



From Richard's Desk

The Holiday Season is upon us once again. It is a time to give thanks for all of our blessings we have received over the past year. I remember fondly all those who have come and gone. I look forward to the challenges and rewards of the coming year. I treasure the opportunities that lie ahead and pray that the new year will bring us all closer and help us to see that we are truly

called to make a difference in each other's lives. I want to personally wish each of you a Blessed Christmas and Happy New Year. Thank you for choosing to be a part of the West Ridge Family.

We always look forward to your visits, but please help us keep our Elders safe and well by not visiting if you have a fever or are not feeling well. There is hand

sanitizer placed at the front entrance and I encourage everyone to use it when entering or leaving West Ridge.

Richard Curphey



Social Work News

Aging Services is a non-profit organization partnering with Abbe Health and United Way who offers a variety of services in Linn, Johnson, Benton and Jones County to serve elders. They provide caregiver services including resource referral, support groups and a respite program. The chore home repair service provides small home repairs, yard care, snow removal and home adaptations (wheelchair ramps, grab bars, home rails) to anyone meeting eligibility guide-

lines. Volunteers are available for transportation to medical appointments, home visits to isolated elders and home safety checks. Milestones in Cedar Rapids and Marion and Pathways are adult day health centers where individuals over 18 can benefit from support and increase supervision. The Witwer Healthy Aging program provides activities in the community promoting Lifelong learning, Leisure and health and wellness. Aging Services also

provides case management from social workers trained to assess your needs and match appropriate referrals. For more information about Aging Services and their many , please contact (319) 398-3644 or visit their website at AbbeHealth.org.

Abby Martin





Nursing Notes

If you are new to West Ridge or haven't attended one of our awesome Community Meetings, please put this on your list of must dos! Community Meetings are held once a month in the Foyer Level dining room on the third Thursday of the month at 2:30pm. Community Meetings are open to Elders, their families and all staff are welcome to attend.

The Community Meeting is

an open forum to discuss happenings around "The Ridge". We talk about important events, recognize elder and staff birthdays and anniversaries. We can also discuss any concerns that may be on the elders' minds. We plan outings and the Elder Choice Meal for the month.

Please join us on December 21st at 2:30pm for an extra special Christmas Community Meeting. Our goal

is to really amp up our meetings for 2018!!! Have a very Merry Christmas and a Happy New Year!!!!

Katie Ross-Candia, DON



Environmental Services News

Hello everyone. I just wanted to say that I have had a wonderful time working here and getting to know everyone.

I wanted to let everyone know that we now have a printer to tag and label everyone's clothing. It will be much easier for laundry

to do the job and hand out the correct clothing and not end up in someone else's room. I know that it gets frustrating when you are missing clothes and you have to look in the Lost and Found clothing. Just know that it will take a while, but sooner

rather than later it will all be done.

Torri Keyes, Environmental Services Supervisor



Watch Your Step!

Even though none of that "white stuff" has fallen from the sky and the highs as this issue was going to print was in the 50's, we all know that snow in Iowa in the winter is usually inevitable.

We have will have ice melt near our front door during the winter months. Please be careful walking in our parking lot as you come and go. If you notice a slick spot as you are coming in, please let one of our staff

members know and we will get the ice melt out there so no one slips.





Food For Thought

Welcome to December. I hope that everyone has had a great year. Here at West Ridge, the Dining crew would like to remind families that when bringing in food from home, they be safe about cooling the food properly and bringing it here to the elders. We want to ensure that all foods that are reheated are done properly so that we can make sure no food borne illness happens here. If you choose to bring your elder a little left over meal, please take it to the nurse on whichever floor your elder lives on. They will make sure it gets refrigerated and taken care

of so that it is safe to consume. We appreciate your cooperation on this important matter.

I would like to personally take a moment to honor my head cook. Her name is Melanie Simmons. Melanie has been my cook for 2 years now. She has helped me through some of the hardest of times here in the kitchen. I feel like she deserves a bit of recognition. Melanie is married and has some puppies that are considered her children. Melanie is a loving and caring person. She is always willing to step up and help me so that I am not always here every single

day. So if you see Melanie, please stop and take the time to tell her thank you for all of her hard work.

Thank you for always visiting our elders and again, please stop in for a meal with your elder. They love having guests dine with them. Until next year.

Erin Bruner



Community News

Move Back During Medicare's 30-Day Window

Plan Ahead And Play It Safe.

So you or a loved one has been discharged from a hospital or skilled nursing facility after receiving Medicare benefits. You may have even been told that you're no longer eligible for Medicare coverage. But did you know that if your condition worsens during 30 days after the discharge or loss of eligibility, you may be reinstated for Medicare coverage? And you may be able to move in or move

back to a skilled nursing facility?

Medicare's "30-Day Window" can be confusing. Many patients of West Ridge Care Center are eligible for Medicare funding; we want to help explain the specifics of the 30-Day rule. To help you know your options and plan ahead for maximizing your Medicare benefits.

When do Medicare benefits apply?

A patient can continue care from a quality staff, recover in comfort and security and receive Medicare benefits under most

circumstances if:

- the person has been admitted to the hospital for three consecutive days, not counting the day of discharge
- the person is transferred to a nursing center for further care of the condition that was treated in the hospital, or other conditions requiring skilled nursing or rehabilitation services

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Happy Birthday to You!

