

# WEST RIDGE BREEZE

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February 2018

## From Richard's Desk

With all of the changes in healthcare, the stress of rules and regulations, the over abundance of charting, it's sometimes difficult to remember why we are health care providers. I am thankful for the opportunity we have to make a difference in not only the lives of the Elders, but also the families and our co-workers. I am proud to have the opportunity to be at West Ridge and understand that it takes all of us looking out for and supporting each other to make West Ridge

the comforting atmosphere we all want. Sometimes I believe we should look at what we do in our lives and understand that our roles in the world are a "calling" to help and support those that come into our lives. Happiness is not found in what's in for us but what we can do for others. There is a saying I try to live by, "Our lives are not determined by what happens to us but by how we react to what happens, not by what life brings us but the attitude we bring to life." A positive attitude

causes a chain reaction of positive thoughts, events and outcomes. It is that reaction that allows us to not only love what we do, but also love and respect those with whom we share the opportunity.

Today is a good day to have a good day. Only you can decide what your day will be.

Richard, Administrator



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## Social Work News

"Helping one person might not change the world, but it could change the world for one person." It is easy to feel down when you are going through something that is difficult whether that is a change in health or bad news. Everyone copes with challenges

differently but you never know what a small gesture or simply listening could mean to another person. I challenge you this month to try to make a new friend, take the time to listen to one another and lift each other up with your words. We all need a little more

kindness in our lives and why not start by helping someone else see the light in theirs.

Abby, Social Worker



## Messages From Mike

I know this may be a little redundant but it is still winter and I thought I would remind everyone at West Ridge about winter safety.

First, we all need to slow down. Whether driving or walking, as long as we have freezing temps, there will be slick spots. At the front of our building there is a low spot coupled with

the down spouts from the roof that inevitably creates a large ice patch right under the canopy, so please be careful in that area. Also, if we get a moderate amount of snow it's always helpful if we can park along one side of the lot to help with snow removal.

In summary, slow down and take baby steps

when you think there could be ice present.

Please let us know if you spot any other areas that need ice melt and we will take care of it as quickly as we can.

Mike, Maintenance



*“Let us always meet each other with a smile, for the smile is the beginning of love.”*

*~Mother Teresa*

## Community News

The Cedar Rapids Fire Department is sponsoring free safety programs monthly throughout 2018. These are the 4th Wednesday of the month from 11am-12pm at the Cedar Rapids Fire Department's Central Station located at 713 First Ave. SE.

The next program will be Wednesday, February 28th and the topic will be “Understanding and Responding to Stress”. The facilitator for this

program is Dr. Jim Coyle who is the CRFD Chaplain and also a good friend to the West Ridge family.

In March it will be a Health and Safety Fair from 11am-1pm on March 28th and I will be there representing West Ridge. There will be many other vendors there and I encourage you to come out and attend.

The topic for April is “Chair Yoga: How Staying Active Prevents

Falls”. This will be back to the normal time of 11am-12pm on April 25th.

We will let you know more topics as the year goes on. If you have any questions about the programs, contact Julie Popelka with the CRFD at 319-286-5277.

Jill, Community Outreach Specialist



“The greatest happiness of life is the conviction that we are loved; loved for ourselves, or rather, in spite of ourselves.”

~Victor Hugo

## Food For Thought

This month in the Dining Service Department, we are putting on a Valentine's Day brunch for our elders. It consists of lots of different kinds of breakfast and lunch foods. Our elders have loved this event in the past so we like to keep these types of events going so that they can have a little fun on special days. You are more than welcome to come join

your loved one for the brunch. It starts at 10:30am. It is always nice to have a little extra family to join them on special days.

Spring is just around the corner. Which we are so happy for! This means we will be working on our spring/summer menus very soon. If you have any family recipes that you would like us to try, we

are always open to that. Nothing is better than family recipes. So Happy Valentine's Day and we look forward to seeing you here for the brunch.

Erin, Dietary Manager



## Nursing Notes

Happy February!!!!

Part of the Rules of Participation put in effect by CMS (Centers for Medicare and Medicaid), it states that facilities must establish a grievance policy to ensure the prompt resolution of all grievances regarding the residents' rights. Upon request the provider must give a copy of the grievance policy. We always ask you come visit with administration promptly

if you have concerns.

Our grievance policy and forms are available on the wall near the administrative offices. Please feel free to fill out a form if any concerns come up and give it to a staff member. We understand issues do arise and we appreciate your advocacy!

Also attending your loved one's quarterly care conference is a

great way to communicate and revisit plans of care and goals.

Thanks so much please see me Richard, Abby or me with any concerns!

Katie, DON



*"Biochemically,  
love is just like  
eating large  
amounts of  
chocolate"*

*~John Milton*

A heart that loves is always young.

