

THE RIDGE REPORTER

 **presbyterian
homes & services**

freedom to live well®

September 2021

An Fair-Fest Like No Other!



*You Get the
Sense of what
a Classic Iowa Fair
is all about !!!!!*

THE RIDGE REPORTER

How the PHS Foundation Helps Your Community

The Presbyterian Homes Foundation is here to help you and your community with **charitable giving**. Our purpose is to assist residents, families, friends and employees with making financial contributions that enrich lives at PHS communities.

All PHS communities and the Foundation are 501(c)(3) organizations, eligible to receive tax-deductible gifts. When you give directly to the Foundation, 100% of your gift is passed on to the community and fund that you designate, and you will receive a receipt **acknowledging** your contribution.

How You Make a Difference

There are many ways to be a donor. Annual gifts are made with cash, check or credit/debit card via our secure online giving page at preshomes.org. Future gifts may be made through a will, trust, beneficiary designation on a retirement account or life insurance policy or gifting a portion of a PHS entrance deposit. Gifts of all sizes are meaningful and help your community!

You may direct your **charitable contribution** to:

- **Residents** – funds include benevolence, greatest needs or spiritual life
- **Employees** – funds include PHS employee hardship, scholarships or appreciation

Foundation gift planners and operations staff are available to help you make a gift or provide you

with more information to discuss with your financial advisors.

If you are interested in making a current charitable gift or would like to learn more about making a future gift, please call the PHS Foundation office at 651-631-6408 or 651-631-6418.

You may also wish to visit www.preshomes.org and click on **“Make a Gift”** at the top of every page to learn how your charitable gifts make a difference every day. **Thank you for your financial gifts and the many ways that you enrich your community!**

“Hey Guys, Hey !!”

From your friendly desk lady...

~Miss Stacey

Q: Is the price of a 1st class postage stamp increasing?

A: Yes. Beginning August 29, 2021 the price increases to \$.58/stamp.

Q: Can you tell me the Williamsburg Time & Temp phone number?

A: 319-668-2255



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When in Doubt, Check it Out !

Have you ever had that feeling that “something just doesn’t feel right?” Generally, our body has a way of speaking to us with an ache or pain that may seem unusual. Most of the time these pains don’t amount to much of anything; the pain goes away and we move on. However, there are instances when our body’s aches and pains get worse over time signaling a bigger underlying health issue. In this case, you don’t want to ignore your body’s warning signals and make an appointment to see your healthcare provider, sooner than later.

There are some body pains that just shouldn’t be ignored. While every pain is obviously not a medical emergency, a good rule of thumb is to always listen to your body. **Whenever in doubt, just check it out.** You know your body better than anyone, and it knows you. Let’s visit some specific pains that should pose a red flag.

Chest pain: The first thing that many of us think of with chest pain is a heart attack. In fact, there are many possible causes of chest pain. About 25% of people in the U.S. experience chest pain unrelated to the heart. Problems in your lungs, muscles, ribs, esophagus or even nerve endings may cause chest pain. Some chest pain may be related to conditions that are very serious and even life-threatening. If you have sudden or unexplained chest pain, the only way to confirm the cause is **to be checked out.**

Lower back pain: Many Americans struggle with lower back pain. Our back is precious to us because it houses muscles, tissues, nerves, and most importantly, our spine and vertebrae. Without these, we would be jello! Sometimes low back pain can be an indicator of something more serious, like a kidney stone, or infection. When in doubt, check your back pain out. These pains can worsen over time, so find the cause of your back pain early to rule out what could possibly be lifesaving.

Severe abdominal pain: Our abdomen also houses many important organs. Imagine your abdomen is

four equal parts and there is a vertical and horizontal line crossing through your belly button like a “+”. This separates your abdomen into four equal quadrants: right upper, left upper, left lower, and right lower. Specifically, pain in the right lower quadrant is associated with your appendix, which may be inflamed and in need of removal. Right upper quadrant pain may be a problem with your gallbladder. Upper abdominal pain, more centralized, may be a sign of a problem with your pancreas. Severe abdominal pain could also be related to an issue with your intestines, uterus, bladder, or liver. Each of these conditions should be checked out sooner than later. If you have unexplained, recurring, or sudden abdominal pain, you should see your healthcare provider immediately.

Leg pain, more specifically, calf pain: Leg/calf pain not associated with any type of injury is not to be ignored. In your legs is a bundle of arteries and veins that transport blood throughout your body. Valves in your veins keep blood moving the right way. Sometimes clots form around these valves from damage, rupture, or injury to a vein. The clot then causes a blockage, resulting in pain, swelling, and often redness at the site. If a clot would break loose, it could travel through your body causing serious damage to your lungs (pulmonary embolism), heart (heart attack) or brain (stroke).

Remember, no two pains are alike. It is hard to predict what aches and pains you may feel day to day. Know that there are certain pains that are more common as we age and some pains just simply should be checked out. So when in doubt, **it’s always best to check it out.**

Brandi Vercande, RN, MSN, Director
Fitness/Life Enrichment



THE RIDGE REPORTER

A Queen Amongst Us

An interview with Nicole Wardenburg

Highland Ridge is known as the Castle, and of course every castle needs a Queen! During Fair Fest, I learned that one of Highland Ridge's staff members is in fact a **Queen**.

