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From Richard's Desk

During this busy time the message I would like to send to everyone associated with West Ridge, especially the direct care staff, is this: You are the key to the success of West Ridge, the key to the elders' day to day happiness and quality of care that make the difference. The responsibility of your profession is not to be taken lightly. It is one that requires commitment, talent and above all, heart. It takes a special person to do the things you do with the compassion and energy

you put into it. I want to thank all of the staff for what you bring to your profession because it is people like you that understand the calling for this work that makes each day better for those that we are blessed to have in our lives. So I hope when you leave West Ridge each day, that you can hold your head high knowing that you made a difference. If you didn't care today, then who would have? And if you had an off day and things didn't go the way you had hoped, always remember that

tomorrow will go better. The elders are counting on each of you.

Last but not least, with Thanksgiving approaching, please take time to stop and tell those around you just how much you love them. With this fast-paced world we live in, it's easy to forget how blessed we truly are.

Happy Thanksgiving to all of you.

Richard



Social Work News

November is a month where we take extra time to reflect on the things in our lives in which we are thankful. While reflecting on what we are thankful for is important, November is also a month of awareness for many

different topics. One very relevant for West Ridge and a topic of conversation as the holidays approach is stress. November 5th is National Stress Awareness Day. I am sure that all of us have experienced some form

of stress in our lives at some point. Whether it is studying to pass an exam, trying to juggle multiple kids' schedules, striving to make the perfect holiday meal for our relatives or transiting to a nursing home,

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Nursing Notes

As we go into November and we often remember to think about being thankful and counting our blessings. I know I speak for all of the Administration and staff at West Ridge Care Center, when I say how thankful we are to be a part of your lives. We thank you for the opportunity to care for you or your loved one. Sharing them with us is the greatest gift. It is an honor to be part of this chapter of your lives.

As part of our Eden Certification we are working on a large to do

list of tasks that will make us a better home. The Eden leadership team consists of Julie (activities), Yolla RN (UL MDS Coordinator), Erin (Dietary Supervisor), Kathy (LL MDS Coordinator), Betty (CNA) Carol Ruggles (our Eden mentor), and myself. We meet weekly to discuss our progress and growth pertaining to our Eden Journey. We are working on Milestone 2, The Path to Mastery, The Art of Creating a Caring Community. The milestone focus areas are Organizational Transformation, Personal Transformation,

and lastly Physical Transformation. We are hoping to grow this year with the Eden Philosophy here at West Ridge Care Center. Please see an Eden Team member for more information about Eden or with any questions pertaining to Eden.

Thank You,
Katie



If the only prayer you said in your whole life was, "thank you," that would suffice.

~Meister Eckhart

Katy's Corner

November for us lowans can be seen as a dreary month. We have Thanksgiving to look forward to at the end of it, but November is generally considered the end of our beautiful fall weather and the beginning of a very long winter. Christmas is around the bend, but beyond that, this month can easily be considered a forgotten one.

Everyone knows Thanksgiving as the core of November. The color brown, turkeys, bare trees, pilgrims and

Native Americans... all depict the cliché imagery of the 11th month. The feast of the pilgrims and the Native Americans is a story we are all very familiar with, but there is a day during this month that is seldom celebrated and deserves far more recognition than it receives.

November 13th is recognized as World Kindness Day and is derived from the World Kindness Movement. This movement's main objective is to foster the goodwill of a community

and use kindness to build stronger relations with people of different origins and backgrounds. It has no religious or political affiliations and is intended to strengthen kind behavior, genuine compassion, and sincere empathy.

World Kindness Day is recognized by 25 different countries as a National Holiday and has been so since 1997, the year of which the first council was held in Tokyo, Japan. Celebrating ranges vastly, ***continued on page 3***

Social Work News– continued

everyday life can be stressful. Some stress can be a positive in our lives as it makes us more aware of our surroundings and can motivate us to take action. However, too much stress can be detrimental and can even cause health problems such as depression, digestive concerns, insomnia, cognitive impairment and heart disease. Each person reacts to situations in their lives differently due to both genetics and past life experiences. This is why some individuals are more laid back and other react strongly even to the smallest cause of stress in their lives.