~A Greek Proverb

## Happy Birthday to You

The following people have birthday in the month of February. Be sure to wish them a "Happy Birthday" next time you see them!

Nataline Soko on 2/2  
Emily Curler on 2/3

Roberta Phinney on 2/8  
Theresa Christophersen on 2/10  
Scott Smith on 2/11  
Pauline Bielow on 2/12  
Mike Dreismeier on 2/12

Amelia Givens on 2/14  
Nikitia Miller on 2/15  
Martha Aguilar on 2/23



*"Love doesn't  
make the world  
go 'round.  
Love is what  
makes the ride  
worthwhile."*

*~Franklin P. Jones*

## 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 o live, learn, work and grow.

Jean Albers  
Tea Barrett  
Cleo Brecht  
Maria Bruner  
Elaine Dice

Teresa Foster  
Davonte Foy  
Rosemary Gessner  
Elaine Hansel  
Tiana Hare  
Rochunda Hobson  
Neia Jackson  
Patricia Kilts  
Carolyn Koopman  
Flo Kopecky  
Betty Long

Clara Marx  
Helen McDonald  
Nikitia Miller  
Joanne Stodola  
Tracie Thomas  
Shirley Turnbull  
Ruth Wesbrook  
Mary Wright



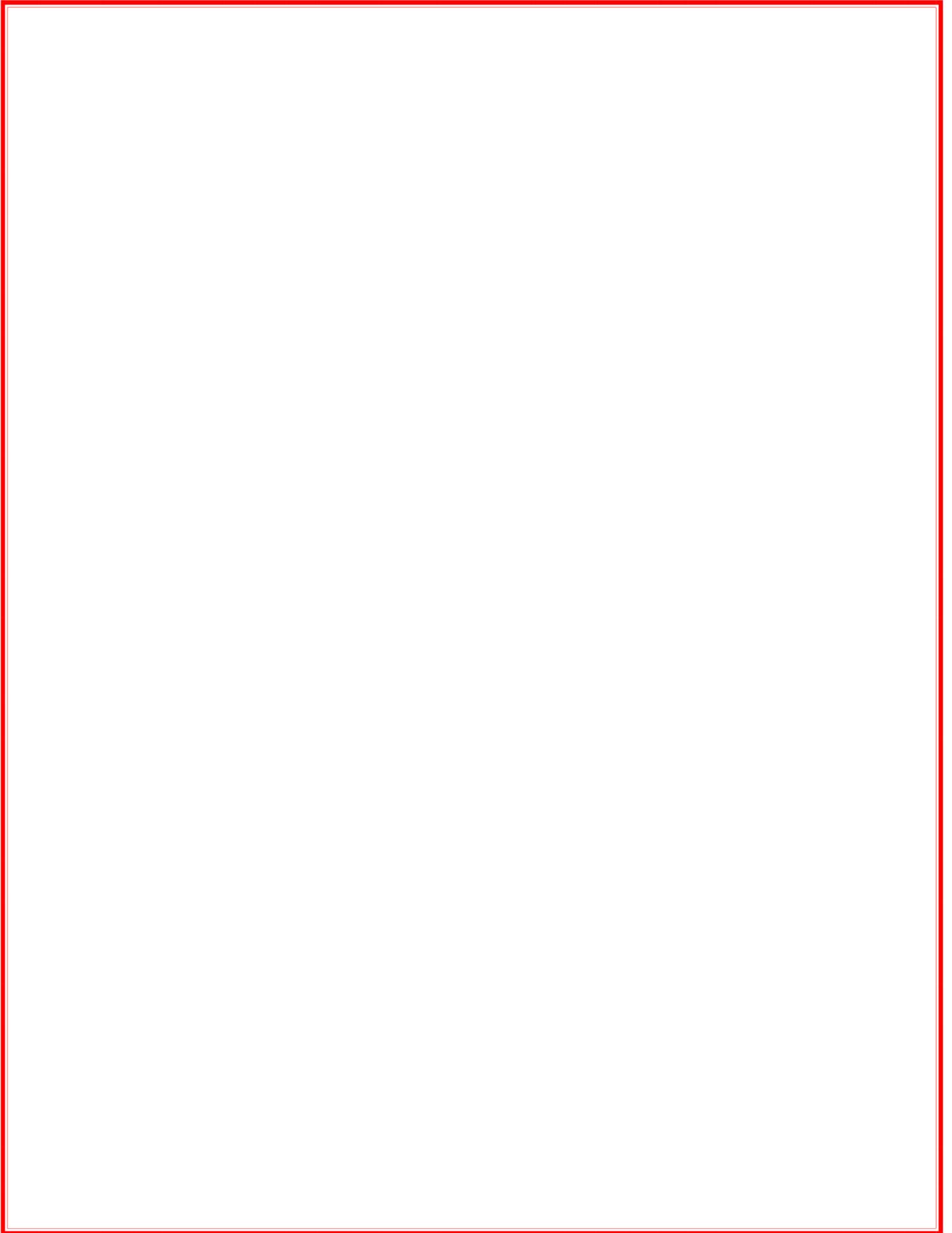
## Happy Anniversary

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

**FIFTEEN YEARS**  
Cassy McSpadden  
**Seven Years**  
Melissa Lynch  
**Four Years**  
Teresa Geppert  
**Two Years**  
Melissa Robinson

