

# West Ridge Breeze

July 2013

## From Richard's Desk

Happy summer to everyone in the West Ridge family. I am sure that everyone is busy planning summer activities. With all of the children out of school, it is a great time to visit the ones we love.

We are excited to see so many of the elders and their families enjoy our new enlarged sitting area by the front entryway. We will continue to work on improving this area and if anyone has any ideas for enhancing our "outdoor experience", please let

us know. Please take time to enjoy the gardens on the west side of the building and in the Courtyard.

A big thank you to all of the family members and elders that participated in the Men's Picnic. I had a great time. I

If you or any of your family members have a special talent that you would like to share with the elders, Julie in Activities would be happy to add you to the activity calendar.

I wish all of you a fun

and safe summer and if I can assist you in any way, my door is always open.

Richard



## Suggestions From Sarah

### Milestones Adult Day Health Centers

Milestones is an innovative adult day health center designed to prevent premature or unnecessary institutionalization of adults with physical and/or psychological challenges.

They are committed to assisting participants experiencing strokes, arthritis, Alzheimer's and related dementias, hearing and vision loss, depression and other conditions to achieve maximum levels of independence, which also meets the needs of

caregivers.

Milestones uses a multidisciplinary team concept which allows us to best serve the various needs of participants. The staff consists of a Director, social worker, a registered (continued on page 2)

You have to love a nation that celebrates its independence every July 4, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism.

~Erma Bombeck

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## Nursing Notes

Our Eden Journey is still very much alive at West Ridge! As Cedar Rapids' only Eden Certified home, I feel it's important to talk about our Eden journey and share some of the projects our team is working on. We have developed an Eden leadership team that consists of Richard, Mike, Julie, Sarah, Becky, and me. We meet monthly formally and informally frequently to discuss education and upcoming events.

Some of you reading this may be saying "What is Eden?". Eden is a philosophy that promotes personal transformation finding meaning in the smallest moments

in our lives, along with culture change and human growth. Most importantly building relationships with the elders. This philosophy helps to combat the three plagues of loneliness, helplessness and boredom which account for the bulk of suffering among our elders.

All department heads are Eden Certified Associates and all employees are trained in Open Hearts and Open Minds by Carol Ruggles, our Eden Mentor. This training helps our staff to give companionship to combat loneliness, the knowledge that elders need to give and receive care to

combat helplessness, and to provide an environment with variety and spontaneity. Through education and with our vision, we will continue to grow and implement Eden in our daily life. Stop in to visit with any of the leadership team to learn more about our Eden Journey.

Katie



## Suggestions from Sarah (continued)

nurse, certified nursing assistants, visual artist, music therapist, registered dietitian, and a consulting psychiatrist. Together they provide the only adult day health center of its kind in Linn County.

Milestones' staff recognizes the importance of family input and knowledge of the participant. We encourage family members and significant others to remain an integral part in the planning and care of their loved ones.

Benefits to the caregiver include: support, supervision, structure & therapies while family members or primary caregivers work. Respite services. a cost effective alternative to nursing home placement. A well balanced breakfast, noon meal and snacks (evening meals are available) Accommodation of special diets. Medication management. Programming based on adult education & the arts & humanities. Staff available for financial service coordination

Milestones has two locations: O avenue in Cedar Rapids (319) 398-3647 and Cardinal Drive in Marion (319) 373-3494.

Sarah



A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

~James Dent

## Giving Back

At our last Community Meeting, it was decided by Elders and Care Partners that we would like to do more community outreach. The first project chosen by the group was to **donate backpacks filled with school supplies** to our community partner, Truman Elementary. Julia Winterboer has spoken with Principal Tammi Kuba and she suggests getting gender neutral back packs and filling them with the “generic” school supplies that most grades need.

School supplies often go on sale

right after the 4th of July weekend and you can often find very good deals at this time. There will be copies of the Truman Elementary School supply list available at our front desk if you are interested in donating school supplies. We will also need around 20 new or gently used backpacks that are gender neutral.

We have a strong relationship with Truman Elementary as they have been coming to West Ridge for about 12 years. This is our opportunity to give back to the school

that has brought us so much joy.

