

West Ridge Breeze

FROM RICHARD'S DESK

As I say goodbye to 2018 and welcome 2019, it gives me the opportunity to look back at all the blessings I have received over the past year. I would like to thank all of the elders, families and staff members that have touched our lives during the past year. To all of the staff that help bring peace and joy to each of the Elders, it is a privilege to go through this journey with you. Your loyal and caring ways are what makes the difference in the lives of those we serve. To the families and elders at West Ridge, I am truly blessed to have been given the opportunity to be part of your lives. I will never take for

granted the opportunity we have been given to serve you.

I am excited to announce that Alicia Klett has joined the West Ridge family as our new Social Worker. She started the end of December. She has worked in the social work department at Mercy Hospital since December 2015 and we feel fortunate to have her at West Ridge. Alicia has a passion for helping the geriatric population and will be a great addition to our team. Please stop by and welcome her.

As many of you may already know, Julie Winterboer, our Activity Director, has decided to

take another position with another company. Julie has been a part of the West Ridge family for 19 years. Although we are very sad she will be leaving, we wish her much success in her new adventure. It has been a privilege to have her as part of our family. I am thankful for all that Julie has done for West Ridge. Julie will always be a part of our family and may the Good Lord be at her side as she enters her new adventure.

Richard



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"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home."

- Edith Sitwell

NURSING NOTES

Happy New Year Everyone!

We are ready to kick off 2019 with some great new services that will be available here at West Ridge starting in January. We have just signed on to have mental health services in house for our elders that are experiencing issues with depression/anxiety, loss, behavioral issues, cognitive changes, compliance issues and a variety of other psychosocial needs that they may be dealing with. The private practice is

called Senior Counseling Group, LLC and they provide in house psych evals and psychological evaluation and therapy for elders in nursing homes and assisted livings.

We will have Licensed social workers and psychologists available to address all our elders' needs while working with the primary attending physicians. I am so excited to have these services available to our elders. Please see me if you would like to inquire about seek-

ing services with Senior Health Services. Their first visit will be 1-7-19 and they will be able to start therapy with elders at that time. Here's to 2019 focusing on mind, body, and soul.

Katie Ross-Candia, DON



SOCIAL WORK NEWS

Hello to all!!!

Thanks for the warm welcome to West Ridge Care Center as I transition.

I live in Marion with my cat Polly.

I come to WRCC from Mercy Medical Center on the orthopedic floor, where I have been for the last 3 years. I graduated from University of Northern Iowa. I have been in social work

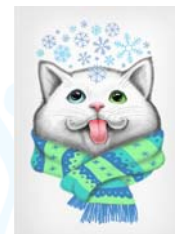
for 13 years working in a variety of settings.

Outside of work hours, I enjoy spending time with Polly, family, and my significant other. I also spend time volunteering within the community as well as Big Brothers Big Sisters. I enjoy crafts, playing the trumpet, and anything outdoors. I have developed a liking for fishing as I recently purchased a kayak and

bring my 1970s pop-up camper along any chance I get. Bring on summer!!!

I look forward to meeting you all.

Alicia



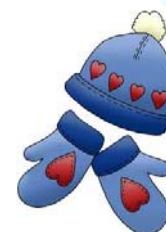
TIPS FROM TORRI

To the families and friends of the Elders, don't forget how important it is to have me, Torri, the supervisor in Laundry and Housekeeping to label the clothing that you bring in, so nothing gets lost. Many people got new clothes for Christmas and with winter here, you may be bringing

in warmer clothes that will need to be marked. Also, I have some lost clothing and if you would like to contact me to see if it belongs to your loved one please contact me. I'm at work from 6am-2:30pm Monday through Friday. If that time does not work for you let me know

and I can meet with you at a different time. Thank you.

