



April 2014

# West Ridge Breeze

## FROM RICHARD'S DESK

We are all excited that Spring is well on its way. With the changes in weather we look forward to the opportunity to get outside more often. This is always a good time to look over your loved one's clothing to make sure those spring and summer clothes are marked and in good condition. Keep in mind that you may want to leave a couple sweaters or cardigans as the weather changes a lot this time of year.

On April 27th CBS 2 and FOX 28 will be hosting a Health Expo at the U.S. Cellular Center in downtown Cedar Rapids from 10a.m. to 4p.m. We have been invited to participate in this event. We would like to encourage all of our friends and family members to attend. It is a great opportunity to educate yourself on what this great community has to offer to help keep us healthy. Whether you are two or one hundred and two, this expo is for you. If you have questions please stop and see me. I believe this will be a fun day for all who attend.

In the near future we are planning to work on our parking lot to help improve our parking dilemma. Please excuse any inconvenience this might cause.

As always, please do not hesitate to contact me if you have any questions or concerns.

Richard Curphey

## SOCIAL WORK NEWS

Ask me about our rehab to home program! You may have noticed a bit more "traffic" in and out of the facility. If so, it's because West Ridge has taken a more active approach in getting people well and back to their own homes. In 2013, West Ridge sent 244 folks back home following a hospitalization and rehab stay. This is often referred to as "skilled care." Medicare and most commercial insurers provide for a skilled nursing benefit if qualifying criteria are met. Skilled care involves

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## NURSING NOTES

Spring has finally sprung around here!!! I'm writing this on the first day of spring. Yay!!!! To kick off spring we hosted a skills fair for our nursing staff the weekend of March 23rd. Our skills fair consisted of our nursing staff going through booths to refresh and sharpen our skills. Team leaders tested our entire team out on CNA and Nursing skill such as catheter insertion/care and safe transfers for the elders. This is a confidence boosting session for the nursing staff and also a way for us to problem shoot any issues we may see arise. The nursing staff would like to thank Crystal, our dear receptionist, for

planning and retrieving the education for this great event. I would also like to thank all of the nursing staff for giving their Sunday to assist in becoming better caregivers! Kudos to the whole team! Please see me if you have any questions regarding nursing skills or standard of practice. We wish to continue to educate and strive towards excellence here at West Ridge Care Center.

Katie Ross, DON



*“April is a promise that May is bound to keep.”*

*~Hal Borland*

### SYMBOLS OF EASTER

Why, if Easter is a Christian holiday, do we celebrate with colored eggs, candy chicks, and rabbits?

The egg symbolizes the tomb in which the body of Jesus was buried, and the chick came out from the egg, as Jesus came out from the tomb. Rabbits are prolific and have come to be a symbol of life, as the resurrected Jesus is the symbol of eternal life and the giver of new life.

## SOCIAL WORK NEWS– CONTINUED

therapies (physical, occupational and speech) often following a fall, surgery or traumatic event or may involve IV medications and wound care. Medicare and other insurance companies are specific about what qualifies as skilled care and usually require a 3 day acute hospital stay prior to skilled care. If you have questions about skilled care or know of somebody who may be in need of skilled care, ask me (or any of our 100+ ready and willing staff!). Our therapy department is experienced in getting people back to their prior level of function, which includes a private residence, assisted living or wherever a patient calls “home”. After discharge

from West Ridge, many people often chose us for outpatient therapy needs as well. Our biggest compliment is a patient or family who elects to come back to West Ridge if an additional skilled need arises. Ask me how to make a referral, take a tour or get more information.

Becky Krapfl



## CHUCK'S CORNER

As I write this, we are patiently waiting for our annual State Fire Marshal Inspection and Department of Inspections and Appeals survey. We never know when they are exactly coming— so it keeps us sharp every day!

All of us are anxious for Spring weather to arrive— warmer days on occasion keep teasing us! We have many projects awaiting us after the frost is out of the ground. THINK SPRING!

As always, feel free to contact me if there are any topics you'd like to discuss.

Chuck Bailey, Environmental  
Services and Safety Director



## FOOD FOR THOUGHT

Wow! I can't wait for the weather to warm up. My staff and I have been talking about the different foods we want to grow this year in the garden. We have been planning how we will set the garden up and hope to have a better year with our vegetables.

We're also starting to think about our Spring and Summer menus, which means more fresh fruits and vegetables and, of course, items from our garden. The dietary staff and I will work on the menus with Charlene, our dietitian, to come up with some changes and new items for the season. If you have any ideas or suggestions, please let us know. Thanks!

Becky and the Dietary Staff



## THE IMPORTANCE OF EASTER

Easter is *the* most important holy day of the year for Christians. If Jesus had not been raised from death to life, chances are he would be remembered as a brilliant teacher and miracle worker, but not as the Savior, promised Messiah, and the giver of eternal life. Consequently, the first followers of Jesus would not have gone out to preach and proclaim the Good news that through faith in Jesus Christ, there is forgiveness of sins and the promise of eternal life. So it is likely that if there had not been the resurrection, there would not have been, and would not be, a religion called Christianity. There would not be Christians, and there would not be Christian churches.

