



WEST RIDGE BREEZE

December 2012

From Richard's Desk

The holiday season is upon us once again. I always like to take time to think about all of the blessings I have received over the past year. The time I am able to spend with my family and friends is that much more precious. I remember fondly all of those who have come and gone. I look forward to the challenges and blessings of the coming year. I treasure the opportunities that lie ahead and pray that the upcoming year will bring us

all a little closer and help us to see that you can truly make a difference in each others' lives if you take the time to give a little pat on the back, a smile or just remember to say "Thank you" for a job well done.

I would like to personally wish each of you a blessed Christmas and Happy New Year. I thank you all for being a part of the West Ridge family.

We love to have family and friends visit, but just a

friendly reminder to please help us keep the Elders safe and well by not visiting if you have a fever or do not feel well. There is hand sanitizer at the front entrance and I encourage everyone to use it when entering or leaving West Ridge.

Richard



Suggestions from Sarah

The 2012 Linn County area "Toys For Tots" campaign is underway! Collection boxes have been placed throughout the Linn County area, including one at West Ridge. The campaign is sponsored by the Cedar Rapids Salvation Army, and co-sponsored by CBS 2/FOX 28,

This year the goal is to collect enough toys to help 1,700 local families have a far more enjoyable Christmas.

Toys For Tots is a na-

tional program directed by the United States Marine Corps through the Marine Toys For Tots Foundation.

The project has been active in the Cedar Rapids community since 1949 and has grown in size each year.

Locally, The Salvation Army, the Cedar Rapids Jaycees, Toys For Tots and other community partners collaborate to provide the program.

Last year organizers collected and distributed over

\$60,000 in toys to nearly 3,500 needy children throughout Linn County.

West Ridge has a collection box if you would like to donate a new, unwrapped gift. **Please bring it by December 7th.**

To find out more about the program contact our local Salvation Army Office.

Sarah



Gifts of time and love are surely the basic ingredients of a truly merry Christmas.

~Peg Bracken



Nursing Notes

The first two weeks of my new Director of Nursing position have just flown by. I have made my focus for my first two weeks getting new employees hired and trained well. I have hired 4 new nurse's aides and one new nurse. One of my main goals during my first year in this position is to have a drastic decrease in the use of agency or staffing pool use. Although we have had some great aides that have been able to help us out, I feel it is time for West Ridge to become committed to reducing and eventually eliminating the use of pool staff. This will not

only help with quality of care for the elders but also with the staff's morale. Please welcome our new staff members and make them feel at home, so that they can become a part of our West Ridge Care Center family!

With the holiday season quickly approaching, I also wanted to take the time to remind friends and family that if you are planning on taking your loved one out for a visit, please give the nursing staff a heads up. They will then put it in the calendar and make sure that your loved one is ready to go, looking their

best with all the necessary items needed for the outing. This will make things go smooth for everyone!

Again, please feel free to stop in or call anytime with questions or concerns.

I hope everyone had a wonderful Thanksgiving and your Christmas shopping is off to a great start!

Katie



Chuck's Corner

Environmental Services wishes all of you a wonderful Holiday Season!

As we do each winter, please note that we've placed extra snow & ice melter inside our front door for everyone's use on our property - if slippery areas develop when our Maintenance Staff or Grounds Contractor are not on duty. If you notice areas that need attention, please tell one of our staff, so we can assist you and provide a safe surface for everyone to walk on.

Our Employee Safety Committee members remind us to remember that: Walking slowly and taking smaller steps is al-

ways helpful in "navigating our Iowa Winters". (Especially when first getting out of your vehicle!)

Finding available spaces to park at West Ridge can be difficult. We've asked some staff to park at a vacant lot east of the blue house next door - to free up spaces when weather allows, but we are now having people parking along side the road causing visibility issues when leaving. The City of Cedar Rapids reminds us that F Avenue is a highway (Highway 94) and parking is prohibited on any highway and have asked us to not park there. We ask that you

not park along the highway at this time. The City reminds us that they have the right to issue warnings or tickets to violators. We will continue to find ways to improve the number of available parking spaces for visitors and family member's convenience. Thank you for your understanding and cooperation with this matter.

