

JUNE 2018

Country Meadow Place

17396 Kingbird Ave., Mason City, Iowa 50401 Ph. 641-423-7722

Manager's Moments

By: Kimberly Boyd

We've broken ground! It's an exciting time at Country Meadow Place as residents and staff watch the construction phase of our new 20 apartment expansion. This expansion will consist of 20 one and two-bedroom apartments for Assisted Living or Independent Living residents. If you currently live at Country Meadow Place and want to move to a new apartment, please let me know soon as we are taking reservations now. This will not be a secure environment so will be for Assisted or Independent Living. Our current location will remain secure for Memory Care needs, but you can reside in either building if you are Assisted or Independent Living. The same great programs and food will be offered at both. The water tower has come down, the ground breaking has happened and now the building begins. Thank you for your understanding as our roads get rerouted and there is more dirt and people around. We appreciate your understanding. Contact me at 641-423-7722 or manager@countrymeadowplace.com if you have any questions or want to find out how to get your reservation in. We do have a layout for you to view and an example of apartment sizes. We continue to value your comments and concerns about your loved ones and we do listen. We've just added on another LPN to help Lee and Laura with your loved one's medical needs. Please reach out to our nursing team of Lee, Laura and Thomas with concerns and changes. I'm proud of our Country Meadow Place staff as they work hard to assist your loved ones. As always, thank you for sharing your loved one with our Country Meadow Place family. Come see us this summer at our many events, including Thursdays on Main, Clear Lake's Triathlon and River City Street Rods Car Show at the fairgrounds.



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

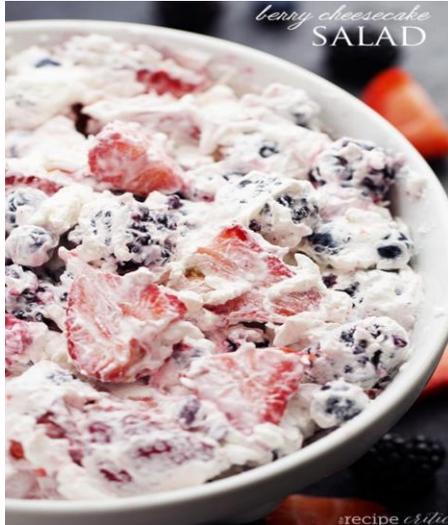
June Facts

1. No other Month Begins on the same day of the week as June.

2. June's Flower is the Rose or Honeysuckle.

3. June's Birthstone: Pearl, Alexandrite, Moonstone

Cookin' in the Kitchen with Tayla



BERRY CHEESECAKE SALAD

INGREDIENTS

- 1 (8 ounce) cream cheese, softened
- ½ cup sugar
- 8 oz cool whip, thawed*
- 6 cups berries, I used:
 - 3 cups strawberries, sliced
 - 1 cup blackberries
 - 1 cup blueberries
 - 1 cup raspberries

INSTRUCTIONS

1. In a large bowl, beat together cream cheese and sugar until smooth and creamy. Fold in the thawed cool whip.
2. Add strawberries, blueberries, blackberries, blueberries, and raspberries. Fold carefully into the cream cheese mixture. Serve immediately.

COUNTRY MEADOW PLACE BREAKS GROUND ON \$3.9 MILLION ADDITION

CERRO GORDO COUNTY – Country Meadow Place, a Mason City retirement community specializing in care for those with Alzheimer's disease and related dementias, broke ground on their \$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.

The ground-breaking ceremony occurred on Wednesday, May 16, 2018 at 2:00p.m. "We are excited to have this project underway," said Kim Boyd, Manager. "This addition will provide larger apartments that are perfect for couples and will provide independent and assisted living as well as memory care. It will allow us to cover a broader spectrum of care for more people."

The construction of the new addition will be conducted by Dean Snyder Construction of Clear Lake, Iowa. Solum Lang Architects of Cedar Rapids, Iowa has developed the architectural drawings and the project is expected to be complete in Spring 2019. Senior Housing Management will continue operational oversight and planning throughout the project and beyond. For more information about this project, please contact Kim Boyd, Manager, at 641-423-7722. Reservations are being taken now.



Nurse's Corner with Lee Hogg

Dementia is the loss of cognitive functioning—thinking, remembering, and reasoning—and behavioral abilities to such an extent that it interferes with a person's daily life and activities. These functions include memory, language skills, visual perception, problem solving, self-management, and the ability to focus and pay attention. Some people with dementia cannot control their emotions, and their personalities may change. Dementia ranges in severity from the mildest stage, when it is just beginning to affect a person's functioning, to the most severe stage, when the person must depend completely on others for basic activities of living.

While dementia is more common as people grow older (up to half of all people age 85 or older may have some form of dementia), it is **not** a normal part of aging. Many people live into their 90s and beyond without any signs of dementia. One type of dementia, frontotemporal disorders, is more common in middle-aged than older adults.

