



# West Ridge Breeze

## From Richard's Desk

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With the change of season it will soon be the cold and flu season. I would like to remind everyone that flu shots are the best defense against contracting the flu. It is important for all health care workers and visitors to protect themselves in order to protect those we have the opportunity to serve.

With November comes Thanksgiving and the start of the holiday season. It is time for all of us during these uncertain times to stop and

take a look at our lives and what we are thankful for. I am blessed to have the opportunity to work with an outstanding staff who work hard to serve the Elders of West Ridge.

I am excited to announce that Torri Keys has joined the West Ridge family as our new Environmental Services Supervisor. Torri started the middle of October. She has worked in the medical community for several years and her passion will be a

giant addition. Please stop by and make her welcome.

I will end with a quote I found. "Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse."

Richard



## Social Work News

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We do not currently have a regular dental service visiting our elders at West Ridge Care Center. We have reached out to Senior Dental Care who could do regular exams, cleanings and denture repair in the facility. Their services would be privately billed but

there is the option to sign up for an insurance plan. We plan to send out a survey to our families of long term residents to determine if this service would be beneficial for our elders. Please be looking out for this survey in the mail within the next couple

weeks and return to Abby when completed. Thank you!

Abby



## Nursing Notes

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Happy Fall Ya'll!!!! We all know in the nursing world what this time of year means. It is officially Flu shot season! We are as always committed to educating our community (elders and staff) about flu prevention. We are striving for 100% staff participation and 100% elder participation for this 2017/2018 Flu season.

As many of you may know

the flu vaccine can greatly increase a person's ability to ward off the illness, which is critical to keep both our employees and elders healthy.

Influenza vaccination consents are available at both upper level and lower level nurses stations. Consents were also sent out to POAs with the October billing. Please stop at the nurse's desk or return your

loved ones consent ASAP. We will start our flu shots the first week in October!! Thank You for helping us keep our elders free from the flu!!

Please see me with any questions!

Katie, RN, DON



## Food For Thought

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Welcome to November. It's already getting cold out there. I would like to take a moment to let all families out there know that we like to extend our invitation to you during Thanksgiving and Christmas meals. We are going to have a special lunch on the day of Thanksgiving that includes turkey, mashed potatoes and gravy, green bean casserole, dinner rolls and pie for dessert. We love for families to come eat lunch with their families on these special occasions. The fee is only \$5 per person. We ask that

you RSVP as soon as you know how many will be in your party. We also invite families to come on Christmas day for a special lunch that day as well. More information will be in next month's Breeze for that meal. We hope that it helps to invite families to be with their loved ones during holiday meals. Some time for love and thankfulness.

Just a heads up that we have finally gotten to start our fall/winter menus. They will of course include a lot more comfort foods like soups and

grilled sandwiches. If anyone has any suggestions on something they think we should try on our menus, please feel free to contact me anytime. I am pretty open to anything within reason. Thank you again for all that you do to love our elders here.

Erin



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**As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.**

~John Fitzgerald Kennedy

## Gift Ideas

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Have you started your Christmas shopping yet? It can be hard to know what to get for your loved one at West Ridge. Soon there will be a “wish list” on everyone’s closet door. If a care partner sees that the elder in that room needs something, they will put it on the list. Likewise, if there is something you know your loved one really enjoys or needs, you can write it down too. This will not only give others in your family some ideas, but the care partners at West Ridge become Secret Santas to the elders each year and this will help them have an idea of what to get their person.

Here are some suggestions that are not necessarily specific to your loved one, but might spark an idea of what your loved one would enjoy.

- \* New clothes

- \* Share a meal with them— you are always welcome to eat the meal being served at West Ridge, but is there a favorite restaurant they enjoy? If so, bring it in and reminisce with them as you eat.
- \* Soft smelling lotions, cologne, after shave, perfume
- \* Fluffy socks, comfortable slippers
- \* Games/puzzles they enjoy such as crosswords, word finds, Sudoku, etc.
- \* Homemade treats or their favorite candy
- \* Bird feeders and seed to refill them
- \* Books
- \* Music— an iPod or a CD player and music that they

enjoy

- \* DVD player and their favorite movies
- \* Photo albums, scrapbooks, etc. with pictures labeled with who is in each picture
- \* Pictures or art work to hang on their wall
- \* Gift certificate to the Beauty Shop
- \* Prayer shawl
- \* Blanket or bed spread
- \* If they are tech savvy, get them a tablet that they can use to listen to music, play games, etc.
- \* A plant for their room



## Baby It's Cold Outside!

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It is that time of year when the mercury is dropping outside. This is a great time to make sure your loved one’s winter coat is in good condition, warm and still fits. If a new coat is needed, it is often helpful to buy one that is at least a size bigger than what they would normally wear. This is especially true if they have arthritis, have had a stroke or have any other condition that

may limit their upper body mobility and flexibility. It can be very difficult for a person that is in a wheelchair and has limited mobility to get a coat on. To keep their hands warm, mittens are sometimes easier to get on if they have arthritis or stiffness in their fingers.

Even if your loved one doesn't join us on West Ridge outings, it

is still very important that they have a warm winter coat here in case they need to go out for an appointment or to a family event. And don't forget the hat, gloves or mittens, and scarf. This is Iowa after all!



