



# West Ridge Breeze

## From Richard's Desk



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As many of you may already know, Becky Pickart, our Human Resources Director, has decided to move out of state. Although we are very sad that she will be leaving West Ridge Care Center after 25 years of service, we wish her the best in her future. Becky has been a part of the West Ridge family from the beginning. She started as a dietary aide while in high school and worked her way up to Dietary Supervisor and then Human Resources.

It has been a privilege to have her as part of our family. I am thankful for all she has done for



West Ridge. May the good Lord always be by her side as she starts a new job and a new

location. Enjoy the sun, Becky!

As always, we greatly appreciate the opportunity to serve the ones we love.

Richard Curphey  
Administrator

## Social Work News

What does a social worker do in a care center? I am asked this question often and want to share with you some of things I can assist you with during your stay at West Ridge Care Center. As our population is half skilled rehab residents, the main part of my job includes discharge planning for safe transitions home. I can help you learn more about area resources and make referrals for you. I also can answer any insurance questions and help

coordinate insurance coverage for therapy. During your stay at West Ridge, I complete mood and memory assessments. I can provide counseling and companionship for residents. I take part in care conferences to make sure resident's wishes are honored and respected. I am the grievance officer and assist in addressing any concerns or questions. I am your resource during your stay and am available to assist you or coordinate any

needs. Let me know if you have questions!

Abby Martin  
Social Worker

Roles of Social Workers



**Social Work**

## Food For Thought

Welcome to June. This year is just flying by us. The big thing going on in the kitchen this month would be starting our Spring and Summer menus. We are hoping to start them by the middle of June. These menus will offer lots of fresh fruit and lots of fresh salads. One of our favorites is the chef salads that we offer. They are huge and have lots of goodies on them. Just a quick reminder that when bringing food for your loved one into our facility, we do

require that it be taken to the nurse's stations. Depending on what floor your loved one lives on, that is where you will take it. The nurse needs to label whose meal it is and the date it is brought in to our facility. These items sadly cannot be brought into to our kitchen or kitchenette. Thank you for understanding.

Please feel free to come have a meal with your family member. We only require a two-hour notice to the kitchen so that we can be prepared for you

to be here. We charge a fee of \$5 per person. Children are \$2. We look forward to seeing your smiling faces around West Ridge. Have a lovely month!

Erin Bruner  
Dietary Manager



A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

~James Dent

## Nursing Notes

Hello all!

As many of you are aware Dr. Clete Younger is our Medical Director at WRCC. He rounds on the second Thursday of the month. His nurse practitioner, Amiee Ludeman, is generally here M, W, F a.m. They are affiliated with Unity Point Health (UPH) and typically see the folks who go to UPH. Dr. Hogenson has been following our Mercy residents and his DNP, Andrew Whitters, assists with seeing his patients. The regulation states all

residents must be seen every 30 days when under a Medicare stay and I am very sorry to give you short notice, but I got word 5/30/18, Dr. Hogenson's last day is 5/31/18. He is retiring. All of his patients will be transitioning over to Dr. John Burdakin M.D.'s care (6/1/18). Dr. Andrew Whitters DNP will also continue to assist with this team. We do not have set days or times they will round yet. Mariam RN/office manager will continue to be our go to, she is very dedicated to making this

process go seamlessly. Please contact me with any questions or concerns. Please remember you always have a choice of who follows you here at WRCC regardless of your hospital affiliation. Thanks so much for your time.

Katie RN  
DON



## Farewell to Becky

Becky Pickart started her journey with West Ridge Care center in August of 1993. She began her career as a Dietary Aide, working her way up to Cook and then Food Services Supervisor, a position she held for almost 20 years. When a position

opened for an HR/Administrative Assistant Becky took on the challenge of learning a new job after so many years of providing delicious meals for the Elders of West Ridge.

She has chosen to begin yet another new chapter in her life by moving to

Florida with her husband, Anthony. She will be greatly missed by everyone at West Ridge.

Please join us for a "Going Away" party for Becky on Wednesday, June 20th at 2pm. We hope you are able to join us for this opportunity to wish her well.



## Community News

The Safety Program for June is Healthy Eating and will be presented by a dietician from Fareway Stores. It is scheduled for Wednesday, June 27th at 11a.m.. These programs are held at the Cedar Rapids Fire

Department's Central Station located at 713 First Avenue SE. The Safety Programs are free and open to the public and refreshments are served.

If you have any questions about this program

or any upcoming months, please call Julie Popelka at 319-286-5277.



Any man can be a father. It takes someone special to be a dad.

~Author Unknown

## Tips From Torri

Hello everyone, I just wanted to say thank you for all your help when it comes to the lost and found. I would like to ask our care partners if you can still remind family members when they bring clothing in to leave it in a bag so I can label the clothing.

I also wanted to remind everyone that we can no

longer keep extra bags in the garbage cans. If you can please not put any in the garbage bags. You can look in the unit bathrooms for the bags that you need. You can also double bag the garbage cans to make it easier. Yes we don't like change, it's easier for the bags to go in the garbage can, but this

must be done. Thank you for your understanding and cooperation.

