

November
2013



WEST RIDGE CARE CENTER

West Ridge Breeze

From Richard's Desk

As we enter the Autumn months of the year, the colors remind us that change is coming. This is God's gentle reminder that things never stay the same very long.

The change of season has brought 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 we are fortunate to have Becky Krapfl join the West Ridge family as our new social worker. Becky started the end of October. She has worked with the geriatric population for several years and her passion will be a great addition to our family. Please stop by and make her welcome. I would like to end with a quote I read. "Work hard at what you like to do and always strive to overcome all obstacles. Laugh at your mistakes and praise yourself for learning from them. Appreciate the

beauty of nature. Say hello to strangers and enjoy the people you know. Don't be afraid to show your emotions, laughing and crying make you feel better. Love your friends and family with your whole heart. They are the most important part of your life. Feel the calmness on a great sunny day. Live your world of dreams. Always remember life is better than it seems and at the end of your day just say 'thank you' for giving you the opportunity to be you."

Richard



Christmas Parties

Please mark your calendar for the West Ridge Christmas Open Houses. These parties are for the elders and their families. The Open Houses will be on

Wednesday, December 18th. The party for The Garden will be from 2-4pm, and the Foyer and Blossom Lane party will be from 5-7pm.

Please join us for food, music and fun. And you just never know who might show up. It's possible good old St. Nick will even make an appearance!

Nursing Notes

I am very pleased and excited to be able to introduce our newest team members. September 23rd Susan Lassen RN joined the West Ridge Care Center Team. Susan took the position as the Upper level MDS Coordinator/ Care Plan Coordinator. She was previously a St. Luke's Hospice nurse. Her knowledge and warm compassion will be an asset to West Ridge and we welcome her to our team. Susan will be completing the MDS assessments on the upper level residents as well as their care plans. She is available for care conferences with the entire interdisciplinary team. She works closely with the upper level care team to ensure the

highest level of quality care for all of our residents. Please feel free to stop in and introduce yourself to Susan. Her office is the very first office to your left as you enter the building.

Susan is not alone as a rookie around here as Becky Krapfl, LSW will take on the very large job as our social worker on October 28th, 2013. Becky has a wide range of social work experience and is known as an advocate for the residents and the families she serves. Becky's responsibility will include social service assessments, discharge planning as well as helping to meet the social needs of our residents. Becky's office is be-

tween Richard and my office near the copy machine. As always our doors are always open and we are here to serve you. There is no question or concern too small to stop in to visit. We all are very excited for the blessed additions to our team. I know them both to be very professional and look forward to the future and the direction we are headed.

Katie Ross BSN, RN,
DON



Food For Thought

The garden is coming to an end! We don't think we will be getting anymore tomatoes and we have gotten our potatoes out. We have learned a little more about our garden this year and where to place things. I hope to have a great garden next year and each year have it get better. Thank you to everyone who helped us with the garden. We also picked our watermelon! We were able to get 5 small watermelons from our small garden and served

them at a meal one evening.

On another note we will be working on our fall and winter menus and hope to start them in November. Please remember that we love having family and friends join us to eat meals. Meals are \$5.00 per person and it really helps if we could get a 2 hour advance notice. If we get a notice we can let everyone choose what they would like to eat so we can prepare food for everyone. Also, we don't mind families and friend eating in the

dining rooms when space is available, but it is not always possible. We do have other areas to set up small and large groups. Those areas are also available to reserve during the holidays and for special occasions.

Becky



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

Chuck's Corner

On the day I'm writing this, we are having our first snowfall! Our window cleaning contractors will have to wear their mittens! Mike in Maintenance is busy prepping for our winter season: furnace "fine-tuning", yard work, tucking away the outside equipment and water fountains and stocking up on snow and ice melter for the sidewalks, just to mention a few items.

I also want to mention some staffing changes- Fawn has moved into our Carpet Care and Maintenance assistant position,

Angie has moved from part-time to full-time in Housekeeping and Laundry, and Michele has joined our team as a Housekeeper and Laundry Aide just in the last week. Please congratulate all, as part of our great team of Environmental Services specialists!

All of our staff wish you a happy and healthy Thanksgiving. We are thankful for many things, but especially for being able to provide you a clean, pleasant and safe environment! Feel free to contact us for any needs you

might have.

Chuck Bailey, Environmental Services Director/Safety Officer



Critter Corner

We appreciate when elders and families bring in treats for our pets, but we would like to remind everyone that Karma has some allergies to be aware of. She is allergic to peanuts (including peanut butter), carrots and pork.

Please refrain from treats with peanut butter, bacon, and carrots if possible. We thank you for your consideration.

The Pet Committee



Gratitude Journal

Researchers have found that there are benefits to simply writing down the things for which we are grateful such as sleeping better, improving health, and feeling happy. Consider starting a Gratitude journal. You can start now or wait until the new year. It doesn't have to be fancy; the important thing is to focus on gratitude events.

There are even apps available for this if you have a smart phone.

Each week write down at least 10 things for which you are thankful. You can do the journaling on a daily basis, as the event occurs or at the end of the week. The blessing may be as simple as someone holding the door open for you or some-

thing big. You may be amazed at how many blessings you have in a day. Don't limit yourself to only 10, list them all.

