



# West Ridge Breeze

## From Richard's Desk

Congratulations to all of the staff at West Ridge Care Center! We were recognized as a facility that met the criteria of the American Health Care Association's Quality Initiative Recognition Program. This program is designed to recognize care centers that demonstrate the attainment of the following AHCA Quality Initiative goals:

1. Decrease turnover rates among nursing staff by 15% from 2015.
2. Adopt Core Q.
3. Reduce the number of unintended health

- care outcomes.
4. Safely reduce the number of hospital readmissions.
5. Improve discharge back to the community.
6. Safely reduce the off-label use of anti-psychotics.
7. Safely reduce hospitalizations.

Congratulations again for your efforts to improve the lives of the people we serve!

Some fun facts to share:

We use BCG for our

discharge surveys. We currently have 97.1% of respondents that would recommend our facility. This is up from 92.3% last year and the statewide average is 91.4%.

Over the past year we averaged 24 admissions and 24.3% discharges per month. We averaged 501 skilled days and 1051 private days per month.

West Ridge is currently a 5-Star overall quality rated by CMS.

Richard

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## Social Work News

Have you heard of Life-Long Links? LifeLong Links is a service developed by Iowa's Area Agency on Aging to assist older Iowans, adults with disabilities, veterans and caregivers learn more about long term living services and supports available in your community. Life-long links provides

information about local services, assistance in identifying service needs or referrals to needed services. They also have option counselors who provide 1-on-1 consultation and are knowledgeable about area aging services, how to locate local providers and how to pay for services. To

contact Lifelong Links visit their site online at <https://www.lifelonglinks.org/> or call at 866-468-7887 to schedule a meeting with an options counselor.

Abby Martin

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## Community News

### Senior Resource Expo

The Cedar Rapids Elderly Consortium's Senior Resource Expo will be on Wednesday, August 8th from 10am-1pm at the Linn County Regional Center for Kirkwood Community College. This is located at 1770 Boyson Road in Hiawatha. This is an opportunity to learn about the services and support in our area for senior citizens and caregivers. Lunch will be provided and door prizes will be drawn throughout the event.

### July Safety Program

The Safety Program topic for July will be Grandparent First Aid and CPR. This monthly program addressing a new topic each month is sponsored by the Cedar Rapids Fire Department and are held at the CRFD's Central Station, 713 First Avenue SE. The program is from 11am-12pm. For more information on this program, contact Julie Popelka at 319-286-5277.

If you know of any other community resources that would benefit our Elders, family members or Rehab to Home graduates, please let us know so that we can share them within the West Ridge family.



## Food For Thought

When you think of summer time foods you not only think about fresh fruits and vegetables but also the beloved summer picnics that we love to go to. Here is a recipe for a Creamy Garlic Dressing that can be used as a salad dressing or a dip for those fresh vegetables.

### Creamy Garlic Dressing

- ☀ 1 cup mayonnaise
- ☀ 1 tsp dry mustard

- ☀ 1 tsp. sugar
- ☀ 1 Tbsp. red wine vinegar
- ☀ 1 tsp. black pepper, coarsely ground
- ☀ 1 tsp. garlic powder
- ☀ Salt

1. Combine all of the ingredients except salt, mixing until blended.

2. Season with salt.
3. Whip well and chill.
4. Use as a dressing for a salad or dip for fresh vegetables.



## Tips From Torri

Our new labeling system is working great and the amount of "lost" laundry has significantly declined. If you bring in new clothes for your loved one, we ask that you leave it in a bag in the chair in their room and I or a member of my staff will get it labeled. If you could possibly let a care partner know

that you have brought something new in, that would also help us. Please let me know if you have any questions about this process.

We are no longer able to keep extra garbage bags in the garbage cans, so if you are helping your loved one clean out their room or bring something in and you need a

garbage sack, please let one of our care partners know and we will help you.

Torri

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## Join Our Team!

The 2018 Walk to End Alzheimer's will be on Saturday, September 29th. We would be honored if you would join our team, The West Ridge Walkers, in helping to raise funds to fight this devastating disease. You can go online to register, and there will be a place to join a team. Enter "West Ridge Walkers" and it should add you to our team. You may also go to the website and donate to our team. If you are not as tech savvy as you'd like to be and would rather register to walk or donate via paper and need assistance, please see Julie Winterboer for help. The website is [www.alz.org](http://www.alz.org).

