

West Ridge Breeze

September 2013

From Richard's Desk

It's hard to believe with as hot as it has been that summer will soon be over and that the kids are back in school. It won't be long before the different groups from the schools start stopping by to see us. We always look forward to their visits.

As I reported in last month's newsletter, we have applied for an outpatient therapy license from the state. I am happy to report that we have been approved to be able to offer this service. This will give us the opportunity to con-

tinue to provide therapy services to our discharging residents that continue to qualify for therapy on an outpatient basis. If you have any questions or interest in this service, please do not hesitate to contact Lisa in therapy or Katie Ross, Director of Nursing.

I am also excited to notify our out of town families that the Clarion Hotel in Cedar Rapids is offering a Senior Living Center rate to all hotel guests traveling to the area to spend time with their loved one at West

Ridge. If interested, please contact the Clarion Hotel at 319-366-8671 or 877-949-2992 and ask for the Senior Living Center rate. This rate is \$84.00. The Clarion is a full service hotel and offers a complimentary hot breakfast with this rate.

As always, we greatly appreciate the opportunity to serve you and the ones we love.

Richard



Suggestions From Sarah

Horizons, A Family Service Alliance is dedicated to providing opportunities for human development in order to improve the quality of individual and family lives. With its headquarters at 819 Fifth Street SE in Cedar Rapids, Horizons provides a va-

riety of human services across East-Central Iowa including Meals On Wheels, Consumer Credit Counseling Services, iCan Counseling Services, and Mental Health Counseling. The agency employs over 120 staff. **All Horizons** programs can be

reached by calling 319-398-3943.

Horizons Meals On Wheels helps older adults and persons with disabilities in Eastern Iowa meet their daily nutritional needs. (Continued on page 2)

Nursing Notes

Dear WRCC Residents and Family Members,

It is that time again for us to start discussing the upcoming influenza season. We have sent out consents with the September billing for yourself or your loved one to sign to receive the annual influenza immunization. As the consent forms are signed we will be able to begin vaccinating as the flu shot becomes available in our facility. This generally happens around the

first week of October. Please drop consents off to either nurse's station.

We are striving for 100% vaccination facility wide this includes staff and residents. Remember the flu shot contains noninfectious viruses and does not cause the flu. Any staff that do not receive the influenza vaccination will be asked to wear a mask, while at work. This is per our Medical Director, Dr. Daniel Vanden

Bosch's recommendation as well the CDC (Centers for Disease Control). Please see me with any questions regarding this year's flu season or the flu shot.

Thank you for your concern with this matter.

Katie Ross
BSN, RN, DON



Suggestions From Sarah (con't.)

Delivering hot, fresh restaurant-quality food 7 days a week, Horizons Meals On Wheels offers ready-to-eat meals in addition to on-site-made frozen meals, breakfast bags and customizable nutri-

tional plans covering every meal of the day. Staff and volunteers who make deliveries provide safety checks, as well as emotional and social support.

Sarah



Happy Labor Day

The celebration of the first Labor Day was held on September 5, 1882 in New York City. More than 10,000 people including members of the Central Labor Union and other citi-

zens marched in a parade. Following the parade, people gathered in a park for speeches, a picnic and concert. In 1884, President Grover Cleveland signed into

law an act making Labor Day a federal holiday on the first Monday in September. How have you celebrated Labor Day?



Chuck's Corner

West Ridge staff receive regular education through online In-services, webinars, seminars, conferences and In-house meetings. State and Federal regulations require many of them, including training that starts this month from OSHA/EPA/DOT. Worker-Right-To-Know Laws/Hazard Communication was put in place in 1988 and is going through a globally-wide standardization of this program. GHS (Globally Harmonized System) is the classification and labeling system of all chemicals. Standardization is needed to protect all workers from injury from hazardous chemicals-using pictograms and key wording so all

understand risks to exposure/environment world-wide. Our staff will receive basics on the new system before 12-1-13. Manufacturers have until 2015 to revise all product labels and safety data information required of them and provide it to their customers of their products. Every business is required to have a Hazard Communication Program with an itemized inventory of these chemicals, a safety data sheet on each hazardous chemical in its facility and training on the use, health, and safety precautions of these chemicals. Employees are required to know about the chemicals they use and where the safety data is

located and the location and operation of emergency eye-wash stations. (We have four in our building.) Your employer is required by OSHA to provide all of this information to you. There are many products that are not considered hazardous. My suggestion: **READ THE LABELS!** Please feel free to visit with me any time. I am also the Safety Officer of West Ridge that oversees this program.

Chuck Bailey,
Director of
Environmental
Services



Food For Thought

Since it has been so hot at the end of the summer, here's a recipe for a yummy smoothie to help keep you cool.

Mango Piña Smoothies

- 2 cups fresh mango, peeled and cut into chunks
- 2 cups pineapple,

peeled and cut into chunks

- 4 cups papaya or mango juice
- Ice

Put the fruit and juice in the blender and fill almost all the way with ice. Blend until smooth. Garnish with pieces of mango or pineapple. Serve im-

mediately.

YIELD: 8 servings (about 6oz each)
Per Serving— 120 calories, 0 fat, 0 chol, 30g carbo, 0 protein, Exchanges— 2 fruit



Happy Birthday to You!

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

Elders

Joanne Oftedahl on 9/5

Martha Divishek on 9/15

Marguerite Scolaro on 9/18

Pegge Schultz on 9/20

Barb Roman on 9/24

Jim Boniface on 9/25

Ardith Bliss on 9/30

Care Partners

Michelle West on 9/3

Kelly Jennings on 9/6

Cathy Powers on 9/6

Melissa Griffin on 9/8

Cecelia Carlson on

9/11

Margie Anthony on 9/16

Jill Hines on 9/22

Frank Creque on 9/29

Aleighia Packingham on 9/29

Star Partee on 9/29



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

Ardith Bliss

Beverly Calvert

Sarah Ernst

Dale Griffith

Aline Houck

Georgia Orrith

Care Partners

Allyson Hawkins, Die-

tary

Gary Severson, Nursing

Jennifer Sherrod, Nursing



Happy Anniversary

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

Ridge.

