

Country Meadow Place

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Celebrating September

Labor Day: U.S.
September 3

Grandparents Day
September 9

National Assisted Living Week
September 9-15

Line Dance Week
September 10-15

Balance Awareness Week
September 16-22

National Day of Service
September 11

Chocolate Milkshake Day
September 12

Chocolate Factory Day
September 13

Eat a Hoagie Day
September 14

Manager's Moments By Kimberly Boyd

Dementia can cause seniors to rummage through belongings

When seniors with dementia won't stop rummaging through their things, it can be disruptive, frustrating, and make a mess. Your older adult may repeatedly dig through drawers and cabinets or search rooms repeatedly. They might take items from one place, hide them all over the house, and then get upset when they can't find those things. Or, they might repeatedly re-organize things. As annoying as this can be, it's important to remember that the dementia is causing the behavior. Your older adult *isn't* doing it on purpose to bother you or create more work. Understanding what's causing this behavior helps you respond without causing arguments. That minimizes conflicts, which makes life easier and less stressful for both of you.

What causes dementia rummaging behavior?

Alzheimer's disease and other dementias cause problems with memory and thinking. This can lead to repetitive or difficult behaviors. Rummaging is a coping mechanism for the disorientation that dementia causes. The person with dementia is usually trying to reassure themselves that familiar items are still there or are trying to fulfill a need, like eating when hungry or doing something useful. Attempting to get someone to stop rummaging or re-organizing can cause them to become increasingly agitated, paranoid, and determined to do it. Instead, manage the behavior so it's safer and less disruptive.

9 ways to manage dementia rummaging behavior

1. Make sure they won't accidentally hurt themselves
2. Protect valuables and important documents
3. Look for triggers
4. Make commonly used items easy to find
5. Have backups of frequently lost items
6. Reduce overall anxiety levels
7. Reduce boredom with activities
8. Help them feel productive
9. Treat rummaging as an activity

As always – thank you for sharing your loved ones with our Country Meadow Place family. Thank you for your donations to our Alzheimer's Group – Team Boyd – Country Meadow Place, the walk is September 29th, hope you can make join and walk or donate at www.alz.org to our team. September will be busy as we celebrate National Assisted Living Week.

Nurse's Corner with Lee Hogg, RN

Let's chat about the aging population for a minute. One must remember that they grew up a different era. I watched my grandparent's not waste food. They ate left overs and packed lunches. They didn't have different outfits for every day of the week. They didn't have the selections of name brands outfits. My grandparents had the same furniture in their home for years. They didn't fly they drove. They shopped in the town that they were raised. They had face to face conversation with family and friends. It is called respect. Respect for family, friends, co-workers, people in the communities. They went to Church, they attended school functions, and they went to their grandparents and had Sunday dinners.

The world today moves to fast for the elderly. We don't want to sit around and listen about the stories of our past. We are missing out on enjoying what should be and wonder why so many of our elderly are lonely.

Just remember when they say, "I am ready to go to the home, they miss their families and all that they know. They realize that family have lives to live that doesn't always include them. They think they have become a burden.

So let's have a little kindness and think about how we can make their lives a little easier and happier. Share your time, call them weekly and remember the most important statement:

I LOVE YOU.

Elderly just want a little bit of your time.....

Memory Care with Laura

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease.

When you participate in Walk, your fundraising dollars fuel our mission, and your participation in the event helps to change the level of Alzheimer's awareness in your community. The Alzheimer's Association provides free, easy to use tools and staff support to help participants reach their fundraising goal. While there is no fee to register, we encourage participants to fundraise in order to contribute to the cause and raise awareness.

If you want to Join Team Boyd – Country Meadow Place to walk on September 29th, please email Kim Boyd at manager@countrymeadowplace.com or Tony Buhr at welcom@countrymeadowplace.com.

The walk location will be at Mason City High School. Registration begins at 8 a.m., and the Walk will begin at 9 a.m.. The Route Length will be 2 miles.

We hope to have you join our team!

