

# West Ridge Breeze

## From Richard's Desk

I am excited to announce an upgrade in our Therapy program. We are in the process of implementing new state-of-the-art Therapeutic equipment and education programs that will help us provide effective treatment options for several prevalent geriatric health conditions.

These treatment programs were developed specifically for the complex needs of aging adults using non-invasive, medication-free therapies. The program utilizes specialized therapeutic equipment that has been used effectively with the elderly to accelerate recovery following injury or illness.

We want the community and our area medical professionals to know we are committed to quality care and progressive therapy techniques. Our staff is excited about these programs. We are convinced it will make a difference in the lives of our patients and their families.

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## Social Work News

Did you make a New Year's resolution? How are you doing with maintaining it? Research shows that repeating a behavior for 21 consecutive days increases your chances for making it a permanent habit. Most often, our resolutions focus on weight loss, exercise or physical fitness. Frequently, people find that when exercise is incorporated into a daily routine, it improves mental health as well. Check your emotional and spiritual well-being and consider a resolution to improve those areas of your life as well. Many times, they go hand in hand and there is much research to support the mind-body-spirit connection. If you don't consider yourself a "religious" or "spiritual" person, think about setting time aside for quiet reflection, meditation or just a time out from the busyness of the day. Hang in there, keep your goals in mind and stay positive.

Becky Krapfl



## Nursing Notes

As we go into February we approach our “survey window”. That probably means nothing to most of you but to people that work in long term care that means we are due for our annual state inspection. Department of Inspection and Appeals (DIA) complete a week long inspection of our facility every year. This is called our survey. DIA inspects all aspects of West Ridge, watching resident’s cares, going over their care plans, inspection of our kitchen, interviewing residents/families and inspection of the environment. There are over 500 regulations we must follow and it is very rare for a facility to have a deficiency free survey. Nursing homes are said to be the most regulated industry after nuclear power plants. It can be

a very stressful week for healthcare workers. It will be posted when surveyors are in the building.

The team at West Ridge expects nothing but the best care for our residents. If you ever have care concerns or any concerns please see Richard Curphey Administrator or me Katie the Director of Nursing right away. As a team we strive to provide excellent care to our residents. Thank you all in advance for your support and ongoing communication.

Katie Ross, DON

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*“Love one another and you will be happy. It’s as simple and as difficult as that.”  
~Michael Leunig*

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## From Richard’s Desk– continued

I would like to invite you to stop and see what what’s new in our Therapy Department and don’t hesitate to visit with one of our Therapists about any questions you might have.

In closing, please remember that my door is always open. And also remember to not ever get so wrapped up in life that you miss the beauty that is around you.

Richard Curphey, Administrator

## In Sympathy

We would like to express our deepest sympathies to Janet Hill and her family on the loss of her husband, George Hill and her mother, Jeanette Thorsbakken. They will truly be missed by their West Ridge family.



## Chuck's Corner

January flew by! The Cedar Rapids Fire Marshall came last month. We passed with flying colors! A big thank you to all our staff for assisting. We will also be inspected by the State Fire Marshall in the near future as part of our annual Department of Inspections and Appeals survey.

This is the time of year when we're all wishing for spring weather to return— my family calls this time of year the “Winter Cabin Blues”. It is a preparation time for us to plan our spring projects. At West Ridge, we will have some parking lot maintenance, including sealing the asphalt, patching winter-damaged potholes, and restriping the parking stalls. Yes, there will be some stalls added! Of course, Becky is probably plotting what seeds to buy for the garden too. Personally, it's when I want to get the boat ready to go fishing! Hopefully the Ground Hog will be attentive to our wishes and the out-of-doors will begin warming soon...

As always, if there are any questions, feel free to give us a call or stop in!

From Chuck and all of our great Environmental Services staff— THINK SPRING!

Sometimes the  
shortest  
distance  
between two  
points is a  
winding path  
walked arm in  
arm.

