

MARCH 2013

West Ridge Breeze

WEST RIDGE CARE CENTER

From Richard's Desk

As we welcome March, I think we can all agree that Spring cannot get here fast enough!

With the changing of seasons, it's always a good opportunity to take a hard look at our programs and ourselves as caregivers. We need to remember to be thankful for the opportunity that we have to make a difference in not only the lives of the elders, but also the families and our co-workers. It takes all of us looking out for and sup-

porting each other to give West Ridge the home-like atmosphere we all want. Sometimes I believe we all need to look at what we do in our lives and understand that our roles in the human services fields is a "calling", not just a job. There is a saying that I read once: "Our lives are not determined by what happens to us but by how we react to what happens; not by what life brings us, but the attitude we bring to life." A positive attitude

causes a chain reaction of positive thoughts, events and outcomes. It is that reaction that allows us to not only love what we do, but also love and respect those with whom we share the opportunity.

Richard



*Spring is
when you feel
like whistling
even with a
shoe full of
slush.*

~Doug Larson

Suggestions from Sarah

Community support for older adults and their families: The Abbe, Inc. provides Aging Services, a program that supports older adults who wish to continue living as independently as possible. Abbe, Inc. is the Eastern Iowa community source for older adults, their families and caregivers.

Their programs and services promote health, well being and independence of aging adults.

In-home services include information and referral, assessment and intervention, case management, home and property maintenance and community education.

Also provided are mental outreach services, respite care and elder abuse intervention. For more information on Aging Service Inc call 319-398-3644.

Sarah



Nursing Notes

Iowa, like the rest of the nation, is facing a rising challenge to meet the needs of our aging population. Iowa Health Care Association has deemed this the year of The Direct Care Worker. This month I will share information on the demand for direct care workers. There is a critical projected shortage of direct care workers or CNAs (certified nursing assistants) and this could potentially affect the care we provide at West Ridge Care Center to our elders.

The Direct Care Advisory Committee has determined Iowa will need 12,000 direct care workers by 2018. This is due to the increasing demand and staggering turnover

rates in Iowa, an estimated statewide 64% annually. It is always a challenge to retain skilled, knowledgeable staff. As we know staff that stays at their place of employment have a direct effect on consumer/ family satisfaction as well as the quality of care. We pride ourselves on the longevity of our care team.

High schools are now offering the CNA class through Kirkwood Community College and we currently have a group of those students that will be completing their clinical here at WRCC. We are excited to welcome them and hope that they may develop a love for long term care like so many of

our staff. The Direct Care Advisory Committee along with other agencies such as IHCA are planning other programs such as this to help train, retain, and mentor new nurse's aides.

Taking these facts into consideration we want to thank our dedicated team of direct care workers. They are the back bone of our care team. These caregivers take extra effort to impact the resident's health, safety, and quality of life.

Katie



Science has never drummed up quite as effective a tranquilizing agent as a sunny spring day.

~W. Earl Hall

Chuck's Corner

It's the beginning of Daylight Savings time on March 10th, St. Patrick's Day is on March 17th and SPRING officially arrives March 20th - WHEW! Stay tuned - Soon, it will be time to plant potatoes in the garden!

We end the month in CELEBRATION with Easter, March 31st.

Happy Easter from all of us in Environmental Services!

Chuck



Question of the Month

What's the first thing you'd do if you found a pot of gold at the end of the rainbow? Let Julie know your answer!

PAGE 2

Food For Thought

Home Food Safety– Part 2 of a 4 part series.

You can reduce your risk of food poisoning by using the 4 easy steps for safe food handling at home, work, family gatherings or grill outs.

Part 1: Wash– as seen in the January newsletter.

Part 2– Separate

Illness-causing bacteria can live in your home kitchen on food preparation surfaces or equipment/appliances, in your eating areas, and on food. Paying attention to how you handle, store, shop and cook foods can reduce food poisoning risk.

Proper handling of food can help ensure that the food you consume is safe. It is important to “Separate: Don’t Cross Contaminate!” This saying means that ready-to-eat foods should be kept separate from raw meats, poultry, seafood and eggs and use separate cutting boards and utensils to decrease the risk of food poisoning. Examples of ready-to-eat foods are cookies, carrot and celery sticks

for dipping, bread, fresh apples, pre-washed lettuce, onions for a fresh salad– basically foods that are in a form that doesn't require them to be cooked before being eaten.

