



From Richard's Desk

I am excited to announce that Brenda Klepper will be joining the West Ridge family as our new Social Worker. Brenda will start on November 18. She has a Master's of Social Work from the University of Northern Iowa. She has worked at Mercy Medical Center in Dubuque since May 2009 and has a strong passion for the geriatric population. Brenda will be a great advocate for the Elders of West Ridge and their families.

With November

comes the start of the holiday season. It is a time for everyone to 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.

To the support staff, especially those who give care to the elders, you are the heart and key to the day to day comfort and quality of care that takes place each day. You are the heart and the key to the day to day happiness for the elders

and families and your coworkers. To the professional staff, it is your leadership and compassion that helps keep hope and passion alive.

I would like to end by saying how truly thankful we are for the opportunity to serve the elders of Cedar Rapids. May this upcoming holiday season bring peace and good health to all.

Sincerely,
Richard



Nursing Notes

We have an exciting new service coming soon; I'd like to share with all of you. Senior vision service is now going to be doing house calls at West Ridge Care Center. You will be receiving a resident/family letter informational letter in the mail soon. This letter will

give more information on their services and how it is billed. Senior vision services will be contacting you to see if you are interested in having an eye exam with their MD. Please feel free to see me with any questions.

Also flu shot consents letters are being sent at this same time. Please either drop these off at West Ridge, either nurse's station or return ASAP in the self-addressed envelope provided. Our flu shots are being delivered soon
(Continued on page 2)

Nursing Notes– continued

and we would like to get every-one vaccinated.

Lastly per West Ridge policy, please make sure all residents/families are signing out for all out of facility trips. It is important that this happens every time. This is our most reliable form of communication in case of an emergency. Please remember to always stop at the desk prior to taking your loved one out. If a

resident has a MD appointment there will be a copy of the medication list and an outpatient consultation form to give to the office. This is the best practice for us to serve our elders! Please see me with any questions regarding West Ridge policy on this.

Katie



Chuck's Corner

With the influenza season upon us, we've added dispenser stands with an alcohol-based foam sanitizer for your hands inside our front door and near the elevator on the lower level for your use. We encourage everyone to use these when you enter our building and when you leave. Please help us in protecting yourself, your family, our elders, and other visitors and staff. Hand washing is the best way to prevent the spread of infection according to the Center for Disease Control.

Of course, getting an Influenza vaccine is highly recommended and required by all healthcare employees. We strive for a virus-free environment for our elders, so remember– if you have a fever, cold or flu-like symptoms, it is best that you not visit or expose others at least during and

for 5-7 days after your illness. It is recommended to maintain at least a six-foot distance from anyone when you or they are coughing, sneezing or talking as it is easily spread from airborne-droplet contact as well as from the hands that have touched your face or other contaminated surfaces. Some viruses can survive on a hard surface for days– or even weeks! So, stop the spread by hand washing. Environmental Services disinfects “high touch” surfaces daily at West Ridge, but surfaces are touched hundreds of times in between those times... so hand wash, hand wash, hand wash!

Signs and Symptoms of Influenza are:
Fever or feeling feverish or chills
Cough
Sore throat
Muscle or body aches

Headaches
Runny or stuffy nose
Fatigue
Some people may have vomiting or diarrhea

*Healthy adults can pass on the flu one day before symptoms develop and up to 5-7 days after being sick.

*90% of deaths from the flu occur in people 65 years of age and older.

*80% of all infectious diseases are transmitted by touch.

Thank you from all of us at West Ridge Care Center!

Chuck



Food For Thought

With winter right around the corner, our thoughts often turn to “comfort foods”. What are some of your favorite comfort foods? Here is a recipe for carrot cake, I hope it brings you some comfort on a cold day!

Carrot Cake

2 cups flour
1½ tsp. baking soda
2 tsp. cinnamon
½ tsp. salt
4 eggs
1½ cups sugar
1 cup oil
4 Tbsp. water
3 cups grated carrots

Cream Cheese Frosting

8-oz. pkg. cream cheese
¼ cup butter or margarine,
softened
3 cups powdered sugar
1 cup pecans, chopped
(optional)

1) Preheat oven to 350°. Grease and flour a 9” x 13” pan.
2) In a medium– sized bowl, combine the flour, baking soda, cinnamon and salt.
3) In a large bowl, combine the eggs, sugar, oil, and water and mix well. Stir in the flour mixture until the batter is smooth, then add the carrots.

4) Bake for 30-35 minutes or until tests done. Let cool completely.

5) To make the frosting, in a large bowl beat the cream cheese and butter or margarine until fluffy with an electric mixer on low speed. Gradually add the powdered sugar and mix until smooth. Frost the cake. If desired, sprinkle the pecans over the top.

Enjoy!

Becky



Staying Connected

Be sure to like the West Ridge Care Center’s Facebook page to see photos of the elders as well as testimonials from some of our Rehab to Home patients. There are also notifications about upcoming events. If you see a picture of your loved one on our Facebook page, please share it with others in your family or encourage them to “like” the page.

Our website also has some of the testimonials that were filmed here several months ago. Just click on the “About Us” tab for a drop down menu where you will see “Testimonials”.

You can also access the newsletter and the monthly calendar on our website under “Happenings”.

And as mentioned in last

month’s newsletter, you can use the “Contact a Resident” form to send a message to your loved one.

