

October 2017



West Ridge Care Center

## West Ridge Breeze

### From Richard's Desk

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Seventeen years ago this month, West Ridge Care Center became a Registered Eden Alternative home. Over the past years, the care partners at West Ridge has made a great commitment to the Eden lifestyle change. Your continued commitment is greatly appreciated. It takes a great deal of planning and implementation to improve upon "Edenizing" West Ridge every day.

The core concept of the Eden Alternative

is simple. The philosophy is that where Elders live must be habitats for human beings, not sterile medical institutions where helplessness and boredom make life intolerable. For more information on the Eden Alternative go to [www.edenalt.com](http://www.edenalt.com). There is a link to it on our website as well.

Because of the increase in the number skilled patients we have decided to expand our therapy area. We have taken Room

159 on Blossom Lane and made it a specialized treatment area to address our patients' pain and evaluate balance with our new, high tech Virtual Balance equipment. We believe this will help us continue to be leaders in quality therapy.

As always, we appreciate the opportunity to serve you and the ones you love.

Richard



### Social Work News

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The Family Caregivers Center is the only comprehensive resource in Eastern Iowa for caregivers. Each month, the Family Caregivers Center of Mercy offers a variety of support groups, classes and information sessions. With the time and energy spent taking care of loved ones, caregivers are often

less likely to take care of their own personal physical, mental and emotional needs. If you are a caregiver and feeling stressed or burnt out, the Family Caregivers Center of Mercy could offer you support. There is also the opportunity to volunteer if you are a caregiver who has experienced taking care of a loved one

and want to support others. Please see their website at [www.familycaregivercenter.org](http://www.familycaregivercenter.org) or call 319-221-8866 for more information.

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



## Community News

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Mark your calendars and save the date for this year's Caregiver Wellness Day put on by Heritage Agency on Aging. It will be held on Thursday, November 16th from 8:30am - 3:00pm at The Hotel Kirkwood. It is a day set aside to honor and recognize the family caregiver for the unconditional support and commitment they give to their loved ones on a daily basis.

Educational speakers include:  
-Keynote, Kari Berit, presenting on her book "The Unexpected Caregiver"  
-Long-Term Care Ombudsman, Pam Railsback, speaking on the levels of care

-Julie Arndt and Kathy Nitz representing GoldenCare Solutions discussing "Getting Your Ducks in a Row"

-Unity Point St. Luke's Hospital's Susan Lassen and Peggy Bragg touching on the topic of Palliative Care

A continental breakfast and sit down lunch will be provided, vendors will be present providing resources and information and door prizes will be awarded throughout the day. We also have the pamper room that will be available all day for relaxing hand and chair massages. This event is FREE to attend and respite services are available

upon request. For more information or to register for the event, please contact Maria Donohoe at 319-297-8813.

Jill Ryder



## Courage

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Courage does not always roar. Sometimes courage is the quiet voice at the end of the day, saying, "I will try again tomorrow."

## Food For Thought

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It's that time of year when we start thinking of fall foods, comfort foods. Here is an easy recipe for a pumpkin cake. Let us know if you try it!

### Cake

4 eggs  
1  $\frac{2}{3}$  cups sugar  
1 cup olive or coconut oil  
15 oz. can of pumpkin  
2 cups flour  
2 $\frac{1}{4}$  tsp. cinnamon  
2 tsp. baking power  
1 tsp. baking soda  
 $\frac{1}{2}$  tsp. salt

### Frosting

6 oz. cream cheese, softened  
2 cups powdered sugar  
 $\frac{1}{4}$  cup butter, melted  
 $\frac{1}{2}$  tsp. vanilla  
2 Tbsp. milk

1) To make the cake, mix the eggs, sugar, oil, and pumpkin in a large bowl. In a separate bowl, mix the remaining ingredients. Add the dry ingredients to the egg mixture and stir until blended. Pour into a baking pan and bake at 350° for 25 to 30 minutes or until tests

done. Let cool.

2) To make the frosting, put all the ingredients in a bowl and use an electric mixer to blend until smooth. Frost the cake. Cut into squares at serving time.  
YIELD: 24 servings



## Cupcake Wars

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Do you have what it takes to win? If you do, let Crystal Anthes or Becky Pickart know that you want to enter West Ridge's Cupcake Wars!

To enter you must bring at least 2 dozen cupcakes to West Ridge on Friday, October 27th. Judging will start at 1:30pm.

Your cupcakes must have at least one of the following special ingredients:  
Sweet Potatoes  
Zucchini  
Marshmallows  
Peaches  
Key Lime  
Peanut Butter  
Toffee

Dates  
Salted Caramel  
Pumpkin  
Avocado  
Pistachio

Good luck, may the sugar rush be with you!



## Legislative Forum

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Please join us on Friday, October 13th at 10am in our Foyer Level dining room as West Ridge hosts a Legislative Forum on behalf of Iowa Health Care Association. Local politicians will join top staff

members of IHCA as they discuss key issues related to long term care and issues that affect the elderly citizens of Iowa and their families. All are welcome at this event.



