


West Ridge Breeze

From Richard's Desk

June 2013

Happy Summer to everyone in the West Ridge family. It's hard to believe that school is out and we are busy planning our summer activities. Please don't forget to take time out of your busy schedules to stop and see us. If you or someone you know have any special talents that you would like to share with the elders, we would be happy to add you to the Activity Calendar.

We are all enjoying the improvements to our entryway in the front. The increased cement area has allowed more elders to enjoy the fresh air and beautiful flowers.

I am sorry to let you know that Sami, our Giant Schnauzer puppy, had developed a serious seizure disorder and we had no alternative but to put her down in the middle of May. We will miss her and the many laughs that she gave us.

While at my son's graduation, one of the students that spoke read a poem from Mother Theresa that has really made me stop and think. "People are often unreasonable and self-centered. Forgive them anyway.

If you are kind, people may accuse you of ulterior motives. Be kind anyway.

If you are honest, people may cheat you. Be honest anyway.

If you find happiness, people may be jealous. Be happy anyway.

The good you do today may be forgotten tomorrow. Do good anyway.

Give the world the best you have and it may never be enough. Give your best anyway.

For you see, in the end, it is between you and your God. It was never between you and them anyway." ~Mother Theresa

Richard



My father used to play with my brother and me in the yard. Mother would come out and say, "You're tearing up the grass." "We're not raising grass," Dad would reply. "We're raising boys."

~Harmon Killebrew

Suggestions From Sarah

Need a ride?
There are a number of transportation services available in our community.

Riders Club of America provides transportation to any destination with in

the Cedar Rapids Metropolitan area to individuals who are 55 and older. Riders Club requires a 24 hour notice for each ride request. There is an annual fee and prepaid cost per destination. LIFTS Bus

provides door to door service for people over the age of 60 and or disabled. A letter from the doctor is required stating that the rider is unable to ride the city bus.

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Nursing Notes

Hello and Happy June!!!

I just wanted to take a few moments to share with you all the importance of oral care especially for the elderly population. It is estimated about 5% of the our nation's elderly live in long term care facilities. Most of this population takes 8 or more medications daily. Since dry mouth is a common side effect of many medications, it is common for these people to have a decrease in saliva production.

Due to the decrease in saliva it puts the elderly more at risk for periodontal decay or tooth decay. It is important for all us to remember the importance of drinking lots of fluids, especially fluoridated water and use tooth paste and mouthwash with fluoride. Also maintain good oral hygiene and always follow up with your dentist for regular appointments. I am excited to announce the return of the Kirkwood Community College Dental Hygiene students this summer at WRCC. They will be at

WRCC on June 5th, 7th, and 12th from 8:30--11:30am. If residents would like to be seen by the students for evaluation and cleaning, we ask that the elder or their loved one please stop at the nurse's station to fill out a consent form. Please see me with any questions!

Katie



Food For Thought

Well the weather finally turned around and we got the garden planted. I can't wait to see it start to show growth. The dietary staff worked very hard to get all the plants in the garden, some that were requested at the community meeting last month.

We are also in the process of getting the Spring and Summer

menus going and hope to have them start the first or second weekend in June. As always, if you have any questions please feel free to contact me. Thanks!

Becky



Chuck's Corner

May was a busy month! As I write this, we are in the process of having our front entrance area re-done. We hope you enjoy the new look! The new dryers be installed in the laundry and we'll be back up and running! Our team has a new member. Please welcome Angie Drenzo. Angie works 2 days a

week in Housekeeping and fills in for other housekeepers and laundry staff as needed. June is the time my wife and I go to Canada fishing. With such a late start to spring up there, we will be challenged with different conditions, but it's not just about catching fish..... June is such a colorful

month with all the flowers blooming-Please join us outside as we enjoy this beautiful month!

Chuck



Happy Birthday to You

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

Elders

Dr. Melvin Gage on 6/10

Care Partners

Peggy Burnett on 6/8

Becca McConnell on 6/8

Angela Randall on 6/8

Carolina Amigon on 6/11

Alicia Donnell on 6/11

Courtney Foster on 6/16

Charlene Vasey-Larson on 6/18

Jeremy Gardemann on 6/21

Montana Gourley on 6/21

Katie Tenney on 6/26



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

Joan Erbe

Gordon Johnson

Marian Kucera

Edward Martin

Bonnie Murphy

Robert Naaktgeboren

Janet Nesley

Keith Ollinger

Betty Schulte

Robert Webber

Jim Wilkin

Violet Williams

Care Partners

Angela DiRenzo, Environmental Services

Yvette Martin, Nursing

Ashley Olson, Nursing

Frank Scott, Dietary



Happy Anniversary

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

FOURTEEN YEARS

Mary Perez

ELEVEN YEARS

Mike Dreismeier

Seven Years

Allison Bohren

Three Years

Erin Krousie

One Year

Lisa Bertelli

Kassidy Deklotz

Becca McConnell

Katie Tenney



In Sympathy

We would like to express our deepest sympathies to the family and friends of Marty Butschi. His

gentle smile will be missed by all at West Ridge.



Picture Pages



Velma shows off her artwork



Martha and Melissa show off their masterpiece



Frank Naber, a brother to Agnes Weber, played the accordion for us



Melissa and Martha show off their Mexican fashion sense for our Cinco de Mayo fiesta



We got to enjoy a semi-impromptu concert from the band, Switchback. It was standing room only.



Marguerite visits with Truman students at the End-of-the-Year Celebration at Truman



Truman students visit with Velma, Delores and Martha



Truman students show their schoolwork and favorite books to Agnes, Mardene and Sally



More scenes from the End-of-Year Celebration at Truman



Crystal and Katie look fab for 50's Day



Scenes from a Luau- Mary gets her meal from Alicia and all enjoyed their lunch outside. We had beautiful weather! Aloha!



