



West Ridge Breeze

From Richard's Desk

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It's hard to believe how fast the summer is going. I encourage all of the elders and their families to go outside and enjoy our new sitting area by the front entrance or in our Courtyard.

We have applied for an Outpatient Therapy license from the state. This would give us the opportunity to provide

therapy services to our discharging residents on an out-patient basis. We have had many people request this service from our excellent therapy group, RehabCare. We hope to hear back from the Department of Inspections and Appeals ??? Board within the next month. We believe that this service would be a great benefit to those we have had

the privilege to provide in-house therapy for. I will keep everyone updated on this issue.

My door is always open. Please stop and see me any time.

Richard



Suggestions From Sarah

Our Resident Advocate Committee is comprised of five volunteers who function as an autonomous group within West Ridge and represent every elder. It is a particularly important role, especially for elders who have no family or friends nearby and those who might be reluctant to bring concerns directly

to car partners. Volunteers spend at least 2-3 hours per month at West Ridge talking with the elders to better understand the conditions of the facility from the elders' point of view. The Resident Advocate Committee convenes on a regular basis to share information gained during the visits. Issues are

then communicated with Richard Curphey, West Ridge Care Center's Administrator, to correct problems or implement suggestions for improvement.

Sarah



Nursing Notes

I recently received more training on Medicare guidelines and because we accept Medicare reimbursement, we have to follow these guidelines. One concern here at West Ridge is how we handle out of facility visits, out of facility visits, only pertain to residents on a Medicare A stay or a skilled level of care.

Residents that are on a skilled stay, meaning Medicare A is reimbursing West Ridge, are not allowed to go out for long periods or spend the night out. Medicare only allows for doctor's appointments, church, special occasions and therapeutic activity. It is very important that residents have their therapy

prior to leaving the premises. The Wednesday outings are considered therapeutic. Please see me with any questions regarding what is considered therapeutic.

Thanks,
Katie



Chuck's Corner

It's been a warm summer! Daily watering has been a must, but the weeds have done just fine-Ha! Inside, we've been challenged to maintain a comfortable temperature for everyone. We have a new Carpet Care/ Environmental Services/ Maintenance person that recently started-Derin Vaverka. Please welcome Derin as part of our team. As I write this, we have completed numerous building preventive-maintenance items in order to continue to provide a safe, comfortable and efficient environment, such as exhaust system cleaning in the kitchen, regular pest-control, life safety fire system inspections, heating and air conditioning system maintenance,

on-going maintenance to our activities bus, and the conversion to a paperless medical record system with computer upgrading and staff training. One thing everyone can assist us with is reducing energy usage by turning off lights, televisions, fans, etc. when not needed. The laundry-our biggest consumer of natural gas, has upgraded its laundry dryers from 1992, operating at lower temperatures and higher efficiency, and our lighting conversion completed last December is showing savings, even though energy prices have dramatically increased. As you can see, Environmental Services encompasses much more than cleaning and laundry services. We take our

environment seriously in many ways-even the "Green" chemicals we use for air-quality and proper infection-control. Our staff of eight professionals take much pride in their work, and we appreciate and are proud of them! Take a moment to thank them for their daily efforts and caring attitude that they demonstrate every day. My door is always open (same door as Richard's!), and I appreciate your feedback, questions and comments!

Chuck Bailey,
Director of Environmental Services/Safety Officer



**Education is
not
preparation
for life;
education is
life itself.**

~John Dewey

Food For Thought

Now that the summer weather is here, we are seeing the garden start to grow and also produce some vegetables and fruit. The dietary staff have gotten some yellow squash out of the

garden and also fresh spinach. See the pictures we have taken so everyone can see what a great looking garden we have. We cant wait to get more food from the garden as things

start to produce more.

Becky



Get Your Brownies and Cookies Here!

Thank you to everyone who has supported our team fundraisers. We are on our way to reaching our team goal.

Our next fundraiser is mmm mmm good! How would you like to satisfy your sweet tooth without the hassle of baking? Let us do it for you!

We will be taking orders for brownies and mon-

ster cookies from August 12th-23rd. The baked goods will be available for pickup on August 27 and 28.

The brownies and monster cookies are both \$3.00 per dozen. Payment must accompany your order. Please see Becky, Crystal or Julie to place an order or if you have any questions.