Six Years

Ruthann Gharib

Three Years

Angela Randall

Two Years

Lauren Jewel



In Sympathy

The care partners of West Ridge wish to extend their deepest sympathies to the families and friends of the fol-

lowing Elders. They will truly be missed.

Jeannette Alden

Virginia Barber



Picture Page



Marguerite and Mikayla made a great pair shopping for school supplies for the Truman students



Emily, Velma, Renè and Sally hunt for good bargains for Truman students



John was all smiles buying school supplies for Truman Elementary



Mike and Mardene show off their finds

Pictured L-R:
Mardene, Ted, Tom and Velma help clean sweet corn that was served the next day for lunch.



Velma, Sally, Melissa, Mardene, Mike, John, Julie (Joanne's daughter), Gerry and Joanne enjoy a picnic lunch on the pontoons.



Above, Gerry, Agnes, Julie and Ted clean more sweet corn.



Roberta enjoys the beautiful weather on Lake McBride

Critter Corner

The children are back in school again and mornings can be a rushed experience. The children are trying to get out the door to catch the school bus and the pets may also be trying to leave in the excitement. Be sure to know where your pets are as you open the door to prevent them from running out and trying to follow your children to school. If your pets are outside while the children are on their way to school, be sure they cannot get near the sidewalk or the street. Keeping our children and pets safe is important to all of us.

I recently received this poem and wanted to share it with all the Grandmas at West

Ridge.

A Grandma's Poem

It seems that grandmas always need
A little one to hold;
To kiss and love, with
all their hearts.
To shelter from the cold

It gives me so much
pleasure
When you sit upon my
knee.
To know as I grow
older
You will keep me com-
pany.

I'll tell you lots of stories
I'll sing you lullabies.
And you will know I
love you more
With each beautiful day
that goes by.

I used to hold your
mommy
And hug and kiss her
too.

I love her very much
you know
The same way she
loves you.
I used to wish that she
would stay
My baby girl all her life.
But God intended for
my little girl
To grow up to be a
mommy and a wife.

And that's why He
made grandchildren-
To fill the empty gap.
It would be such a
lonely world without
you.
Come— sit on
Grandma's lap.

~Donna Bussey

Kathy Hughes,
Pet Committee



***"By all these
lovely tokens
September
days are
here,
With
summer's
best of
weather
And autumn's
best of
cheer."***

***- Helen Hunt
Jackson,
September,
1830-1885***

September is...

Back-to-school Month
Classical Music Month
Fall Hat Month
National Piano Month
Square Dance Month
2— Labor Day
4— Newspaper Carrier
Day
5— Be Late for Some-
thing Day
5— National Football
League (NFL) Sea-
son Starts
6— Fight Procrastination

Day
8— Grandparent's Day
9-14— National Line
Dance Week
11— Patriot Day
13— Friday, the 13th
13— International
Chocolate Day
15-21— National Ball-
room Dance Week
17— Constitution Day/
Pledge Across
America
19— Full Moon

19— International Talk
Like a Pirate Day
20— National POW/MIA
Recognition Day
21— United Nations'
International Day of
Peace
21— World Alzheimer's
Day
22— Patent of the Ice
Cream Cone (1903)
22— Autumn Begins
22-28— Active Aging
Week

22-28— National Dog
Week
28— National Hunting
and Fishing Day



Activities and Recreation

Please note that the church service sponsored by Gloria Dei has been moved to Sunday, September 8th due to the holiday weekend. Please join us immediately following the church services for an **Ice Cream Social** in honor of Grandparent's Day. The worship service in The Garden is at 2:00pm and the worship service for Blossom Lane and the Foyer level is at 2:30pm.

Thank you to Paul Ridder's daughter, Barb, for helping us acquire two library carts for an exceptional price. The Library Cart will go around once a month for elders to be able to check out books.

Thank you to all the young volunteers who helped us out over the summer. It's great to see young people choose volunteerism. Special thanks to my niece, Emily, for all her help during the summer.

It's also exciting to see

all the growth and renewal in our Cedar Rapids community. This month we will tour the new library and next month we will tour the new fire station. I for one am glad that the elders suggested these tours. It is important to stay connected to our larger community.

And of course, with September comes the new school year and our Truman visits. Melissa and I will go to Truman on September 6th to give the students an orientation to West Ridge. On the 13th, they will come here for a tour and then their regular visits begin on the 20th. I have to say I love this program. The kids are always on their best behavior and I have had the privilege to work with some great teachers. Mrs. Haring and Miss Simmons are awesome and they have asked us to come to Truman on the 27th to cheer the kids on during the Tiger Trot. I think we'll make excellent cheerleaders!

Our leaf trip is tentatively scheduled for September 25th. This is the hardest outing for me to schedule since the leaves do not always cooperate with my planning. With the crazy weather we've had, it's hard to predict when the leaves will start to turn.

Don't forget to "like" us on facebook to see more pictures of our adventures. You can also check out our website, www.westridgecarecenter.com. If you'd like to help us go green, contact me with your email address and I will add it to the distribution list. You will then receive the newsletter via email each month. (And usually faster than snail mail!)

I hope everyone is staying cool.

Julie



What children need most are the essentials that grandparents provide in abundance. They give unconditional love, kindness, patience, humor, comfort, lessons in life. And, most importantly, cookies.

~Rudolph Giuliani