

JULY 2018

# 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**  
**Making S'mores and Homemade  
Ice Cream**

### ***The Fourth of July***

**Independence Day honors the nation's birthday – the signing of the Declaration of Independence on July 4<sup>th</sup>, 1776. It is a day of picnics and patriotic parade, and a night of concerts and fireworks. The flying of the American Flag is widespread.**

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

Not all Alzheimer's disease is genetically determined, and that's good, since certain gene combinations can lead to the least tractable and treatable cases of the disease. New research does show that even in those situations, some nondrug strategies can be of benefit. Diet, exercise and remaining socially active have been linked to slowing the trajectory of the disease in some people. The hope is that making sure people with genetic risk factors have a healthy diet, exercise regularly and are socially engaged might slow the progression of the disease. At Country Meadow Place we offer senior exercise five days a week, music therapy two to three times weekly and socially engaging activities daily. Along with three home cooked meals plus snacks leads to a healthy senior lifestyle.

Please consider joining our Alzheimer's Walk team or donating to this cause today. You can find our team at [www.alz.org](http://www.alz.org) and searching for Team Boyd – Country Meadow Place. Or stop by my office.

As always, thank you for sharing your family with our Country Meadow Place family.



**THE END OF ALZHEIMER'S  
STARTS WITH *you.***

## Nurse's Corner with Lee Hogg

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

### About dementia with Lewy bodies

Most experts estimate that dementia with Lewy bodies is the third most common cause of dementia after Alzheimer's disease and vascular dementia, accounting for 10 to 25 percent of cases.

The hallmark brain abnormalities linked to DLB are named after Frederick H. Lewy, M.D., the neurologist who discovered them while working in Dr. Alois Alzheimer's laboratory during the early 1900s. Alpha-synuclein protein, the chief component of Lewy bodies, is found widely in the brain, but its normal function isn't yet known.

Lewy bodies are also found in other brain disorders, including Alzheimer's disease and Parkinson's disease dementia. Many people with Parkinson's eventually develop problems with thinking and reasoning, and many people with DLB experience movement symptoms, such as hunched posture, rigid muscles, a shuffling walk and trouble initiating movement.

This overlap in symptoms and other evidence suggest that DLB, Parkinson's disease and Parkinson's disease dementia may be linked to the same underlying abnormalities in how the brain processes the protein alpha-synuclein. Many people with both DLB and Parkinson's dementia also have plaques and tangles — hallmark brain changes linked to Alzheimer's disease. Sign up for our enews to receive updates about Alzheimer's and dementia care and research.

### Symptoms of dementia with Lewy bodies include:

- Confusion and alertness that varies significantly from one time of day to another or from one day to the next
- Parkinson's symptoms, such as a hunched posture, balance problems and rigid muscles
- Visual hallucinations
- Delusions
- Acting out dreams, sometimes violently, a problem known as rapid eye movement (REM) sleep disorder
- Malfunctions of the "automatic" (autonomic) nervous system

## Memory Care with Laura

While many people welcome the arrival of a heat as an excuse to roll up trousers, slap on some sunscreen! For the elderly, and particularly those with dementia, it can throw up a range of challenges.

Heat can lead to a vicious cycle. People with dementia may forget to drink enough fluids and wear suitable clothing. Dehydration and high body temperatures can lead to greater confusion.

As temperatures rise, we are urging relatives, carers and others to check in on people with dementia to make sure they are OK. Stay hydrated by drinking plenty of water, eat regularly to replace salts, dress in cool, light clothes and stay out of the heat.

### Diagnosis

As with other types of dementia there is no single test that can conclusively diagnose dementia with Lewy bodies. Today, DLB is a "clinical" diagnosis, which means it represents a doctor's best professional judgment about the reason for a person's symptoms. The only way to conclusively diagnose DLB is through a postmortem autopsy. Many experts now believe that DLB and Parkinson's disease dementia are two different expressions of the same underlying problems with brain processing of the protein alpha-synuclein. But most experts recommend continuing to diagnose DLB and Parkinson's dementia as separate disorders. Memory loss that may be significant but less prominent than in Alzheimer's

### The Diagnosis is DLB when:

- Dementia symptoms consistent with DLB develop first
- When both dementia symptoms and movement symptoms are present at the time of diagnosis
- When dementia symptoms appear within one year after movement symptoms.