Chuck





Christmas Card Assistance

It is that time of year again when people send Christmas cards to their loved ones wishing them joy and happiness for the holiday season.

If anyone residing at West Ridge would like to send cards, but needs some assistance writing

them out, addressing them or stuffing envelopes let Julie, Lisa or Emily from Activities know and we would be happy to assist you. You can also let any staff member know and they will contact us for you.



Critter Corner

Hard to believe that Christmas will be here in just a few more days. If you are still looking for something new to serve at your holiday meal or maybe a new appetizer to share at your New Year's Eve party, I would like to suggest trying some of the tasty dishes found in our West Ridge Cookbook.

Currently the books are on sale for just \$5.00 each. They make great gifts for all the cooks on your gift list or you could just gift yourself!

To purchase a book(s), see Katie Ross or Mary Perez.

To one and all may you have a very Merry Christmas and a

Happy New Year!
Kathy Hughes, Pet Committee Member



Gift Ideas

Need an idea of what to get your loved one at West Ridge? Here is a helpful list of ideas from the staff:

Picture albums or scrapbooks of favorite family memories. Label who the people in the pictures are if someone has memory loss.

Perfume or cologne

Boxed greeting cards and stamps

CD player and/or CDs of their

favorite type of music

Gift Certificate to get their hair done in the Beauty Shop

Gift Certificate for a massage from Carol Ruggles, our Eden Mentor who is also a licensed Massage Therapist

New pajamas

Warm sweaters or cardigans

Lotion

"Grippy" socks

Homemade coupon booklets for

things your loved one would enjoy

On the higher end, a Presto Printing Mailbox from HP is a great way for your family to keep in contact via email with your loved one without them having to use a computer. See Julie if you would like more details.





Happy Birthday to You

The following people have birthdays in the month of December. Please be sure to wish them a "Happy Birthday" when you see them.

Elders

Linda Wilkinson on 12/1
Gordon Mollman on 12/15
Velma Powell on 12/15

Eda Schanbacher on 12/17
Wilma Sharp on 12/21
Mardene Schultz on 12/27

Care Partners

Val Ahlouche on 12/3
Sarah Case on 12/9
Paula McQuown on 12/16
Betty Perez on 12/20

Ruthann Gharib on 12/31



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

Bob Barta
Wilda Clemons
Lynda Filip
Eugene Gefaller
Gordon Hildebrand

Clarence Kisling
Alma Matthess
Geraldine Miller
Melvin Neal
Floyed Ondler
Maxine Parr
Vince Ryan
Roger Synovec

Care Partners

Jessica Davis

Montana Gourley
Tiana Hare
Kelly Kimble
Jessica Stribling
Whitley Whitaker



Happy Anniversary

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

THIRTEEN YEARS

Kathy McLees
Julia Winterboer

Seven Years

Kathy Wenger

Two Years

Tammy Redmond

One Year

Deanna Chance
Matt Cimprich

Molly Drake
Brittany Packerham





Picture Page

Below are some pictures from Trick or Treating in October as they were taken after last month's newsletter had already been printed. Thanks to all who turned out for it and got lots of candy!



Allison and Cruz
the Cow



Martha with some of her family



Waiting to pass out candy, Paul gets into the spirit with Thelma, Marguerite, Joanne and Barb



Virginia with her great grandson, Max the Lego Man



Roberta passes out candy to a princess



Wendy and Molly got into the Halloween spirit



Velma and Molly mug for the camera



Gerry with some nice friends from Truman

It was Hat Day at Truman on this visit. Dolores swapped hats with a Truman friend for the picture.





December is...