Please contact Julia Winterboer if you are interested in helping out on this wonderful project.

We will ask interested elders, staff and family members to join the planning committee for this project. The first meeting will be Monday, July 8th at 10am.



## Chuck's Corner

Please make sure to mark your loved ones clothing with both first and last name if possible. We currently have five elders who have the same initials, making it difficult to assure items get delivered to the correct person.

Chuck



## Food For Thought

Home Food Safety – Part 4 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 – as seen in the March Newsletter.

Part 3: Cooking and Proper Tem-

peratures – as seen in the May Newsletter.

### Part 4: Refrigerate

Perishable foods left unrefrigerated for over 2 hours can cause food poisoning. Refrigerating foods promptly and properly can reduce you risk.

Proper refrigerator temperature is below 40° F. The best way to en-

sure your refrigerator stay at a proper temperature is to purchase a thermometer to keep in your refrigerator at all times. Place the thermometer towards the front since it is the part of the refrigerator most likely to be the warmest if the refrigerator door is being opened and closed letting in warm air. In fact, your refrigerator may have areas that are warmer and colder so when first monitoring the  
(continued on page 6)

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## Happy Birthday to You

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

### Elders

Irene Whiting on 7/12

### Care Partners

Kristin VandenBosch on 7/9

Desiree Jozefowicz on 7/14



## 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

Ruby Barry

Mary Broghammer

Milford Frazier

Gail Hauschild

Maxine "Snicker" Louketa

Paul Lumpa

Phyllis Lumpa

Larry Priske

Mabel Walters

Irene Whiting

### Care Partners

Janet Bynum

Carolyn Green

Desiree Jozefowicz

Kendra White



## Happy Anniversary

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

### FIFTEEN YEARS

Nicole Sanders

### Four Years

Peggy Burnett

Kristin VandenBosch

### One Year

Rebecca Sobolik



## In Sympathy

We would like to express our deepest sympathies to the family and friends of Marvin Beezley. His great smile and sense of humor will be missed by all at West Ridge.



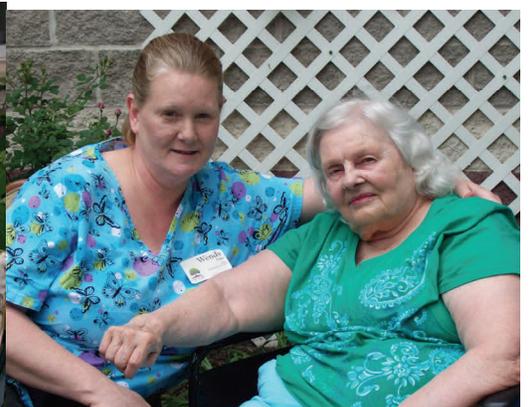
## Picture Page



Velma enjoys a little fun in the sun in style



Jason and Thelma are rays of sunshine in the Courtyard



Wendy and Martha relax in the Courtyard



Tom, John, Larry, Gerry, Richard, Bob, Jim, Bob, Willard and guests enjoyed beautiful weather and great food at the Men's Picnic



Agnes and Gerry enjoyed grilled hot dogs and brats at our first picnic of the year ▶



Roberta and Martha at our first picnic of the season.



Jeannette and daughter, Jean, enjoyed the beautiful weather at the picnic ▶



## July is...

Anti-boredom Month  
Celebrating the Outdoors Month  
National Grilling Month  
National Hot Dog Month  
National Ice Cream Month  
National Picnic Month  
1– Creative Ice Cream Flavor Day  
1– International Joke Day  
2– Halfway Point of 2013  
3– August 11– Dog Days  
4– National Country Music Day  
4– Independence Day  
13– Birthday of Erno Rubik (1944)  
16– 84th Annual Major League

Baseball All-Star Game  
16– Global Hug Your Kids Day  
17– Anniversary of the Opening of Disneyland (1955) *Have you ever been to Disneyland?*  
17-20– 23rd Annual National Baby Food Festival, Fremont, MI  
20– Moon Day  
22– Full Moon  
22– Spoonerism Day  
23– Ice Cream Cone's Birthday (1904)  
23– Gorgeous Grandma Day  
23– National Vanilla Ice Cream

Day  
24– Cousins Day  
24– National Drive-thru Day  
24– National Tell an Old Joke Day  
28– Aunties Day  
28– Parents' Day  
30– Father-in-law Day



## Food For Thought (continued)

temperature, move the thermometer around to different places to ensure that all areas stay below 40° F. If your temperature isn't below 40° F, adjust the refrigerator and continue to monitor until the temperature is below 40 degrees F. Some foods may freeze at 32degrees F so 35-38degrees is a good goal temperature. Proper freezer temperature is 0 degrees F or below.

