Attitude:**

- Demonstrate compassion and understating towards others
- Exhibit appropriate non verbal behavior
- Interact with others without rudeness

### **Responsiveness:**

- Respond to customers requests promptly and courteously
- Escort those in need to their destination; apologize for problems or inconveniences; take action to correct problems.

May you always remember that success or failure starts with you. You do make a difference.

Richard



## Nursing Notes

It's like Christmas all over again in March over here at West Ridge!

I received the best present in the mail this week! Something I have wanted for a long time. It is Automated External Defibrillator or an AED. For those of you that are unfamiliar, an AED is a battery powered machine that is used to treat Sudden Cardiac Arrest (SCA), including ventricular fibrillation (VF). Sudden cardiac arrest occurs when the heart stops pumping unexpectedly. SCA can happen to anyone, any age, often without any symptoms. The only treatment for VF is defibrillation. The AED shocks the heart, so it can start beating regularly again. Unless this is successful within the first few minutes after the heart stops beating, the victim is not likely to survive. CPR alone cannot do what an AED does.

Now you can see the importance of the AED and why I feel so happy and privileged to have this little life saver in our facility. Very few skilled or long term care facilities have one in house. I want to personally thank Richard Curphey and the West Ridge Board of Directors for purchasing the AED. There are no current mandates in Iowa for AEDs. This is a testament to our commitment towards striving to be the best!! Please see me with any questions regarding our new addition. The AED will be located in the front lobby.

Thank you for sharing in my excitement!!!!!!

Katie Ross, RN, BSN, DON



## Giving Back

The elders of West Ridge have been asked to help assemble button envelopes for the Cedar Rapids Freedom Festival. In April we will put together 10,000 envelopes for the Freedom Festival organization that will then be sold in the community for the events held the weeks leading up to the Fourth of July. Just another way West Ridge gives back!

## Social Work News

Think spring! As I write this, we are anticipating another round of winter weather, hopefully our last of the season. I am constantly surprised at how time really does fly. My mom used to tell me "time flies whether you're having fun or not, so you might as well have a little fun." I have noticed that the older I get, the faster the time goes by. I am always humbled to interact with our Elders and have them share stories of their lives and the wisdom they have gained through their experiences and their years. I think most of us also experience "seasons" of our lives as well. Enjoy whatever season you're in.

Becky Krapfl



# Chuck's Corner

As I write this, we just had a night and morning of much needed rain to help melt away our "winter remnants". Like many people, we've been dealing with high piles of snow, icy areas, salt and sand everywhere, frozen drains, water leaks, ice dams on our roof, etc. The calendar says spring arrives later this month... Needless to say, "Bring it on!!"

Happy Spring from all of us in

Environmental Services!!

Chuck Bailey, Director of  
Environmental Services

(P.S. Don't forget that Daylight Savings Time starts Sunday, March 9th)



## SaPaDaPaSo

Be sure to look for our bus in the SaPaDaPaSo Parade in downtown Cedar Rapids on Monday, March 17th. The parade starts at 1:00pm. Feel free to cheer for us as we go by. If it's cold, which it probably will be, the elders will remain on the bus and wave from the windows so be sure to wave back! This is the 12th year West Ridge has been a part of the parade.

# Food For Thought

## Aging Taste Changes

If you've ever heard a loved one say they don't like a food item that used to be a favorite, then it's likely there has been a change in their sense of taste or smell. Research is starting to show that the change may be due more to the change of smell rather than the taste.

The average adult has about 10,000 taste buds on the tongue, throat, and mouth. The taste buds have five taste perceptions of sweet, sour, bitter, salt, and savory. But olfaction, or sense of smell, accounts for about 80% of flavors. Aroma released from food passes from the mouth through the back of the throat to the millions of olfactory receptor cells in the nasal cavity. A person may taste the sweetness of sugar but the perceptions of mint and cinnamon come mostly from smell. The mouth-feel, temperature, and food's visual appeal also contribute to your sensory responses.

Olfaction begins to diminish around 50 years of age and continues to decline by 60% or more by the age of 80 years. Possible reasons for the decrease may be loss of nasal nerve cells, hormone changes, decline in nerve signals to the brain, and/or less mucus production in the nose( the mucus helps keep aromas in the nose long enough to be detected). The loss of the sense of taste may be from decreased number of taste buds, decreased saliva production, and diminished neural response to taste. Besides age, loss of taste and smell may relate to sinus conditions, colds, head injury, other health conditions, medications, radiation, chemotherapy, smoking, and chemicals in the air.

To compensate for the possible loss of sense of taste or smell, it might be problematic to a person's health to add more salt or sugar to the food if high blood pressure and/or diabetes are concerns. Other solutions would be to eat slowly and chew food well to release flavor; use high

**Continued on page 6**

I love  
spring  
anywhere,  
but if I  
could  
choose I  
would  
always  
greet it in  
a garden.

~Ruth Stout

## Happy Birthday to You

The following people have birthdays in March. Please be sure to wish them a "Happy Birthday" when you see them!

