

October 2013



WEST RIDGE CARE CENTER

West Ridge Breeze

From Richard's Desk

As many of you may already know, Sarah Case, our Social Worker, has decided to move out of state. Although we are very sad she will be leaving West Ridge after nearly three years, we are happy for her and wish her much success. It has been a privilege to have her as a part of our family. I am thankful for all that Sarah has done for West Ridge. We wish for Sarah that the good Lord be at her side as she starts her new adventure and that she will always be part of our

family.

Several of the Department Heads will be attending the Iowa Health Care Association's Annual Convention and Trade Show on September 30 to October 3, 2013. The theme of this year's convention is focusing on quality care. As the demand for long term and post-acute care services continues to grow, quality efforts increase and Affordable Care Act regulations take effect.

Part of caring an awful lot is making room for quality improvements in everything we do. The sessions that we attend will be focusing on putting quality first and inspiring our staff to create the best quality care environment for the staff and the people we serve.

Richard



Suggestions From Sarah

Cedar Rapids AniMeals

Cedar Rapids AniMeals, a volunteer based nonprofit organization, provides food and spay/neuter assistance for pets of the elderly, disabled and families in need, helping them keep their companion, which greatly improves the quality of life for both.

Cedar Rapids AniMeals has been in operation since 2000 and currently serves more than 280 human clients and over 400 pets of all types (dogs, cats, birds, fish, ferrets, etc). In addition to providing food for these pets, they provide approximately 100 subsidized spay/neuter procedures each year. They operate entirely on donations and the work of a

dedicated group of volunteers who manage the client list and delivery schedules; collect donations; and sort, package, and deliver food. Cedar Rapids AniMeals is an all-volunteer organization that provides food for the pets of Cedar Rapids-area elderly, disabled, and others in need – a “Meals on Wheels” program for pets.

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Nursing Notes

As the fall and winter months approach this is a good time to remind families some of the items elders may need. A warm cozy sweater or 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 male residents 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 loved one needs or could use. Thanks to all of you dedicated caregivers and loved ones that support our elders daily!!!

Katie



Suggestions From Sarah (cont.)

For many elderly and shut-ins, pets can be sole companions and best friends and are critical to maintaining a good quality of life. Enabling them to care for and keep their pets is a real benefit to their continued well-being. Cedar Rapids AniMeals works in conjunction with area

social service organizations who help screen our clients. With the cooperation of area veterinarians, they also provide subsidized vaccinations and spay/neuter procedures to help our clients be responsible pet owners.

Sarah



Chuck's Corner

As I write this, we are cleaning inside windows and have scheduled the annual carpet "deep-cleaning" of the hallways for 9/26-9/27/13. By the time you read this-it will be done!

The weather is changing and our outside plantings/trees will be changing colors and losing their foliage. Mike has already

stocked up on snow/ice melter for the winter season...What a Dreadful Thought! We hope the fall colors are spectacular!

Our team of Department heads are attending the Iowa Healthcare Convention September 30 through October 3rd. The November newsletter will highlight topics we learned about. As al-

ways, feel free to visit with me at any time! Watch out for those ghosts and goblins this Halloween!

Chuck and the Environmental Services Team



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

Joanne Elliot-Green

Frank Wagner

Care Partners

Kathleen Ahart on 10/9

Kendra White on 10/10

Katie Ross on 10/15

Conny Nganga on 10/17

Susan Poplawski on 10/17

Jennifer Sherrod on 10/29



Let's Welcome Them

We would like to welcome the following people to the West Ridge family. We hope they find West Ridge to be a special place to live and work.

Elders

Pauline Bielow

Joanne Green

Agnes Hartmann

Betty Kadlec

Lois Mackey

Clara Marx

Flavia Peterson

Elaine Rygr

Betty Schott

Jeannie Slaman

Jeanette Thorsbakken

Lila Trumpold

Francis Wagner

Elaine Wood

Care Partners

Clarissa Davidson

Randa DeHoedt

Susan Lassen

JoAnn McBride



Happy Anniversary

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

TWELVE YEARS

Cecilia Carlson

Five Years

Frank Creque

Four Years

Sister Mary Klisart

Brittney Shasteen

One Year

Crystal Douthart

Andrea Heidt

Yolla Lowry

Jason Ryan

Britney Spores



Picture Page



Scenes from our last picnic of the season: L-R: Sally, Delores, Mabel, Melissa, Mardene, Roberta, Velma, Joanne, John, Agnes and Gerry



◀▲ Elders, care partners and family members listen as a large group from West Ridge toured the new Cedar Rapids Public Library



Dorothy and Mable pose by beautiful flowers on the rooftop garden at the Library



Richard takes a break on the Library tour



Delores debates whether or not to play in the tunnel at the Library



No debating needed for Melissa who crawled right through the tunnel

“Like” the West Ridge Care Center Face Book page to see even more fun pictures!