Torri



MEMO FROM MIKE

Now that winter is upon us, I would like to remind everyone to slow down if the weather deteriorates. That means driving and walking! Here at West Ridge we have contractors to remove ice and snow but sometimes it can take some time before they arrive. And we usually don't start pushing the snow until we have at least an inch on the ground. We will have

ice melt available for use in the front area between the doors. Also there could be times when we may ask you to move your car to one side or the other of the parking lot to help with clearing the snow.

Thanks in advance for your help.

Mike

Environmental Services/
Maintenance



DON'T WORRY, BE HAPPY!

At our recent New Year's Eve celebration, we discussed making resolutions in the new year. Some said they made them, but never kept them, and some said they never bothered to make them because they knew they wouldn't keep them. One person even said she would make resolutions and then put reminders on her calendar at the beginning of every month, but often still did keep most of the resolutions she made! It can be hard but working on your overall well-being is important. Engaging in leisure pursuits that enhance a sense of well-being can help carry you through the ups and downs in life, regardless of age. It builds resiliency. There is much evidence-based research and practice to show that a sense of well-being makes people feel better, have a better outlook,

and also boost the immune system.

Dr. Laurie Santos, Ph.D., a professor at Yale University, offers a free online class where she shares the theory of well-being and happiness. Here are some of her recommendations:

Change Your Mindset. We need to rewire some of the ways of thinking that we have grown up believing. Many people are brought up believing that fame, status, and money will automatically bring happiness. In reality, making the best of our situation enhances happiness. It is kind of like looking outside of the box. Focus on the positive. Focus on today.

Make Time for More Social Connectedness. Many people feel that they are connected because they communicating via

social media. This is not the same as one-to-one interaction and conversations with another person. It seems so simple, but again it is looking at our daily lives and routine in a new way. Build your relationships and circle of friends.

Give Yourself Time Each Day to Reflect on Your Blessings: Gratitude. If you reflect on things and people who make you feel good, your perspective changes and becomes more positive. Many people are focused on random acts of kindness, in other words, finding ways to help others. This can be in small daily acts of kindness to strangers. When we help others, we benefit ourselves.

(Continued on page 6)

HAPPY BIRTHDAY TO YOU

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

Marquail Jennings on 1/3

Beth Guthart-Swyter on 1/5

Evy Schoelerman on 1/9

Stan Uthoff on 1/9

Traci Everts-Koosman on 1/11

Marla Preader on 1/16

Earl Seltrecht on 1/16

Vickie Smith on 1/17

Kylie Hoth on 1/22

Donna Wessels on 1/23

Connie Antonini on 1/30

Jessica Mulder on 1/31

Shaunae Regulus on 1/31



LET'S WELCOME THEM

We would 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.

Susan Angus

Hannah Baldwin

Pauline Bielow

Shar Bouska

Shonnie Donre

Paulette Goedken

June Grissom

Beth Guthart-Swyter

Cathy Hewing

Dorothea Johnson

Alicia Klett

Anna Mae Lang

Ramona Lovett

Pat Power

Marla Preader

Bailey Reeder

Joanne Stodola

Donna Wessels

Chuck Vavra

Loraine Yousse



HAPPY ANNIVERSARY

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

TWENTY FIVE YEARS

Connie Antonini

Eight Years

Crystal Anthes

Three Years

Terry Miller

Two Years

Mia Miller

Erika Pedraza

One Year

Tea Barrett

Teresa Foster

Davonte Foy



JANUARY IS...

Celebration of Life Month
 Financial Wellness Month
 Folk Music and Dancing Month
 Get Organized Month
 International Gourmet Coffee Month
 National Hobby Month
 National Hot Tea Month
 National Soup Month

1– College Football Bowl Games (Outback Bowl)
 1– New Year's Day
 4– Trivia Day
 5– Twelfth Night
 6– Epiphany
 6– Anniversary of the *Wheel of Fortune* TV Show, 1975
 6-12– National Pizza Week

