

OCTOBER 2018

Country Meadow Place

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Celebrating October

Country Music Month

Positive Attitude Month

Popcorn Poppin' Month

Columbus Day

October 8

Halloween

October 31

*October's Birthstone is Opal or
Tourmaline.*

*October has become famous as
"Red October", due to the
Russian October Revolution of
1917.*

*In the 19th Century, October
was dedication to the rosary in
Roman Catholic countries.*

Manager Moments

By: Kimberly Boyd

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. Tips for managing dementia rummaging behavior include: making sure they won't accidentally hurt themselves, protect valuables and important documents, look for triggers, make commonly used items easy to find, have backups of frequently lost items, reduce overall anxiety levels, reduce boredom with activities, help them feel productive, and treat rummaging as an activity.

Our expansion is coming along as expected and we have begun to take reservations. If you are interested, please contact us to be put on the reservation list. The apartments are going to be beautiful. As always, thank you for sharing your loved one with our Country Meadow Place family.

Nurse's Corner with Lee Hogg

The Care Worker

I wake them Up, I get them dressed,
I brush their hair so they look their best.
I make their bed and wash their clothes,
The little things that no-one knows.
I hold their hand when they are scared.
I talk to them when no-one's there.
I give them a friend when they are alone.
I treat them like family, like one of my own.
And when it's time to save a life,
I keep my heart strong, and hold my head
high.
I wait 'til it's over, when everything's done,
When the house has gone quite, the
emptiness comes
So please don't judge me, when you think I
don't care
I look after your family, when you are not
there.

When you visit please, let people know how much you appreciate the care they provide for your love ones. Their job is not an easy one as everyone knows. We are a team and a strong team that includes: Family, Doctors, Nurses, Activity Director, Housekeeping, Pharmacies, Managers, Maintenance, Volunteers, Therapies, Hospice, and Culinary and of course the Resident Aids to keep your love ones safe and happy.

Memory Care with Laura

If you or a loved one is currently afflicted with dementia, you know the importance of establishing a firm and reliable routine. A schedule can keep Alzheimer's sufferers on track and comfortable and even improve their quality of life. However, the changing seasons can have a huge impact on dementia residents, especially moving into fall and winter, when the days shorten. Though it may seem insignificant, this yearly occurrence can actually disrupt daily plans and lead to an uptick in dementia symptoms like increased irritability, confusion, and wandering. This phenomenon is known as sundowning and can truly affect the day-to-day life of someone suffering dementia. But, by understanding the causes, effects, and potential treatments of this experience, it's possible to better manage the symptoms of sundowning during the winter months.

When the seasons begin to change, we receive less sunlight during daytime hours. For most people, this may feel like a normal occurrence. However, the increased amount of darkness can cause confusion and irritability for dementia residents. Generally, sundowning begins to show signs once the sun has set, thus upsetting the circadian rhythm of the individual. It's important to note that sundowning is not a disease, but a collection of symptoms that occur during this change. Regardless, even the smallest changes in sunlight, such as a glare from an early setting sun, can cause flare-ups.



What's Cookin in the Kitchen with Tayla

Pepper-crust chicken with sugar snap peas and red pepper

Ingredients

For the chicken

- 1 tbsp olive oil, plus extra for drizzling
- 1 chicken breast, skin scored
- 1 tsp crushed black peppercorns

For the sugar snap peas and red pepper

- 1 tbsp olive oil, plus extra for drizzling
- ½ red pepper, deseeded
- 1 garlic clove, sliced
- 100g/3½oz sugar snap peas, sliced
- 1 tbsp soy sauce
- 2 tbsp lemon juice
- 1 lime, cut into wedges, to serve