The causes of dementia can vary, depending on the types of brain changes that may be taking place. Alzheimer's disease is the most common cause of dementia in older adults. Other dementias include Lewy body dementia, frontotemporal disorders, and vascular dementia. It is common for people to have mixed dementia—a combination of two or more types of dementia. For example, some people have both Alzheimer's disease and vascular dementia.

Summer is upon us and there are a few things to remember when caring for your love ones.

1. Go for early morning walks or in the evening. Most elderly are on medications that may have a reaction to the sun.
2. Use sun screen before going out and wear light colored clothing.
3. Make sure your love ones are drinking plenty of liquids. Stay away from caffeinated drinks.

Remember to enjoy your love ones, come for visits even if they are short visits. They are familiar with you even if they can't remember your name. Have a good Summer.

Memory Care with Laura

June is Alzheimer's and Brain Awareness Month, an opportunity to learn more, take action, and spread awareness of Alzheimer's and other dementias.

Alzheimer's is a progressive brain disease that causes problems with memory, thought process, and behavior. It is the leading cause of dementia, a general term for loss of memory and other cognitive abilities. Alzheimer's is not a normal part of aging. People with Alzheimer's experience issues with memory, communicating, learning, thinking, and reasoning that are severe enough to impact work, social, and family life.

There is currently no cure for Alzheimer's, although as our insights into the disease continue to develop, there are new treatments on the horizon.

Statistics:

- More than 5 million Americans have Alzheimer's disease, including 91,000 Minnesotans aged 65+
- Alzheimer's is the 6th leading cause of death in U.S.
- Every 66 seconds, someone in the U.S. develops Alzheimer's/
- Approximately 200,000 Americans under the age of 65 have Alzheimer's disease.



New Employee

*Thomas Anderson
LPN/Lead*

Join us as we Welcome Back and Congratulate Thomas Anderson on his Graduation and LPN license. He will be joining our team as an LPN/Lead. Many of you may recognize Thomas as being a part of our team in the past. With this experience, he already has a good rapport with our residents and staff. We are excited to have Thomas back!

Community Relations with Tony Buhr



On May 10th, I attended a meeting with Employer Support of the Guard and Reserve or ESGR. The meeting was intended to build a stronger partnership between employers of North Iowa and the National Guard, specifically the 1133rd, stationed in Mason City, Iowa.

One of the highlights of the meeting, and I would say it was about as close to a “Dare to Dream” moment for me was I was able to ride in a Chinook helicopter around Mason City. Being born and raised in the Mason City area, it was a whole new perspective to our community we live in.

While the equipment was impressive (to say the least), it was the Military Men and Women that attended this meeting that was most impressive to me. Our military is strong and impressive, and I left a stronger sense of pride of our country that day.

Country Meadow Place supports our military and their families by partnering with many financial programs and benefits. These benefits may be available to Veterans and widows of Veterans. If you would like to find out more about Veterans Benefits, please call me at 641-425-0372. We are currently in the process of adding 20 Assisted Living apartments, and would love to see how these benefits could help you move into your new home!

As we pause and reflect on Memorial Day, we want to thank those who served, and families of those who have served in our Armed Forces! Thank you!!

P.S. – If you would like to know what I meant about “Dare to Dream” give me a call at 641-425-0372. It’s a wonderful program for our residents, one that lets our residents “Embrace Every Moment.”

Life Enrichment Corner

It’s that time of year when the outdoors is calling our names! Spending time outdoors is good for all ages, but especially beneficial when you’re older. It increases Vitamin D levels, which can help certain health conditions. We want to make getting outside one of our goals this summer. The health and social benefits of staying active are plentiful. Some of the outdoor activities we have planned are visiting Parks, Snacks in the Garden, Afternoon Stroll, Green Thumb Club, and we might even have our book club in the Garden on occasion. These are just a few of the many things that will be offered to your loved ones! Please feel free to join us for a glass of ice cold tea on the patio.



Maintenance with Lloyd

June 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. Construction is in full swing for our new 20 Apartment addition

June is also, a Great month to check out Country Meadow Place and enjoy the nice quiet and serene atmosphere of our Courtyard.

Grilling and Chilling with our Residents and enjoy a cold drink and pleasant conversation.

**HAVE FUN, LAUGH, PAINT, CREATE!
CREATE MEMORIES WITH SOMEONE SPECIAL!**

COCKTAILS & CANVAS

**PAINT
THIS!
\$30**



**June 2nd
10AM-
Noon**

COUNTRY MEADOW PLACE

**Assisted Living and Memory Care Community
17396 Kingbird Avenue Mason City, Iowa 50401**

June 2nd, 10:00AM-12:00PM

**RESERVE YOUR CANVAS TODAY!
SIGN UP AT THE COMMUNITY OR
Contact Kim Boyd 641-423-7722
or email manager@countrymeadowplace.com
ART ASYLUM LLC 641-903-1518**



