



WEST RIDGE BREEZE

May 2013

From Richard's Desk

It seems to be taking a long time for Spring to get here. But, soon we will all be busy planting flowers and sprucing up the grounds.

We are excited to report that we will be working on the front entrance. The raised flower bed will be removed and the broken cement will be replaced by a much larger sitting area so the elders can enjoy the outdoors. During this time we will be using the west entrance. If you have any ques-

tions please do not hesitate to contact me.

Due to State Fire Marshall regulations and overall respect for our Elders' dining space, it makes it very difficult to have visitors join us in the dining room during meal times. We want to encourage visitors to please call in advance and we will gladly arrange for private dining for you and your loved ones. We are sorry for any inconvenience this may cause. Please let me know if you have any questions or con-

cerns. I want to stress that we that we always want to encourage family involvement in our care at West Ridge.

May you and those you love have a blessed spring and upcoming summer.

Richard



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Suggestions From Sarah

Cedar Rapids Vision in Motion: Cedar Rapids Vision In Motion has Low Vision Services* that provide a comprehensive functional vision evaluation conducted by their low vision optometrist, while the low vision occupational therapist will of-

fer training support. The optometrist and/or occupational therapist will sit down with you and your loved ones, find out what exactly what you are wanting to improve and discuss ways for you to meet those goals. Their low vision optometrist and

occupational therapist work with your eye-care provider to create the best possible treatment. They also offer a retail store, and an [online store](#), stocked with vision related assistive devices--all designed to make a (continued on page 3)

Nursing Notes

I am excited to share with everyone West Ridge Care Center will be keeping pace with industry regulations by converting to electronic health record this spring/summer. Staff will be training throughout May and June on PointClickCare; a web based electronic health record. This system will assist us in avoiding errors and missing documentation as well as reducing manual or duplicate data entry, enabling nursing staff to spend more time with the elders.

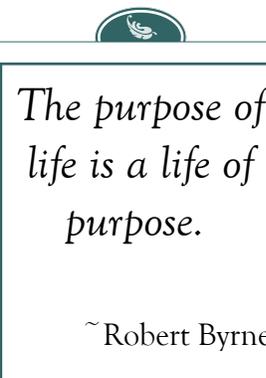
PointClickCare will ensure relevant information is readily and easily accessible.

PCC as the system will be referred to will hopefully reduce costs associated with manual and paper based processes. PCC has been said to improve staff morale and productivity, reducing turnover. PCC guarantees a consistent care delivery model based on best practices. All of these positive features will help to improve the quality of care for residents at West Ridge.

So please bear with

us as we learn the ins and outs of electronic health record. We look forward to streamlining our operations making us that much more efficient for all of the elders and their families! Please see me with any questions or concerns regarding electronic health record or any concerns, anytime. My door is always open.

Katie Ross BSN, RN,
DON



Chuck's Corner

Last month, we had the outside of our windows washed and we will be getting the inside done soon. At the time I'm writing this, our front entrance project is not finalized, but hope it to be by the time you read this. One new thing Mike in Maintenance will be doing is a building/safety orientation each month for any newly hired staff. As technology changes, so does the information and training our staff need.

Another item of importance is that the Laundry will be replacing its two dryers on May 22nd. Laundry staff will process all soiled laundry on the 3rd shift that morning, then the laundry will be closed during the day to complete the installation. On Thursday, May 23rd we will be back to normal operation. The original two dryers from 1992 have processed over 146,000 loads and are due for replacement. Resident's personal clothing will be deliv-

ered at breakfast time on May 22nd, instead of in the afternoon. Our staff will conserve on linens where they can, but you can be assured that basic needs will be met.-

Of course, if you have any questions, feel free to contact me.

Chuck



Suggestions From Sarah- continued

low vision client's world **bigger, better and brighter**. Devices include, but are not limited to:

- Talking Watches
- Magnifiers
- Large Print Items
- Big Button Phones and Amplified Phones
- Closed Circuit Televisions (CCTVs)

Every other Friday, their CCTV specialist is available for appointments to sit down with

you and your loved ones to show you how the CCTV's work and find out which option would work best for you. These appointments are free and informational. Should you decide to purchase one, and need help setting it up, their specialist will arrange a time with you to bring the CCTV to your home. To schedule an appointment with the low vision optometrist, low vision occupational therapist or the CCTV

specialist, please call Cedar Rapids Vision in Motion at (319) 364-2311.

*Appointments are covered by Medicare, however Medicare does **not** cover any costs associated with store purchases.

Sarah



*God could
not be
everywhere,
so he created
mothers.*

~Jewish Proverb

Critter Corner

You may have read about a local organization that assists the elderly and disabled in the Cedar Rapids area in need of a "Meals on Wheels" program for their pets. The organization is Animeals. They collect donations of food for the pets that live with their elderly and disabled families. We here at West Ridge know how important our pets are to all the elders in enhancing their lives here. For many of our elderly and disabled citizens still in their home, their

pets are their closest companions.

The Pet Committee is going to start a collection box to be put out at our fund raisers to collect pet food to donate to Animeals.

The organization is looking for pet food for dogs, cats, ferrets, fish, parrots, cockatiels and guinea pigs. Cat litter and gallon size zip lock bags are also needed.

With summer just around the corner, it's time to pull out the grill. The Pet Committee will

be selling hot dogs and brats on Monday, June 10th from 10:30am to 1:30pm. We'll be selling baked beans, chips and desserts as well.

Thank you to everyone who helps with the pets at West Ridge. Your help is invaluable.