Here is information taken straight from the Alzheimer's Association's website about the Walk:

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease!

When you participate in Walk, your fundraising dollars fuel our mission, and your participation in the event helps to change the level of Alzheimer's awareness in

your community. The Alzheimer's Association provides free, easy-to-use tools and staff support to help participants reach their fundraising goal. While there is no fee to register, we encourage participants to fundraise in order to contribute to the cause and raise awareness.



## Benefits of Yoga

I have included articles about the benefits of yoga, but it never hurts to revisit. Yoga allows participants to relax, reduce stress, tension, and pain, strengthen the immune system, and build stronger bodies. It also balances the right side of the body with the left side, as well as the body with the mind.

Yoga has been a spiritual practice in India for more than 3,000 years. It was developed so people could build stronger bodies for meditation. It is an ideal exercise program for elders. The word

"yoga" comes from the Sanskrit word *yuj* meaning "to yoke" or "to join together". The purpose of yoga is to join the mind, body and breath. This connection is accomplished through a series of slow body movements (poses), meditation and breathing.

We are fortunate to be able to offer a chair yoga class every Monday at 10am. I encourage you to join us every Monday morning as Brooke leads us through a chair yoga class geared specifically for elders.

If you have any questions about our chair yoga program, don't hesitate to call Julie Winterboer at 319-390-3367.



**And I'm proud to be an American, where at least I know I'm free. And I won't forget the men who died who gave that right to me.**

**~Lee Greenwood**

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## Happy Birthday to You!

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

Tracie Thomas on 7/4  
Farida Nibarutha on 7/5  
Peggy Repstein on 7/6  
Irma Rayborn on 7/12

Aldi Morrison on 7/20  
David Padget on 7/21  
Jacob Stolen on 7/21



## 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.

Bernice Beatty  
Kaelyn Boots  
Judith Botine  
David Bradley

Alice Broxey  
Sharon Chihak  
Sheila Lillibridge  
Miriam Lodge  
Eugene McNamara  
Aldi Morrison  
Ashley Paul  
Eileen Siechert

Theresa Staton  
Mary Wright



## Happy Anniversary

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

### **TWENTY YEARS**

Nicole Sanders

### **Nine Years**

Peggy Burnett

### **Two Years**

Martha Aguilar Gonzalez

Ben Haerther

Nikki Mitchell



# Picture Page



Thank you to Crystal for leading our latest West Ridge University by teaching us about what sign language interpreters do in our community.



Linda and Katie enjoy some food truck deliciousness.



Mary Lou enjoyed some street tacos at Food Truck Friday



At left, the ladies sit in front of one of the food trucks. The proprietor generously gave us bottles of water!  
On the right, Linda and Bertha pose in front of the fountains.



Last month, this young couple celebrated 77 years of marriage. Congratulations Bud and Irma, and thank you for setting such an amazing example of love for the rest of us to follow!  
Left is their wedding picture.



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## Reminiscing Corner

*The Lawrence Welk Show*, a musical variety series, first aired on national TV on July 2, 1955. Lawrence Welk, a bandleader and accordionist from North Dakota, was the host. Welk and his orchestra appeared on local TV in Los Angeles a few years before the show was picked up as a nationally-televised summer replacement program on the ABC network. The show continued into the regular season and became a Saturday night perennial favorite.

Welk referred to his musicians, dancers, and singers as “boys and girls”. Performers and the music on *The Lawrence Welk Show* were wholesome. Welk was very sensitive to his viewers’ comments. He kept a “fever chart” when letters came in commenting on the performers, keeping pro and con tallies on each one. Those who received favorable comments had more air time, and those that didn’t seemed to disappear. Some popular regulars were singers the Lennon Sisters, accordionist Myron Floren, singer and pianist Larry Hooper, dancers Bobby Burgess and Barbara Boylan (later replaced by Cissy

King), and violinist and dramatic reader Aladdin Pallante.