Jodi shows off her 6-shooters on Western Day



Kristin shows off her bubble-blowing skills on 50's Day



▲ Kim and Liv are ready for the Islands on Hawaiian Day



◀ Martha, Virginia and Roberta picked out the flowers we planted



◀ John and Gerry dig in to help plant the flowers

Martha, Agnes, Delores, Velma and Bea enjoy some fresh air while planting flowers



Suggestions from Sarah (continued)

Norse Transport is a handicapped and elderly transportation service providing non-emergency wheelchair accessible transportation from Cedar Rapids and the surrounding area.

Aging Services has volunteers who provide transportation for health care appointments, grocery stores, food banks and farmers markets.

tation services and other local agencies stop by the social work office.

Sarah

For a complete listing of transpor-



Happy Father's Day

Father's Day celebrations have been around in one format or another since 1908, but did you know it was not officially a holiday until 1972? Happy Father's Day to all the fathers who read this. Hear is some "fatherly advice". Do you remember uttering these words to your children?

- ◆ Who said life was supposed to be fair?
- ◆ Go ask you mother!

- ◆ Shake it off. It's only pain.
- ◆ A little pain never hurt anybody.
- ◆ Life is a journey and you've just reached one of many speed bumps to come along.
- ◆ As long as you tried your hardest, that's all that matters.
- ◆ Don't believe anything you hear and only half of what you see.
- ◆ As long as you live under my roof, you'll follow my rules.
- ◆ Don't take yourself so seriously,

take what you do seriously!

- ◆ Are you going out looking like that?
- ◆ Worrying about things you can't change is like a rocking chair... it gives you something to do, but it doesn't get you anywhere
- ◆ There's nothing a little duct tape can't fix.



Critter Corner

As the weather starts to get better, we will see more pets coming to visit the elders at West Ridge. We enjoy having the family pets visit and they are always welcome. All pets must be in the control of the owner at all times. All dogs must be on a leash while at West Ridge. Vaccinations on all pets entering our home must be up to date. We request that proof of vaccinations be kept on file with the administrator if you plan to bring your pet in frequently. All visiting pets must

be able to interact well with the other animals at West Ridge.

If you are thinking about adopting a pet, think of adopting a shelter animal. There are many cats and dogs looking for new forever homes. A no-kill shelter, A Safe Place for Dogs, recently relocated to 809 Rockford Drive SW. They have several dogs looking for homes. They are open from 11am-3pm on Saturdays for you to visit.

The Pet Committee is always looking for new members to join us in caring for the pets here at West Ridge. All staff members, elders and family members are welcome to join us. We meet the first Wednesday of the month at 2pm in The Garden.

Don't forget our Hot Dog and Brat Lunch fundraiser on Monday, June 10th from 10:30am-1:30pm. There will also be baked beans, chips and dessert.

Activities and Recreation

Attention Men of West Ridge: **The Men's Picnic will be Thursday, June 13th at 5:30pm.** Please join Richard and Mike as they prepare a feast fit for a king. This is for all the Men of West Ridge and their sons, grandsons, etc. Please RSVP by June 10th.

What do you think of when you think of summer? Fun in the sun and the great foods of summer. We will be doing a lot of activities outside this month, when the weather cooperates, and enjoy some of the great summer treats. Days like National Fresh Veggies Day, National Onion Rings Day, National Bomb Pop Day and National Ice Cream Soda Day gives us lots of reasons to celebrate the tastes of summer!

I want to thank all the volunteers who were came to the Volunteer

Tea in May. Thank you to Kathy Hughes who received the honor of being named Volunteer of the Year. Thank you also to Erma Allison, Virginia Barber, Carroll Brown, Angela Carr, Emily Carr, Mikayla Carr, Sandy Ehlert, Jan Nolting, Sarah Nolting, Craig Quinby and Linda Wilkinson for your service to West Ridge. It means more than words can say that you give you time and talents to help us out!

Did you know that we have a variety of games and puzzles available for you to use when visiting with your loved one? They are located in several locations, including the chest of drawers right by the front door. Just open the drawers to find checkers, cards, and other games. There are several jigsaw puzzles in the back

hallway of the Foyer Level. We simply ask you to return them to the location you got them from when you are done. Have fun!

There are several fundraisers coming up this month I want to remind you of: The West Ridge Memory Walkers will be having a Bake Sale on Thursday, June 6th from 10am-2pm. The Pet Committee is having their Hot Dog & Brat sale on Monday, June 10th. And the Memory Walkers will have a Grill-Out fundraiser on Thursday, June 27th from 10:30am-1:30pm. Money raised by the Memory Walkers goes toward the team goal for the Alzheimer's Association.

Have a great summer!

Julie



Noah's Top 10 List

I "borrowed" this from the program from *Children of Eden*, the wonderful musical we saw at Jefferson High School in May. May we all remember that the earth is our garden and we must take care of it so that we can pass it on to the next generation.

Noah's Top 10 List

1. Whatever you do, pay attention that you do not miss the boat.
2. Remember that you are not alone because everyone is in the same boat with you.
3. You need to look into the future

and plan for it. Remember that when Noah started building the ark, it had not started raining yet.

4. Keep healthy and fit because even when you have reached the golden age of six-hundred years, someone might approach you and ask you to perform something really big, grand and important.
5. Ignore those that criticize you and instead just keep your eye on the job that you need to get done.
6. Build your future on a very high ground.
7. If you wish to be safe, always

travel in pairs.

8. Though you might think that speed is a great advantage, it is not necessarily so because on Noah's Ark the cheetahs were on the same boat with the snails.
9. Feeling stressed out? Float around for a while.
10. Note that while the Ark was built by an amateur, the Titanic was built by professionals.