Perishable foods need refrigerated quickly to slow the growth of bacteria and prevent food poisoning. When you return home from the grocery store, a picnic, potluck, etc., refrigerate your foods as soon as possible. Leftover foods

from a meal should not stay out of refrigeration longer than 2 hours. If it's over 2 hours, discard the food items. In fact, if you leave a long distance from the grocery store or if the outdoor temperature is very warm, it is best to bring a cooler to put your perishable foods in until you get back home.

If you have cooked foods that are still hot at the end of a meal, it's recommended that you rapidly chill those food items before you place it into the refrigerator since a hot item may raise the internal temperature of your refrigerator and all the item in it – this would increase the risk for food poisoning for all your refrigerated items.

To cool down hot foods, cut the food into smaller pieces and /or divide the food up into several small containers. Also, you can place the item on/in ice to cool it down quickly and then refrigerate the item.

Hope you've enjoyed this 4 part series on Food Safety Tips!

Charlene

Source: [HomeFoodSafety.org/what-was-it](http://HomeFoodSafety.org/what-was-it). Safety Tips



This, then, is the state of the union: free and restless, growing and full of hope. So it was in the beginning. So it shall always be, while God is willing, and we are strong enough to keep the faith.

~Lyndon B. Johnson

## Activities and Recreation

I am excited that the elders and care partners present at the last Community Meeting have decided to do more community outreach. See the article in this issue of the Breeze for more details about our first project, donating backpacks and school supplies to our community partner, Truman Elementary School. I am excited for this new journey for us and hope everyone reading this will be able to help the elders achieve their goals.

July brings us more summer activities and more time outside. With the crazy weather we have been experiencing so far, it has affected some of our activities. You are always welcome to join us, however if you are planning to

join us for any outings or outdoor activities, please call ahead to make sure we haven't changed our plans.

If you have family that live out of town and are not able to make it to visit their loved one at West Ridge very often, please let them know that we can assist the elders to Skype. We have had elders who have watched a grandchild get married via Skype as they were not able to be at the out-of-state wedding in person. It is a great way for someone to connect with their loved one at West Ridge. Can you imagine the joy and pride someone would feel if they could see their newborn great grandchild who lives on the West Coast for example? If you are interested in

setting up a time to Skype with someone at West Ridge, please call me at 319-390-3367 or email me at [julie@westridgecarecenter.com](mailto:julie@westridgecarecenter.com).

Don't forget to like us on Facebook to see even more pictures and announcements about events and daily happenings.

I wish you a safe and happy summer. Stay cool and may your garden be plentiful and weed-free!

Julie



## Happy Independence Day

★ The Declaration of Independence was adopted on July 4, 1776

★ The Declaration of Independence has 1,458 words including

the 56 signatures

★ At the formal signing of the Declaration of Independence on August 2, 1776, Thomas Jefferson

said, "We must all hang together or most assuredly we will all hang separately."



## Walking for a Cure

Thank you to everyone who supported the Bake Sale and the Grill Out fundraisers in June. The West Ridge Memory Walkers are on their way to reaching the team goal. This month we will have another **Grill Out fundraiser on Monday, July 22nd from 10:30am to 1:00pm.**

We have also started our "Forget Me Not" fundraiser. For \$1.00

each, you can purchase a paper Forget-me-not flower and put your name or a name of a loved one on it and we will display it at our front entrance.

We are also planning on doing more fundraisers between now and the Memory Walk, some that may be ongoing, so look for fliers when you are at West Ridge.

Thank you for your continued sup-

port of our West Ridge Memory Walkers team. All proceeds go to the Alzheimer's Association for research for treatments and hopefully someday, a cure.