National Stress Awareness day is celebrated to help individuals beat the stress in their lives and learn how to react to stressors in a healthy way. It is likely that

we will always experience some stressful events throughout our lives but we can change how we react to these situations and lessen the effect they have on our mental and physical health. First, it is important to identify what causes you the most stress in your life. After you do that, try to reduce your participation in that activity or those relationships. If that is not possible, try to integrate stress management strategies into your daily life. Some examples of stress management techniques include: eating a healthy diet, getting regular exercise, sleeping adequate hours, practicing relaxation techniques, learning to meditate, fostering healthy friendships, laughing and seeking professional help if needed.

While at West Ridge, you are more than welcome to talk with me, the social worker, or another staff member if you are experiencing stress that is overwhelming and need extra support. We want all of our elders, family members and staff to be healthy, happy and well. If you are interested in learning additional healthy strategies to manage stress visit <http://www.helpguide.org/articles/stress/stress-management.htm>.

Thank you,
Abby



Katy's Corner– continued

but should never cost a dime. It costs nothing to be kind. Donate some time to your local animal shelter, volunteer to help at a social event, even simply telling someone they look nice. All are considered kind and all require nothing more than your time. The purpose of this day is to go beyond yourself. Beyond your race,

your religion, your gender, and your culture. Go beyond and look outside of yourself. Recognize the differences of those around you and absorb the beauty of our differences with kindness and grace.

So as October draws to a close, make sure and mark November 13th on your calendar, and remember-

celebrating this day requires nothing more than humility and time.

Katy Smith



“Kindness is a language that the deaf can hear and the blind can see.”

~Mark Twain

Happy Birthday to You

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

Elders

Joan Elliott-Green on 11/21
Ski Kaupins on 11/24
Nyle Spaulding on 11/29

Care Partners

Yolla Chalhoub on 11/4
Kiana McCune on 11/8
Jodi Hayes on 11/9
Courtney Harlock on 11/12
Alaysia Pursell on 11/15
Katie Tihpen on 11/19
Erika Pedraza on 11/28



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

Martha Becker
Jim Blackledge
Erv Elgin
Jolene Groff

Pete Kapfer
Ski Kaupins
Phillip King
Sandy Peck
Melvin Schirm
Michael Schmitz
Julianne Suckow
Bennie Wheat
Joyce Zenor

Angie Carr
Jennifer Engel
Agnes Lusanga
Heather Mayer
June Richardson
Michon Scott
Ylonda West



Care Partners

Happy Anniversary

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

TEN YEARS

Katie Ross-Candia

Nine Years

Margie Anthony

Five Years

Lyn Woodward

Three Years

Jessica Casper

Kelly Kimble



Happy Veterans' Day!

Veterans' Day was originally called Armistice Day and was established to honor those who had served in World War 1. The name would probably still be Armistice Day if World War 1, which was named "the war to end all wars", would

have been true. In 1954, President Eisenhower signed a bill that changed the day's name and also expanded the purpose to include honoring all members of the armed forces who have served this country.

To all our Elders, family members and care partners who are veterans, thank you for serving our country and protecting our freedoms!



Food For Thought

Misconceptions about Dieting

You've heard people talking about common beliefs related to dieting which may or may not be true. Read on to find out some common beliefs. Have you heard any of these misconceptions or myths?

1.Myth: Eating late at night automatically causes you to gain weight.

Your body doesn't necessarily process calories differently based on the time of day. However, the foods people tend to eat late at night are usually high in fat and calories such as chips, ice cream, candy, alcoholic beverages, etc. These snacks followed by sleeping or inactivity can contribute to weight gain.

2.Myth: If your weight loss has leveled off, you can eat an extremely low calorie diet to lose more weight.

Eating less than 800-1000 calories a day will result in the body slowing down its metabolism to conserve calories. Keep your metabolism going by exercising. When your weight loss slows, exercise a little longer or more frequently or more

intensely. Don't cut your calories too low or you may be robbing your body of the nutrition it needs to stay healthy.

