

Country Meadow Place

17396 Kingbird Ave, Mason City, Iowa 50401 Ph. 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

Book Club

Exercise with Athletico

Salon

Happy Hour

Men's Club

Green Thumb Club

Afternoon Stroll

May Facts:

- The Bird of May is the Nightingale
- May's Birthstone is Emerald
- May is the only Month in which a President has not died.
- May's flower is the Lily of the Valley

Manager's Moments

By: Kimberly Boyd

Routines reduce stress for seniors...People are most afraid of the unknown. If your older adult is losing control over their physical abilities, independence, or cognitive abilities, their world gets filled with more and more unknowns. If your senior's days are unstructured and unpredictable, life can become even more stressful. That's why a consistent routine helps both seniors and caregivers. Everyone knows what to expect and there's no need to think or worry about what's coming next.

What is a routine?

A routine means doing the same basic activities around the same time every day. This gives structure and a natural flow to the day. It also makes it easier to make sure your older adult has taken medication, eaten regularly, and drank enough water.

For example, part of a regular daily routine would be to wake up at 8 AM, use the toilet, brush teeth, comb hair, change from pajamas to regular clothes, then sit down to a hot breakfast of oatmeal and coffee. After that, they'd take their morning medications.

When you create a routine for your older adult, base it roughly on their current daily activities. The main difference is to make it more structured and regular.

Bottom line

Simple daily routines can significantly improve your senior's quality of life, but there's no need to be too rigid about it. You'll still need to be flexible on days when your older adult isn't feeling well or if there's a special event.

But using a routine most of the time can reduce stress, increase the feeling of security, and improve sleep. That helps your older adult (and you!) feel healthier and happier.

As always, thank you for sharing your loved one with our Country Meadow Place family! Please join our Alzheimer's Walk on September 30th. Team Boyd-Country Meadow Place.

Nurse's Corner with Lee Hogg

Once again it is time for the HCC (Lee Hogg RN) words of wisdom.

I along with some of our staff attended the Brainworks conference this month. The information that was shared with the conference participants was that there is a severe lack of funding for research. Like most diseases one does not think about it until it affects us personally and financially. So we are all hungry for any kind of information to assist us with coping with these burdens.

One of the speakers was a gentleman named Martin J. Schreiber, the former governor of Wisconsin. He has seen his beloved wife, Elaine, gradually transform from the woman he knew and shared a very active and social life with to one who no longer recognizes him as her husband. Mr. Schreiber has shared his knowledge and written a book called *My Two Elaine's: Learning, Coping and surviving as an Alzheimer's caregiver*. *My Two Elaine's* offers sage advice that respects the one with Alzheimer's while maintaining the caregiver's health. As two-thirds of those with Alzheimer's are women, he offers special guidance for men thrust into an unexpected job.

One may purchase this book at www.mytwoelaines.com.

CMP has also purchased a copy of this wonderful and informative book that can be signed out for your reading pleasure.

CMP has Alzheimer's support group the third Thursdays of each month from 4pm until 5pm.

Please if you are struggling or find yourself feeling that you are alone and that family members are not understanding the role of the caregiver I reach out to you to attend this or any other support group that will help you get through this trying period in your life.

I will share this read that I copied from the final pages of the book, *My Two Elaine's*.

If Alzheimer's could speak By Tara Reed

Talk to me...

I can hear your words and they still touch my soul.

Smile at me...

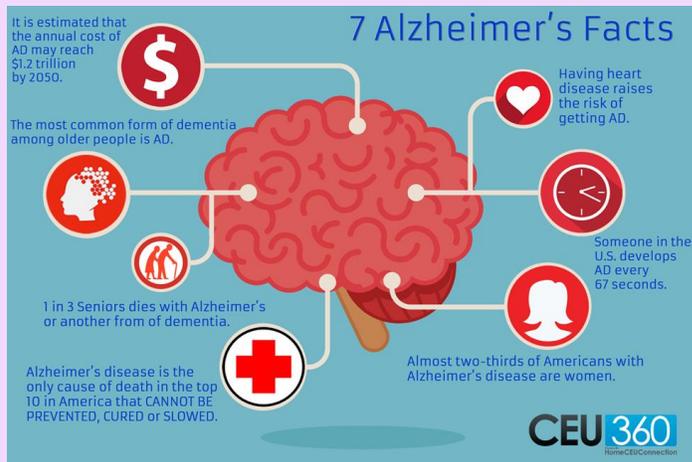
My eyes can see you and feel your heart

Even if I don't remember how to smile back.