Happy Birthday to You

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

Elders

Mabel Walters on 8/5
Craig Quinby on 8/9
Lynda Filip on 8/16
Bea Losenicky on 8/27

Larry Priske on 8/30

Care Partners

Kathy Palzkill on 8/7
Jessica Davis on 8/8
Lynn Woodward on 8/10
Kathy McLees on 8/12
Britney Spores on 8/13
Erin Krousie on 8/17
Mary Giovanazzi on 8/21
Nicole Sanders on 8/23

Denise Hoffpaur on 8/29

Melissa Mergillano on 8/30

René Saylor on 8/30

Brandy Hansen on 8/31

Andrea Heidt on 8/31



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

Wilda Clemons
Don Detert
Mary Donegan

Marcella Fisher
Mary Kay Gerleman
Dale Griffith
Jerry Gusta
Ted Kaltenbach
Bob McCracken
Joanne Oftedahl
Craig Quinby
Barb Roman
Bob Webber

Jim Wilkin

Care Partners

Mell Candia
Jacey Mohs
Starr Partee
Jenille Sherrod
Derin Vaverka



Happy Anniversary

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

TWENTY YEARS

Becky Pickart

One Year

Kim Hofmann



**An investment
in knowledge
always pays
the best
interest.**

~Author unknown,
commonly attributed to
Benjamin Franklin

Picture Page



Becky, Roberta, Mardene, Emma and Lauren enjoyed lunch at the Flying Wienie



Roberta checks out the goods at NewBo market



Katie, Virginia and Becky check out the popcorn at NewBo



West Ridge Baby Watch has begun! Here are some of the moms-to-be: Jessica, Leah, Brittney and Allison



Marian strikes a pose on Gorgeous Grandma Day



Marguerite and Joanne are Gorgeous together



Andrea and Allison compare baby bumps



Delores and Deb are all smiles after making a snazzy visor to keep the sun out of Delores's eyes.



We are blaming this youngin' for catching all the fish we didn't! See our Face Book page for more fishing photos.

Dog-gone Funny

Since we are a registered Eden Home and have dogs here at West Ridge, I thought you might enjoy some of these jokes.

Reasons Dogs Do Not Use Computers

☺ Can't stick their heads

out of Windows 10

- ☺ Fire Hydrant icon is very frustrating
- ☺ Too difficult to "mark" every website they visit
- ☺ Saliva-coated mouse gets difficult to maneuver

Critter Corner

Last month many of us celebrated our nations freedoms with parades, picnics and of course, fireworks. While these activities are fun for the whole family, four legged members do not enjoy all the celebrations. We have a dog who is terrified of the loud noise associated with the fireworks. Her eyes become like saucers, her body shakes and her cries are heartbreaking, Trying to calm her can be very hard. I recently saw an ad for a "Thunder Shirt", said to calm even the most anxious pet. I was skeptical but thought I would give it a try. When the fire-

works started, our beagle, Lady Jane became fearful. I wrapped the "Thunder Shirt" around her and within seconds she was laying calmly in her bed.

Our dog Taylor is frightened of thunder storms. When I wrap him in the shirt he calms right down.

The "Thunder Shirt" wraps around your pet and feels like a comforting hug to your pet. The shirts are available for cats and dogs. The shirts are available at Petco and Pet Smart for \$39.99. They come in various sizes so it is important to measure your pet around the chest

To God From Dog

Dear God,

Why do humans smell the flowers, but seldom, if ever, smell one another?



The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live.

~Mortimer Adler

area to get the proper fit.

The Pet Committee is open to all elders, staff and family members. We meet on the first Wednesday of the month at 2:00pm in the Garden dining room. If you would like to become a member, please join us for a meeting.

If you have any concerns about the animals at West Ridge or a suggestion for a future fundraiser, we would love to hear from you.

Kathy Hughes



Activities and Recreation

July was certainly a busy month all around. We had fun discovering NewBo Market and tested our taste buds with a blind baby food tasting. Cowboy Jim was back and Agnes's brother, Frank Naber, played again too. We went fishing and caught a large stick. We've spent a lot of time outside enjoying the beautiful weather. Be sure to check out our Facebook page for more pictures of our adventures and

daily life.

We've been busy working on our Back-to-School project, collecting school supplies and fundraising. This month we will go shopping for more supplies with the money we raised and then donate it all to Truman Elementary.

We will also go on our annual pontoon ride this month. This is always a favorite outing and we have been lucky to have great weather when we go so say some prayers

for this year.

Next month we will welcome a new group of Truman friends. I look forward every year to meeting these bright young minds, and they love coming to West Ridge too.

I hope you are all having a fun and relaxing summer!

Julia



August is...

American Adventures Month

National Canning Month

National Fair Month

National Golf Month

Summer Fun Month

1- Anniversary of the World Wide Web

1- Girlfriends' Day

3- National Watermelon Day

4- Friendship Day

4- International Forgiveness Day

4- Sisters' Day

5-11- National Smile Week

6- National Root Beer Float Day

10- National S'mores Day

11- Family Day

11-15- National Scrabble Week

12- Vinyl Record Day

13- International Left-handers' Day

14- Anniversary of V-J Day (1945)

15- National Relaxation Day

15-21- National Aviation Week

16- Hawaii Admission Day Holiday

16- National Tell a Joke Day

20- Full Moon

20- Lemonade's Birthday (1630)

22- Be An Angel Day

26- National Cherry Popsicle Day

26- National Dog Day

26- Women's Equality Day

30- National Toasted Marshmallow Day



If you think education is expensive, try ignorance.

~Attributed to both
Andy McIntyre and
Derek Bok