~Robert Brault

## Spunky Old Broad Month

I really hope this doesn't offend anyone but I wanted to highlight this tongue-in-cheek February celebration. Spunky Old Broad Month is sponsored by Dr. Gayle Carson, a three-time breast cancer champion. According to Dr. Carson, Spunky Old Broads (SOBs) come in three sizes— Spunky Outrageous Broads who are 40 to 50, Spunky Outspoken Broads who are 50-65, and Spunky Old Broads who are 65 plus. You can learn more about Dr. Carson and her philosophy by going to her website, [www.spunkyoldbroad.com](http://www.spunkyoldbroad.com). There you can sign up to receive her weekly newsletter via email. Each newsletter includes at least three tips for living a better life.

I think that her topics are relevant

to many of our female family members that may feel the stresses of being a caregiver— even when your loved one lives in a care center or assisted living.

Some of the issues she address includes the following questions:

Do you sometimes feel like you're **sandwiched between** your kids, your elderly parents, your work and even your grandkids if you have them?

\*Are you sometimes **tired and worn out** from the things that other people are putting on your shoulders and in your head?

\*Do you **feel invisible** to the people around you and that no one is listening to what you have to say?

\*Are you having trouble **finding the time** to exercise and de-stress even though you know your health and wellness are an important part to your getting things done?

\*Do you fall into bed at night so **exhausted** that you can't even remember what you've done all day?

\*Are you **feeling lonely** even though you're surrounded daily by people, family, activities and projects?

If you answered 'yes' to any of these questions, feel free to check out this website. Happy February to all the Spunky Old Broads I know and love!

Love is the condition in which the happiness of another person is essential to your own.

~Robert Heinlein

## Happy Birthday to You!

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

### Elders

Roberta Phinney on 2/8

Tom Yamagata on 2/20

Doris Holub on 2/25

### Care Partners

Mike Dreismeier on 2/12

Chuck Bailey on 2/21

Martha Aguilar on 2/23

Kathy Wenger on 2/27



## 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.

### Elders

Patsy Butler

Pat Florang

Shirley Lewig

Joe Lorenc

Raymond Neumeyer

Barb Roman

Ruth Stauffer

Arlene Stratton

Robert Wiederin

### Care Partners

Amielia DeWitt



## Happy Anniversary

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

### TWENTY TWO YEARS

Chuck Bailey

### Eleven Years

Cassie McSpadden

### Five Years

Jill Hines

### Three Years

Melissa Mergillano

### Two Years

Fawn Ingalls

### One Year

Christina Welbes



# Picture Page



Velma rings in the New Year with a fancy tiara



Tucker helps Maxine celebrate the New Year



Becky and Marguerite get close at the Butcher Block



The "Boys Club" at the Butcher Block: Randy, Jerry and John



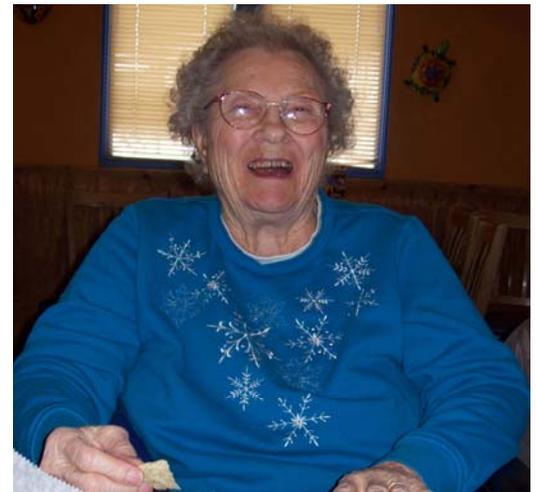
Martha enjoyed visiting with her friend from Truman Elementary



Marguerite enjoys her waffle and strawberries at Tommy's



Roberta enjoys some chips and salsa at Carlos O'Kelly's



Mardene chuckles at something funny at Carlos O'Kelly's

# Food For Thought

Valentine's Day is on its way. Can you believe how fast we made it through January? There are lots of fun things to do for Valentine's Day—make a romantic dinner for your loved one, make cookies with the kids, go out and have a great meal at your favorite restaurant. Here at West Ridge we will be having brunch with the residents. The Dietary staff have been planning a great meal brunch and have some good ideas in mind. We hope everyone has a safe and fun Valentine's Day. Here is a good rolled sugar cookie recipe to make with the kids.

