

June 2024

Exploring the great outdoors

As the years go by, it's easy to fall into a routine that keeps us indoors more often than not. With each passing season, there's an invitation waiting just beyond our doorsteps - the great outdoors. Embracing outdoor activities isn't just about enjoying the scenery (God makes amazing choices on the scenery alone though), it's about nurturing our physical and mental well-being in ways that indoor activities simply can't replicate.

We need to embrace nature's gym! Many of you know that my husband "DJ" and I have recently purchased bikes and I have shared some of our adventures with you. Here recently, we have surpassed my wildest dreams and have hit the 400-mile mark in just 3 short months, something I never thought I would do or enjoy doing. Getting outside and seeing nature has the remarkable ability to soothe the soul and ease the mind. Studies have shown that spending time outdoors helps to reduce our stress, anxiety, and depression. The tranquility of natural settings fosters mindfulness and encourages reflection, allowing us to detach from the pressures of everyday life and find peace in the present moment.

One of the greatest joys of outdoor activities is the opportunity to connect with others, and I have truly enjoyed the several conversations around our bike rides. Something fun DJ and I have started doing is biking around Iowa City and looking at all the new Herky statues that are on display. This has been a fun scavenger hunt and a great photo opportunity for the two of us. So, whether it's going for a bike ride, joining a local walking group, participating in outdoor yoga classes, or simply sharing a picnic with friends, outdoor settings provide a conducive environment for social interaction and meaningful connections. These shared experiences not only enhance our sense of belonging, but also contribute to our overall sense of well-being.

Remember that as you embrace the golden years, do not forget the vibrant world that waits you beyond these walls. Outdoor activities offer a pathway to vitality, joy, and connection, inviting us all to savor each moment and celebrate the wonders of nature. So, lace up your shoes, breathe in the fresh air, and let the great outdoors become your playground and stop by my office and share your adventure, I would love to hear it!

Victoria Hadley, Campus Administrator



The Ridge Reporter

Shedding light on migraines and headaches

Each June, Migraine and Headache Awareness Month provides an opportunity to raise awareness about the impact of migraines and headaches on individuals worldwide. Despite being one of the most prevalent and disabling neurological disorders, migraines and headaches are often misunderstood and overlooked, underscoring the importance of education, advocacy, and support for those affected by these conditions.

Migraines are not simply “bad headaches;” they are complex neurological disorders characterized by debilitating pain, often accompanied by additional symptoms such as nausea, sensitivity to light and sound, and visual disturbances. For many individuals, migraines can significantly impair daily function, affecting work, relationships, and quality of life.

One of the goals of Migraine and Headache Awareness Month is advocating for improved access to healthcare and treatment options for individuals with migraines and headaches. Despite the significant burden they impose, migraines are often underdiagnosed and undertreated. From stress management techniques to dietary modifications and mindfulness practices, there are various approaches that can help individuals reduce the frequency and severity of migraine attacks and improve their overall quality of life.

This month at Highland Ridge we will be doing an activity where we will be making lavender eye pillows to help with relaxation, tension reduction, and to increase comfort. Be on the lookout for this activity on the June calendar.

You can make one for yourself or for a friend or relative. Hope to see you there!

Sheila Schlabach, Fitness Director



Recent and upcoming events:

National Nursing Assistant Week is celebrated June 16-June 23. Nursing assistants are often referred to as the “heart of healthcare” and for good reason. Thank you to all of our amazing nursing assistants that provide excellent care to our residents here at Highland Ridge!

National Alzheimer's & Brain Awareness Month is recognized in June. We acknowledge the millions of individuals worldwide who are impacted by this condition. Alzheimer's disease not only affects the individual diagnosed but also their families. This month serves as a reminder of the importance of education, advocacy, and support for those navigating the journey with Alzheimer's.

Want to stay up to date with what is happening here at Highland Ridge? Turn on channel 117.3 on your TV to find the latest information happening on campus. Here you can find the daily menu, activities, announcements, and much more!



Who is your Shining Star?

Did you know that there is an easy and meaningful way for you to **show your appreciation to an employee who has delivered exemplary service to you?** There is! It's called **Shining Star.**

PHS employees are honored to serve you. Many people participate in your daily service and care. Some staff play a highly visible role like resident assistants, servers, housekeepers and nurses. Others, like those who work for culinary or environmental services, generally work behind the scenes to ensure that your needs are met.

Your gift, their recognition

Shining Star brochures are available at your community. Please check with your receptionist or campus administrator for one of them. You may use it to make a gift to your community in honor of service, care or an act of kindness that you received from your Shining Star. You can honor one staff member who will be notified that a gift was made in their honor. Staff members receive a special star pin and a thank you letter noting their recognition. Most importantly, your Shining Star will experience a great sense of pride knowing that their service, care and acts of kindness have left a positive impression on you.

Your gift helps your community

Your charitable, tax-deductible gift is a thoughtful way to express your appreciation. **Your gift will be directed to the Where the Need is Greatest Fund for your community's use.**

The Foundation is happy to help you, too. Please call the Presbyterian Homes Foundation at 651-631-6105, or 651-631-6418.

