

# West Ridge Breeze

## From Richard's Desk

As we say goodbye to 2013 and welcome 2014, it gives me the opportunity to look back at all the blessings I have received over the past year. I would like to thank all of the elders, families and staff members that have touched our lives during the past year. To all the great staff that help bring peace and joy to each of the elders, it is a privilege to work with you. Your loyal and caring ways are greatly appreciated. To the families and elders who chose West Ridge for your rehab or long term care, it is an honor to have each of you in our West Ridge family. We do not take lightly the opportunity that you have given us. We are excited about the possibilities that 2014 will bring.

Richard

## Social Work News

Happy New Year to you and your family! I am so honored to be a part of the West Ridge family and am a firm believer that things happen for a reason. I shared with you last month that this area of health care is new to me and I have been humbled by the outpouring of love, support and friendship I have already found at West Ridge. I consider it a privilege to work with the elders, the families we serve and a great group of employees. Thanks for making me feel welcome.

As we begin the new year, please keep in mind that this time of year is not always joyous and festive for everyone around us. There are many people who are sad, lonely or isolated at this time of year, especially the winter months following the holidays. Reach out to those around you and take care of yourselves as you "recover" from all of the holiday parties, Christmas programs, shopping, baking and seeing your families. Please contact me if you would like to chat or need resources for caring for yourselves and others .

Becky



### Inside this issue

- Jubilee Ministry .....2
- Winter Safety Tips.....2
- Birthdays.....3
- Welcome.....4
- Pictures.....4
- January Is .....6
- Exercises Tips .....6

## Nursing Notes

Since we are in the season of giving I wanted to share a wonderful little secret in Cedar Rapids. Grace Episcopal Church at 525 A Ave NE (319) 362-1929 has a medical lending closet that many people are unaware exists. Their Jubilee Ministry operates the supply closet at the church as part of their outreach ministry work.

They have a wide variety of medical equipment including wheelchairs, walkers, and toilet seat risers. There is no charge for the equipment; they just ask that you return it so someone else can use it in the future.

So please remember them as your friends and family have medical items that they would like to donate. They will provide tax information for donations. Also remember that if you are in need of medical supplies, they are available to help. So please spread the word about this wonderful treasure we have here in Cedar Rapids! This is a great way to give and know it will help individuals in our own community our that may not otherwise have access to these items! Happy New Year Every One!!

Katie



## Chuck's Corner

Happy New Year to all! Last month, I wrote about Fire Safety-especially during the Holiday season. This month, I'd like to stress winter safety-tips: "STOP WINTER FALLS-WALK LIKE A PENGUIN" is the theme.

Just like being a "defensive driver" to avoid accidents, become a "defensive walker" to avoid winter falls.

- \* Plan ahead to ensure sufficient time to reach your destination
- \* Wear boots with non-slip tread
- \* Use care getting in and out of your vehicle. Hold onto the door frame to steady yourself.
- \* Assume all wet, dark areas on pavement are slippery and icy
- \* Walk in designated walkways. Avoid "off-sidewalk short-cuts"-which don't receive maintenance.
- \* Don't TEXT & walk at the same time.
- \* Use available handrails. Try not to carry items in your arms that can cause you to be unbalanced.

### WALK LIKE A PENGUIN:

- \* Walk flat footed.
- \* Take short steps or shuffle for stability.
- \* Concentrate on maintaining your balance.
- \* Keep your head up and don't lean forward.
- \* Shorten your stride and walk slowly to safely navigate an icy path.
- \* Point your feet out slightly to increase stability
- \* Keep your arms at your sides (not in your pockets) to maintain balance.
- \* Do the Penguin shuffle

Report any icy/slippery areas to us or ask staff to put some snow/ice melter over the area. (We keep a supply just inside our front door for when Maintenance staff are not available.)

From all of our Environmental Services staff and the Employee Safety Committee, " Think Safety" And Happy New Year to all!

Chuck Bailey, E.S./Safety Director



## Happy Birthday to You

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

### Elders

Donald Detert on 1/6  
Dorothy Blaha on 1/7  
Bob Allison on 1/8  
Beverly Bieber on 1/16  
Cassie Hanson on 1/27  
Thelma Filling on 1/28

### Care Partners

Katlynne Reth on 1/6  
Sister Mary Klisart on 1/7  
Gary Severson on 1/14  
Marc Pearson on 1/20  
Kim Hoffman on 1/22  
Randa DeHoedt on 1/25  
Connie Antonini on 1/30  
Allison Bohren on 1/31



## Let's Welcome Them

We would like to welcome the following people to the West Ridge family. We hope that they find West Ridge to be a special place to live and work.