Picture Page



Thelma, Dee, Gerry, Bob and several other elders work together to make butter from scratch



Velma smiles with some Truman friends on their first visit of the year



Delores, Pauline and Barb help cheer on the students at Truman during their Tiger Trot



▲ Martha wasn't sure of what to think of Shucks at first

◀ Barb poses with Shucks and her great granddaughter, a Truman student



Lila enjoyed the Truman Time visit and made several new friends



Lois was all smiles with her new Truman friends



Gerry shared stories of farming with the boys from Truman

Critter Corner

On Thursday, October 24, 2013 the Pet Committee will sponsor a baked potato bar.

A loaded baked potato fixed your way will be \$3.00. Toppings will include shredded cheese, sour cream, broccoli, and cheese and homemade chili. A bowl of chili can be purchased separately for \$1.50. As always, we will have scrumptious desserts for \$0.50 each. Join us from 10:30am-1:30pm

for a delicious meal.

The Pet Committee is always looking for new members. If you would like to join us or just have ideas for the care of the pets at West Ridge please join us at 2:00pm on the first Wednesday of the month in the Garden dining room. All staff, elders and family members are welcome.

Kathy Hughes



Food For Thought

Here is a twist on a fall recipe many of us enjoy.

Crustless Pumpkin Pie

- 14 oz. can pumpkin
- 14 oz. can evaporated milk
- 2 Tbsp. butter or margarine
- 2 eggs
- 3/4 cup white sugar
- 1/2 cup Bisquick mix
- 2 1/2 tsp. pumpkin pie spice
- 2 tsp. vanilla

- 1) Grease a 9" glass pie plate or baking dish.
- 2) Mix all ingredients together blending well
- 3) Pour the batter into the pie plate or baking dish
- 4) Bake in a 325° to 350°F oven for approximately 45 minutes or until the knife inserted comes out clean.

Per serving– 255 calories, 10g fat, 91mg chol, 35g carbo, 6g protein



Fun Websites for Seniors

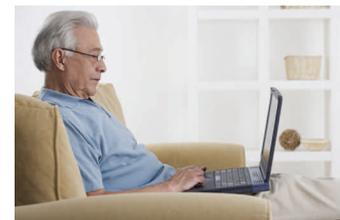
Many elders are becoming more tech savvy. We have elders that bring in their own laptop or use our computer to check their email and facebook pages and to play games. Over the next few months I will cover some of the best websites for Seniors.

Bonzer is an online magazine, "written by, for and about wise

elders". Bonzer is published in Australia but its editors and writers are from the USA and Canada as well. It's a great place for creative seniors and welcomes submissions of stories, articles, poetry, photographs and so much more. This friendly ezine features a theme of the month for inspiration and

encourages comments and interaction.

<http://www.bonzer.org.au/>



Activities and Recreation

On behalf of Becky and the entire West Ridge Memory Walkers, I would like to extend our heartfelt thanks to all who helped raise money and participated in our numerous fundraisers. Thank you to Erin and Michelle and their children for walking that day, and to several family members who had loved ones at West Ridge who either walked or just came out to show their support. A very special thanks goes out to Bea Losenicky's family for their very generous donations. Our team total was not available at print time but when we have the final total, I will put it on our Facebook page. Again thanks to all

who helped our team raise money for this very worthy cause.

We have a lot of fun things planned this month including the Leaf trip, shopping at SuperTarget and touring the new Central Fire Station as well as the sounds of the Pick-N-Hammer band and Joan and Jennell along with our regular musical guests. We will also host Darrin Crow, a local storyteller, on October 28th.

And don't forget about Trick-or-Treating at West Ridge. Thursday, October 31st from 4-6pm, children of the community are invited to trick or treat in a safe

environment and are pretty much guaranteed to leave with a lot of candy! All staff, family members and parents of our Truman friends are encouraged to bring your children and grandchildren to West Ridge for this fun event!

Enjoy the colors of Fall. Stay safe and have a **HAPPY HALLOWEEN.**

Julie



October is...

Celebration of Apples Month
Computer Learning Month
Country Music Month
National Bake and Decorate Month
National Book Month
National Chili Month
National Dessert Month
National Pizza Month
National Popcorn Poppin' Month
National Reading Group Month
Positive Attitude Month
1- Anniversary of the Opening of Walt Disney World, Orlando FL (1971)
2- Guardian Angels Day

4- National Taco Day
4- World Smile Day
6-12- Get Organized Week
6-12- National Chili Week
12- Columbus Day
13- Navy's Birthday (1775)
14- Columbus Day (observed)
14-18- Firefighters' Week
15- National Cake Decorating Day
15- National Grouch Day
15-21- Gourmet Coffee Week
16- Dictionary Day
16- National Boss Day
18- Full Moon
19- Sweetest Day

20-26- National Massage Therapy Week
26- Make a Difference Day
26- National Forgiveness Day
26- Pumpkin Day
27- Cranky Coworkers Day
29- Anniversary of the Creation of the Internet (1969)
30- National Candy Corn Day
31- Halloween
31- National Knock-knock



There is a child in every one of us who is still a trick-or-treater looking for a brightly-lit front porch. ~Robert Brault,