Thank you for identifying your Shining Star and helping your community!



You can find the shining star brochures located at the front desk. We encourage you to take a moment to recognize a staff member that you feel goes above and beyond to make our Highland Ridge family shine even brighter. Whether it's a warm smile, a helping hand, or a thoughtful gesture of kindness, take a moment to acknowledge those who brighten your day in a positive way. It's often the small acts of kindness that have the biggest impact, and by recognizing and celebrating these moments, you can uplift the spirits and brighten the day of our staff members. Together, let's make kindness contagious and shine a spotlight on the everyday heroes who make our community a brighter and happier place to be.



To honor God by enriching the lives and touching the hearts of older adults.

The Ridge Reporter

Medication management in assisted living

As we continue to prioritize your health and well-being, we want to shine a spotlight on an essential aspect of assisted living: medication management. Ensuring the safe and effective use of medications is crucial for maintaining your quality of life and promoting overall wellness.

Individuals moving into assisted living have choices regarding management of their medications. During the initial assessment with the nurse, a medication management plan is generated, but not implemented until it is agreed upon by all parties. Medication management plans range from complete independence with your medications, to the facility assuming management of all medications, and combinations of both of the plans.



Before moving into an assisted living apartment, the nurse will request a complete list of all your medications. This list allows us to prepare your admission orders, and the emergency paperwork which will be kept in your apartment and provided to first responders in the event of an emergent transfer. Having this paperwork available ensures pertinent information is available to caregivers.

One potential plan allows individuals to continue to obtain and self-administer medications from the pharmacy of their choice. This choice places the responsibility of storing, reordering, and obtaining new medications on the individual. We

do ask that medication changes be communicated to the nurses to enable accurate record keeping.

A second option is having the nurse set medications up in a medication planner by day and time, and then the individual self-administers from the planner. This option includes nurse management of medication changes, storage of medication, and refills.

Another option includes both medication management and administration of the medications. In this case, medications are kept in a locked cabinet in the individual's apartment and administered by trained facility staff. The nurse is responsible for receiving new orders, as well as, obtaining new medications and refills as needed.

Whatever you choose, please know we are ready and able to assist you in whatever capacity you choose. As needs change, plans can be adjusted to better serve you. By prioritizing medication management, you are taking proactive steps to safeguard your health and well-being. Please do not hesitate to reach out to me with any questions you may have regarding assisted living.

Brenda Hoskins,
Clinical Administrator



Prom 2024 at Highland Ridge



NEVER
miss a chance to
Dance
Prom 2024



Highland Ridge has the following openings:

Vista (assisted living)

One Bedroom "Jasmine" 595 sq. ft.

Terrace (Independent Living)

One Bedroom "Azalea" 720 sq. ft.

To view available floor plans, please visit www.highlandridge.org
or call Kimberly Maxwell at 319-668-3840

Highland Ridge
100 Village View Circle
Williamsburg IA 52361

319-668-3800 | www.highlandridge.org

Postmaster: address correction requested

Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

Happy Anniversary Presbyterian Homes & Services!

Sixty-nine years ago, **Margaret Paden**, widow of a Presbyterian minister, became the first resident of the new Presbyterian Home in Arden Hills, Minn. June 15, 1955, marked the beginning of a ministry that has grown from one community serving 30 people to 61 communities in Minnesota, Wisconsin and Iowa. Today, more than 27,000 older adults are served under our roofs, and through Optage, the home and community services of Presbyterian Homes & Services (PHS). In addition, 14,500 older adults receive comprehensive care through Genevive, the largest geriatric primary care practice in Minnesota, co-owned by PHS.

We mark this 69th anniversary by remembering our founders whose vision set the foundations upon which the mission of PHS has been built.

In 1946, **Dr. Irving Adam West**, pastor of House of Hope Presbyterian Church in St. Paul, Minn., urged the Presbyterian Church Synod of Minnesota to begin this ministry. That same year, the Synod appointed **Dr. Edwin Kagin**, professor of religion at Macalester College in St. Paul, Minn., to lead a study committee to address the needs of retiring ministers, missionaries and their

spouses. In 1947 the committee recommended and the Synod approved establishing a Presbyterian home. Dr. Kagin served as its first chair and president of the board, followed in 1952 by Dr. West.

Lillias Joy, a member and Sunday school teacher at House of Hope Presbyterian Church, gave 20 acres of lakeshore property in 1952. The land on the southwest shore of Lake Johanna in Arden Hills, Minn., is the site of the first Presbyterian Home, now named Johanna Shores.

What they began has endured through the employees, volunteers, donors and collaborative partners who have carried PHS forward. We also remember the many women and men who, over the years, have called a PHS community their home. They and their families remind us that our mission continues with purpose and meaning.

As we venture into our 69th year of ministry to older adults, we dedicate ourselves, once again, to the PHS mission to honor God by enriching the lives and touching the hearts of older adults.