



From Richard's Desk

Fourteen years ago this month, West Ridge Care Center became a registered Eden Alternative Home. Over the past year, many of the staff at West Ridge have made a commitment to the Eden philosophy, especially in The Garden, our memory care area. It takes the whole team to make Eden work. All of the continued commitment to the

journey is greatly appreciated. It takes a great deal of planning and implementation to make Eden work. For more information on the Eden philosophy, please don't hesitate to stop and see me or go to www.edenalt.org. There is a link to it on our website as well.

I would like to wish Becky Krapfl much

happiness and success as she has chosen a new career path. We all owe her much gratitude for all she has done for the Elders of our West Ridge family. She will be missed.

Richard



Nursing Notes

As the fall and winter months approach this is a good time to remind families some of the items residents may need. A warm cozy sweater/cardigan is a great idea as well as a throw or afghan. Sweat pants and comfortable pull overs are always a resident favorite.

We also suggest men have their own electric razors and women provide their own personal trimmers for those pesky chin hairs! West Ridge is

not allowed to have community razors due to infection control guidelines. Walgreens carries these for \$10 or less. We do have disposable razors and shaving cream available. If you do bring in razors or trimmers please label them or have West Ridge staff do so.

Also remember to monitor the integrity of your loved ones shoes. With Christmas approaching these are great gift ideas as well as toiletries, scented lotions

and other smell good items.

Please always feel free to ask our staff if they can suggest anything your love needs or could use. Thanks to all of you dedicated caregivers and loved ones that support our elders daily!!!

Katie



Trick-or-Treat

Join us on Saturday, October 25th from 2-4pm!

We are doing our Trick-or-Treating a little differently this year. Instead of having it on Halloween, we will be hosting children from 2-4pm on Saturday, October 25th. The elders will still be handing out candy, as is our tradition, but there will also be some games and activities for the kids as well.

Trick-or-treating at West Ridge is open to children and grandchildren of staff, elders and families as well as friends of West Ridge from the community.

If you plan on attending, you can RSVP to Julie Winterboer at 319-390-3367 or by email at Julie@westridgecarecenter.com.

It is not necessary to RSVP, but would be appreciated so we know about how many treats and prizes to have ready.

We hope you join us for this safe, fun Halloween event. The elders and care partners love seeing the kids coming to our home in their costumes.



Keeping in Touch

Keeping in touch with a loved one when you live out of town or out of state can be difficult. Many elders are not comfortable using technology on their own which rules out emailing them directly. If you have a loved one at West Ridge and would like to stay in contact with them, you have a few options.

You can write to them using the "Contact a Resident" form on our website under the Contact Us tab. When we receive notice that someone has sent a message to an elder, we either print it off for them to read on their own or we read it to them if they need assistance.

You can also email directly to

Julie Winterboer, Director of Recreation and Community Service at julie@westridgecarecenter.com. She can use the iPad in their room to show your loved one pictures you attach. The elder can also dictate a reply to you so you know that they got your message.

Lastly, and I think one of the most exciting ways, is Skype. Again, please contact Julie if you would like to set up a time to Skype with your loved one. This way you can see each other. Skyping can make for some wonderful memories, especially if an elder gets to see a new grandchild or great grandchild

for the first time. We even had an elder get to watch his grandchild get married in Minnesota, an event he would have otherwise missed due to the distance.

If you have any questions about any of these methods of communication, please email Julie Winterboer or call West Ridge at 319-390-3367. We hope to hear from you soon!



Chuck's Corner

Window washing is happening the first week of this month.
Furnaces are being checked over for the upcoming winter season.
Yard work comes to an end soon and the snow shovels get sharpened.
Fall colors are arriving and the sweaters come out of storage.
The farmers are busy harvesting.
Time for the Pumpkins!

Chuck



Eden Education

This month we continue with our series on the Eden Alternative's Domains of Well-Being. Last month focused on the domain of identity, This month we look at Growth.

The institutional model of care centers on mitigating decline and disability. The person-directed model offers a radically different belief.

Longevity gives forth its own promise and potential. From the employee care partner's perspective, the institutional model offers little opportunity for personal growth in what are often considered "dead-end jobs". In a person-directed model of care, Elders and their care partners have every opportunity to learn and grow. The opposite of growth is death—physical and spiritual. Individuals living with frailty continue to grow and teach us how to be

human beings in a caring community. Everyone has the potential to be a "growth partner" to someone else.

We thrive when we have good medical treatment and appropriate care. Someone can benefit from several aspects of well-being, but may have a health condition that is out of control which significantly inhibits growth. Quality care enables growth, and medical treatment effectively serves this process. Care (helping another to grow) and medical treatment are skillful partners. Care for the individual comes first and foremost.

To bring growth forward we need to look at how the strengths, dreams and goals of individuals are captured and shared in the community. We need to ask, "How does the care partner team work together to

help one another to grow based on individual strengths and goals?" And we need to find opportunities for all care partners to be exposed to new life experiences and knowledge.



