

May 2014

West Ridge Breeze

From Richard's Desk

The Department of Inspections and Appeals was here for their annual survey April 7-10 and the State Life Safety Code inspection was conducted on April 15th. Both events went extremely well. They were extremely complimentary overall of our home, our commitment and the caring attitude of our staff. If you would like to read a copy of either report, they are located near our break room or feel free to contact me. I feel very blessed to have such professional, caring staff, families and volunteers here at West Ridge. Your compassion for those we have the privilege to serve does not go unnoticed.

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

Richard Curphey, Administrator



Social Work News

April Showers Bring May Flowers.....
Here's hoping the warm weather is here to stay. April certainly was a cold and rainy month. Sometimes it's hard to maintain a positive attitude when the days are cloudy, dreary and cooler. Usually by the time March and April roll around, we are expecting warm days and plenty of sunshine. Unfortunately, that didn't happen this year. I have noticed that for me personally, it seems to have impacted my mental health and emotional well-being. Something about that long winter and never ending cold... Maybe it's no coincidence that May is Mental Health Month! Recognizing and acknowledging that my mood is poor is a positive first step to making changes. I also employ the use of journaling,

exercise and quiet time in prayer or meditation. Find what works for you and don't be afraid to ask for help if you can't shake those feelings. There is no shame in acknowledging feelings of hopelessness or helplessness and getting appropriate assistance. If you have questions or concerns or need help in finding resources to maintain your own mental health or that of someone you know, please contact me or schedule an appointment with your primary care provider.

Becky Krapfl, Social Worker



Nursing Notes

Happy Spring~ it's really finally here!!! As the weather becomes warmer and the days become longer, the team here at West Ridge wants to start implementing a hydration program. Studies have shown a hydration program can help to decrease urinary tract infections in the elderly, dehydration, as well as helping to combat orthostatic blood pressures especially caused by low fluid volume. These symptoms are generally worse in the warm summer months.

Although we always encourage fluids, we really want a program that will offer the elders other ways to get fluids in, such as popsicles, Jell-O and some different beverages to spice things up. We are planning on having a wagon or cart go room to room to offer fluids.

If you are visiting loved ones here at the facility please offer them fluids during your visit and encourage them to drink. You can often

see signs of dehydration in the elderly by dry oral mucosa or dry mouth, dry skin, lethargy, decreased urine output and/or confusion. Please always report to the nurse if you see even a slight change in the condition of your loved one! So let's all drink up!!!

Katie Ross, DON

P.S. I have also been instructed to remind visitors to try whenever possible to visit our residents that are here for therapy/rehab later in the afternoon or evening. It is important for them to have energy and put their focus on rehab. Also generally speaking there are fewer activities in the evening. Just a thought!



Chuck's Corner

As I'm writing this, we have started our outside parking lot project. We have moved 3 reserved parking spaces to the east side of the entrance driveway in order to free up more spaces in front of the building. No other reserved spots will be designated as such except for 4 van-accessible handicap spaces. We expect the asphalt portion of our west lot to be seal-coated and re-stripped, adding an additional 6 spaces for parking. Restriping of the concrete portion (east half) will also be completed to clearly define parking for visitors, handicap spaces and outpatient therapy. We hope this will enhance everyone's parking convenience and reduce the parking along the street. Staff are also asked to park next door in a vacant lot to the east to reduce congestion. Some areas need to be kept clear for Emergency and transportation vehicles and deliveries. Please respect those markings needed to provide needed services to West Ridge. During the contractor's 2-3 day work, parking will be available across the street at Teahen's Funeral Home and the adjacent church lot. Families and visitors may continue to use the portions of our lots that are open. We appreciate your patience and cooperation during this process. If you have any questions, feel free to contact Richard, Chuck or Mike for assistance. Spring window cleaning has been completed and it's time to till the garden!

Chuck Bailey, Environmental Services/Safety Director



Wanted– For You to Attend!