**One Year**  
Ciara Cavin  
Mary Frimml  
Tricia Spading





## Family Caregiver Education

Cedar Rapids offers many services to help us with our health and family concerns. Mercy Medical Center is offering a series of classes to support and educate those of us in a care giver role. Even if your love one is staying with us at West Ridge Care Center, you are still a "CARE GIVER". I am enclosing information about an upcoming event in the month of February. The Dementia Series classes are every Thursday morning in February from 10:00AM – 11:30AM. There is no cost associated with the class and I can assure you there is good information to be shared.

This four-week series

offers information on a variety of topics: types of dementia; using laughter to cope; how to get a plan in place; tips to make dressing, bathing and mouth care of the care receiver easier; and options for dealing with reactive behaviors. Presenters for the sessions will be:

Karen Huber, owner of Home Instead Senior Care

Ann Drobot, Director of Programs & Advocacy at the Alzheimer's Association of East Central Iowa

Marianne Smith, Director of the Csomay Center for Gerontological Excellence at the University of Iowa

Renee Riffey, Master

Trainer for Age-u-cate Training Institute

Drew Martel, Foundation 2 Mobile Crisis Team, will present the sessions

The final session will be a Q&A panel discussion.

If you would like caregiving assistance while attending any event, please let the Family Caregivers Center know in advance by calling [\(319\) 221-8866](tel:3192218866) or emailing [fcgc@mercycenter.org](mailto:fcgc@mercycenter.org)

*Sometimes asking for help is the most meaningful example of self-reliance."*

*~Unknown*

## Other Caregiver Support Opportunities

The Family Caregivers Center of Mercy also has other classes and groups available to family caregivers. Some of these classes include: Joy of Music, Chair Yoga, Drop-in Support group, Coping with Downsizing,

Creative Arts, Male Care giver Coffee group and more. They also offer the Mindful Caregiver book study and the Transitioning Out of Caregiving workshop several times a year. For a complete schedule visit their website:

[www.familycaregiverscenter.org](http://www.familycaregiverscenter.org), like them on Facebook, or call 319-221-8866.

## Activities and Recreation

I don't know about you but I am ready for warmer weather already! We had snow for Christmas so now it can just keep warming up until spring. Unfortunately, we have to wait and see what Punxsutawney Phil has in store for us. In the meantime we will do what we can to beat the winter blahs.

We have things planned for Groundhog's Day, the Olympics, Valentine's Day, Chinese New Year, Presidents' Day, Floral Design Day, Celebration of Chocolate Month and

Snack Food Month. You didn't know there was so much to celebrate in February, did you? There will also be people from St. Jude's Catholic Church here on Ash Wednesday (February 14th) to bless and place the ashes on the Elders who are Catholic. If you have any questions, please let me know.

We also have some musicians coming this month that are new to West Ridge or haven't been here in awhile so be sure to join your loved one and enjoy the sounds.

Upcoming events to look forward to include the SaPaDaPaSo Parade on March 17th and the Easter Egg Hunt, tentatively set for March 24th. Be sure to "like" the West Ridge Care Center Facebook page to see what we are up to and get updates and reminders of upcoming activities.

Julie, Director of Recreation and Community Services



*"Remember, we all stumble, every one of us. That's why it's a comfort to go hand in hand."*

*~Emily Kimbrough*

## February is...

American Heart Month  
Celebration of  
Chocolate Month  
National Blah Buster  
Month  
National Cherry Month  
National Snack Food  
Month

2- Groundhog Day  
2- National Wear Red  
Day  
4- Super Bowl LII  
5- Weatherperson's  
Day  
5-9- Annual Pride in

Foodservice Week  
8- Anniversary of the  
Founding of the Boy  
Scouts of America  
(1910)  
9-25- XXIII Olympic  
Winter Games  
11-17- Random Acts of  
Kindness Week  
13- Mardi Gras (Fat  
Tuesday)  
14- Ash Wednesday  
14- Valentine's Day  
16- Chinese New Year  
begins  
18- 60th Annual

Daytona 500  
NASCAR Race  
18-24- 67th Annual  
National Engineers  
Week  
18-24- American Wine  
Appreciation Week  
19- Presidents' Day  
24- National Dance Day  
26- Blue Jeans Monday  
28- Floral Design Day