Bingo's Birthday Month
 Celebrating the Season Month
 2- Advent Begins
 3- Birth Anniversary of Charles Alfred Pillsbury (Are you going to use any of his products in your holiday baking?)
 5- Birth Anniversary of Walt Disney
 6- St. Nicholas Day
 7- Pearl Harbor Remembrance Day
 9- Christmas Card Day

9-16- Hanukkah
 12- National Cocoa Day
 12- Poinsettia Day
 16- Birth Anniversary of Ludwig van Beethoven
 21- Anniversary of the First Crossword Puzzle (1913)
 21- Winter begins
 24- Christmas Eve
 25- Christmas Day
 26- National Candy Cane Day
 26- National Thank You Note Day
 26-January

1- Kwanzaa
 28- Full Moon
 28- National Quilters' Day
 31- New Year's Eve



Food For Thought

Well it is already December! Wow how time has gone by. We have started the Fall and Winter menus and have put some new items on that we found at the Vender show we went to. I hope everyone is finding things they like, I do know that a few of you are missing the fresh fruit but for now all we will

have for fresh fruit will be grapes, apples and oranges. We try to keep the apples and oranges on our snack stations. The grapes are on the menus. I'm getting excited to see our menu for our Christmas Parties My staff and I enjoy making the food for everyone to enjoy. We hope you all have a great holi-

day and a Happy New Year!
 From everyone in Dietary



In Sympathy

We would like to express our deepest sympathies to the family and friends of the following Elders. Both had been part of the West Ridge family for a long time and we will truly miss them.

Stan Riha
 Irene Snapp

When someone you love becomes a memory, the memory becomes a treasure. ~Author Unknown





Activities and Recreation

I can't believe December is here already. So much to do, it's hard to know where to start. By the time you read this the Christmas decorations will be up at West Ridge. I hope you and your family enjoy the Christmas spirit at West Ridge.

Here are a few reminders for the month:

-If you want to reserve the Conference Room or Dining Room for your family gathering, please let us know as soon as possible. The Dining Room is only available at certain times because of meals and activities so if you have a large group coming, please contact me or Becky so we may assist you.

-The deadline for the Toys for Tots box is December 7th. Please bring your new, unwrapped gift by then if you would like to help the children in our community have a nice Christmas. (See Sarah's article.)

-If you would like to help your loved one decorate their room

for the holidays here are a few regulations we have to follow:

- No live trees or wreaths unless they are potted plants
- No extension cords
- Only 10% of the doors can be covered in combustible material (such as wrapping paper or Christmas cards)

Our Christmas parties are Wednesday, December 19th. The Garden's Christmas Party is from 2-4pm and the Foyer Level and Blossom Lane Party is from 5-7pm. Please join us for food, music and fun! Let me know if you have any questions about the parties.

I often have people ask why The Garden's party is so early as it is hard for those who work to get here sometimes. We apologize for the inconvenience but we have found through our experiences that this time works best for those who reside in The Garden.

Please feel free to call if you have any questions about any of

our holiday activities or about hosting your family gathering at West Ridge. I look forward to seeing all the family members visit this month, and we welcome those who travel a long distance to visit with family and friends. If you live far away and are not going to be able to make it back for the holidays, remember that we can Skype and would be happy to set up a time and assist the elders at the computer to help bring your loved one a little closer this holiday season. If you are interested in this opportunity please call me at 319-390-3367 or email me at julie@westridgecarecenter.com.

I wish you all a very happy, safe and Merry Christmas and may you have many blessings in the New Year.

Julie



Help Us Go Green!

In the new year, we would like to "go green" to help the environment and save on our mailing costs. The newsletter will be available on our website or you can receive it via email. To be put on our e-mailing list, please

send an email from the account you wish to receive the newsletter to:

julie@westridgecarecenter.com

We will still mail newsletters to those who prefer to receive it in the mail. Please let Julie know if

you would like to remain on the regular mailing list.