3.Myth: You should never have second helpings.

For this belief you have to consider whether you know the difference between appetite/hunger and fullness. Appetite has more to do with flavor preferences and cravings. Hunger is the body's biological need for food. Some days you may be hungrier than others and if so, eat more in moderation. Try slowly eating half the amount of food that you want and if you are still hungry when you are done, eat another small amount but try to choose healthy and low calorie options like vegetables or fruits.

4.Myth: Don't eat between meals.

If you include snacks between meals, you may be able to avoid the feeling of being overly hungry at meal times-- which might result in you overeating. Try dividing your calories into 3 meals and 2-3 snacks per day. Remember your snack portions need to be small such as a piece of fruit, 4oz. yo-

gurt, 15 nuts, etc.

5.Myth: Eating Breakfast makes you hungry all day.

Many typical breakfast foods like sweet rolls, toast with jelly, bagels, etc. are mainly carbohydrates which may not keep you satisfied until you eat again. If you include some protein and a little fat at breakfast in addition to complex carbohydrates, your body should have the energy it needs to make it through the morning. Try whole grain cereal with low fat or fat free milk, an egg with toast or a yogurt /fruit smoothie.

6.Myth: You Can Eat anything you want as long as it's fat free.

Remember fat free foods are not calorie-free foods. You need to check the Nutrition Facts label on the food products. Many fat free foods have just as many calories as the original versions and a few may even have more if they have a lot of sugar to replace the way fat tastes and feels in your mouth.

Source: Dieting for Dummies, Jane Kirby RD, The American Dietetic Association.

Charlene

Activities and Recreation

Thank you to everyone who came to our Trick-or-Treat event on October 24th! We had a great turnout and a lot of candy was given out! Thank you to the volunteers who helped that day: Presley Sercy, Hailey Winterboer, Maddox Sercy, Emily Carr, Jacob Carr and Angie Carr. We couldn't have done it without you! Look on the West Ridge Facebook page for lots of photos from that day.

West Ridge will again be a collection site for **Toys For Tots**. This program is a collaboration between The Salvation Army and The U.S. Marine Corps. They collect new, unwrapped toys to be

distributed to children in our community that may not otherwise get a lot for Christmas. If you would like to donate, please bring in your new, unwrapped toy to West Ridge and place it in the designated box by **December 4th**.

The holidays are fast approaching. Be sure to reserve space for your family gatherings if you plan on having them at West Ridge. Call Crystal or Julie to reserve the Conference Room, Dining Room, or the back family room areas as soon as possible. The Dining Room availability will be slightly more limited due to meal times and activities.

Call 319-390-3367 to reserve your space.

Mark your calendars for **Wednesday, December 16th** for our annual Christmas parties. The party for the elders and their families living in The Garden will be from 2-4pm. The party for those living on Blossom Lane and the Foyer Level will be from 5-7pm. Please let me know if you have any questions.

Wishing you Thanksgiving Blessings!

Julie



November is...

National Alzheimer's Disease Month

National COPD Awareness Month

National Family Caregivers Month

National Home Care Month

National Hospice Month

National Memoir Writing Month

We Are Thankful Month

1- Check/Change Your Batteries Day (reminds us check and/or change the batteries in your smoke detectors and carbon monoxide detectors)

1- Daylight Savings Time Ends

1- All Saints' Day

3- Cliché Day

3- Sandwich Day

3- General Election Day

4- National Candy Day

7- Book Lovers' Day

11- Veterans' Day

12- Chicken Soup for the Soul Day

13- Friday the 13th (This is the 3rd, and last, one of 2015.)

13- World Kindness Day

15- America Recycles Day

18- 87th Birthday of Mickey Mouse (1928)

19- Great American Smokeout

21- World Hello Day

22-28- 21st Annual National Game & Puzzle Week

22-28- National Family Week

22-29- National Bible Week

25- Full Moon

26- Thanksgiving Day

27- National Day of Listening

29- Advent Begins

29- Giving Sunday

29- Square Dance Day



Happy Thanksgiving