# Happy Birthday to You!

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

Brody Carstens on 11/1  
Yolla Chalhoub on 11/4  
Vern McKenzie on 11/9  
Torri Keyes on 11/13

Mia Miller on 11/16  
Karissa Evans on 11/17  
Arnie Langer on 11/17  
Katie Nugent on 11/19  
Nikki Mitchell on 11/20  
Shameka Wilson on 11/20  
Ivan Byrd on 11/21

Erika Pedraza on 11/28  
Nyle Spalding on 11/29



# Let's Welcome Them

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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.

Pauline Bielow  
Ed Biggart  
Wayne Butler  
Shari Connel

Traci Everts-Koosman  
Eileen Foster  
Russell Hoke  
Kathy Hughes  
Makayla Keegan  
Torri Keyes  
Venita Knapp  
Michael Mead  
Barbara Monroe

Joan Moses  
Marcey Sillman  
Pauline Weber  
Caroll Wilson



# Happy Anniversary

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

**TWELVE YEARS**  
Katie Candia

**ELEVEN YEARS**  
Margie Anthony  
**Five Years**  
Kelly Kimble  
**One Year**  
Sam Kramer  
Shameka Wilson





## Health and Wellness

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Last month we talked about our hands and how important they are to us in our every day lives. But they can be prone to repetitive injuries and arthritis so it is important to work on range of motion, strength and flexibility. Here are some exercises to help keep your hands and wrists in motion.

One area that is also important to work on is our grip. It is so easy to lose the strength in the handgrip by just not using the muscles enough. Grab a squeeze ball and grip and release. You can also add a handgrip, but this is a little more difficult to use.

**Wrist Flexion and Extension:** Keep the upper arms to the sides. With the forearms parallel with the lap, hold the palms up. Flex the wrists and then extend them in an upward and downward movement. (3-8 repetitions)

**Wrist Rotations:** Keep the upper arms to the sides. With the forearms parallel with the lap, keep palms facing inward. Make circles with the wrist in one direction. Move the wrists up, out, down, and in. (3-8 repetitions)

**Hands Open and Closed:** Hold the arms with the palms facing forward near the shoulders with

elbows by the side. Open and then close the fists. (3-8 repetitions)

**Seated Sun Rays:** Hold the arms with the palms facing forward near the shoulders with elbows by the side. Spread the fingers apart, and then move them back together. (3-8 repetitions)



## Happy Thanksgiving

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In 1620, 102 people set forth from Plymouth, England with the intent to settle in the New World. Their journey on the Mayflower was 66 days long. They settled in the area we now know as Cape Cod, MA. Most of the Pilgrims spent the winter on the ship, and more than half of them died that winter. The next spring, they met Samoset and Squanto, two Native Americans who taught the Pilgrims many things such as how to plant corn and which plants to avoid eating. The first Thanksgiving was a

three-day feast with 50 Pilgrims and 90 Native Americans from the Wampanoag Tribe celebrating together in the fall of 1621.

While there are no written records of eating turkey, there is a record of four men going “fowling” before the feast, and they caught enough fowl to feed the group for a week. There are records of the Wampanoag tribe bringing five deer. They probably would also have had eels and shellfish such as lobster, mussels and clams, as well as Indian corn and cornbread.

They would also have had the following foods available at that time in history: dried beans and peas, pumpkins, squash, walnuts, chestnuts, beechnuts, hickory nuts, turnips, carrots, onions, lettuce, spinach, radishes, plums, melons and grapes. There is a good chance that many of these foods were served at the first Thanksgiving since they were available.



# Toys for Tots

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West Ridge is once again a host location for a Toys For Tots box. This is a program sponsored by the Salvation Army and the United States Marine Corps that gives Christmas presents to local children whose families may not be able to afford much for Christmas.

Our box is located near the hallway that leads to the administrative offices. If you would like to donate, please bring in a new, unwrapped gift and place it in the box. Some ideas for gifts might be toys, dolls, games, and books. The deadline is December 8th.

Last year was our best year for donations in all the time we have hosted a box. Let's try to make it even better this year!



# Activities and Recreation

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Thank you to everyone who came to our Trick or Treat event last month. It was a great success and we believe we had around 100 children participate. Thank you to all of the elders who helped pass out candy.

You can see all the fun we had if you like the West Ridge Care Center Facebook page. This is a great way to see all the fun stuff we do and to stay updated on any events we have coming up. It is also a wonderful way for family members that live out of town to see what their loved one is doing. Let me know if you have any questions about it.

Reservation times are starting to fill up for the holidays. If you know your family wants to reserve space such as the conference room or one of our back sitting areas for a family gathering, please let us know as soon as possible. The dining

room may be available for larger groups, however times are more limited for this area due to meals and activities. Be sure to call soon to reserve your spot!

Mark your calendars! The Christmas parties for West Ridge will be Wednesday, December 13th. The party for The Garden will be from 2-4. The Garden is our Memory Care area. The party for the Foyer Level and Blossom Lane will be from 5-7pm. Join us for food, fun, entertainment, and possibly a visit from ol' Saint Nick himself! The only things you need to bring are your appetite and good cheer. You do not need to RSVP for this event, however please let us know ahead of time if you will be bringing a large group. See me if you have any questions about the parties.

The activity department is now

the proud owner of an iPad Pro. We have been having fun using this at activities, looking up fun facts, using it for games and trivia, and watching funny videos. We are also using it in our 1:1 visits. But we also have the capability to FaceTime, Skype or Messenger video chat. This is a great way for your loved one to not only visit with family that may live far away and are not able to visit, but they also get to see them. If you would like us to help an Elder chat with a family member, please let us know and we will help them stay connected!

I hope you all have a blessed Thanksgiving!

Julie

