

# West Ridge Breeze

April 2018

## From Richard's Desk

As we welcome April it is a good feeling to know Spring is here. We have been blessed to have a milder winter than most— less snow and temperatures warmer than most years.

With the changing of the seasons it is a great time to look over your loved one's clothing to make sure that those spring and summer clothes are marked and in good condition. Keep in mind that you will want to leave a few sweaters as the weather can change a lot this time of year. When you do bring in new clothing items or

belongings, it is very important that you add and subtract from the inventory sheet available at the nurse's station or hanging in the Elder's room so that it is current. We have a labeler for clothing and Torri, head of Housekeeping and Laundry, will gladly label all clothing items. If items are not labeled they could end up on our Lost and Found cart. Please notify us of any lost items as soon as possible.

I would like to remind Elders that there is a safe located in my office to keep items of value such as money and

jewelry if needed. We try our best to respect everyone's personal belongings but at times accidents happen. This can lend to hard feelings for all of us. Although we cannot be liable for loss or damaged property, when things come up missing we take it very personally. So please do not hesitate to ask us to keep these items in our safe.

Thank you to all those who inspire us each day.

Richard Curphey,  
Administrator

## Social Work News

There are many services in our surrounding area available to help Elders at various stages of their health. Sometimes it is hard to navigate those services or know where to find support to assist your loved one. Luckily there are several different places you can look or call to find out more!

United Way 2-1-1 is a 24/7 free and confidential service that connects individuals and families with any community resource. To contact United Way 2-1-1 for information call 1-866-469-2211 or dial

2-1-1. You can also access information at their website at [www.unitedwayofeastcentraliowa.org/community-impact/united-way-2-1-1/](http://www.unitedwayofeastcentraliowa.org/community-impact/united-way-2-1-1/). Another community resource locator is LifeLong Links, Iowa's Aging and Disability Resource Center, who assists in referring resources for Elders living at home or transitioning to new environments. Call 1-866-468-7887 or visit their website at [www.lifelonglinks.org](http://www.lifelonglinks.org) for more information. Finally, Heritage Area on Aging is a local resource who provides

case management and referral assistance for Elders in Linn, Cedar, Jones, Johnson, Iowa, Washington and Benton County. To contact Heritage Area on Aging call 319-398-5559. If you have any further questions about where to receive assistance, Abby's office is always open. Happy Spring!

Abby Martin, Social Worker



## Food For Thought

Happy Easter!!

Hello! I hope that everyone is having a great year so far!! The kitchen department is trucking right along. We have almost come to the end of our Fall and Winter menus and will be starting our Spring and Summer menus as soon as our Vendor is getting in good fresh fruit. We are going to have lots of fresh fruit for these menus. We know our elders love their fresh fruits and vegetables. We are always taking recipes if you have a great family recipe you

would like to share, please feel free to bring it on in to us. Especially desserts. Our elders love their desserts.

This month for our Elder choice meal, our elders have chosen to have our famous taco bar. We will have an array of different taco items. Such as chips and salsa, soft shell tacos, hard shell tacos, and if they want to make a taco salad they can do that as well. This month I am honoring Roberta P. by having this meal because while she was here at West Ridge, she

loved this choice meal. So, here's to you Roberta. We miss you so much.

Thank you for reading and have a great month.

Erin Bruner, Food Services Supervisor



## Nursing Notes

Happy April!

This month I thought it would be nice to share with you all some of the aspects of our pressure injury/pressure sore prevention plan. Upon admission to West Ridge we complete a complete skin check and a Braden Scale on each person which helps to determine the resident's level of risk to develop a pressure injury. This identification of specific risk factors helps us determine which preventative measures should be put in place for each resident. Some preventative measures include pressure

reduction mattresses, heel boots, chair cushions, nutrition supplements, specialized skin care, and turning and repositioning. The care plan is developed by one of our MDS coordinators (Yolla, RN and Heather, RN) and states the frequency that each intervention is to be completed.

Kim H., LPN, is our skin nurse. She assesses and measures each wound weekly. She notifies the doctor if the wound has not decreased in dimensions and if she feels it may need a different treatment. It takes the entire team to keep

skin healthy. Special treatment like whirlpool baths, lotion, eating a healthy diet and changing positions frequently can also be beneficial to geriatric skin. If you have any questions regarding your skincare, please ask a team member to send me your way!