Due to concerns over our cooler temperatures, we have postponed our family picnic until June. You are invited to join us for a wild good time at our Western Party. Mosey on over for some delicious grub and celebratin' from 5-7 pm on Thursday, June 26th.

Please RSVP to Julie or Crystal by Thursday, June 19th. See ya there pardner!



Food for Thought

May 5th is known as Cinco de Mayo. It is a celebration of the victory of the Battle of Puebla in 1862. It is celebrated just as much in the United States as it is in Mexico and gives us an excuse to enjoy good Mexican food! Here is a recipe for Beef Enchiladas you can make to help celebrate the day.

Beef Enchiladas

- 1 lb ground beef
- 2 Tbsp. chili powder
- $\frac{3}{4}$ tsp. garlic powder
- 4 Tbsp. water
- 3 Tbsp. flour
- 15 oz. can tomato sauce, divided
- 8 flour tortillas
- Olive oil spray
- 2 cups shredded cheddar cheese
- $\frac{1}{4}$ cup onion, diced

1) Brown the ground beef in a skillet. Mix the chili powder,

garlic powder, and water in a bowl and set aside.

2) Add the flour, and 1 cup of the tomato sauce to the meat, then add the spice mixture. Let the meat simmer and stir often. Add more water if the mixture thickens too much. It should not get too thick.

3) Heat the tortillas in a skillet that has been sprayed with olive oil to soften them.

4) Place some meat in the center of each tortilla. Top with some cheddar cheese and diced onion and roll up, then place in a baking dish. Pour the remaining tomato sauce over the top of the enchiladas and top with more cheese.

5) Bake at 350° for 15 minutes.



Happy National Nurses' Week– May 6-12

"The Calling"

Do you sometimes wonder?
Why you do the job you do?
Did you choose your career?
Or did your job choose you?
Way back before you were born
God knew there was a need
So He picked your fertile heart
And planted a caring seed
Then He waited and He
watched
Knowing before too long
The desire in you to help others
Would continue to grow strong
He guided you throughout life
Through the courses that you
took
Because you were a chosen one
You are written in his book
The caring heart He put in you
As you put others first
Leaving only one path to take
In you there was a thirst
Not seeking fame or fortune
Born with a tender touch
You are who you're meant to be
That's why you care so much
Because caring don't take
practice
It's not something you
rehearse
You answered a special calling
When you became a nurse

~Edwin Hofert

In Sympathy

We would like to express our deepest sympathies to the families and friends of these wonderful men. Their smiles and positive spirits will be missed.

Jerry King

Bob Kohl

Gordie Mollman



Happy Birthday to You

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

Elders

Jerry Weber on 5/05

Elaine Rygr on 5/16

Care Partners

Wendy Finn on 5/6

Fawn Ingalls on 5/17

Crystal Anthes on 5/20

Julia Winterboer on 5/20

Crystal Douthart on 5/22

Ashley Olson on 5/27

Amelia DeWitt on 5/29

JoAnn McBride on 5/31



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.

Elders

Dorothy Bena

Heddie Benish

Mary Lou Ellis

Pat Florang

George Hamman

Dorothy Morris

Elaine Rygr

Lester Schulte

Care Partners

Angelina Chadwick

Jo Marie Elkema

Nicole Huggins

Arnolfo Tagulao

Allison Whitenack



Happy Anniversary

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

TWELVE YEARS

Richard Curphey

ELEVEN YEARS

Susan Poplawski

Eight Years

Betty Perez

Renè Saylor

One Year

Carolyn Green

Ashley Olson

Kendra White



Picture Page



Velma enjoys a story from her Truman Friend



Rose and her Truman friend are all smiles



Marie and Karma are deep in conversation



Mardene works hard to fill Freedom Festival button envelopes



Dorothy has been cranking out the Freedom Festival buttons



Mabel concentrates on the task at hand, stuffing Freedom Festival button envelopes



Lisa gives Mr. Shucks a few tips on exercising and proper technique at the 2 Your Health Expo



People of all ages stopped by our booth to try some exercises and have a delicious yogurt parfait



This lady was a quick study as Jody showed her some exercises and stretches at the Health Expo

“My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute all my success in life to the moral, intellectual and physical education I received from her.”