Cross Contamination is how bacteria can be spread and cause safe food to become potentially unsafe to eat. One example of cross contamination is when juices from raw meats or germs from unclean objects like utensils or food prep surfaces touch cooked or ready to eat foods. An item such as a cutting board that wasn't cleaned properly can contain bacteria that could spread to other foods.

At the grocery store, separate fresh or frozen, raw meat, poultry, seafood and eggs from produce and ready-to-eat foods in your shopping cart and grocery bags. For instance, you don't want your ground beef packages to lie next to your fresh celery or grapes. If you are using reusable grocery totes to transport groceries, place the raw meats in

plastic bags to keep juices from leaking and place the groceries in the back seat rather than the trunk to keep it cooler in hot weather.

When storing the food, refrigerate or freeze groceries within 2 hours. (If you won't be home in a timely manner, bring a cooler to keep your groceries safe. Keep the raw meats on the lowest shelf of the refrigerator in a sealed container or plastic bag to make sure juices don't drip on ready-to-eat foods and cause contamination. Keep the eggs in their original carton and store on the shelves rather than in the door since the interior of the refrigerator is usually colder than the door space.

Store reusable totes in a clean, dry location and wash them often with hot soapy water or in the washing machine. Avoid leaving the reusable totes in the trunk of a vehicle.

When preparing food, make sure to wash hands thoroughly with warm, soapy water for 20 seconds before, during and after handling

raw meats and foods. Wash plates between uses or use separate plates– one for holding raw meats and another for the cooked foods. Put your washed fresh produce into clean storage containers, not back into the original containers since the original wasn't clean. Be aware of the utensils used during cooking and don't use the same knife for raw meats to cut up your fresh produce or ready-to-eat foods. Also important to do when preparing food is to make sure you cook food to the proper safe temperature.

Stay tuned for Part 3: Cooking and Proper Temperatures

Charlene

Source: HomeFoodSafety.org/what-was-it. Safety Tips.



Happy Birthday to You

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

Elders

Doris Miller on 3/12
Delores Newport on 3/14
Jeannette Alden on 3/21

John Brownlie on 3/23

Paul Ridder on 3/25

Care Partners

Kassidy Deklotz on 3/2
Tammy Redmond on 3/8
Lenora West on 3/9
Brittany Packingham on 3/11
Mary Perez on 3/14

Donna Staton on 3/22

Richard Curphey on 3/30



In Sympathy

We would like to express our deepest sympathies to the families and friends of the following elders. They will truly be missed.

Ida Behounek

Charles Birchmeier
Eugene Dyrland
Dale Stuckenbruck

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

Marian Brecht
Bob Burns

Wilda Clemons
Lana Dewees
Ellen McCullough
Doris Miller
Norman Nesley
Eldora Rathje
Mary Ryan
Luella Spike

Delores Wright
Care Partners
Debbie Grover
Chemeika Moore
Christina Welbs



Happy Anniversary

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

Nine Years

Genny Lane-Jennings
Charlene Vasey-Larson

Eight Years

Mary Giovanazzi
Afton Schulte

Four Years

Kathleen Ahart
Carolina Amigon
Alicia Donnell
Courtney Foster
Jeremy Gardemann
Two Years
Kelly Jennings
One Year
Dennis Baughman

Janee McDaniels

Larry Myers
Michelle West



Picture Page



The Truman kids are always a joy! Above Left: John poses with some students; Above Right: Velma is all smiles with her Truman friends; Below Left: Don gets and gives a hug; Below Right: Marian listens intently



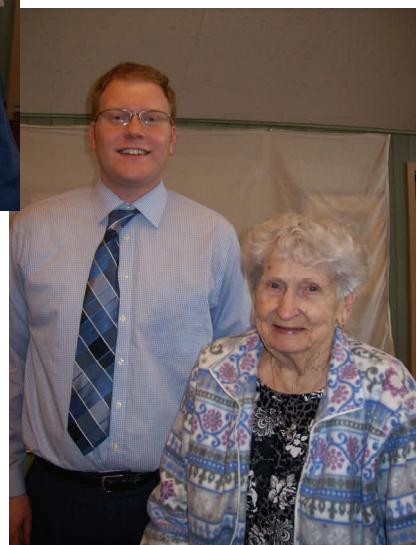
Gerry gives his lovely bride some balloons for Valentine's Day



Thank you to Kaj O'Mara from KCRG for the great program on weather he gave in February. He is pictured here with Marilyn and Delores.