Kathy Hughes



Happy Birthday to You

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

Elders

Gerry Weber on 5/5

Agnes Weber on 5/19

Care Partners

Wendy Finn on 5/6

Fawn Ingalls on 5/17

Crystal Anthes on 5/20

Julia Winterboer on 5/20

Crystal Douthart on 5/22



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

Dorothy Armstrong

Mary Cash

Wilda Clemons

Milford Frasier

Willard Osterkamp

Jackie Schneekloth

Dixie Lee Schulte

Care Partners

Martha Aguilar

Steven Arts

Diamond Bratten

Hayley Dietrich

Lindsey Smock



Being a full-time mother is one of the highest salaried jobs in my field, since the payment is pure love.
~Mildred B. Vermont

Happy Anniversary

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

ELEVEN YEARS

Richard Curphey

TEN YEARS

Susan Poplawski

Seven Years

Betty Perez

Rene Saylor



In Sympathy

We would like to express our deepest sympathies to the families and friends of

Wilma Teply. She will truly be missed by the people and pets of West Ridge.



Picture Page



Above and on the sides are photos from the last two visits from our Truman friends. We hope that they will continue to visit us over the summer. It's been a great year of smiles!



Here are scenes from our library tour. Virginia and Agnes are checking out new recipes and John, Sarah and Lee are getting tips on gardening. The tour ended with cookies and juice.



Food For Thought

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 – as seen in the March Newsletter.

Part 3: Cooking and Proper Temperatures

To ensure your food is thoroughly cooked and safe to eat, you can't rely on the color or texture of your food alone. You can prevent food poisoning by using a food thermometer and cook food to the proper temperatures.

Don't rely on the sight, smell or taste of a food item to determine if it safe to eat. Use the information provided below to ensure foods are cooked to a safe minimum internal cooking temperature. Use a food thermometer to make sure the correct temperature is reached.

Ground Meat and Meat Mixtures:	Ground Beef, Pork, Veal and Lamb	160 degrees F
	Hamburgers – like patties or meatballs	160 degrees F
	Ground Turkey and Chicken	165 degrees F
Fresh Beef, Veal, Pork, & Lamb:	Steaks, Roasts, and Chops	145 degrees F
Poultry:	Whole Chicken and Turkey	165 degrees F
	Poultry Breast, Thigh, Leg, Wing, Roast	165 degrees F
	Duck and Goose	165 degrees F
	Stuffing cooked in the bird or alone	165 degrees F
Pork:	Fresh Pork or Ham (raw)	145 degrees F
	Pre-cooked Ham (to reheat)	140 degrees F
Egg Dishes:	Egg Dishes	160 degrees F
	Eggs – cook until yolk and white are firm	
Leftovers & Casseroles:	Leftovers or Casserole of any kind	165 degrees F

To use a thermometer properly, the first step is to make sure the thermometer is clean before inserting it into the food item. The second step is to insert the thermometer into the thickest part of the food item or in the center of a pan of food. Be sure to know where on the probe of your thermometer the sensor is since the sensor needs to be in the food to get an accurate reading. (Some sensors are on the tips and others are midway up the probe. Look for a dimple on the probe to indicate if the sensor is midway up the stem.) To be safe, it's suggested that you check the temperature in multiple spots of the food items since foods can cook unevenly depending on the food item and or the cooking device. If you take the temperature and it doesn't meet or exceed the temperatures according to the chart above, continue to cook your food item. Home Food Safety – Part 3 of a 4 part series. Be sure to re-clean your thermometer before using it again to re-check the temperature of your food item – otherwise you could cross-contaminate your food item. Stay Tuned for Part 4: Refrigerate

Charlene

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

Activities and Recreation

There is so much going on this month, I don't even know where to begin.

Let me start with two of our bigger events. **The Ladies' Tea will be Friday, May 17th at 3pm.** This is for all the ladies of West Ridge and a guest or two. Please RSVP to me or Crystal by May 14th.

The other is our **Volunteer Tea.** This is for our wonderful volunteers who help us in so many ways throughout the year. It will be **Wednesday, May 22nd at 3pm.** Invitations will be sent for this event.

We will be going to Truman Elementary on

the 10th to celebrate the end of a wonderful year of visits. It is always our hope that the children continue to visit us during the summer.

The week of May 12th we will be celebrating National Nursing Home Week with special dress up days, a luau for all the care partners (elders and staff), the ladies' tea, a staff potluck and other fun activities.

We will also be going out to pick out flowers which we will then plant around West Ridge on May 24th. You are welcome to join us that day to help plant. Come prepared to dig in and get dirty!

Whew! I'm tired just thinking about it. That is on top of all the other fun and spontaneous stuff we do around here. (Did I mention May 14th is Dance Like a Chicken Day?)

A special thank you needs to go to Jill at the Cedar Rapids Ladd Library for the wonderful tour she gave us in April. She truly went above and beyond and everyone who went enjoyed it very much.

Stay dry and enjoy nature this month!

Julie





God could not be everywhere, so he created mothers.

~Jewish Proverb

May is...

Gifts from the Garden Month
 National Meditation Month
 National Photo Month
 National Salsa Month
 National Smile Month
 Older Americans Month
 1- May Day
 2- National Day of Prayer
 4- National Dance Day

4-12- National Travel and Tourism Week
 5- Cinco de Mayo
 5-11- 30th Annual National Hug Holiday Week
 5-11- National Pet Week
 6-12- National Nurses' Week
 7- National Teacher Day
 8- Anniversary of V-E Day

11- National Train Day
 12- Mother's Day
 12-18- National Nursing Home Week
 13-17- National Etiquette Week
 14- National Dance Like a Chicken Day
 17- National Pizza Party Day
 17-27- International Pickle Week
 18- Armed Forces Day
 19- Neighbor Day

20- Blue Jeans' Birthday
 20- Flower Day
 20-27- National Backyard Games Week
 25- Full Moon
 25- National Tap Dance Day
 25- National Wine Day
 27- Memorial Day

