

FEBRUARY 2018

# Country Meadow Place

17396 Kingbird Ave Mason City, IA 50401 \* (641) 423-7722



## Scheduled Weekly Activities

**Live 2B Healthy**

**Sing-A-Long with One Vision**

**BINGO!**

**Music with Deb**

**Massage Therapy**

**Catholic Communion**

**Bible study**

**Exercise with Athletico**

**Salon**

**Happy Hour**

**Men's Club**

**Bus rides, and Weekly Shopping Trips.**

**Along with many other activities for the month.**

## Manager's Moment with Kim Boyd:

Did you know that Country Meadow Place was awarded the 2018 Best Assisted Living in North Iowa? The annual SeniorAdvisor.com Best of 2018 Awards recognize outstanding senior living and home care providers who have received consistently high ratings from residents and their families.

Winners of the SeniorAdvisor.com Best of 2018 Awards are located all over the United States and Canada and represent the top tier of in-home care, assisted living, and other senior living providers.

The award places winners in the top **one percent** of senior care providers across the U.S. and Canada.

To qualify for a Best of 2018 Award, providers must:

- maintain an average overall rating of at least 4.5 stars
- have received 3 or more reviews in 2017
- Offer assisted living, in-home care, independent living, skilled nursing or Alzheimer's care in the United States or Canada.

Country Meadow Place is proud and honored to accept this award for the 2<sup>nd</sup> year in a row. Thank you to our Resident's and families who took the time to send in comments – let's go for 3 in a row!

As always – thank you for allowing your family to be our family at Country Meadow Place – we love you all! Hope 2018 continues to bring you health and happiness.

## Nurse's Corner with Lee Hogg:



## Dementia Care with Laura:

Put away the forks and spoons—February 6 is Chopsticks Day. Today, over a quarter of the world's population uses these utensils for eating, but 5,000 years ago the first chopsticks were developed in China as a cooking tool. It was Confucius who said, "The honorable and upright man keeps well away from both the slaughterhouse and the kitchen. And he allows no knives at the table." This alone may have made chopsticks the preferred utensil in China. By the year AD 500, chopsticks had spread to Vietnam, Korea, and Japan, although in Japan chopsticks were originally used strictly in religious ceremonies. To the uninitiated, the use of chopsticks can be fraught with peril. One should never stand their chopsticks up in a bowl of rice, for it looks like the way rice is offered during a funeral ceremony. And never rest your chopsticks sideways across the top of a dish—use chopsticks holders!

### Ingredients and tools you'll need:

- Spray bottle
- Medium glass bowl
- Two bath bomb molds
- ½ Cup baking soda
- 1/3 cup Epsom salt
- 2T cream of tartar
- 2T melted coconut oil
- 1T peppermint oil
- 1/2 teaspoon rosemary chopped

### Instructions:

1. Start by adding dry ingredients and chopped rosemary in medium bowl. Whisk to blend. Whisk in coconut oil and peppermint oil.
2. Using spray bottle, spritz water to moisten mixture as you stir. Mixture should be crumbly but hold when squeezed.
3. Use spoon to scoop mixture in to bath bomb molds or ice cube trays. Press firmly. If using bathing bomb molds overflow each side slightly before putting them together. Allow to sit in a cool, dry area for at least 4 hours.
4. Loosen Bath bombs from molds and place in warm bath water to dissolve.

## In the kitchen with Tayla:

### Million Dollar Spaghetti

#### Ingredients

- 1 (16 ounce) package spaghetti noodles
- 1 pound ground beef
- 1 (16 ounce) jar spaghetti sauce
- 1/2 cup butter, sliced - divided
- 1 cup cottage cheese
- 1 (8 ounce) package cream cheese, softened
- 1/4 cup sour cream
- 1 (8 ounce) package shredded Cheddar cheese



#### Instructions

Preheat oven to 350 degrees F  
 Bring a large pot of lightly salted water to a boil.  
 Cook spaghetti in the boiling water, stirring occasionally until "al dente" (cooked through but firm to the bite), about 12 minutes. Drain.  
 Heat a large skillet over medium-high heat.  
 Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes, drain and discard grease.

## Maintenance with Lloyd:

February is Cupids month. 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. Spring Fever will set in, after a long winter. Come visit your Loved ones and as always, Enjoy a Great cup of Hot Chocolate or Coffee

Place half the slices of butter into the bottom of a 9x13-inch casserole dish. Spread half the spaghetti into the dish. Top spaghetti with creamy mixture.

Layer remaining spaghetti over creamy mixture.

Top with remaining pats of butter. Pour ground beef mixture over spaghetti and spread to cover casserole.

Bake in the preheated oven for 30 minutes.

Spread Cheddar cheese over pasta and continue baking until cheese has melted and is lightly browned, about 15 more minutes

## Life Enichment with Morgan:

Have you heard of our smile program? Smile keeps you in contact with your loved ones when you are unable to be there with them. On smile we keep track of the activities your family members are attending, along with pictures of them doing them.

That's not the only thing smile does. You can also send messages along to your loved on through this program.

If you aren't signed up and would like to be, please feel free to stop in to see me, call me, or email me at [Lifenrichment@countrymeadowplace.com](mailto:Lifenrichment@countrymeadowplace.com)

## Coordinators:

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