Staying connected has always been important. These are the photos from the Facebook video we did. With the message, Dearest family & friends, stay home, be kind, wash your hands! Together we can flatten the curve! We love you from all of us at Clover Ridge Place!

































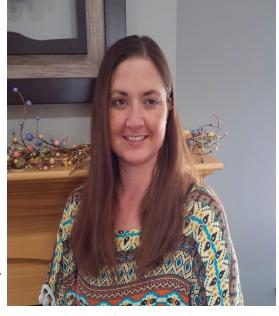


THE VIEW CLOVER RIDGE

Welcome to your new position Amanda!

In the event that you missed this exciting news for our community, we are excited to have Amanda Widel, long time team member of Clover Ridge Place, accept the position of Manager.

Below is the article that ran in the local paper making this announcement.



By KELLY GERLACH

News Editorkgerlach@mspress.net

As Amanda Widel worked as a resident assistant at Clover Ridge Place, she dreamed of becoming a history major.

Fourteen years later, Widel climbed to the role of community manager at the Maquoketa assisted living facility, which is operated by Senior Housing Management Co.

She took over April 13.

"There has always been continued learning and growth opportunities here at Clover Ridge Place," Widel said of her continued work at Clover Ridge.

She replaces Cheri Orcutt.

"Leaving Clover Ridge Place was a difficult decision, but I know our residents are in very capable hands," Orcutt said.

"(Amanda) has shown outstanding compassion, work ethic and leadership. I have no question that Amanda will do a fantastic job as she is supported by a wonderful group of coordinators and team members," Orcutt added.

While attending Clarke College, Widel worked as a resident assistant. Since then, she worked almost every job at Clover Ridge and on all shifts. She spent the last four years learning business and staffing as the administrative assistant.

Widel said she always wanted to do the best job she could for the residents and team members. The manager opening gave her the opportunity she needed.

Her roles might have changed, but one thing remained the same. "I most enjoy advocating for residents and team members alike," Widel said.

She looks forward to the new opportunities, continued growth and challenges that comes with her new role. Widel is walking into what is perhaps one of the biggest obstacles she'll encounter—the coronavirus pandemic.

"The biggest challenge is the current COVID 19 pandemic and keeping up with the best practices in keeping the residents and team safe. It will be a one day at a time situation," she explained.

Widel and her husband, Kyle, have four sons: Keaton, Kohen, Kaison, and Korbin.



living here, I love it. There's ntertainment, different games and ost anything you can think of."

Clover Ridge Place resident since 2019



the relationships that are built with the residents and their family members. I became a nurse with the aspiration to touch the lives of others, but what I didn't realize is how my life would be touched just as much by them.

> - Sierrah, Registered Nurse, Clover Ridge Place employee for over 4 years



What a whirlwind April we have had! We have been staying busy here at Clover Ridge all while continuing to social distance. Yes, it's a change but we are doing it with big smiles. I'd like to give a shoutout to all the residents who have been superstars as we have adjusted to small group activities at this time. We have learned that some games we play are better played in small groups rather than the large. We have had great success with facetime, zoom, skype and window talks. If you are interested in any of these options to stay connected with your loved one please call and schedule a time to do so. Knowing ahead of time ensures we have the programs and team members available to make this happen. Feel free to call us anytime with questions or if you are wondering how much your loved one is participating in Activities. Have a great May!

Tammy Kilburg, Life Enrichment Coordinator





STAYING CONNECTED

Mother's Day is that special time of year when we recognize our Mother's in those special ways.

This year may look and feel a little different, BUT Mother's Day is still that special day!

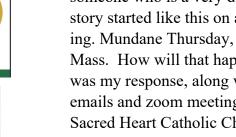
Here at Clover Ridge Place we are working very hard to keep this day special for the mothers that live here and work here.

Keeping that in mind, we would like to be able to connect you and your mother, grandmother, special lady in your life, via Facetime, Skype, and Zoom meeting. This will require scheduling as we have limited devices and there are only so many people to assist and hours in a day.

PLEASE! Call or email to schedule your time for these forms of communication.563-652-2125 or email welcome@cloverridgeplace.net.

This is the same for everyday communications with your loved one. We are very happy to assist in making that happen, we just need to have time to plan ahead.

Thank you so much for your attention and understanding.



They say the March winds, and April showers bring to us the May flower. This year things have sure looked and felt much different. Not many of us are talking about the weather as our daily go to conversations as of lately. The conversation has taken a turn following suit with the world. Self- quarantine, social distancing, sanitize, wash your hands, don't touch your face and the list goes on.

It is a different time that is for sure. We are all thinking about things very differently. I wanted to share a couple of quick things that were shared with me over the course of the past 5 to 6 weeks.