One of the delicious cakes Becky made us for our Valentine's celebration



March is...

Celebrating Technology Month
 Employee Spirit Month
 International Listening Awareness Month
 Irish-American Heritage Month
 National Craft Month
 National Professional Social Work Month
 Optimism Month
 Red Cross Month
 Spiritual Wellness Month
 1– 126th Annual World Day of Prayer
 1– National Peanut Butter Lovers' Day
 1– World Compliment Day

2– 13th Annual International Tongue Twister Contest, Burlington, WI
 3-9– Celebrate Your Name Week
 4– Hug a G.I. Day
 6– Healing Touch Day
 7– Monopoly's Birthday (1933)
 8– 100th Anniversary of the U.S. Income Tax
 10– Daylight Savings Time Begins
 10-16– Long Term Care Administrators' Week
 12– Anniversary of the Founding of the Girl Scouts of the USA (1912)
 14– Baseball Cap's Birthday (1860)
 17– St. Patrick's Day
 18– Pillsbury Doughboy's Birthday (1961)
 20– Spring Begins
 20– World Storytelling Day
 22– International Goof-off Day
 26– Make Up Your Own Holiday Day
 27– Full Moon
 29– Good Friday
 30– Doctor's Day
 31– Easter Sunday



I love spring anywhere, but if I could choose I would always greet it in a garden.

~Ruth Stout

Critter Corner

The Pet Committee would like to thank everyone who help to make our fundraisers so successful. When you purchase goods from our fundraisers it helps us to continue with the wonderful pet program at West Ridge.

The pets are such a welcome part of life for the elders, families and staff here at West Ridge.

The Committee would like to give special thanks to Becky and the entire Dietary staff for

graciously assisting in preparing the potatoes and toppings for our potato bars.

A special thank you to Crystal for always helping to set up before the fundraisers and helping to clean up after.

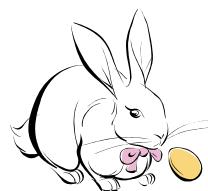
If you have any ideas for future fundraisers we would love to hear from you.

Our next fundraiser will be a **Salad Bar on Monday April 8th**. Fliers will be posted later this

month with all the details.

The Pet Committee is always looking for new members. Any elder, family member or staff member is welcome to join. We meet the first Wednesday of the month at 2:00pm in the Garden dining room.

Kathy Hughes



Activities and Recreation

There's so much going on this month, I'm not sure where to start.

First I'd like to say a special thank you to Kaj O'Mara from KCRG for coming to West Ridge and giving a very informative talk on the weather. It was very interesting and the elders and staff asked some great questions!

The suggestion for him to come here came from one of our Community Meetings. I urge elders, staff and families to attend these meetings. This month it will be Thursday, March 21st at 2pm.

We will once again be participating in the SaPaDaPaSo Parade on Sunday, March 17th at 1:00pm. This will be our 10th or 11th year in the

parade. It is always a fun time. Please let me know if you'd like to join us in the parade. Or, if you're in the crowd, be sure to cheer us on as we pass by. Hopefully we will enjoy warmer weather like last year so that the elders can be outside going down the street. (If it's cold, the elders will stay on the bus.)

Elsewhere in the Breeze you'll see information about the Easter Egg Hunt. It is on March 23rd from 10-11:30a.m. Registration will begin at 9:30am. You can pre-register by calling me at West Ridge at 390-3367. Of course, we can always use volunteers for this event as well. I recently attended some education on Seniors

and technology. Below I have listed some resources for Seniors and families. I am hoping sometime in May or June we might be able to have a speaker come and talk about some of these resources. While technology can be scary for any of us, it can be especially difficult for seniors to understand at times. However, some of these products and services can greatly enhance people's safety or quality of life.

I hope you all have a Happy Spring!

Julie



*Spring is
nature's way
of saying,
"Let's
party!"*

~Robin Williams

Technology News

For those of you who have Kindles or other e-readers, did you know that many have a text-to-speech app for some books? You can even change the voice, speed, etc. You can then listen to books, the Bible, devotions, etc. without having to hold

the Kindle or worry about font size. Not all books have this option.

Portable DVD players—families can put photos or even vacation videos on a DVD and send it to their loved one for them to see. Digital photo frames are also a fun

way for elders to see family photos.

Next month I will include some resources for seniors in the community to mentor students or help a child with their reading as well as some adaptive equipment that is available.