~George Washington

“All that I am or ever hope to be, I owe to my angel Mother.”

~Abraham Lincoln

May is...

National Barbeque Day
National Salsa Month
National Smile Month

1– May Day
1– National Day of Prayer
3– 140th Running of the Kentucky Derby
4-10– National Hug Holiday Week
4-10– National Family Week
4-10– National Pet Week
5– Cinco de Mayo
6-12– National Nurses’ Week
8– Anniversary of V-E Day, 1945
11– 100th Anniversary of Mother’s Day
11-17– National Nursing Home Week

14– Full Moon
17– Armed Forces Day
19-26– National Backyard Games Week
20– Blue Jean’s Birthday (1873)
25– Indianapolis 500 Race
25– Tap Dance Day
26– Memorial Day



Mother’s Day Trivia

- ♥ Mother’s Day has become the second most popular gift-giving day of the year.
- ♥ In the vast majority of the world’s languages, the word for mother begins with the letter M.
- ♥ Carnations are symbolic of Mother’s Day.
- ♥ Mother’s Day is the busiest day of the year for restaurants.
- ♥ There are more phone calls made on Mother’s Day than on any other day of the year.
- ♥ *Ouch.* Signora Carmelina Fedele gave birth to a 22 lb. 8 oz. boy in Italy in 1955. She currently holds the record for delivering the heaviest baby.
- ♥ Many of the sweaters worn by Mr. Rogers on the popular television show, ‘Mr. Rogers’ Neighborhood’, were actually knit by his real mother.



Activities and Recreation

I can't believe it is May already! Where does the time go? We have been working hard to stuff all of the Freedom Festival buttons. Thank you to all of the elders who have been working their fingers to the bones (figuratively, not literally!) to get them done. Think of us when you buy a button at any area Hy-Vee or Casey's. Maybe the one you bought was "stuffed" by someone at West Ridge!

We are having a guest speaker at our Community Meeting this month. Please join us on Thursday, May 15th at 2pm to hear representatives from The Blue Zone Project talk to us about ways to make our community healthier and happier.

Feel free to stop in on Thursday, May 22nd to help us do some planting around West Ridge. Be prepared to get your hands dirty! If you have any gardening tools we could use, bring them along.

See below for more information about our Ladies' Tea. This is for the Ladies of West Ridge and their

guests. Please RSVP by Tuesday, May 27th.

Don't forget that we are able to help the elders at West Ridge Skype with you if you live out of town and are not able to visit in person. Pass this on to any family members that may not receive the newsletter.

Email me at julie@westridgecarecenter.com so that we can make arrangements to Skype.

As you probably already read, we have postponed our Family Picnic until next month. It will be on Thursday, June 26th from 5-7pm. I hope you are able to make it. It is a Western theme this year, so feel free to come in plaid, or wear your cowboy boots, or a cowboy hat, or even bring your lasso!

Julie



Attention Ladies!

The Ladies of West Ridge would like to invite their guests to our **Ladies' Tea on Thursday, May 29th at 3pm**. Join us for some refreshments and entertainment as we honor the mothers and grandmothers that have had such an impact on so many of our lives.

Please call West Ridge at 319-390-3367 to RSVP to Julie Winterboer or Crystal Anthes by Tuesday, May 27th.



M-O-T-H-E-R

"M" is for the million things she gave me

"O" means only that she's growing old

"T" is for the tears she shed to save me

"H" is for her heart of purest gold

"E" is for her eyes, with love-light shining

"R" means right, and right she'll always be

Put them all together, they spell "MOTHER",

A word that means the world to me.

~Howard Johnson