

Country Meadow Place

March 2018

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



Activities Offered Weekly Include:

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

**Manager's Moments:
By: Kimberly Boyd**



News Release

\$3.9 MILLION ASSISTED LIVING ADDITION PLANNED FOR COUNTRY MEADOW PLACE RETIREMENT COMMUNITY IN MASON CITY

CERRO GORDO COUNTY – Country Meadow Place, a Mason City retirement community specializing in care for those with Alzheimer's disease and related dementias, has announced the construction of a \$3.9 million addition to the existing 36 apartment community. The over 21 thousand square foot addition will include 20 Assisted Living apartments and a variety of useful common areas to meet area demand.

Since completing an extensive remodeling project to the existing building, Country Meadow Place has established itself as a leader in providing Memory Care to North Iowa's seniors over the past few years. This is evident in not only their consistently full occupancy but also in their growing waiting list. The new addition will create an Assisted Living environment to serve even more seniors in the area.

This new addition will offer an extra 20 apartments for the seniors of North Iowa in a community that strives to lead the industry in hospitality, dignity and health care. 470 square foot one-bedroom apartments, 540 square foot one-bedroom deluxe apartments and 840 square foot two-bedroom apartments will be available for month-to-month rental at an all-inclusive rate that provides three meals per day, weekly housekeeping and laundry, an emergency pendant and complimentary transportation to name a few. Residents will also be able to add any personal health care assistance such as medication management for an additional fee. Included in the addition will also be a new Assisted Living dining room, common area lounge, private dining/library, exercise area and more.

The construction of the new addition will be conducted by Dean Snyder Construction of Clear Lake, Iowa. For more information about this project, please contact Kim Boyd, Manager, at 641-423-7722. Reservations are being taken now.

As always – thank you for sharing your loved one's with our family at Country Meadow Place. Happy Spring!

Nurse's Corner with Lee Hogg:

Most of us are beginning to experience cabin fever and hopefully spring is nearing.

The Community is still experiencing signs and symptoms of Flu. Please remember if you are not feeling well please DO NOT VISIT your love one.

Signs and Symptoms Mild Alzheimer's

Early warning signs of Alzheimer's are often subtle, making it difficult to recognize that something is wrong. Even if people recognized changes, they may not associate the changes with a health problem. Many people associate the changes with a health problem. Many people in the early stage seem less aware and less concerned about their problems. This lack of awareness may itself be a symptom of Alzheimer's disease. Some of the earliest signs and symptoms may include:

1. Asking the same questions repeatedly.
2. Getting lost in the conversations and having problems finding the right words.
3. Not being able to complete familiar tasks, such as following a recipe.
4. Having a problem with abstract thoughts.
5. Not remembering recent events.
6. Misplacing items in inappropriate places, such as putting wallet in the refrigerator.
7. Undergoing sudden changes in mood or behavior for no apparent reason
8. Showing an inability to concentrate or take initiative.
9. Having less interest in his or her surroundings.
10. Showing an indifference to personal appearance or normal courtesies.
11. Feeling disoriented as to time and place.
12. Becoming lost while driving on familiar streets.

In the mild stage of Alzheimer's, a person may still be working and trying to go about business as usual. The difficulties may be passed off as stress, lack of sleep, fatigue, or simply a part of getting older the person may try to compensate for memory problems by sticking to familiar things, places and routines and not entering new or strange situations. A growing awareness may lead to feelings of anger, frustrations and helplessness. It's not unusual for a person to take these emotions out on others. Depression also is common at this stage, a condition that should be evaluated and treated as soon as possible.

Next month Signs and Symptoms of Moderate Alzheimer's.

Remember good hand washing is one way to cut down the exposure to the flu and other virus.

Dementia Care with Laura:

Three Tips for Communicating with a Person with Dementia

1. Set a positive mood for interaction. Your attitude and body language communicate your feelings and thoughts more strongly than your words do. Set a positive mood by speaking to your loved one in a pleasant and respectful manner. Use facial expressions, tone of voice, and physical touch to help convey your message and show your feelings of affection.

2. Get the person's attention. Limit distractions and noise—turn off the radio or TV, close the curtains or shut the door, or move to quieter surroundings. Before speaking, make sure you have her attention; address her by name, identify yourself by name and relation, and use nonverbal cues and touch to help keep her focused. If she is seated, get down to her level and maintain eye contact.

3. State your message clearly. Use simple words and sentences. Speak slowly, distinctly, and in a reassuring tone. Refrain from raising your voice higher or louder; instead, pitch your voice lower. If she doesn't understand the first time, use the same wording to repeat your message or question. If she still doesn't understand, wait a few minutes and rephrase the question. Use the names of people and places instead of pronouns (he, she, they) or abbreviations.



