

West Ridge Breeze

May 2017

From Richard's Desk

I would like to wish everyone a happy spring! We are always excited to be able to plant flowers and spruce up the grounds.

Mother's Day is May 14th and it always kicks off National Nursing Home Week. The Activity Department will have several fun events planned during this week. Please check the activity calendar or contact Julie.

The IHCA Foundation is offering up to 30 \$1000 scholarships to employees of IHCA

member organizations (nursing homes, assisted living communities, home health providers and senior living communities) who are furthering their education in nursing, physical and occupational therapy, or health care administration with the intention of working in the long term services and support field. The IHCA Foundation Health Care Education Scholarship application is available in MS Word and fillable PDF formats and must be submitted to IHCA

by June 5, 2017. Applicants must be employed by an IHCA/ICAL member organization. Those receiving a scholarship will be notified by July 10, 2017. We have had several West Ridge staff members receive one of these scholarships over the years. If you have any questions, please contact me.

Richard



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Social Work News

The Iowa Physicians Order for Scope of Treatment, IPOST, is a medical document used in Iowa to communicate preferences for life-sustaining treatments. Life-sustaining treatments include

resuscitation, artificial nutrition and alternative treatments (i.e. IVs) someone might receive while in the hospital. IPOSTs help health providers guide and support patients and families by giving a

clear declaration of each patient's healthcare treatment goals. IPOST is most appropriate for frail, elderly and individuals with chronic terminal illnesses. (Continued on page 2)

Nursing Notes

You may have noticed we are doing some spring cleaning in the resident rooms. We recently got new dressers and nightstands for each room.

Mike and Scott have been working diligently to get them out and set up. Our old Armoires and nightstands are 25 years old this year.

Because the armoires had an extra shelf, we are losing some surface space. Mike has been hanging the televisions on the walls to help make up for the loss of space.

It gives the rooms a

very nice clean look! This is a good time to do a little spring cleaning in your loved ones room as well to assist in making the room shine to showcase the beautiful new furniture.

Also Mike has mentioned some of the closets are really stuffed with clothes and it makes it hard to put clothes away when they are so packed. It is a good idea to take winter items, you may not be wearing in the summer months and place in a rubber maid to store on the closet floor. Some families like to store some items at home in the off season,

to make a little more room. Items like heavy coats and sweaters are good items to store. Please bear with us during this transition. Mike has a goal to get 3 rooms done a week. He is starting with the empty rooms first and then we will then move onto occupied rooms. If you need assistance in organizing your room, please let a team member know. We would be happy to help!

Katie Ross-Candia



Social Work News– continued

When at home, IPOSTs should be posted on the refrigerator, where ambulance medical staff are directed to look. A copy should also be given to your primary doctor. At West Ridge, we keep

IPOSTs in each elder's chart and send with each elder when going to the hospital. We encourage each elder to fill out an IPOST to communicate your wishes. Please let Abby know if you are

interested in filling out an IPOST or have any questions. Thank you!

Abby Martin



Iowa Physician Orders for Scope of Treatment

Our deepest sympathies to the family and friends of Don Johnson and Irene McAleer. Their smiles, wit, and wisdom will be truly missed.



Food For Thought

Welcome to the month of May! I have some exciting news to share! Recently West Ridge got a new sales representative from Martin Bro. We order all of our groceries from Martin Brothers along with many other items. Our new representative's name is Lori. She is in the process of helping me get a lot of things changed within our kitchen. She has also let me know that she is able to set up a mini food show for our elders and staff. Basically we will have a few reps from other food companies come to West Ridge and cook some new and exciting main dishes and desserts. We have a Mother's Day theme. It will take place on May 24th over the lunch hour. We are extremely excited to have this mini food show happen. I think our elders and staff is really going to enjoy the foods brought

in. And if anything is worth making changes on our menus for, we will do it!

Another exciting part about this being May is planning our small garden. We have decided to go with garden boxes this year. We know for sure that we will have tomatoes, cucumbers and some herbs. But like I said it is only going to be a garden box and not the big garden we had in previous years. The reason for garden boxes this year is because we can set them up so that our elders can have better access to them. We have some who enjoy pruning and pulling weeds and others who enjoy picking the produce as it becomes ripe and available for consumption. We want everything to be available for our elders to take part in things they enjoyed while they were still able to in their own homes.

Last but not least, just a small announcement about food being brought into our facility by families and friends. We encourage all foods brought into our facility for consumption by our elders, be store bought prepackaged items. If you would like to bring foods in that need to be refrigerated, we encourage you to take them to our Nurses stations. They will be responsible for labeling and dating the items that you might bring in and also making sure that they are disposed of within three days of getting it. We require that all items brought in be consumed within three days or thrown out! Thank you again for all that you do for your family.

Erin



“A man’s work is from sun to sun, but a mother’s work is never done.”