## Happy Birthday to You

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

Abby Martin on 10/2

Kathleen Ahart on 10/9

Robert Millage on 10/9

Lois Choate on 10/10

Laura Black on 10/12

Bertha Ehrenberger on 10/12

Jolene Groff on 10/12

Donna Heller on 10/12

Katie Candia on 10/15

Susan Poplawski on 10/17

Linda Skala on 10/19

John Plotz on 10/23

Leo McCarthy on 10/24



## 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.

Vickie Brown, LPN

Ruth Burdick

June Cabrnock

Irene Caffrey

Melvin Cunningham

Karissa Evans, CNA

Patrice Gwya, CNA

Kathy Hughes

Ervin Kamaus

Lowell Leichy

Leo McCarthy

Tom McMillan

Robert Millage

Aldi Morrison

Mona Myhlousen

John Norris

Shaunae Regulus, CNA

Kayla Staton, Dietary

June Stock

Cecilia Tarley, Dietary



## Happy Anniversary

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

### **Eight Years**

Brittney Shasteen

### **Five Years**

Yolla Chalhoub

Crystal Douthart

### **Two Years**

Heather Moeller

June Richardson

Michon Scott





# Trick or Treating

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We will be holding our annual Trick or Treating event at West Ridge on Sunday, October 29th from 2-4pm. This is open to the public, but especially to the children and grandchildren of our Elders and Care Partners and our Truman friends. The event is geared for children from infant through 12 years old. Please pass the word about this fun event where children can trick-or-treat in a fun, safe and warm environment. (Plus they

love getting to wear their costume more than once!)

The elders will have an opportunity on October 25th to go shopping at SuperTarget if they would like to buy some candy to hand out themselves. West Ridge will also supply some of the candy, but we can always use donations. If you would like to donate a bag of candy, please have it to the activity staff by Friday, October 27th. We usually get anywhere

from 60-100 children at this event. If you have any questions, please let Julie Winterboer know.



# Health and Wellness

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It's time to give a shout out to the one of the most used parts of the body that we often forget to acknowledge— our hands.

There are 29 bones in each hand and 29 joints. What is really interesting is that there are no muscles in the fingers themselves, but there are 34 muscles that move the fingers and thumbs. The muscles that move the finger joints are located in the palm and up in the mid forearm, and are connected to the finger bones by tendons, which pull on and move the fingers like the strings of a marionette. ([www.eatonhand.com](http://www.eatonhand.com)) Another interesting fact about hands is how they are sensory tools for us. Our hands see, feel, and experience the world for us.

They also help us to communicate. They part of the brain that controls movement (the motor cortex) uses 25% of its function in the hands, as they are so important and complex. The thumbs have nine individual muscles controlled by nerves, and it has six separate planes of movement. If you have ever had a thumb injury, you will know how important it is to hand strength and function. It also helps with power and positional grips of the hand.

Because we use our hands for so much, they are prone to repetitive injuries and also arthritis. It is important to place a focus on the hands and wrists in exercise programs for range of motion, strength and flexibility.

Keep the joints moving and stretch out these muscles for flexibility. The wrists respond well to extension and flexion exercises. In addition, thumb flexion and extension re very important. Another important area 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.

Next month we will look at some exercises for our hands and wrists and address the importance of our feet and ankles.



# Activities and Recreation

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I know I sound like a broken record, but time really does fly! I cannot believe we are approaching our busy holiday season already!

Before I address that however, I would like to thank all of the Elders and their families who came to our Family and Friends Party on September 21st. I hope everyone enjoyed themselves! Thank you especially to the care partners for all of their hard work helping us pull it off. Thank you to all the staff members who helped people go through the food line and find a place to sit. Several staff members came back with their family and helped Elders get food and sat and ate with them.

Thank you to the Dietary staff for making sure no one was forgotten. And finally, thank you to my crew, Melissa and Katie for all their help getting ready for the big day.

There is a lot going on around here this month. Please see the articles in the newsletter regarding the Legislative Forum, the Cupcake Wars and our Trick or Treating event. Let me know if you have any questions about anything on the calendar. I did want to let you know that we will be going out to supper on October 20th which is a little unusual for us but I wanted to take the Elders to Bluff Lake Catfish Farm while the Fall colors were still around us.

Please let me know by the 18th if you would like to join us for this outing. We are tentatively leaving around 2:30pm that day. We can also use volunteers to help escort elders through SuperTarget when we go shopping on October 25th. Please let me know ASAP if you can help with this outing.

I would like to encourage everyone to go outside for some fresh air while we still can because it won't be long before that white stuff starts falling and we won't be able to spend as much time outside.

Julie



## October is...

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Celebration of Apples Month  
Fun with Fall Month  
National Bake and Decorate Month  
National Chili Month  
National Cookie Month  
National Dessert Month  
National Physical Therapy Month  
National Pizza Month  
National Popcorn Poppin' Month  
Residents' Rights Month  
1-7– Licensed Practical Nurse's Week  
1-7– National Chili Week  
1-7– National Healthcare Food-service Workers' Week

1-7– National Newspaper Week  
1-7– Guardian Angels Week  
5– Full Moon  
6– World Smile Day  
6-12– Physician Assistants' Week  
9– Columbus Day  
13– Navy's Birthday (1775)  
15– National Grouch Day  
15-21– Gourmet Coffee Week  
16– National Boss Day  
21– Sweetest Day  
22– Mother-in-law Day  
22-28– National Massage Therapy Awareness Week  
22-28– National Respiratory Care Week

24– United Nations Day  
28– Make a Difference Day  
28– National Chocolate Day  
28– National Forgiveness Day  
29– Anniversary of the Creation of the Internet (1969)  
29– National Cat Day  
31– Halloween  
31– National Caramel Apple Day  
31– Magic Day