Dementia Care with Laura

An estimated 5.7 million Americans of all ages are living with dementia in 2018. This number includes an estimated 5.5 million people age 65 and older and approximately 200,000 individuals under age 65 who have younger-onset Alzheimer's.

One in 10 people age 65 and older has Alzheimer's dementia. As the number of older Americans grows rapidly, so too will the numbers of new and existing cases of Alzheimer's.



Hold my hand...

I can feel your energy when our hands connect.

It makes me feel safe and less alone.

Love me...

My heart can feel your love even if my words

Can't express mine.

Live your life...

Help me on my path but don't press pause on your life. Be the vibrant person I know and love.

Trust the process...

I know this hard and not we planned but trust the process. We can't control it but we can choose our focus. Remember the good times, know that I am OK and that you are in my heart always.

Remember to support the Alzheimer's organization and participate in the events that will be scheduled in our area to end with the Alzheimer's walk at the end of September. These are fundraiser to continue with the much needed research. Join or team or donate to this very important cause. Team Boyd-Country Meadow Place.

What's Cookin' with Tayla

Maintenane with Lloyd

Ham and Cheese Tortellini



Ingredients:

- 1 tbsp. extra-virgin olive oil
- 1 shallot, minced
- 3 cloves garlic, minced
- 1/2 lb. deli ham, chopped
- Freshly ground black pepper
- 1 1/2 lb. cheese tortellini
- 2 c. frozen peas
- 3/4 c. low-sodium chicken broth
- 1/3 c. heavy cream
- 1 c. shredded swiss
- 1/2 c. freshly grated Parmesan
- Freshly chopped parsley, for garnish

Directions:

1. In a large skillet over medium-high heat, heat oil. Add shallot and garlic and cook until soft, 3 minutes. Add ham and cook until crispy, stirring occasionally, 5 minutes. Season with pepper. Add tortellini and frozen peas and stir until coated, then pour over chicken broth. Simmer until tortellini are al dente, 6 minutes.

May is the month when Country Meadow Place displays all her Glory. All the trees are filled out and Beautiful Flowers are everywhere and the Gardens are planted.

Keeping everything running in Tip top shape is my Goal. Breaking ground for our New Addition for all the Residents to watch. May is also, a Great month to check out Country Meadow Place and enjoy the nice quiet and serene atmosphere of our Courtyard and enjoy a cold drink and pleasant conversation.

Happy Spring 

2. Add heavy cream, Swiss, and Parmesan and stir until creamy.
3. Garnish with parsley and serve.



Community Relations

with Tony Buhr



Hello, my name is Tony Buhr, I am the new Community Relations Coordinator for Country Meadow Place in Mason City!

I have been with Country Meadow Place about a month now, and I have really

enjoyed venturing out and meeting with our external partners and friends of County Meadow Place. I am once again reminded in my visits how nice and helpful people are in North Iowa, and how everybody is on the same page, to help our Seniors have a great overall experience with their care and needs.

A little about me. I was born and raised in the Mason City area and bring over ten years of combined experience from Staffing and working in the Healthcare industry to Country Meadow Place. I have a passion to give back to the community in various ways whether it be through City functions, Chamber Events, or donating my time on the Baseball Field or Basketball Court.

I graduated from Iowa State University with a B.S. in Psychology and Sociology and recently earned my MBA from Ottawa University. My wife Kathy and I have three boys that keep them busy with their activities!

I can be reached by emailing me at welcome@countrymeadowplace.com or you can call me at 641-425-0372 for any information or to schedule a tour to see our community! I am excited to continue to meet new faces within North Iowa!

Life Enrichment Corner

True to its reputation as "the best medicine," laughter and humor therapy falls into the category of complementary and alternative medicine.

The use of humor therapy for dementia patients is debated in an article published in the BMC Journal of Complementary and Alternative Medicine.

According to the experts, the always complex issue of humor, is made even thornier by cognitive impairment, the hallmark symptom of many dementias.

As their disease progresses and their mental functioning is reduced, a person will become less capable of understanding complex jokes. Thus, they may become defensive if they perceive that someone is laughing at their expense.

However, if introduced gradually, humor and jokes can produce positive feelings in a person with dementia, leading to the benefits of increased immune functioning and greater pain tolerance.

Things to look Forward to in May

Cinco De Mayo Fiesta Themed Happy Hour on May 4th

Nurses Week May 6th – May 12th

Mother's and Muffins Tea Party May 11th

Tea with Mom May 13th

**Afternoon Stroll each Thursday
*weather permitting***

Snacks in the Park May 21st

Family Supper May 22nd