~Author unknown

Happy Birthday to You

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

McKenna Lentner on 5/3

Wendy Finn on 5/6

Bertha Phillips on 5/10

Betty Rinderknecht on

5/10

Adeline Weimer on 5/11

Heather Bubenyak on 5/12

Tricia Spading on 5/14

Joan Hayes on 5/17

Jenette Bush on 5/19

Crystal Anthes on 5/20

Julia Winterboer on

5/20

Crystal Douthart on 5/22

Brittany Osterhaus on 5/25

Barb Dunbar on 5/26

Shirley Cathcart on 5/30



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 grow.

Phyllis Chramosta

Taylor Courtright

Clarence Downs

Irene Haerther

Joan Hayes

Ruth Larson

Michelle Mathern

Tia Northern

Becky Phillips

Lois Rasmus

Art Roderick

Thomas Thune

Jerry Vick

Susan Weintraub



Happy Anniversary

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

FIFTEEN YEARS

Richard Curphey

FOURTEEN YEARS

Susan Poplawski

ELEVEN YEARS

Betty Perez

Two Years

Katy Smith



Community News

This month we highlight our neighbor, Prairie Hills. Located in a quiet northwest residential neighborhood, our homelike atmosphere and experienced staff makes Prairie Hills both a rewarding place to live and to work! Our incredible team members truly enhance the lives of our residents each and every day through their kindness, caring hearts, and dedication.

At Prairie Hills, we are proud to provide the highest level of quality, care and value. Our

residents enjoy the independence they desire and the health support they need. Our top priority is the physical, social, emotional, intellectual



and spiritual well-being of our residents. We provide you and your loved one with the comforts of home and the peace of mind that you desire.

At Prairie Hills, we consider it a privilege to be your first choice for senior care and invite you to visit us any time. Our doors are always open to share a laugh, a hug or a smile! Stop by for a tour, complimentary meal or join us in an activity! Please call us if you have any questions at 319-390-7700.

If you have questions about any of the Assisted Living facilities that we work with, please call Katy Smith at 319-390-3367.

May is...

Celebrating Mother's Month

National Barbeque Month

Older Americans Month

1- May Day

4- National Day of Prayer

5- Cinco de Mayo

6- 143rd Running of the Kentucky Derby

6-12- National Nurses' Week

7-13- National Hug Holiday Week

8- Anniversary of V-E

Day, 1945

8- Coca Cola's Birthday, 191886)

8-12- Teacher

Appreciation Week

10- Full Moon

14- Mother's Day

14-20- National

Nursing Home Week

14-20- National Police Week

16- Wear Purple for Peace Day

20- Armed Forces Day

24- Brother's Day

25- National Tap Dance Day

25- National Wine Day

28- 101st Running of the Indianapolis 500 Race

29- Memorial Day

31st- National Senior Health and Fitness Day



Activities and Recreation

Thank you once again to all of the volunteers who help out in any way at West Ridge Care Center. You are a valued member of our team and we are glad you are part of the West Ridge family! Special thanks to our "Volunteer of the Year", Jan Nolting, for her many years of service. Thank you also to the teachers and all of the parents who come each month for our visits with the Truman students. Thank you to the volunteers from Gloria Dei Lutheran Church, St. Jude's Catholic Church and St. Patrick's Catholic Church. Thank you to all of the family members who help out with activities and outings. Thank you to the staff who volunteer for various special events.

We have a fun week planned for National Nursing Home Week.

The theme this year is "The Spirit of America" so we are taking a "staycation" and going on a "road trip" across America. Stops include New York, Pennsylvania, Texas, California, and then back to home sweet home, Iowa. I hope you'll be able to join us for some of the fun.

We will be planting our garden boxes this month too. However, I didn't put a specific date on the calendar as it seems each year I do this, the weather does not cooperate. So, we will let you know via our Facebook page or when you are visiting when we will be planting. The Elders have taught me it is better to wait until after May 15th to plant so I will honor their wisdom!

It is button time again! It's hard to believe it's been a year since we

last stuffed buttons but we are at it again. This year we are helping the Freedom Festival stuff the button envelopes as they have supplies returned to them from other groups so we won't always know when we will be doing it. If you see us stuffing, feel free to join us! Last year we stuffed over 5,000! When you buy a button this year, you might just get one stuffed by an Elder from West Ridge!

After a short break, we are also bringing back our Cork n Canvas activity. Any family members planning on joining us, please let us know by May 19th to be sure we have enough supplies.

Julie



Ladies' Tea

The Ladies of West Ridge would like to invite their daughters, granddaughters, nieces and friends to the Ladies Tea which will be held on Friday, May 26th at 3pm. This is an

opportunity to celebrate all of the wonderful moms and female role models in our lives.

Please RSVP to Julie by May 24th if you are interested in attending.