Katie Candia, DON



**“You can't see Canada across lake Erie, but you know it's there. It's the same with spring. You have to have faith, especially in Iowa. “**

# Community News

Greetings from your Community Outreach Specialist. This month I thought I would provide you with information on an amazing service offered right here in Cedar Rapids. Transportation can be a challenge for seniors and expensive. Riders Club can help! I have enclosed a few details and some Web site information regarding Riders Club for your resource library. Meet Martin Wissenberg; Executive Director:



**Riders Club of America**  
Their mission is very simple:  
**We provide scheduled transportation for mobile seniors or the visually or hearing impaired to improve**

### quality of life.

If you have wondered how you can live without your car, it's easy! Riders Club of America takes the worry out of driving so you can enjoy getting where you need to go, when you need to be there.

Wondering how to care for others when they live far away? Riders Club of America can provide safe, effective transport for your loved ones even when your schedule does not allow you to drive for them. Come join our team and enjoy peace of mind.

### RIDERS CLUB OF AMERICA ADVANTAGES

#### LOW PRICE RIDES

- Low cost Annual fee makes you a member!
- Rides per destination up to 75% less than local taxi service.
- If you live at an associated Care Facility, your annual fee may be covered.

#### CONVENIENCE

- Pre-paid ride means you don't

have to struggle with your wallet at each destination.

- Door-to-door service means you can wait in the comfort of your home until the driver arrives.
- Personalized service means you get to each destination without multiple stops along the way.

### PLANNING HELP

- Tell us where you need to go or what you need to do and we will help you find the most direct route to complete all of your tasks.

**Please feel free to contact Martin at Riders Club of Cedar Rapids 319-365-1511**

Jill Ryder, Community Outreach Specialist



# Pictures Please

We are gearing up to celebrate National Nursing Home Week next month. The theme this year is "Celebrating Life's Stories". We have been brainstorming for fun things to do for the elders care partners and staff care partners and we need YOUR help! We would like to do a picture display of elders and care partners from when they were younger. It can be

from childhood, a graduation or wedding photo, or simply a candid photo from the past. We can make a copy of it here so that you don't have to worry about the original getting damaged. Please see Julie or another team member if you have any questions.

We may also be contacting you to get some input on life stories

that we want to put into a collection. If you have a fun or meaningful story you or your loved one would like to share, please let a care partner know.



## Happy Birthday to You

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

Devonte Foy on 4/1

Brittney Shasteen on 4/3

Ruth Burdick on 4/8

Kelly Kimble on 4/9

Amanda Shannon on 4/9

Tea Barrett on 4/21

Cassy McSpadden on 4/21

Angela Carr on 4/26

Katie Goldsmith on 4/26

John Ludemann on 4/26

Becky Pickart on 4/28

Graciela Rivera Avial on 4/30



## 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.

Ellen Babich

Kay Burke

Eleanor Cook

Mary Jane Drish

Goldie Goodwin, Environmental Services

Harold Kelchen

Al Lovstuen

Hazel Peters

Jerry Schulz

Leona Shramek

Ardyth Soppe

Takeyah Williams, CNA



## Happy Anniversary

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

### **FIFTEEN YEARS**

Paula McQuown

### **FOURTEEN YEARS**

Cathy Powers

### **One Year**

Tia Northern



# Picture Page

# Losing Independence

Many people that live in long term care experience some memory loss and some have a diagnosis of dementia. There are also many people living in the community experiencing these same things. As a caregiver to someone living with dementia, it can be a very stressful time. There is often a discordance between a person living with dementia and his or her loved ones. This occurs for several reasons including the following:

-People with dementia “forget that they forget” due to their memory impairment. This often leads to the family member saying, “Don’t you remember?” when in fact they truly are unable to, causing stress for both the person living with dementia and the care giver.

-The person with dementia is in denial and actively rejecting realities that are painful or frightening.

-They are experiencing Anosognosia: the inability to recognize that they have deficits due to brain damage.

-And there is tremendous stigma in society about people with dementia or even the word dementia.

For spouses, there are shattered expectations about the “golden years” as they shift from spouse to care giver. Guilt, shame, denial, anger and grief are generally experienced. And when a spouse finally makes that difficult decision to move their loved one to a higher level of care, the transition from full time care partner to allowing others to assist with care needs and focusing on being a spouse again can be just as challenging.

Grief is at the center of the emotional experience. Coping with grief while trying to meet the needs of a loved one results in tremendous stress. Grief can be a driving factor in denial, and denial can be both a symptom of grief and a reaction or coping strategy to grief. The individual living with dementia (or a stroke, traumatic brain injury, etc.) is often grieving a loss of independence.