## HAPPY BIRTHDAY TO YOU

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

### Elders

Glenna Schnell on 4/8

Maxine Loukota on 4/16

Marilyn Whittlesey on 4/19

Marie Sproston on 4/21

Marian Kucera on 4/22

### Care Partners

Brittney Shasteen on 4/3

Afton Schulte on 4/6

Carolyn Green on 4/7

Kari Estrada on 4/9

Kelly Kimble on 4/9

Jason Ryan on 4/11

Jacey Mohs on 4/16

Cassy McSpadden on 4/21

Becky Pickart on 4/28



## 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

Beverly Brecht

Lawrence Danker

Ronald Erbe

Rick Giles

Esther Kadlec

Jerry King

Bob Kohl

Phyllis Kriz

Tom McMillen

Pamela Nosek

Virginia Reding

Glenna Schnell

Richard Schuler

Relda Streets

### Care Partners

Bridget Becker

Jacqueline Ferguson

Sally Munson

Erika Pedraza

Annette Thomas

Summer Thompson



## HAPPY ANNIVERSARY

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

### ELEVEN YEARS

Paula McQuown

### TEN YEARS

Cathy Powers

### Five Years

Brandy Hansen

### Three Years

Kathy Palzkill

### Two Years

Conny Nganga

Lenora West

### One Year

Martha Aguilar



# PICTURE PAGE



The West Ridge bus getting decked out for the SaPaDaPaSo Parade



Melissa and Mike help decorate. It was a formal affair for Mike who styled a green sequin bow tie.



Karma getting her green on for the parade



Delores and her daughter Deb celebrate her birthday in style!



Mary wore her special birthday hat all day



Becky and Marguerite had a good time at Fazoli's

Velma gets her chakras checked out by Carol on Healing Touch Day ▶



## APRIL IS...

Celebrating Springtime Month  
Dog Appreciation Month  
Holy Humor Month  
National Humor Month  
National Occupational  
Therapy Month  
Stress Awareness Month  
Volunteers' Appreciation  
Month

1– April Fools' Day  
1-7– Laugh at Work Week  
2– National Walking Day  
4– Anniversary of the  
Assassination of Martin  
Luther King, Jr.  
6– Twinkies Birthday, 1930  
6-12– National Volunteer  
Week  
10– National Siblings Day  
11– National Pet Day  
13– Palm Sunday  
13– Scrabble Day

13-19– National Library Week  
14– International Moment of  
Laughter Day  
15– Full Moon  
15– Income Tax Pay Day  
18– Good Friday  
20– Easter  
22– Earth Day  
22– National Jelly Bean Day  
24– Take Our Sons and  
Daughters to Work Day  
25– National Arbor Day  
26– National Bird Day  
27– World Healing Day  
29– National Dance Day  
30– Hairstylist Appreciation  
Day  
30– National Doctor's Day



## DYING EASTER EGGS

Many of the elders of West Ridge remember dying Easter Eggs with natural dyes. Some that people have shared with me over the years include flowers, coffee grounds, fruits, vegetables, tea and spices. What did you use? It seems vinegar has always been the agent used to make the color deeper. But why do we dye eggs in the first place?

According to legend during

medieval times, eggs were valued and given as gifts on Easter. The lord and lady of the manor would give eggs wrapped in pressed gold. The peasants, the workers of the castles and grounds, would wrap their eggs in spring flower petals. I hope you have many fond memories of dying eggs with your family.



## LIVE WELL, LAUGH OFTEN, LOVE MUCH

Do you ever wonder where this saying came from? Well you are about to find out! Bessie Anderson Stanley wrote a poem in 1904 entitled "Success". It reads in its entirety:

He has achieved success  
who has lived well,  
laughed often, and loved  
much;

Who has enjoyed the  
trust of pure women, the  
respect of intelligent men,  
and the love of little  
children;

Who has filled his niche  
and accomplished his  
task;

Who has never lacked  
appreciation of Earth's  
beauty or failed to  
express it;

Who has left the world  
better than he found it;

Whether an improved  
poppy, a perfect poem or  
a rescued soul;

Who has always looked  
for the best in others and  
given them the best he  
had;

Whose life was an  
inspiration;

Whose memory a  
benediction

## ACTIVITIES AND RECREATION

Happy Spring everyone. Even though the weather hasn't really cooperated with us yet. I have hope that it WILL warm up! And when it does, you will find us outside as much as possible.

You might notice a few "repeat" activities on the calendar this month. One of them is "Stuffing Eggs". This is to fill the plastic eggs with candy that we will use for the Easter Egg Hunt on Saturday, April 12th. The other is "Button Stuffing" which is assembling the button packets for the Freedom Festival organization. We have volunteered to assemble 10,000 button packets!

The reason I'm mentioning this is that we may have to be spontaneous and flexible this month as we don't know exactly when we will get the materials from the Freedom Fest office. So please bear with me if we have to move things around some.

For those of you with children or grandchildren ages 1-10, please come to our Easter Egg Hunt. It starts at 10am on the 12th. If you know you are able to attend, we ask if you could pre-register to help us know how many kids might be coming. You can pre-register by calling me at 319-390-

3367. However, pre-registration is not required to attend. In addition to the Hunt, there will be other activities going on in our dining room. We can guarantee that any child that comes will have a great time and leave with lots of candy!

April is Volunteers' Appreciation Month and I would like to thank all of the wonderful volunteers we have here at West Ridge. National Volunteer Week is early this year due to Easter, and we will have some nice surprises for our Volunteers that week, however we will do our actual Volunteer Recognition during National Nursing Home Week in May.

April is also National Humor month. Did you know that children laugh upwards of 300 times per day, while the average adult laughs less than 20 times per day. My challenge to you this month is to find ways to bring more humor into your life and laugh more. Live well, laugh often, love much.

Julie