8– Birth Anniversary of Elvis Presley, 1935-1977
 15– Birth Anniversary of Martin Luther King, Jr., 1929-1968
 16– Anniversary of the Beginning of the Gulf War, 1991
 16– Maintenance Day
 18– National Hat Day
 19– National Popcorn Day
 19-20– 35th Annual Bald Eagle Appreciation Days
 20– National Cheese Lover's Day
 20– Penguin Awareness Day
 20– World Religion Day
 20-26– National Activity Professionals' Week
 21– Full Moon

21– National Hugging Day
 21– Martin Luther King, Jr. Day, observed
 23– National Pie Day
 24– Global Belly Laugh Day
 24– National Compliment Day
 28– Bubble Wrap Appreciation Day
 29– Curmudgeons Day
 29– National Puzzle Day
 31– Backwards Day



DON'T WORRY, BE HAPPY! (CONTINUED FROM PAGE 3)

Take Care of Yourself: Sleep.

Be sure that you get enough sleep to keep your body physically and emotionally healthy. You may not be getting enough sleep or taking time to unwind and recharge.

Take Care of Yourself:

Exercise. Be mindful of all the ways you add physical activity into your daily routine. Approximately 15-30 minutes a day does not seem overwhelming to add into your routine if you start with small steps. You can walk and talk, adding in the element of social connectedness. Keeping ourselves physically healthy enhances well-being along with

helping us age gracefully.

So sit down and reflect on how you can start with some small steps to improve your overall well-being in this new year. Make goals you know are achievable, but don't be too hard on yourself if you don't meet every one in your time line. You will thank yourself! (And that is part of gratitude!)



ACTIVITIES AND RECREATION

Hello everyone, as many of you know, I have made the very difficult decision to leave West Ridge after 19 wonderful years. West Ridge will always be a part of my heart. My children were raised up coming here and learning the values of volunteerism and giving. (Or as my husband likes to say, I “voluntell” them they are helping for something!)

I have been touched by so many people in my years here. From all of the dedicated spouses who have taught me what is important in a marriage, to the many elders that have taught me so, so much, including how to be more compassionate, to the care partners I have worked with that have taught me about team work. I thank them, and you all for teaching me, inspiring me, and putting up with me! I have probably received more in this job, than I gave and for that I will be forever grateful! Believe me when I tell you this was one of the hardest decisions I have ever made. I have already shed so many tears and as the good-byes pile up this month, I am sure many more will come.

Now with that announcement out of the way, let me thank everyone who came during the

holidays to brighten our days. Thank you to Marty Clancey’s group, the Cedar Rapids Community String Orchestra for coming not only once, but twice to entertain us. Marty, you have enriched our community (both Cedar Rapids and West Ridge) with your gifts and talents by founding this group! Thank you to all of the churches, colleges and other groups who came to carol during the holidays. Thank you to Jennifer and her group of flute students who provided us with some dinner music. Thank you to the group who came from Milestones to play Jingo with us. And thank you to all of the other entertainers who came through our doors last month to make the holidays brighter.

I also want to thank everyone who came to the Holiday Parties. We hope you enjoyed them! Thank you Jamie and her crew in the kitchen for all of their hard work and amazing food. Thank you to Jill and Jamie for rolling all of that silverware! Thank you to Santa and his Elf for taking time out of their busy schedule to visit us. And thank you to all of the care partners for their help getting the elders party-ready and for your help during the party. It was truly a team effort.

And finally, let me share some things coming up this month. January 4th is National Trivia Day, but we have a group right now that really enjoys their trivia so we have several opportunities to stretch our brains this month. There are several fun things we are celebrating this month, including Elvis Presley, Hot Tea Month, Popcorn Month, and the Iowa original, Eskimo Pie. We are also going to visit our friends at Mercy Hallmar on the 11th and make a trip to the Amanas. As always, you are welcome to join us for any of our activities. Please let me know in advance if you plan on joining us for an outing as I usually make reservations ahead of time to wherever we are going, and also because we may have to reschedule if the weather does not cooperate.

I wish all of you the best in the New Year!

Julie



“My old grandmother always used to say, Summer friends will melt away like summer snows, but winter friends are friends forever.” — George R.R. Martin