## Rolled Sugar Cookies

### Ingredients:

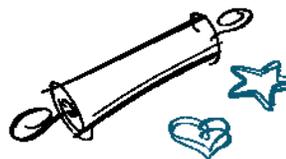
- 1½ cups butter, softened
- 2 cups white sugar
- 4 eggs
- 1 tsp vanilla extract
- 5 cups all-purpose flour
- 2 tsps. baking powder
- 1 tsp salt

### Directions:

1. In a large bowl, cream together butter and sugar until smooth. Beat in eggs and vanilla. Stir in the flour, baking powder and salt. Cover and chill dough for at least one hour (or overnight).
2. Preheat oven to 400° F (200° C). Roll out dough on floured surface ¼ to ½ inch thick. Cut into shapes with any cookie cutter. Place cookies 1 inch apart on ungreased cookie sheets.
3. Bake 6-8 minutes in preheated oven. Cook completely.

I hope you enjoy making your cookies— I know we will! Happy Valentine's Day.

Becky and the Dietary Staff



## February is...

American History Month  
Celebration of Chocolate Month  
National Blah Buster Month  
National Weddings Month  
Spunky Old Broads Month

Jan. 31-Feb. 14– Chinese New Year  
2– Groundhog Day  
2– Super Bowl  
5– Weatherman's Day  
6– Winter Olympics Begin  
7– National Wear Red Day  
8– Anniversary of the Founding of the Boy Scouts of America (1910)  
8– National Girl Scout Cookie Day

10-16– Random Acts of Kindness Week  
11– Birth Anniversary of Thomas Edison  
14– Full Moon  
14– National Donor Day  
14– Valentine's Day  
16-22– International Friendship Week  
17– Presidents' Day  
23– 56th Annual Daytona 500  
26– Blue Jeans Wednesday



# Activities and Recreation

There are a lot of exciting things happening around the world in February— Groundhog’s Day, the Super Bowl, the Winter Olympics, Valentine’s Day, President’s Day, the Daytona 500. Something for everyone! What events are you going to watch or take part of? I love watching the Olympics. Seeing countries come together peacefully to compete in sports makes me feel like there is hope in the world. This month the athletes (Elders) of West Ridge will come together for our own version of the Winter Olympics. And of course, there’s Valentine’s Day. While many think of this as a romantic holiday dedicated to sweethearts, I think of it as a day to express my love for all of my family and friends. Remember in elementary school when you gave a

valentine to everyone in your class? That’s how it should be when you’re older too. Let all of your friends and family know that you love them and are grateful that they are in your life. As Becky mentioned, we will be celebrating the day here with a delicious brunch and a party.

Coming up in March, West Ridge will again participate in the SaPaDaPaSo Parade on Monday, March 17th. Please let me know if you would like to join us and be in the parade with us. If you are going to watch the parade, be sure to keep an eye out for us so that you can cheer for us!

Julie



“Laugh as much  
as you breathe  
and love as long  
as you live.”

~Author unknown

# Presidential Fun Facts

Four Presidents were born in the month of February: George Washington, Abraham Lincoln, William Harrison and Ronald Reagan.

Thomas Jefferson spoke 6 languages.

James Garfield could write Greek with his left hand and Latin with his right at the same time.

William Henry Harrison was President for only 31 days. He died of pneumonia.

George H.W. Bush survived four plane crashes during WWII.

Harry Truman woke at 5 in the morning to practice the piano.

Jimmy Carter was the first President born in a hospital.

Abraham Lincoln was a wrestler who was defeated once in 12 years. He was also a magician who popularized the use of the top hat in magic tricks.

George Washington’s Farewell Address has been read in Congress on February 22 since 1862.

