

Country MeadowPlace

April 2018

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

Manager's Moments: By: Kimberly Boyd



Activities Offered Weekly Include:

Live 2B Healthy

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

BINGO!

Music with Deb

Massage Therapy

Catholic Communion

Bible study

Book Club

Exercise with Athletico

Salon

Happy Hour

Men's Club

Green Thumb Club

**Shopping Trips to
Walmart**



The water tower is gone...that was the first phase of our expansion. Stop by and watch the process as we proceed to add on 20 new one and two-bedroom apartments this year. We are currently taking reservations, for more information stop

by or give me a call.

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 which will offer 20 new Assisted Living apartments as well as shared common space. Construction will begin with removal of the community's recognizable water tower, which can be seen from Highway 18 just east of Mason City.

"To begin the addition process, we are needing to remove our inoperable water tower; a landmark that has been a part of this property since its days as the Cerro Gordo County Home," said Kim Boyd, Manager. "We are also planning to work with a local artist, Dr. Jerry Nelson to create a piece to be displayed in the new addition."

The water tower removal took place on Wednesday, March 21st and was completed by Dean Snyder Construction of Clear Lake, Iowa. "The plan is to cut out a 15-foot section of the Northwest leg of the water tower and then cut the bolts on the other three legs," said Mark Takes, Senior Consultant with Senior Housing Management. "When the final bolt is cut, on the Southeast leg, gravity will slowly tip tower to the Northwest." Barring any unforeseen issues. For more information about this project, please contact Kim Boyd, Community Manager, at 641-423-7722. Reservations for the Assisted Living addition are being taken now.

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

Dementia Care with Laura

Four Easy Caregiving Tips When Dealing With Dementia

1. Speak simply - This may seem obvious, yet many care providers for those with dementia make the mistake of asking open-ended questions such as, "what would you like to eat for lunch today?" Someone whose brain hasn't lost its ability to connect information into clear ideas and responses would find this easy to respond to. Someone with dementia, however, could find it overwhelming. It would be less anxiety-inducing to simply ask your loved one if they'd like some pasta. It's better to ask questions that can be responded to with just a "yes" or "no."

2. Patience is essential - A loved one who has dementia is in a constant struggle to regain speaking and thinking skills they've lost, which keeps them agitated. That's why it's so important for you to try and relieve the emotional and mental pressure they're under. You may have a lot on your plate yourself and be moving quickly to achieve it all, but ultimately, rushing the person you provide care to won't help. It will lead to confusion for both of you.

Learn 6 key facts about a person with dementia.

3. Make their environment as peaceful as possible - Clutter overwhelms everyone. It's a form of sensory overload. Someone with dementia will find being in a disorganized room even more distressing. Use calm, subtle colors. Brightness is a stimulant. Busy patterns are more demanding to process so should be avoided. If you're in the mood for music, listen to something with a soothing or peaceful ambiance. Don't leave a TV droning non-stop in the background. Pleasant fragrances in the form of fresh flowers, scented soaps, and sachets can foster a sense of serenity and be aroma-therapeutic.

Learn 12 ways to create an empowering dementia environment.

Nurse's Corner with Lee Hogg

Create a Moment...

Sneak the chocolate in your pocket, recite their favorite poem, laugh along, bite into a fresh strawberry, whistle a tune, talk about "goin fishin", Ice Cream! Ice Cream! Ice Cream! Go for a walk, bring a jar of pickles, seek shade, turn off the tv, dance, watch the birds, picnic in the park, bring fried chicken, re-read the classics, play the piano, sing out loud, hold hands, talk to them even if they don't talk back, smile a lot, catch a firefly, talk over an old fishing lure, drink lemonade together, buy their favorite music, bring a cheeseburger, help them write a letter, send mail, share a funny story, send a simple surprise package (just to open), rub lotion onto their hands, look them in the eye, stroke their hair, hug them until they let go, remember the good times, sing them to sleep, notice the clouds, pick their favorite flower, watch a sunset, let them watch you fly a kite, hold a baby, or hold a doll, visit outside in the breeze, snap beans, notice them, listen to their stories, sit in the sun, say yes A LOT, be more than a daughter/son, be a friend, spray their favorite perfume, stay with them when they are afraid, reassure that you have taken care of everything, be relaxed, tell them how terrific they are, cover their lap with a warm afghan, love them no matter what.

... Isn't that what you would want?

4. The power of touch - Stroking your loved one's face or brushing their hair are simple gestures that can send a strong loving message. Holding their hand when trying to get their full attention can also provide them with reassurance that everything's okay. Hand-holding unites you with them in their struggle. It can also be a way of helping them feel safer about being in the mental state they're in. Offering your hand for them to grip can even give them greater focus. In fact, recent research shows that making a fist is a stabilizing body motion that activates memory and positively stimulates the brain.

What's Cookin' with Tayla:

Slow Cooker Meatball Sandwiches

Ingredients

- 2 packages (12 ounces each) frozen fully cooked Italian meatballs, thawed
- 2 jars (24 ounces each) marinara sauce
- 8 hoagie buns, split
- 8 slices provolone cheese
- Sliced pepperoncini, optional

Directions

1. Place meatballs and sauce in a 3- or 4-qt. slow cooker. Cook, covered, on low 3-4 hours until meatballs are heated through.
2. On each bun bottom, layer cheese, meatballs and, if desired, pepperoncini; replace tops. Yield: 8 servings.



Maintenance with Lloyd

April showers bring May flowers, as the saying goes. It is also that time to start Spring cleanup.

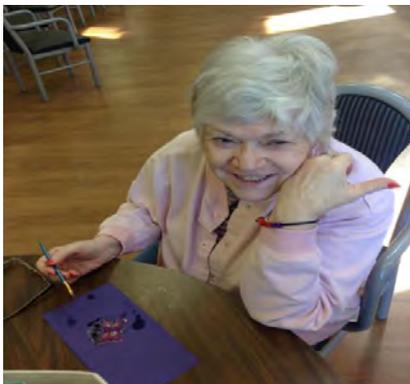
As the days warm up, a lot of raking, tree trimming and repairing of any winter damage. Also, it is time to get the mower tuned up and coordinate with contractors For the New Addition that we are building for 20 New Apartments.

Spring is a busy time of year for everyone. So if you would rather watch than work, we have lots of windows at Country Meadow Place, while I do the work.

As always, Hot chocolate & Coffee are waiting for you!



moments & memories



Life Enrichment Corner

My goal is to encourage an active day. It's no secret that keeping an active mind and body with stimulating and healthy activities and exercises is good for all. This is especially true for those who suffer from Alzheimer's.

Being cognizant of a healthy balance of activity, designed for the individual senior, is what's important. Everyone is different.

Whether it's encouraging exercise, such as walking or gardening, or nourishing the mind through a trip to the Art Center or by reading an appropriate book or watching a comforting show — stimulating mental engagement gives your loved one purpose.

NEW ACTIVITIES Planned for April:

- Weekly trips to Walmart for Shopping.
- Spring Dance April 6th to Celebrate the Anticipated Warmer Weather!
- Green Thumb Club for all the Gardeners (Weather Permitting).
- Weekly Book Club