September Birthdays

Shirley H.
September 2nd



Ron T.
September 3rd



Beverly C.
September 7th



Eugene F.
September 25th

What's Cookin in the Kitchen with Tayla

Apple Fries with Caramel Cream Dip



Prep Time

20 mins

Cook Time

10 mins

Total Time

30 mins

Maintenance with Lloyd

September is a special month for maintenance. The mowing season will start to wind down. this year has been a very busy with the grass growing very fast. this is also the month we start to plan for the winter. Getting bids for snow removal, making sure the snow blowers are serviced and wash windows for the upcoming season. Also, construction is coming along very quickly on our new addition. Country Meadow Place always strive to be the best choice for your Loved ones. So stop by for a visit and enjoy a Great cup of coffee or Hot Chocolate

These Apple Fries with Caramel Cream Dip are the perfect warm dessert for a crisp Autumn evening. It made our house smell like apple pie. Servings: 8

Ingredients

For the Apples:

- 4 to 5 tart apples we used Pink Ladies
- 1 cup buttermilk
- 1 cup sugar
- Wondra flour
- vegetable oil for frying
- cinnamon and sugar to taste

For the Dip:

- 8 oz cream cheese
- 8 oz Cool Whip or 1 cup whipping cream with 1/2 cup sugar- whipped until stiff
- 1 cup caramel sauce store bought or homemade (see above)

Instructions

1. In a fry pan, or deep fryer heat vegetable oil for frying.

2. Mix together the buttermilk and sugar in a medium size bowl. Peel and slice apples and add them to the buttermilk mixture as you go to prevent browning
3. In a shallow dish, put a layer of wonder flour. Pull the apples out of the buttermilk mix, sides in the flour one at a time and lightly coat all
4. When oil is nice and hot, gently place coated apples into the oil so they are not touching, when the bottom side begins to turn golden, flip over and brown the second side. Quickly remove to a tray lined with paper towels to soak up excess grease and cool. Sprinkle immediately with cinnamon and sugar while they are hot.

For the dip:

1. Mix together the the cream cheese and cool whip until completely blended then stir in the caramel sauce. Place into a bowl for dipping and drizzle a little extra caramel sauce over the top

Community Relations with Tony Buhr

The Walls Are Going Up!

As you may have heard, we are in the middle of a 20 Apartment Expansion at Country Meadow Place. This is an exciting time for our community, as we get to witness the progress of the 23,000 sq. foot addition on a daily basis. The general contractor, Dean Snyder Construction, has been working hard, facing many challenges this summer, such as warm and wet weather conditions, and despite all the delays, we now we have walls being built!



These new apartments will include a new dining area, a new common area lounge, private dining/library, exercise and more. We will be adding on One Bedroom Apartments with 470 sq. feet, One Bedroom Deluxe Apartments with 540 sq. feet of personal living space, and Two Bedroom Apartments with 940 sq. feet available. The new and existing communities will be connected, providing comprehensive access to all of the

Life Enrichment Corner

** Happy September Everyone. Here at Country Meadow Place we are keeping the community busy with all of our upcoming events. September 9th through 15th is National Assisted Living Week and we have lots of fun activities planned. Everyone is invited to attend. All activities are open to public and families are encouraged to participate. This year's theme is Capture the Moment.

Here are a few highlights to look forward to:

- *Grandparents Day Brunch Sunday 9/9
- *Singing Cowgirl Monday 9/10
- *Balance Awareness Class 9/11
- *Social Drumming Class 9/12
- *Summer Carnival 9/13
- *Music Ministry 9/14
- *Canvas and Cocktails 9/15

We hope to see you all there!

residents in our new community of the amenities that Country Meadow Place provides.

The expectation is that the addition exterior will be "closed in" by the time the cold weather arrives, and completion of the whole project is expected in early spring 2019.

We would love to have your tour the current community, witness the progress we get to see, as well as look at the photos and blueprints of the new community. Call me, Tony, at 641-425-0372 to schedule a tour or ask any questions