Happy Birthday to You

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

Elders

Marlene Ternus on 10/30

Care Partners

Dennis Baughman on 10/3

Kathleen Ahart on 10/9

Angelina Chadwick on 10/9

Katie Ross on 10/15

Conny Nganga on 10/17

Susan Poplawski on 10/17



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

Don Aldrich

Marian Brecht

Ruth Burdick

Margaret Doyle

Delpha Gibney

Evelyn Hartz

Ann Pizinger

Bonnie Stoll

Betty Teeter

Marlene Ternus

Care Partners

Michael Halse

Larionna Littleton

Cynthia McConnell

Kimberlin Prouty



Happy Anniversary

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

One Year

Dennis Baughman

Jordan Lamphier

Carly Wendt

Two Years

Yolla Chalhoub

Crystal Douthart

Jason Ryan

Five Years

Brittney Shasteen

Six Years

Frank Creque



In Sympathy

We would like to extend our deepest sympathies to the family and friends of Marian Kucera. We will miss her sweet smile and love for the arts and music. She was very proud of her family and we are honored that we were able to share in her life.



Pizza Pizzaz

October is National Pizza Month, here is some trivia and activities for you to try.

- The most popular pizza topping is pepperoni, Italian sausage is the second most popular.
- Pizza originated in Italy. It is thought that the Greeks or Romans invented pizza.
- Research indicates the Persian soldiers made a form of pizza back in the 6th century BC
- The first pizzeria in the U.S. was Lombardi's which opened in New York in 1905.
- According to pizza.com, the five most popular days to eat pizza are New Year's Eve, New

Year's Day, Super Bowl Sunday, Halloween night, and the night before Thanksgiving.

One of our favorite activities here is to make individual pizzas using English muffins. This is a fun snack or meal to involve your kids or grandchildren to help make.

You will need the following:

- English muffins
- Pizza sauce
- Shredded mozzarella cheese
- Toppings of choice (can include pepperoni, Canadian bacon, hamburger, onions, mushrooms, green peppers, and much more)

Use half of an English muffin for each pizza you want to make.

Spoon pizza sauce onto each muffin, then add the toppings and cheese. Place each muffin on a cookie sheet and bake at 375° for 10 minutes. Be sure to have a way to identify each pizza so everyone gets the pizza they made.



The Beauty of Autumn

"Autumn is a second spring, when every leaf is a flower."
~Albert Camus

"I'm so glad that I live in a world where there are Octobers."
~L.M. Montgomery, *Anne of Green Gables*

"Autumn carries more gold in its pockets than all the other seasons."
~Jim Bishop

"Even if something is left undone, everyone must take time to sit still and watch the leaves turn."
~Elizabeth Lawrence

"Autumn is the mellower season, and what we lose in flowers we more than gain in fruits."
~Samuel Butler



"Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale."
~Lauren Destefano, *Wither*

"No spring nor summer beauty hath such grace, as I have seen in one autumnal face."
~John Donne

Activities and Recreation

I know I say this all the time, but I can't believe how fast time flies! It's hard to believe that Fall and the holidays are almost here. It reminds me to take a little time to remember all that is important in life and to not take things for granted. Be sure to take time to sit back and enjoy the fall colors and all that autumn has to offer!

Be sure to read the article on our Trick-or-Treating event. We are doing it a little differently this year. Instead of holding it on Halloween, we are having it on the Saturday before. We hope this allows more people to be able to come. Please feel free to bring your children and grandchildren in for lots of candy and games and activities. We will be going to Target this

month to give elders an opportunity to purchase candy to give away. West Ridge will also be able to provide some of the candy, but we can always use donations so that the kids leave here with lots of candy and great memories. Let us know if you have any questions.

We have enjoyed the return of our visits from our friends at Truman Elementary. After an orientation at the school and a tour here, they started their visits last month. The teachers tell me that the kids love coming here and I know the elders love their visits as well.

With the holidays approaching, I just wanted to remind everyone that our conference room is available for family gatherings,

but we ask that you call ahead and reserve it so that it does not get double booked. If you need more space and want to use our dining room, you will definitely need to call for availability. Ask for Crystal or Julie and we will help you find a time that will work for your family.

And lastly, we will be starting a rhythm group in The Garden and we could use donations of the following items: large buckets (5-gallon pails), dowels, packing tape, and electrical tape. Please let me know if you would be willing to donate any of these items.

Julie



October is...

Celebration of Apples Month
National Bake and Decorate Month

National Book Month
National Caramel Month
National Chili Month
National Dessert Month

National Nursing Home Residents' Rights Month
National Physical Therapy Month

National Pizza Month
National Popcorn Poppin' Month
Positive Attitude Month

3- World Smile Day
5-11- National Carry a Tune Week

5-11- National Chili Week
6-12- Physician Assistants' Week

8- Full Moon
8- Lunar Eclipse
10- National Handbag Day
12-18- American Beer Week

13- Navy Birthday (1775)
13- Columbus Day
13-17- Firefighters' Week
15- National Cake Decorating Day

15- National Grouch Day
16- Dictionary Day
16- National Boss Day

18- Sweetest Day
23- Solar Eclipse
24- United Nations Day

25- Make a Difference Day
26- Pumpkin Day
27- Cranky Coworkers Day
27- Navy Day
29- 45th Anniversary of the Creation of the Internet (1969)
29- National Cat Day
30- National Candy Corn Day
31- Halloween
31- National Caramel Apple Day
31- National Knock-knock Joke Day