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

Maxine Gordon on 12/4
Mary Frimml on 12/15

Velma Powell on 12/15
Charlotte Heims on 12/16
Paula McQuown on 12/16
Betty Perez on 12/20
Mell Candia on 12/21
Terry Miller on 12/27

Mardene Schultz on 12/27
Traci Everts-Koosman on 12/28
Ruthann Gharib on 12/31



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, learn, work and grow.

Darlene Ealy
Jackie Floerchinger
Irene Furler
Maxine Gordon
Charlotte Heims

Richard Johnson
Richard Larson
Cristle Leonard
Russ Levins
Sam Loudenback
Asiath Nibarutha
Farida Nibarutha
Bud Rayborn
Irma Rayborn
Jeanne Sramek

Adeline Volesky
Darcy White
Carol Williamson
Doris Winter
Betty Wurster
Richard Yenter



Happy Anniversary

The following people have anniversary dates in the month of December. Thank you for your hard work and dedication to West Ridge.

EIGHTEEN YEARS
Kathy McLees

Julia Winterboer
Five Years
Wendy Finn
Three Years
Chris Maynard
Jessica Mulder

One Year
Katie Goldsmith
Nataline Soko





Picture Page



Choose Kindness

They say “It’s the most wonderful time of the year!” And for many of us it is, but there are some people that have a hard time during the holidays. Perhaps they lost a loved one this time of year and it has changed the way they feel about celebrating. Perhaps they feel down or guilty that they can no longer host their family and someone else in the family has to take it on. Some may

possibly have Seasonal Affective Disorder (SAD). There are a lot of reasons why someone might not be in the mood to celebrate. If you know a loved one is in one of these situations, please be mindful of it.

Some ways to cope with sadness or feeling down can include getting sunshine when the weather permits, exercising, aromatherapy, keeping a journal or talking to someone you trust

about how you feel. You should always consult your doctor if these problems persist or you feel it is more serious like depression.

If you feel your loved one at West Ridge is having a difficult time during the holiday season, please let us know and we will do our best to help raise their spirits and lend an empathetic ear.

Community News– continued

- a physician certifies the patient requires skilled or rehabilitative care after a hospital stay

If a patient is cut from Medicare, a 30-day window exists where coverage may be reinstated.

Who may be eligible for the 30-Day Window of Medicare coverage?

Patients discharged from the hospital.

If a patient goes home from the hospital after three consecutive overnight stays*, and his or her condition worsens within 30 days, Medicare may cover

admitting the patient to a skilled nursing facility.

Patients discharged from a skilled nursing facility.

If a patient goes home from a skilled nursing facility, and his or her condition worsens within 30 days, Medicare may cover re-admitting the patient to a skilled nursing facility.

Patients cut from Medicare at a skilled nursing facility.

If a patient is staying at a skilled nursing facility and is no longer eligible for Medicare coverage - then has a significant change in

his or her condition - the patient may qualify to be reinstated to Medicare.

All of this can be very overwhelming. If you have questions and concerns please call and ask for Jill. I would be happy to meet with you and help you through the process.

Jill Ryder





Activities and Recreation

We hope you are able to make it to our **Holiday Parties!** They are on **Wednesday, December 13th.** The **Garden Party is from 2-4pm** and the party for the **Foyer Level and Blossom Lane is from 5-7pm.**

There will be food, fun, music, and maybe even a visit from Santa! Please let me know if you have any questions about the parties.

There are a lot of other fun activities and outings this month too. We will be shopping at Coral Ridge Mall on December 6th. We will also be going out to look at Christmas lights. One trip will be for everyone on the Foyer Level and on Blossom Lane. The other night will be for the people who live on The

Garden.

We also have lots of community groups coming in to share their time and talents with us. It is important for us to stay connected to the larger Cedar Rapids community. Our Community Meeting will be on Thursday, December 21st and will be a celebration of the season as well as a meeting. There will be lots of treats and fun so be sure to attend!

Thank you to everyone who has donated to the Toys For Tots box so far. The box is filling up! The deadline for donations is the 8th.

Don't forget we have the ability to Skype, Messenger video chat and Facetime on our iPad. It

has a large screen so that the elders can see it well. Please contact me if you aren't going to make it home for the holidays but would like to visit with your loved one at West Ridge and we will set it up.

In closing, as I look back, I think 2017 was a great year and I am looking forward to 2018 being even better! We have some exciting things on the horizon, so stay tuned!

I wish you all a very Merry Christmas and a Happy New Year!

Julia Winterboer



December is...

Bingo's Birthday Month
Celebrating the Season Month
3- Advent Begins
3- Full Moon
3-9- National Cookie Cutter Week
4- National Cookie Day
4- Scrabble's Birthday (1948)
6- St. Nicholas Day
7- Pearl Harbor Remembrance Day

9- Christmas Card Day
10- 90th Anniversary of the First "Grand Ole Opry" Broadcast
12- National Cocoa Day
12- Poinsettia Day
13- Santa Lucia Day (Sweden)
15- National Firefighters' Day
15-January 6- Navidades (Puerto Rico)
16-24- Posadas (Mexico)
20- Anniversary of the Premiere

of the Film, It's a Wonderful Life (1946)
20- National Caroling Day
21- Winter Begins
24- Christmas Eve
25- Christmas Day
29-January 1- Kwanzaa
31- New Year's Eve