As you reflect on your gratitude and how you can give back, remember Ghandi's words: *"In a gentle way, you can shake the world."*



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

Lela Mayes on 11/2

Marie Clark on 11/9

Sally Saxen on 11/15

Joan Elliot-Green on 11/21

Marian Nelson on 11/27

Care Partners

Yolla Lowry on 11/4

Christina Welbes on 11/17



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

Minnie Berry

Marie Clark

Donna Foley

Joan Hayes

Lela Mayes

Marge Means

Patricia Mikulas

Marian Nelson

Ann Pizinger

Dean Rodgers

Evelyn Waterman

Care Partners

Becky Krapfl

Jordan Lamphier

Michele Rasmussen

Katlynn Reth



Happy Anniversary

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

Nine Years

Donna Staton

Eight Years

Katie Ross

Seven Years

Margie Anthony

Three Years

Lynn Woodward

One Year

Jessica Davis

Montana Gourley

Kelly Kimble



In Sympathy

We would like to express our deepest sympathies to the family, especially her husband

Jerry, and friends of Agnes Weber. She will be truly missed.



Gladiolus pulster

Picture Page



John and company check out the Memorial Wall



Checking out the old alarm system and other history of the CR Fire Department



One of the firefighters shows us some of the rescue equipment they use



Melissa, Mardene, Lynn, John, Rene, Velma, Norma and Roberta pose with a firefighter



Our tour group in front of the engine truck, ladder truck and rescue truck, with one of the firefighters



Mardene reads to Ms. Simmon's class for America Reads Day



Pauline reads to Mrs. Haring's class for America Reads Day

November is...

Aviation History Month
Family Stories Month
Giving Thanks Month
National Alzheimer's Disease Month
National Hospice Month
1- All Saints' Day
3- Daylight Savings Time Ends
3- National Sandwich Day
4- National Candy Day
5- General Election Day
6- National Nachos Day
7- International Tongue Twister Day
10- Marine Corps Birthday, 1775
11- Veterans' Day

12- Chicken Soup for the Soul Day
13- World Kindness Day
14- Loosen Up, Lighten Up Day
17- Full Moon
17- Homemade Bread Day
17-23- National Geography Day
18- 85th Birthday of Mickey Mouse, 1928
21- 38th Great American Smokeout
21- 41st Annual World Hello Day
21- National Pumpkin Pie Day
24-30- National Game and Puzzle Week
24-30- National Bible Week

24-30- National Family Week
28- Thanksgiving Day
29- National Day of Listening
29- Square Dance Day



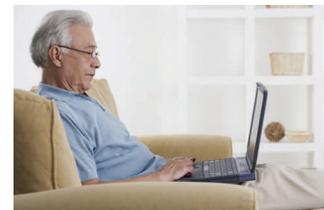
Fun Websites for Seniors

Last month I wrote about www.bonzer.org.au. It is an online magazine "written by, for and about wise elders." I hope some of you had a chance to check it out.

This month our featured website is LoveToKnow Seniors. You can find it at http://seniors.lovetoknow.com/Main_Page.

This site covers everything for the savvy senior crowd. You can browse through the hair-styles for silver hair, find senior discounts on flights, or read expert advice about estate and financial planning. They welcome original poems about retirement and senior living. LoveToKnow Seniors is a positive website. They celebrate the joy of this

stage of life as well as provide useful information. You can find health advice or learn new crafts. Don't forget to check out their expert interviews.



Happy Veterans' Day

West Ridge is honored to have served many veterans over the years and would like to take this opportunity to thank all of our current veterans for their service to our great country. It is a privilege to work with you every day.

We will be honoring Veterans' Day this year by playing Jeopardy- Military Edition on Friday, November 8th and then having a program the morning of November 11th.

Please take time this month to

thank any veterans you know in your life. We owe them our gratitude at the very least.



Activities and Recreation

Thank you to all of the children and their parents who stopped by to Trick or Treat at West Ridge on Halloween. We had over 65 kids come through in some pretty cool costumes!

I am excited about our relationship with Truman Elementary. The kids this year are great. Check out the pictures of Mardene and Pauline on page 5 of the Breeze and also on our Facebook page reading to both second grade classes for America Reads Day. Mardene told one of the teachers that it was a real treat for her to be able to come and read to the children.

There are several articles in this month's Breeze I hope you read. The first is that the date of our Christmas Open Houses has been set. Be sure to join us Wednesday, December 18th for food, music and fun. The Garden Open House is from 2-4pm and the Open House for the

Foyer Level and Blossom Lane is from 5-7pm.

I often have family members ask me why the party for The Garden is so early in the day as it is difficult for some families to make it here at that time. We have found over the years that the elders themselves enjoy the party better when it is earlier. By evening, many people with dementia are tired from trying to figure out their world. So please understand why we schedule the Garden party when we do. If you have any questions, please call me at 390-3367 or email me at julie@westridgecarecenter.com.

The second article is about Karma's allergies. Please read the article and I thank you in advance for bringing in treats that are safe for Karma to eat. Karma also wants to thank all the people that bring treats in for her!

This time of year tends to get busy for everyone with the holidays coming up. I have already had several groups calling to schedule times to come to West Ridge in December. If you have a church group, scout group or other community organization that would like to come to West Ridge to share some holiday cheer, please let me know as soon as I can so I can get you on the calendar. We love having everyone from the community here!

Let me leave you with this quote: "If the only prayer you said in your whole life was 'Thank you', that would suffice. (Meister Eckhart) Have a Blessed Thanksgiving!

Julie



Toys For Tots

West Ridge will once again be a collection site for the Toys for Tots program. There is a box located in our front area as you go towards our break room.

Drop your new, unwrapped toys off at West Ridge to help give a Christmas morning to those children in our community who

might not otherwise have one. You can go to the Salvation Army's website, www.tsacedarrapids.org or see Julie Winterboer for a list of toy ideas if you're having trouble thinking of what to get.

Toys for Tots is a community toy drive sponsored by the Salvation

Army, the U.S. Marine Corps and other local businesses.

The collection period is from November 4 through December 6.



Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes. This is not coincidence.