Method

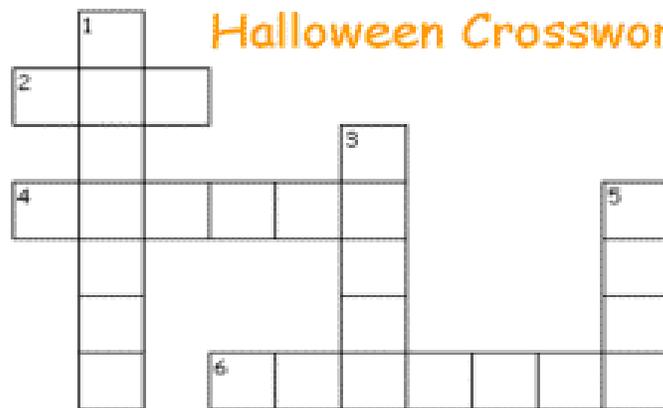
1. Preheat the oven to 200C/400F.
2. For the chicken, heat the olive oil in a frying pan. Rub the chicken breast with a little extra olive oil, then rub the skin with the crushed peppercorns.
3. Place the chicken into the pan skin-side down and cook for 5-10 minutes. Turn over and cook for 4-5 minutes on the other side, or until completely cooked through.
4. For the sugar snap peas and red pepper, drizzle the red pepper half with olive oil and place onto a baking sheet. Transfer to the oven and roast for 8-10 minutes, or until softened.
5. Remove the pepper from the oven, place into a bowl and cover the bowl with cling film. After 3-4 minutes, remove the cling film, peel the skin off the pepper and cut into wedges.
6. Heat the oil in a frying pan and fry the roasted pepper slices with the sliced garlic for 1-2 minutes. Add the sliced sugar snap peas, soy sauce and lemon juice and cook for a further 1-2 minutes.

Maintenance with Lloyd

October is typically the month with the most colorful scenery. As the trees turn red, yellow, and orange. Farmer's will start to harvest crops. Mums and late summer flowers will bloom until the first frost. Extra care must be taken to keep the critters outside where they belong.

My job is to provide the most comfortable and safe home for your loved ones. So stop by for a visit and enjoy a great cup of coffee or a hot chocolate.

Halloween Crossword



Across



Down



Community Relations with Tony Buhr



The Addition is Progressing Quickly! Don't wait too long!

Our new 20 apartment addition is taking shape! The wonderful thing about framing, it is such a quick process, in fact, I am sure that this photo is already outdated! The crew with Dean Snyder Construction have done a tremendous job despite all of the rainy wet days we have had in the past few months. We are excited for our addition that will be complete in April of 2019, the interior color scheme as well as the floors and décor has been selected, we are just one Iowa Winter away from opening this wonderful addition to our community. Think Spring!

I have had a few people who have waited and want to think about their apartment, only to miss out on the apartment they really wanted because they waited to long. We are taking reservations as a first come first serve opportunity, and how exciting would it be to know that the apartment you move into will be new, clean, and have every modern amenities that you could possibly think of. Don't miss your chance at a great opportunity!

This addition will include a new dining area, common area lounge, private dining/library, exercise and more. We will be adding on One Bedroom Apartments with 525 sq. feet, One Bedroom Deluxe Apartments with 600 sq. feet of personal living space, and Two Bedroom Apartments with 940 sq. feet available.

Our current residents get to "Embrace Every Moment" while living here at their community. Give me a call at 641-425-0372 to schedule a tour, and see why Iowa Assisted Living Association named us 2018 "Property Of The Year!"

Life Enrichment Corner

Happy October! The cool weather, the hot chocolate, and all things pumpkin spice means that fall is here! We have lots of things going on this month that we would love for you to join! Some of our new activities include a visit from The King himself! Elvis will be in the building on October 12th at 3:00pm. We will be having various pumpkin treats throughout the month. The little "ghouls and goblins" from a local preschool/daycare will be visiting in their Halloween costumes on October 31st, followed by 0a Halloween party at 2:30pm. We will also be taking a small bus load to the pumpkin patch at Furleigh Farms on October 19th. Please keep in mind that activities are subject to change. If you would like to join us for any of these activities, feel free to call ahead to make sure the schedule has not been changed. We hope to see you there!



Jack of the Lantern



Every October, once pumpkins have grown fat and orange, these gorgeous gourds are picked and used in a wide variety of ritual activities from baking pumpkin pie to carving jack-o'-lanterns for Halloween. But there's no need to wait until October 26, Pumpkin Day, to make the most of your favorite pumpkin traditions.

Pumpkins have been grown in North America for 5,000 years. While these gourds are native to Central America and Mexico, the tradition of carving pumpkins began across the Atlantic Ocean in Ireland. When Irish immigrants came to North America, they discovered a new medium for their jack-o'-lanterns: pumpkins. With their hollow centers and wide, thick, orange shells, these gourds were a perfect vessel. Today, pumpkins are grown on every continent except Antarctica, and people around the world use them to carve jack-o'-lanterns.