**The diagnosis is Parkinson's disease dementia** when a person is originally diagnosed with Parkinson's based on movement symptoms, and dementia symptoms don't appear until a year or more later.

Since Lewy bodies tend to coexist with Alzheimer's brain changes, it may sometimes be hard to distinguish DLB from Alzheimer's disease, especially in the initial stages.

## What's Cookin in the Kitchen with Tayla

CakesCottage.com  
*Baked Garlic Parmesan*  
**CHICKEN**



## Maintenance with Lloyd

Construction is in Full swing for our new addition. The ground work has started and it won't be to long before the walls will be going up.

If Mother Nature will cooperate with us, everything should speed along at a rapid pace.

Please be careful when coming and going, as construction is going on everywhere at our facility.

July 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

See you soon!

### Ingredients:

- ½ cup mayonnaise
- ½ cup shredded parmesan Cheese
- 4 boneless chicken breast cutlets
- 4-5 teaspoons Italian seasoned dry bread crumbs
- ½ teaspoon garlic powder
- Pinch of salt
- ½ teaspoon lemon pepper

### Directions:

1. Preheat oven to 400 degrees F
2. In a small bowl combine mayo, garlic powder, and parmesan cheese.
3. Moisten chicken breasts with water and lay on baking sheet
4. Divide the mayo mixture evenly among the chicken, spreading

it across the top of each piece, and sprinkle with salt and pepper to taste.

5. Bake for 15-20 minutes, remove from oven and sprinkle bread crumbs on each piece of chicken.
6. Return to oven and bake for an additional 20 minutes or until chicken is cooked thoroughly and juices run clear.
7. Tops will be browned and chicken will be incredibly juicy.
8. You can also finish them off under the broiler for a minute or two to get the extra browned on top.
9. Serve with a veggie, like steamed broccoli.
10. Season with a dash of fresh parsley, if desired.

## Community Relations with Tony Buhr

### Giving Back

One of the things I have really enjoyed about being a part of our community is our philosophy of giving back and being active in our partnerships. My time getting out to meet our partners in the North Iowa area has been very fulfilling and allows us to say, "Thank you!"

On June 1<sup>st</sup>, members of our coordinator team were fortunate to provide dinner for approximately 130 at the Mason City Senior Center. It was fun to meet and connect with a thankful community of smiling (and FULL) great people on a hot Friday afternoon.

We also were fortunate to give back to our EMS providers in parts of North Iowa as part of EMS Week. I asked a few residents to come help deliver "Thank You" packages, such as cookies, and fun items for their offices. You could tell that the residents were having a wonderful time with the deliveries and every one of the visits, the various EMS staff members came out and visited with our residents and was thankful for the gifts and goodies!

Whether its serving meals, donating time with youth and senior groups, serving on community committees, or thanking those who keep us safe, giving back is what makes living and working in North Iowa so special.

Continue to have a safe and relaxing summer, including the 4<sup>th</sup> of July holiday!



## Life Enrichment Corner

There are few greater causes for celebration than the arrival of the Fourth of July. As America's birthday, it's one of the few holidays that are unique only to the U.S. and it's the perfect opportunity to spend time with friends and family, enjoying the summer weather, food and fireworks. Celebrating Independence Day may not always be easy for older adults living in Assisted Living/ Memory Care Communities who have limited mobility and might not be able to head out to the local parade or fireworks display. However, families can take the right steps to bring the holiday to their loved ones and honor the country's independence in style.

### Menu modifications

Slight changes to the July Fourth menu can yield considerable benefits. Substituting fruit salad for potato salad can be a good start, as can opting for heart-healthy fish instead of burgers.

### Bring the celebration to them

There are plenty of senior-specific spins you can put on the traditional Fourth of July celebration. For instance, you could make red, white and blue desserts and snacks and host a patriotic movie night. "The Best Years of Our Lives," "1776," and "Mr. Smith Goes To Washington" are all good choices.

### Plan ahead

If your elderly loved one is able to make the trip to the family barbecue, it's important to plan well ahead of the event. Specifically, you should make sure he or she is wearing light, loose fitting clothing - the holiday is in the middle of summer, after all - and ensure he or she is in a place where they can get around easily if they have mobility problems.