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

~John F. Kennedy

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

Sally Saxen on 11/15

Arlene Rabe on 11/20

Joan Elliott-Green on 11/21

Care Partners

Yolla Chalhoub on 11/4

Christina Welbes on 11/17

Katie Tihpen on 11/19

Allison Whitenack on 11/24

Michael Halse on 11/27

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 a special place to live and work.

Elders

Pauline Bielow

Norma Hicks

James Jacobi

Carol James

Howard Klopping

Carol James

Ken Lauer

Pat Lauer

Ophelia Mallory

Arlene Rabe

Marti Ross

Lorraine Spidle

Genevieve Stevens

Janice Taylor

Care Partners

Amberley Lucas



Happy Anniversary

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

Nine Years

Katie Ross

Eight Years

Margie Anthony

Four Years

Lynn Woodward

Two Years

Jessica Davis

Kelly Kimble



In Sympathy

We would like to express our deepest sympathies to the families and friends of the

following elders. They will truly be missed.

Bob Allison

Harper Pike

Mary Wagner



Eden Education

We continue our series on the Eden Alternative's Domains of Well-Being. So far we have explained Identity and Growth. This month we look at Autonomy.

Simply put, to be autonomous is to be one's own person... to be respected for one's ability to decide for oneself, control one's life and absorb the costs and benefits of one's own choices. Lacking autonomy, is a condition which allows or invites sympathy, pity or invasive paternalism.

The key to grasping autonomy is balance. The right to folly is an important part of autonomy. If people are only able to choose between courses of action that are "good for them" or "pre-selected" then the true dimension of autonomy is greatly diminished. No one, with very few exceptions, has

complete autonomy. It is an optimized concept, not a maximized concept.

Top-down organizational structures squeeze the life out of autonomy for Elders and others accepting support and the care partners closest to them. This eliminates the possibility of creative approaches by the employee care partners who are most familiar with the Elders as individuals and have the most frequent and meaningful interactions. As a result, those who are likely to have the strongest impact on an individual's daily life experience are the least involved in important decision-making.

Principle Four of the Eden Alternative Philosophy reminds us that the opportunity to give as well as receive is the antidote to helplessness. People who

identify as caregivers sometimes perceive good "caregiving" as doing everything possible for another individual. However, this well-meaning generosity can lead to learned helplessness and diminish individual choice. This imbalance of care ultimately destroys autonomy for everyone involved in the care relationship. In contrast, the concept of care partnership reminds us that care is not a one-way street, that opportunities to give as well as receive are abundant and available to everyone in the care partner team, so-called "caregivers" and "care receivers" alike. Care partnership, as a way of relating to each other, helps us optimize choice.

Source: The Eden Alternative



West Ridge Recognized

Thank you to Truman Elementary for nominating West Ridge Care Center to receive the Al Smith School + Community Partnership Award through the Cedar Rapids School District.

It is an honor to have Truman as a Community Partner. The teachers, administration and support staff over the past 14

years have been phenomenal to work with. The benefits of the program go both ways as the elders enjoy the visits from the children and look forward to helping them with their education, and the students often feel it is their favorite part the entire school year. Over the years, elders from West Ridge have also gone to Truman to participate in America Reads

Day, the Tiger Trot, and other classroom activities. And the Truman family has supported events at West Ridge such as the Easter Egg Hunt and Trick-or-Treating.

Thank you again to our Community Partner, Truman Elementary, for this wonderful recognition.

Activities and Recreation

Now that the weather will soon be turning frosty, please be sure to bring in a warm winter coat for your loved one. Between outings, doctor appointments and any upcoming family gatherings, it is wise to have a coat here in their closet so that the staff can help them get ready.

Speaking of family gatherings, remember that our conference room, family area and dining room are available to reserve for your holiday get-togethers. You must call and talk to Crystal or Julie to reserve the date and time to ensure the space. The dining room is available for larger groups on a limited basis due to meal and activity times. Be sure to call soon if you want

to reserve any of these spaces.

Also, if you plan on your loved one going out to a family gathering, be sure to give the staff plenty of notice so that we can help them look their best. It is a busy time of year and any assistance we can be to you and your family would be our honor.

We are once again a collecting site for Toys For Tots. There is a large box near our breakroom for donated toys. Please consider donating to this wonderful cause by bringing in a new, unwrapped toy. This program distributes toys to area children that may otherwise not receive many toys for Christmas. The deadline to donate is Friday,

December 5th.

And finally, I would like to let everyone know the dates for our Christmas parties. They will take place on **Tuesday, December 16th**. The Garden's party will be from 2-4pm and the Upper Level and Blossom Lane party will be from 5-7pm. Please joins us for lots of food and fun. Let me know if you have any questions about the parties.

Happy Holidays!

Julie



November is...

National Alzheimer's Disease Month

National COPD Awareness Month

National Family Caregivers Month

National Home Care Month

National Hospice Month

1- Book Lovers' Day

1- All Saints' Day

2- Daylight Savings Time Ends

4- U.S. General Election Day

6- Full Moon

11- Veterans' Day

12- Chicken Soup for the Soul Day

13- World Kindness Day

14- Birthday of the Teddy Bear

15- America Recycles Day

18- 86th Birthday of Mickey Mouse

20- Great American Smokeout

21- Annual World Hello Day

21- Pumpkin Pie Day

22- 60th Anniversary of the Founding of the Humane Society of the United States

22- Anniversary of the Assassination of President John F. Kennedy, 1963

23-29- National Game & Puzzle Week

23-29- National Family Week

23-30- National Bible Week

27- Thanksgiving Day

28- National Day of Listening

28- You're Welcomegiving Day

29- Square Dance Day

30- Advent Begins

