

JANUARY 2018

Country Meadow Place

17396 Kingbird Ave Mason City, IA 50401 (642) 423-7722



Weekly Activities

Live 2B Healthy

Music and Motion

Music with Deb Neilson

Music with Talia

Catholic Communion

Bible Study

**Massage Therapy with
Glenda Eddy**

Happy Hour

**Beauty Salon and weekly
shopping trips.**

**Along with many other
activities and parties. Please
feel free to join us for any
activities!**

Manager's Moments with Kim Boyd:

Staff who care for the elderly, especially the frail vulnerable population that have dementia, are the greatest people on earth. They take care of your loved ones and provide compassion and care "24/7." In a memory care unit, we practice what we preach on a daily basis and spread joy and memories every single day. Following are some suggestions we try to live by each day.

1. Don't treat elderly people like they are children. They have endured many many years of hard work; this is a time they should be treated like wise, priceless individuals.
2. Don't treat elderly people like they are objects. They most likely are some one's most priceless gift, treat them with loving kindness.
3. When you enter the room, first notice what the person is doing. If he or she is resting, exit with quiet respect. If family is present, don't make the family invisible by not making eye contact and ignoring them.
4. Don't complain about anything. We don't care if you are short staffed, the computer doesn't work, you can't find what you need, etc. Family members don't want to hear your complaints, no matter how valid they may be. We want the room filled with as much love and tenderness as possible.
5. Don't see the family's involvement as meddling in your work. Some people can only cope with the loss of their loved one's identity by trying to feel in control of a world that feels like its eons away from everyday reality.
6. Determine the families' energy level before you make a high-energy entrance that may feel chaotic or disrespectful to others. Your energy level should match the resident's and families. Know when to laugh and when to be quiet; the emotions we feel vary from sweeping sadness to gratefulness just to have our loved ones with us one more day. We appreciate when you know where we are in the spectrum of emotions. Meet us where we are, not where you are.
7. When you care for the elderly person with kindness and compassion it is the best gift you can give any family. We worry all the time; we carry guilt, remorse, sadness, regret and many other emotions. Your ability to make our loved one smile and feel content, gives us unbelievable peace.
8. Remember we are grieving. Our loved one is no longer our mom, dad, uncle, or aunt, as they have resorted back to a different time. Words cannot describe what it feels like when your own mother looks at you and doesn't know who you are. Ask the family what they need, how they are, and what you can do for them. Sometimes just asking is enough.
9. At the end of the elderly person's life, demonstrate concern for his or her family. Although you may think the family will be at peace to be at the end of their difficult journey of having a loved one with dementia, this may not be true. The realization that they will never have this person in their life again is overwhelming. Their emotional pain is internal, and there is no cure. Your kind words can soothe a breaking heart.

2018 - We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day. **As always, thank you for sharing your loved ones with our Country Meadow Place family. We are blessed!**

Dementia Care with Laura Morrisette:



I am Laura Morrisette. I am the new Memory Care Coordinator/LPN at Country Meadow Place. I started on November 30, 2017. I am new to the facility as a Memory Care Coordinator/LPN, however I did work as a Resident Assistant for a year also. I completed my training through NIACC and graduated in May 2017. I am very excited to be back at Country Meadow Place. I enjoy our residents so much and the staff is wonderful also. I am grateful for this opportunity and cannot wait to see what the future brings in my new role. I hope you all have a happy Holiday.

Nurses Corner with Lee Hogg:

Wishing you and yours a very Merry Christmas and a happy New Year. Please welcome our new Dementia Care Coordinator/LPN.



Maintenance with Lloyd Graves:

January, Brings in a New Year. It's going to be cold, so bundle up. It's going to Snow, so be careful not to slip on the ice and snow. My job is to make sure all the sidewalks and entrances are clear, for safe passage. Filling bird feeders will really give everyone a colorful show when the birds come out to feed. We will be starting to look forward to our new expansion starting this spring. I hope everyone had a Good 2017. Let's make 2018 great!

Come visit your loved ones and as always, enjoy a Great cup of Hot Chocolate or Coffee

Culinary with Tayla Herman:

Double-Decker Marshmallow Fudge



Directions:

1. Line a 9x13-inch cake or jelly roll pan with aluminum foil; coat with cooking spray.
2. Melt butter in a medium saucepan over medium heat; stir in condensed milk. Pour in chocolate chips; cook and stir until melted, 5 to 10 minutes.
3. Pour chocolate mixture into the prepared pan. Coat a spatula with cooking spray and use to press chocolate mixture into an even layer. Refrigerate fudge until cooled and set, about 2 hours.
4. Combine 1/2 cup cold water and gelatin in a bowl; set aside until gelatin starts to thicken, about 15 minutes.
5. Mix white sugar and 1/2 cup water in a saucepan over medium heat; cook and stir until sugar dissolves, 5 to 8 minutes. Bring sugar mixture to a boil and cook until temperature reaches 240 degrees F (116 degrees C) on a candy thermometer, 2 to 3 minutes. Remove from heat.
6. Slowly pour sugar mixture into gelatin mixture while simultaneously beating with an electric mixer set on low. Gradually increase speed to high and continue beating until marshmallow batter is very thick but not stiff, 10 to 15 minutes.
7. Pour marshmallow batter over fudge, smoothing the surface with spatula coated with cooking spray. Let sit uncovered at room temperature until completely set, about 6 hours.
8. Dust the top of marshmallow layer with most of the confectioners' sugar. Refrigerate marshmallow fudge for at least 2 hours.
9. Lift marshmallow fudge out of the pan by the edges of the foil and place on a large cutting board. Dip a large knife in the remaining confectioners' sugar and slice fudge into 1 1/2-inch squares, continually dipping knife in the sugar after each slice

Ingredients:

- cooking spray
- 1/4 cup butter
- 1 (14 ounce) can sweetened condensed milk
- 3 cups semisweet chocolate chips
- 1/2 cup cold water
- 3 (.25 ounce) packages unflavored gelatin
- 2 cups white sugar
- 1/2 cup water
- 1 cup confectioners' sugar

Community Relation with Tara Demaris:

Did you know that Country Meadow Place offers apartments for short-term stays?

Perfect for those wanting to escape the burden of winter!

If this cold weather has you thinking about the icy winter ahead, shoveling, blizzards and bundling up... you're not alone! The difference being, that residents at Country Meadow Place will be cozy, warm and in the company of friends when the winter winds whip through.

Be among friends and in a safe, warm environment this season with a short-term stay at Country Meadow Place.

Don't worry about yourself or a loved one this winter, call Country Meadow Place today!



Coordinators:

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Lloyd Graves- Maintenance
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Laura Morrisette- Dementia Care/LPN
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Life Enrichment with Morgan Versendaal:

As we bring in the new year we've got so many things going on! Bus rides, parties, games and more! I look forward to starting the New Year off with a bang at our N.Y.E. party. I hope you all had a Merry Christmas and have an even better new year. If you have any questions, concerns, or ideas for activities feel free to call me, or e-mail me at Lifenrichment@countrymeadowplace.com