Nicole Wardenburg started working at Highland Ridge in 2020 as a server in the main kitchen, and currently holds the title of **Iowa County Fair Queen 2021!**

Nicole recently graduated from Williamsburg High School. In the fall, she will be attending **Iowa State University** majoring in Animal Science.

Nicole grew up on a farm and was active in both FFA and 4H. She has shown swine and sheep at the county and state level. This past year, Nicole was awarded **Grand Champion Market** lamb, 3rd overall market lamb, and 4th overall breeding gilt. Nicole has served as chapter secretary in 2019-2020 in FFA as well as being the Chapter President from 2020-2021. Nicole has also served as the **Hilton Happy Hustlers** secretary in her 4H group (2018-2021).

This year was her first time running for county Queen. She can only hold the title once. The competition began with a judging day which consisted of a group interview as well as a personal interview. Contestants are judged on **personality, leadership, community service, and poise**. During the fair she also had to do a three-question interview before being crowned as Queen.

Duties of a fair queen consist of handing out ribbons and trophies during the different livestock and fair events, participating in various parades, and most importantly being a **positive representative** for Iowa county. Nicole will represent Iowa County at the Iowa State Fair that runs mid-August.

We are all rooting for you Nicole! Hopefully Highland Ridge will have a State Fair Queen when you read this article!

God Bless,
Victoria Hadley
Housing Counselor



THE RIDGE REPORTER

Recreation therapists put the “RT” in H E A R T



Have you ever heard of **Therapeutic Recreation**? Not many people know what this profession is or the value it offers. With this, I hope to share with you both my knowledge and passion for this important work.

Summed up into one sentence, therapeutic recreation is a **therapy process using recreation, leisure, and play to address specific health needs**. This is the role the Life Enrichment team fills at Highland Ridge. You may see us leading activities: socials, exercise, music, games, crafts, and much more! So you may ask: does a recreational therapist get to help others by doing fun things all day? Yes! But there is far more to this work than it may appear.

In a world where big pharma and technology hold a large place in society, maintaining a holistic approach to health and wellbeing is so important. Therapeutic recreation is a growing, evidence-based field that supports those of all ages through offering activities to **enhance** physical, cognitive, emotional, and social wellbeing in a number of ways. The work of a recreational therapist involves designing and implementing

programming that varies based on the population served.

There are countless ways that recreational therapists provide support. In order to improve emotional and social wellbeing, they create opportunities to increase autonomy, improve coping skills and promote connection. To maintain and strengthen physical health, activities are designed to overcome exercise-related barriers, build strength and experience new forms of physical activity. In fact, **one of the top risk factors of mortality is physical inactivity**. There is an increased risk of death among those with little social connectedness.

On the surface it may appear as though the field of therapeutic recreation has the sole purpose of creating fun. However, there is far more that recreational therapists do behind the scenes to enhance wellbeing and **improve lives!**

Jordyn Erger
Recreation Therapy Intern
The University of Iowa



Highland Ridge has the following openings:

Vista (assisted living)

One Bedroom “Jasmine” 595 sq. ft.

Two Bedroom “King Rose” 980 sq. ft.

To view available floor plans, please visit www.highlandridge.org or call Victoria Handley at 319-668-3800

Call today for information or to schedule a personal tour: 319-668-3800



Highland Ridge
100 Village View Circle
Williamsburg IA 52361

Postmaster: address correction requested.

319-668-3800
www.highlandridge.org



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

EQUAL HOUSING OPPORTUNITY.
ALL FAITHS WELCOME.

Mark your Calendar! Active Aging Week: October 4-10

Celebrating aging and the benefits of active living at any age, Active Aging Week showcases the capabilities of older adults as fully participating members of society and promotes the benefits of a healthy lifestyle. Presbyterian Homes & Services vision of “providing more choices and opportunities for more older adults to live well,” shapes Active Aging Week in our communities with opportunities for you to discover how you can continue living well.

Mark your calendar for a week of activities, October 4-10.

Each day of the week will feature one of the *Seven Dimensions of Wellness*: physical, social, intellectual, emotional, vocational, environmental and spiritual, demonstrating the unity of the different departments that support you on a day to day basis. Throughout the week, we will explore your personal wellness goals while providing

opportunities to re-connect and learn more about the community surrounding you.

Initiated in 2003 by the International Council on Active Aging®, the weeklong observation calls attention to and wholeheartedly celebrates the positivity of aging today. Active Aging Week challenges society’s diminished expectations of aging by showing that, regardless of age or health conditions, older adults can live as fully as possible in all areas of life. The objective of the annual health-promotion event is to give as many older adults as possible the means to experience wellness activities and exercise in a safe, supportive environment. It also promotes the benefits of healthier, more active lifestyles across the life span.

Watch for more information this month and check your calendars next month to see what great activities are planned for Active Aging Week at your community.