Families have to deal with safety vs. autonomy issues and dignity issues on top of the emotional experience. This can also be a source of stress. Often times with children of people experiencing a loss of independence there is a role reversal which not only can be stressful but can lead to resentment and insecurity in that they are not sure how to navigate these changes their parent is experiencing.

Care givers must find ways to cope and find ways to manage the stress. Some ways to do this include: to journal, try to label how you feel; meditation; breathing techniques; exercise (yoga is a good source for stress reduction with a variety of classes for any level); keeping in touch with friends, family and your social circles; joining a support group; and continuing to do the things you enjoy. Guilt can often stop a care giver from doing any of the above, but you can’t be the best care giver for your loved one if you don’t care for yourself.

*Source: Eric Collett*

# Daisy, Daisy

April’s flower is the daisy, which has long been a favorite of gardeners everywhere. Daisies are beautiful, but they are also very easy to care for and will grow just about anywhere. Daisies are found everywhere in the world except Antarctica. Just add water and sun, and these little sunbursts add some brightness to any

garden.

The daisy’s Latin name, *Bellis perennis*, translates to “everlasting beauty,” revealing just how cherished this blossom has been throughout the years. Because of their pure white color, they are a symbol of innocence and are considered the flower of children.

Daisies are edible and can

be used in sandwiches, soups, and salads. The leaves can be found in potpourri and can be brewed to make an herbal tea. Daisies also have been used in homeopathic medicine. Because of their astringent properties, they have been used to treat skin infections and wounds.



# Activities and Recreation

Thank you to everyone who came to our Easter Egg Hunt last month. I hope you had a great time. Thank you to the Elders who helped stuff the eggs with candy, and thank you to the Elders and other volunteers who helped on the day of the hunt. We couldn't do these events without all of your help! I would like to create an email list so that I can send out mass emails when we have an upcoming event to let people know about the details. If you came to the hunt, you probably filled out a registration form which asked for your email address. I will use these to start this distribution list, but if you would like to be included on the list, please email me at [julie@westridgecarecenter.com](mailto:julie@westridgecarecenter.com) and let me know what email you would like included on that list.

This month our big project will be stuffing buttons and coupon booklets into envelopes for the

Freedom Festival organization. We are doing 10,000 buttons for them this year! It is always great when we have an opportunity to give back to our community.

We will also be honoring our volunteers this month. We appreciate everything they do for us at West Ridge. We have members of the community as well as the Elders, family members, and even former guests on our roster of volunteers, and I want to thank each and everyone of you for all that you do for West Ridge!

We have a lot of exciting things planned for May, not the least of which is National Nursing Home Week. The theme this year is "Celebrating Life's Stories" Please see the article on page 3 for more information!

We will also be kicking off a new series next month called "West Ridge University". I

believe that people are life long learners and I want to provide opportunities for the people of West Ridge, and their families, to grow and learn. Each month we will have a guest speaker share their knowledge with us. If you or someone you know would be willing to be a guest speaker, please let me know!

As I write this we are experiencing more cold weather. I hope that we start to see more Spring-like weather this month so we can start to get outside more and enjoy the fresh air. Stay warm and safe everyone!

Julie Winterboer, Director of Recreation and Community Services



## April is...

- Dog Appreciation Month
- Holy Humor Month
- National Garden Month
- National Humor Month
- National Occupational Therapy Month
- National Poetry Month
- National Woodworking Month
- 1- April Fool's Day
- 1- Easter Sunday
- 3- 50th Anniversary of Martin Luther King, Jr.'s "I've Been to the Mountaintop" Speech, 1968
- 4- 50th Anniversary of the Assassination of Martin

- Luther King, Jr., 1968
- 4- Ballroom Dancing Day
- 5- Gold Star Spouses Day
- 5-8- The Masters Tournament
- 8-14- National Garden Week
- 8-14- National Library Week
- 10- Siblings Day
- 11- National Pet Day
- 13- Scrabble Day
- 15-21- National Volunteer Week
- 16- Income Tax Pay Day
- 22- Earth Day
- 22- Jelly Bean Day
- 22-28- Administrative and Healthcare Administrative

- Professionals' Week (Day: 25)
- 25- National Golf Day
- 26- National Bird Day
- 26- Take Our Daughters and Sons to Work Day
- 27- National Arbor Day
- 29- Full Moon
- 30- Hairstylist Appreciation Day
- 30- International Jazz Day