In the kitchen with Tayla:



Ingredients:

2 tablespoons olive oil 1 1/2 cups chopped yellow onion (from 1 large onion) 1 cup roughly chopped carrots (3 carrots) 1 tablespoon chopped garlic 3 pounds sweet potatoes, peeled and cut into 1/2-inch cubes 2 pounds Yukon Gold potatoes, peeled and cut into 1/2-inch cubes 1 1/2 teaspoons kosher salt 1 teaspoon black pepper 1 teaspoon ground cumin 1/4 teaspoon ground cinnamon 1/8 teaspoon cayenne pepper 7 cups chicken stock 2 tablespoons salted butter 1 cup finely chopped pecans 1/2 cup plain yogurt 1/4 cup torn fresh flat-leaf parsley leaves

Directions:

Step 1

Heat oil in a large Dutch oven over medium-high. Add onion and carrots, and cook, stirring, until softened, about 5 minutes. Add garlic, and cook, stirring, until fragrant, 1 minute. Add sweet potatoes, Yukon Gold potatoes, salt, black pepper, cumin, cinnamon, and cayenne pepper, and cook, stirring, 1 minute. Add stock; bring to a boil. Reduce heat to medium-low, and simmer until potatoes are very tender, about 30 minutes.

Step 2

Melt butter in a skillet over medium-high. Add pecans, and cook, stirring often, until toasted, about 8 minutes. Transfer to a bowl.

Maintenance with Lloyd:

Welcome to March.

After a Long winter, March brings a glimmer of Hope that Spring is near. Plans are made to start construction soon for 20 New Apartments and Office space. Even though we can still get some snow, we also know it doesn't stick around long. March is also a month that sees 40 degree days and 20 degree nights. So be aware that it will be muddy by day and slick by night.

So, Remember to wipe your feet at the door when you stop in to visit a Loved one. And as always the Hot coffee and Hot chocolate is always being served for you.

Step 3

Transfer potato mixture, in batches, to a blender. Remove center piece of blender lid (to allow steam to escape); secure lid on blender, and place a clean towel over opening in lid. Process until smooth. (Or process soup in Dutch oven using an immersion blender.)

Step 4

Top servings with 2 tablespoons pecans, 1 tablespoon yogurt, and 1/2 tablespoon parsley.

Bon Appétit!

Happy St. Patrick's Day

Saint Patrick's Day, or the **Feast of Saint Patrick** (Irish: *Lá Fhéile Pádraig*, "the Day of the Festival of Patrick"), is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick (c. AD 385–461), the foremost patron saint of Ireland.

Saint Patrick's Day was made an official Christian feast day in the early 17th century and is observed by the Catholic Church, the Anglican Communion (especially the Church of Ireland), the Eastern Orthodox Church, and the Lutheran Church. The day commemorates Saint Patrick and the arrival of Christianity in Ireland, and celebrates the heritage and culture of the Irish in general. Celebrations generally involve public parades and festivals, cèilidhs, and the wearing of green attire or shamrocks. Christians who belong to liturgical denominations also attend church services and historically the Lenten restrictions on eating and drinking alcohol were lifted for the day, which has encouraged and propagated the holiday's tradition of alcohol consumption.

Saint Patrick's Day is a public holiday in the Republic of Ireland, Northern Ireland, the Canadian province of Newfoundland and Labrador (for provincial government employees), and the British Overseas Territory of Montserrat. It is also widely celebrated by the Irish diaspora around the world, especially in the United Kingdom, Canada, United States, Brazil, Argentina, Australia, and New Zealand. Saint Patrick's Day is celebrated in more countries than any other national festival. Modern celebrations have been greatly influenced by those of the Irish diaspora, particularly those that developed in North America. In recent years, there has been criticism of Saint Patrick's Day celebrations for having become too commercialized and for fostering negative stereotypes of the Irish people.

Life Enrichment Corner

As we age, we need to increase our levels of engagement to keep our mind and body young! Interacting with your peers on a regular basis can prevent a whole host of issues. When you stay socially active, your brain is constantly engaged, leading to the maintenance of a sharper mind. This interaction also gives you a sense of belonging. In addition to being socially active, being physically active is a perfect way to keep your mind and body in shape! Join Life Enrichment each day to keep your mind and body in tip top shape!

St. Patrick's Day Treats



Join us for
Shamrock Shakes
on Wednesday, March
14th in the
Ivy Great Room!