Beverly Schulte  
Robert Shimek  
Eileen Siechert



### Elders

Beverly Bieber  
George Hill  
Rosemary McAleer  
Beverly Packerham

## Happy Anniversary

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

### TWENTY YEARS

Connie Antonini

### Three Years

Crystal Anthes

### Two Years

Melissa Griffin

### One Year

Marc Pearson



## In Sympathy

We would like to extend our deepest sympathies to the family and friends of the following elders. They were both kind men and both possessed a good sense of humor. We will miss them.

Paul Ridder

Ernest Klinge

## Picture Pages



Shopping Party: Lynn, Sally, Melissa, Barb, Norma and Roberta



Martha and Fawn enjoy the Christmas Party



Velma is surprised and delighted by her visit from Rudolph



Yolla joined the Fruit Blossoms for a few songs



Karma waits patiently for something to drop



Maxine and Al enjoy the food and music together at the Christmas Party



Rudolph and Sharon compare noses



Mardene is happy to see Santa



Mabel smiles big for Santa



Roberta is joined by her husband and daughter at the Christmas Party



Richard and Marilyn pose with Santa and Rudolph



Marguerite was thrilled to see Santa



Sally and her son enjoyed the festivities of the Christmas Party



Santa recruits John to be one of his elves



Tucker and Karma pose by the tree in their Christmas finest



Wendy and Lynda ring in the New Year with noisemakers and sparkling grape juice



Tucker and Maxine are ready for the New Year!

## January is...

Celebrating Wellness Month  
 Get Organized Month  
 International Creativity Month  
 International Gourmet Coffee Month  
 National Cancer Prevention Month  
 National Hobby Month  
 National Hot Tea Month

1– New Year’s Day  
 3– Alaska’s Admission Day  
 4– Trivia Day  
 5– Twelfth Night  
 5– National Bird Day  
 6– Anniversary of the TV Premiere of *Wheel of Fortune* (1975)  
 6– Epiphany  
 6-March 4– Carnival Season  
 8– Birth Anniversary of Elvis Presley  
 11– National Hot Toddy Day  
 13– Anniversary of the Patent of

the Accordion (1854)  
 15– Birth Anniversary of Martin Luther King, Jr.  
 15– Maintenance Day  
 16– Full Moon  
 17– Hat Day  
 19– World Religion Day  
 19-25– Book Week  
 21– National Hugging Day  
 23– National Clothes Clashing Day  
 23– National Pie Day  
 24– Belly Laugh Day  
 24– National Compliment Day  
 27– Bubble Wrap Appreciation Day  
 29– National Puzzle Day  
 31– Backwards Day  
 31– Chinese New Year Begins  
 31– Fun at Work Day



*“One kind word can warm three winter months.” ~Japanese Proverb*

## Exercises in the New Year

Here is a humorous look at the calories you can burn by doing everyday activities.

Activity	Calories Per Hour
Making mountains out of Molehills	500
Running around in circles	350
Pushing your luck	250
Jumping on the bandwagon	200
Sticking your neck out	175
Adding fuel to the fire	150
Jogging your memory	125
Beating your own drum	100
Pulling out all the stops	75
Turning the other cheek	75
Swallowing your pride	50
Tooting your own horn	25
Wrapping it up at day’s end	12

“While I relish our warm months, winter forms our character and brings out our best.”

~Tom Allen

“Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man.”

~Ben Franklin

## Activities and Recreation

Happy New Year! Many people start thinking about resolutions at this time of year. In visiting with the elders, we have decided that it's better to set realistic goals for oneself rather than lofty resolutions that pretty much set you up for failure. What are some of your goals for the New Year?

One of my goals is to make sure I truly express my gratitude for things people do for me. In that spirit, I would like to thank everyone who came to our Christmas parties in December. I hope you enjoyed them as much as we did! Thanks to all of the staff who helped the elders get ready for the party and helped them get food. Thank you to the “Fruit Blossoms” and Judy Melhert for providing great music. Thank you to all the elders and staff who helped decorate for the season and the party. Thank you to Becky

and the entire Dietary Department for all of the hard work and delicious food! Special thanks to Melissa for putting up with me this time of year. And finally, thank you to Santa and Rudolph for taking time out of your busy schedule to stop by our party for a bit.

We are always looking for new ideas here at West Ridge and love to meet new people. If you know of a community group that would be interested in doing a program at West Ridge, please let me know.

Also, please remember that we can help elders email and Skype so if you or another relative lives far away, you can still communicate with your loved one. Just contact me at 319-390-3367 or email me at [julie@westridgecarecenter.com](mailto:julie@westridgecarecenter.com) to get started!

Stay Warm!

Julie

## Fun Websites for Seniors

This month's featured website for Seniors is Grandma Betty. GrandmaBetty.com offers over 1000 information sources for seniors and baby boomers. It is a launching pad for just about anything a senior could be interested in. There are links for everything from grandparenting to golf to consumer products to investing, to name a few. You can also find blogs, humor, stories, crafts and coupons. You will want to take your time here and check it out. <http://grandmabetty.com/index.php>