Beginning on October 8, 1956, a second weekly show on ABC at night was *Lawrence Welk’s Top Tunes and New Talent*. Some of the performers discovered in the talent show portion became regulars on the Saturday night broadcast. Welk’s orchestra and soloists were featured as well. In September 1958, the show’s name was changed to *The Plymouth Show*, and a regular feature was the “Little Band” featuring musicians who were 12 to 20 years old. This was on TV until May 1959.

Welk insisted that his show be filmed in color beginning with the 1965 episodes because he believed it was critical to the continued success of his program. *The Lawrence Welk Show* was on the air on ABC until September 4, 1971. It was canceled not because it wasn’t popular but because the network executives thought the audience was “too old”. The network wanted shows that appealed to younger audiences. Welk’s production company, Telekew, continued the show with

original episodes in syndication from the fall of 1971 until February 1982.

Since 1987, classic episodes of *The Lawrence Welk Show* have been shown as *Memories With Lawrence Welk* and repackaged with introductions by Welk and other cast members. Many are shown now on public broadcasting stations. Lawrence Welk died on May 17, 1992 at the age of 89. his children and their families continue his legacy of entertaining people.

Source: *Creative Forecasting*



## We All Scream for Ice Cream!

I’ve gotten some requests for the recipe for making ice cream in a bag that we did last month so I’ve included it in this month’s Breeze since July is National Ice Cream Month.

Mix 1 cup half and half, 2 Tablespoons sugar, and 1/2 teaspoon

vanilla in a pint size baggy. Make sure it is sealed well. In a gallon size baggy, fill half way up with ice cubes and sprinkle 1/2 cup rock salt or Kosher salt over the ice. Put pint baggy inside gallon baggy and seal well. Shake the baggy for 5-10 minutes and you will have

delicious vanilla ice cream!



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## Activities and Recreation

Happy Summer everyone! We encourage everyone that wants to spend time outside to do so! Getting some Vitamin D is helpful to lift your mood and let's face it, it just feels good to breath in that fresh air. Please use caution when it is needed. There is sunscreen at the nurses station available if you would like to spend time in the sun. Also, on days when the heat is excessive we recommend you not spend much time outside or not at all if the experts warn the heat index is too high. It is also important to stay hydrated during the warmer months. Let a care partner know and we can get you a glass of water or some juice or pop to enjoy while you sit outside. We have Time Outside on the calendar too, but this is dependent

on the weather and some days we may opt to spend time outside instead of the scheduled activity if it is just too nice to resist being outdoors.

Our Community Meetings are the third Thursday of the month at 2pm. For July, it is on Thursday, July 19th. This meeting is open to all Elders, their family members and care partners. It is an opportunity to learn what is going on around West Ridge, a platform to discuss concerns, and a way to celebrate the special events of our lives. I encourage everyone reading this to attend our Community Meeting!

And finally, it is with great sadness that I must let you know that Katie Nugent is leaving West Ridge for a new opportunity in her career.

Katie has worked here for four years and has been such an asset to me with her caring heart and her mad artistic skills. Fortunately for us, she will be staying on in a limited capacity so that the ladies will still be able to enjoy their salon quality manicures and we will still be able to do Cork and Canvas. I wish Katie all the best in her future endeavor and thank her for all she has done for me and for West Ridge.

Julie



## July is...

Anti-Boredom Month  
Celebrating Patriotism Month  
Celebrating Summer Fun Month  
National Hot Dog Month  
National Ice Cream Month  
National Picnic Month  
2- Halfway Point of 2018  
3-August 11- Dog Days of Summer  
4- Independence Day  
8-14- National Laundry Workers' Week

12- Simplicity Day  
13- International Puzzle Day  
15- National Ice Cream Day aka Sundae Sunday  
20- Moon Day  
21- National Junk Food Day  
23- Ice Cream Cone's Birthday  
24- National Drive-thru Day  
25- National Hot Fudge Sundae Day  
27- 65th Anniversary of the Korean War Armistice

27- Full Moon  
28- 9th Annual National Dance Day  
31- National Mutt Day



You have to love a nation that celebrates its independence every July 4, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism.

~Erma Bombeck