### Elders

Rosemary McAleer on 3/6

Delores Newport on 3/14

John Brownlie on 3/23

### Care Partners

Kassidy DeKlotz on 3/2

Lauren Jewel on 3/4

Tammy Redmond on 3/8

Angela DiRenzo on 3/9

Lenora West on 3/9

Brittany Vanderhamm on 3/11

Mary Perez on 3/14

Richard Curphey on 3/30



## 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

Dorothy Bena

Ardith Bliss

David Bliss

Richard Inger

Shirley Jennings

Sondra Peck

Barb Spalding

Betty Teeter

Alberta Welty

### Care Partners

Theresa Geppert

Grace Nygen



## Happy Anniversary

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

### Ten Years

Charlene Vasey-Larson

### Nine Years

Mary Giovanazzi

Afton Schulte

### Five Years

Kathleen Ahart

Carolina Amigon

Alicia Donnell

Courtney Foster

Jeremy Gardemann

### Three Years

Kelly Jennings

### Two Years

Michelle West



# Picture Page



Velma and her Truman friend had a great visit



Marian is all smiles with her Truman friends



Marilyn visited with three lovely young ladies from Truman



Roberta shows off the work of her Truman friends



Erin and Katie help Mardene as she chooses what she wants from the delicious Valentine Brunch



The Fruit Blossoms entertained us for the Garden's Valentine Party



Velma and Marguerite enjoyed each other's company at Perkins



Sally and Mardene smile for the camera at Perkins



◀ John and Jerry contemplate what to order at Perkins



Mrs. Haring from Truman assists the magician during his act

“Science has never drummed up quite as effective a tranquilizing agent as a sunny spring day.”

~W. Earl Hall

## March is...

Celebration of Spring Month  
National Craft Month  
National Noodle Month

5– Ash Wednesday

6– Healing Touch Day

7– Annual World Day of Prayer

8-14– National Procrastination Week

9– Daylight Savings Time Begins

12– Anniversary of the Founding of the Girl Scouts of America (1912)

14– Baseball Cap’s birthday (1860)

14– National Potato Chip Day

16– Full Moon

17– St. Patrick’s Day

20– Spring Begins

20– Won’t You Be My Neighbor Day?

22– As Young As You Feel Day

22– National Goof-off Day

23– National Puppy Day

29– Anniversary of Atlanta Pharmacist John Pemberton Concocting Coca-Cola (1886)

30– Doctors’ Day

30– Opening Night of Major League Baseball

31– Opening Day of Major League Baseball



## Food For Thought– continued

quality ingredients; cook foods properly so flavors aren’t destroyed; use ingredients with bolder flavors like garlic, onion, flavored oil/vinegars, chilis, sharp cheeses, fresh or dried herbs like basil, chives, cilantro, dill, rosemary, mint; concentrate meat stocks; and to make sure food is visually appealing like use of bright colors and different shapes and textures.

So, if you or a loved are experiencing loss or changes in smell or taste, try the above noted suggestions and see if you notice an improvement. It is also an opportunity to try foods that might have been disliked previously and/or a large variety of foods to try and find new favorites!

Charlene

Source: *Food and Nutrition.org. Aging Tastefully. Jan/Feb 2014*



## Activities and Recreation

By now many of you may have met Katie, our newest member of the Activities department. Melissa and I are excited to have another partner in crime, I mean fun, helping us with activities and one to one visits. Katie started in February and works 3-4 days a week. Please help her feel welcomed to the West Ridge family.

Thank you to Becky and all the kitchen staff for their hard work and great results for the Valentine's Day Brunch we had here. The food was excellent and the atmosphere was fun. Each elder received a personalized Valentine at their spot signed by the staff. Look for pictures of the Brunch on our West Ridge Facebook page. The "Fruit Blossoms" performed for the Garden's Valentine's Day party to rave reviews. Thank you ladies for singing to us about love and life.

Thanks also to everyone who helped in any way with our Bake Sale fundraiser for SportAbility of Iowa. Special thanks go to Lynn and Walter Mergillano who not only baked a ton of items for the sale, but also personally delivered them from Donnellson and helped for the first hour of the bake sale. We raised about \$130 for the organization and hope to present them with the money later this month. If anyone would like to make a mone-

tary donation, it's not too late. We can add it to the total we give them. Please let me know if you are interested in doing so.

Hopefully this month will bring us warmer weather. We are all itching to get outside and feel the sun on our faces.

Information on the SaPaDaPaSo Parade can be found on page 3 of the Breeze. Be sure to cheer for us if you see us in the parade and pray for a nice day!

You may also have seen on page 2 where we are going to help out the Freedom Festival organization by assembling button packets for them. If you know of any service project that the elders or care partners of West Ridge could get involved with, please let me know.

It's been a busy start to 2014 for us here at West Ridge but we have even more to look forward to. Plans are underway for events during National Nursing Home Week. Keep an eye out for more announcements! And be sure to "like" our Facebook page to be able to see more photos and get the latest announcements of what's happening at West Ridge.

Happy Spring y'all!

Julie



**It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you *do* want, but it just fairly makes your heart ache, you want it so!**

~Mark Twain