Torri Keyes

Housekeeping and Laundry Supervisor



## Happy Birthday to You

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

- June Richardson on 6/1
- Christine Maynard on 6/4
- Ciara Cavin on 6/5
- Peggy Burnett on 6/8

- Randy Cozad on 6/9
- Carolina Amigon on 6/11
- Courtney Foster on 6/16
- Danielle Rashed on 6/18
- Makayla Keegan on 9/19
- Chris Pfeiffer on 6/21
- Tia Northern on 6/23

- Wayne Butler on 6/25
- Katie Tenney on 6/26
- Mabel Pettlon-Elvers on 6/27



## 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.

- Steve Barton
- Gerry Beer
- Luke Benning
- Patricia Bouska
- Sharon Chihak
- Dominique Collins

- Olive Crew
- Angie Dvorak
- Maria Edelen
- Maria Florencio
- Alex Gross
- Judith Gunn
- Diana Harris
- John Hlavacek
- Kylie Hoth
- Paula Kelly
- Danielle King

- Dorothy Marsh
- Michelle Michael
- Bob Staton
- Sharon Thimmesch
- Beverly VanHorn
- Duane VanHorn
- Dorothy Wise



## Happy Anniversary

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

### **NINETEEN YEARS**

- Mary Perez

### **SIXTEEN YEARS**

- Mike Dreismeier

### **Eight Years**

- Erin Bruner

### **Six Years**

- Katie Tenney

### **Four Years**

- Destyne Postel

### **Three Years**

- Gloria Overton

### **Two Years**

- Emily Curler

### **One Year**

- Jill Ryder





# Picture Page

## Thank you Dad

My father gave me  
the greatest gift  
anyone could give  
another person, he  
believed in me.

~Jim Valvano

William Smart was a Civil War veteran who was widowed when his wife died in childbirth after delivering their sixth child. As an adult, Sonora Smart Dodd (one of Smart's daughters) admired and appreciated her dad's selfless love and strength in raising her and her siblings. After listening to a sermon on Mother's Day in 1910 at her church in Spokane, Washington, she wanted to find a way to honor her father. Dodd drew up a petition recom-

mending adoption of a national Father's Day. She chose the first Sunday of June that year (June 5) because it was her father's birthday. The Spokane Ministerial Association and local YMCA supported it, but they pushed the date to June 19th so they had more time to prepare. Through Dodd's efforts, Spokane celebrated the first Father's Day on June 19, 1910. Over the next decade, places around the U.S. started celebrating this day. It

wasn't until 1966 though that President Lyndon Johnson signed a Presidential declaration announcing the third Sunday of June as Father's Day. In 1972, President Richard Nixon established a permanent national observance of Father's Day to be held on the third Sunday of June.

*Happy*  
**FATHER'S  
DAY**

## Flag Day Fun

The United States flag was adopted by the Second Continental Congress in 1777 on June 14th. The flag has undergone many changes over the years as new states were added to the Union. The origin of Flag Day is thought to have begun in 1885. A school teacher, BJ Cigrand, began celebrating the American flag's birthday. Each year, this idea spread to more people in many cities until there were celebrations across the country.

Eventually, the idea made its way to Washington, DC. In 1916, President Woodrow Wilson made a proclamation declaring the establishment of Flag Day. It continued to be celebrated in

many cities and was declared official when President Harry Truman signed an act of Congress in 1949, declaring June 14 as the official national Flag Day.

### Fun Facts:

-The colors in the flag stand for virtues. Red represents valor and hardiness. White stands for innocence and purity. Blue stands for justice, perseverance and vigilance.

-Since 1777, the design on the flag has been changed 27 times.

-The 50-star pattern was created by a high school student. When Alaska and Hawaii became states 49 and 50, President Eisenhower

received thousands of ideas for an updated flag. Robert G. Heft, a 17-year old student from Ohio created a design for a class project. He was one of three to submit the version that was accepted and remains in use today. Robert got a B- on his project.

-When a flag can no longer be repaired or used, it must be destroyed in a dignified matter, such as burning. If a flag touches the ground, it does not have to be destroyed. Instead just wash if it's dirty.



## Activities and Recreation

A very special thank you to Don Ellis for being the inaugural speaker for West Ridge University. He did a fabulous job informing us about the banking industry as well as the importance of being prepared financially in case of illness or emergency. He left several resources for us to share with the Elders and family members. If you are interested in getting a copy of these resources please see Abby Martin or me.

This month Crystal Douthart who works in our Dietary Department is going to speak about what a sign language interpreter does within

the community. I hope you are able to join us on June 28th at 2:30pm and maybe you'll even learn a few signs!

I firmly believe that we are all lifelong learners which is why West Ridge University was created. If you know of anyone who would be willing to come in to talk about their career, talents, travels or hobbies please let me know.

Attention all men: our Men's Picnic will be on Thursday, June 21st at 5:30p.m. All the men of West Ridge are invited to join us as we eat outside (weather permitting) and enjoy good food and comradery.

With the warmer weather, we have been spending a lot more time outside. There is sun-screen available at the nurse's desk on the Foyer level. Unfortunately the bugs are very "persistent" this year. Bug spray is also available upon request through the activity department. There may be times when we change an activity to simply "be" outside if it is a nice day. In Iowa, we need to take advantage of the nice weather when we can!

Julie

Director of Recreation and Community Services

We cannot stop the winter or the summer from coming. We cannot stop the spring or the fall or make them other than they are. They are gifts from the universe that we cannot refuse. But we can choose what we will contribute to life when each arrives.

~Gary Zukav

## June is...

Celebrating Summer Month  
Great Outdoors Month  
International Men's Month  
June Dairy Month  
National Fresh Fruits and Vegetables Month  
National Iced Tea Month  
1- National Donut Day  
1- Say Something Nice Day

4- Cheese Day  
6- Anniversary of D-Day  
14- Family History Day  
14- Flag Day  
14-21- National Nursing Assistants' Week  
17- Father's Day  
18- International Picnic Day  
19- Juneteenth  
20- 70th Anniversary of the TV Premiere of *The Ed Sullivan Show*  
21- Summer Begins

25- National Forgiveness Day  
28- Full Moon  
29- Anniversary of the First Remote Control for a Television, 1964  
30- National Ice Cream Soda Day