Story number one, now I realize and respect that not everyone has the same faith beliefs. This story is one of someone who is a very devout in their Catholic faith and has always participated in their church's practices. The story started like this on a Monday morning, "It is Easter week Sally, there are so many things we should be doing. Mundane Thursday, Good Friday, Holy Saturday, Stations of the Cross, Reconciliation and Easter Sunday Mass. How will that happen this year?" At that time, I wasn't at all sure how all of it would happen, and that was my response, along with "I'll check and see what we can do." So, with a few phone calls, a couple of emails and zoom meetings I was able to provide some answers, with the help from some of our local clergy. All Sacred Heart Catholic Church services were be available on YouTube for viewing, the Ministerial Associations Good Friday combined services were broadcast live on the local radio station, KMAQ, and Facebook Live at noon. Deacon did stations of the cross and rosary via Zoom meeting at 2 P.M. for those that wanted to participate. Father Austin was able to come and will do Reconciliation via window talk, outside the apartment window and Easter Sunday services were available on the radio, and Facebook live.

Why share this today with all of you? Well, in this time of uncertainty, some things I have seen and learned are: Even if there is a pandemic going on, we still need our traditions, faith and those things that make us feel complete. We may not alone have the answers of how we can make this happen, but collectively we learn, share ideas, and grow to make life continue to happen.

The other story that I would like to share is one of many voices. As I am trying to find my way as my job has changed dramatically, I have had the greatest opportunity to visit more with the residents. On Sunday, Monday

these circumstances, I am glad I am here the

and Friday I am so lucky to be able to assist with what has been referred to as the hydration cart, or as I like to think of it, the Fun Wagon! With this task, I have the opportunity to stop at every apartment, hand out refreshments and visit with every resident.

I have heard some perspectives that I would not have heard otherwise. One person shared, "I'm so lucky to be here at Clover Ridge Place, I never would have thought this possible. If I were at home alone, I would be so afraid of doing the wrong thing, going to the wrong place and I have no children or family close to assist me like that." Another resident "Under





food is still good, way better than I can cook, I don't have to worry about things being clean, I know they are, and we are still able to visit with a friend or two." Another's story, "It is amazing, I get a lot of mail, I can't see it, but there is always someone to read it for me, if I was at home, I wouldn't have that or my kids might get sick because they didn't stay home fussing over me." Another, "Who would have ever thought we would be going to church and funerals in our living rooms." My all-time favorite so far, "Well let's dance some more, we have all the time in the world, and no one cares if we are good or bad, let's just have fun."

Here is to not talking about the weather, rather listening and talking to each other. And oh yes, Let's Dance!

Stay safe, Smile often! Sally, Community Relations Coordinator

Wacky Wednesday's

We are trying something new in May and need your help!

Residents, Team Members, Families, and Friends!!

Every Wednesday in May will be Wacky Wednesday, each Wednesday will be a different dress up day.

We are asking you as families and friends to participate along with us and email a photo of you in your Wacky Wednesday dress! When you email your photo, we will add it to our photo wall in the Hall, in the Gardens that wall will be by the dining table, in the Traditional AL, it will be in

the hall just past the main dining room, for everyone to see as they are out walking. At Clover Ridge we will take photos of our Wacky Wednesday and post them on Facebook for you to see us!

On the bottom of the daily activities calendar the schedule is as follows;

May 6th, <u>Dress your Best</u>, get all dressed up for the day!

May 13th, <u>Dress in Purple–Hat Day</u>, May 16⁷ 2020 is National Wear Purple for Peace Day to promote Peace between us and any space aliens who might be lurking about. One of those wacky things you find on the internet.

May 21st pull out those jerseys, and ball caps, support your favorite sports team! Sports Day!! Kids maybe dress up in your uniforms and send us those photos!! Motor sports count too!!





May 27th, Superhero Day- Red, White and Blue day!! Dust off your Superhero costume,



Spiderman, Batman, Wonder Woman, Police, Fire, Doctor, Nurse, Army, Navy, your MOM, your DAD, whom ever your Superhero is, dress in that, or for those who are not as adventurous, dig out your red, white and blue, or your favorite 4th of July shirt.



Let's have some fun together, please share with your family and friends!



To submit your photos to be added to our photo wall, please email them to, Sally at welcome@cloverridgeplace.net and include who you are and who's in the photo.

We cannot wait to see what you come up with for us to see.

Hello from the Clover Ridge Nursing Department!

Many of you are sheltering at home and limiting exposure to others and Covid-19. THANK-YOU! Please be assured that our staff is screened for Covid-19 twice a day and are using personal protective equipment as directed by the Iowa Department of Public Health. We want to assure you that even though visitors are currently not allowed at Clover Ridge we are doing our

best to keep our residents busy and active every day. We would like to encourage you to reach out to our team and set up facetime or window visits with your family member as often as you're able.

As we all know exercise and social interaction is essential in maintaining health and happiness. Taking a walk outside in the sun increases serotonin (the happy hormone) in the brain. Many of our residents are taking advantage of our beautiful front porch and courtyard to exercise, get fresh air and increase their sun exposure. Also, small group exercise classes along with in apartment one on one activities and exercises are offered daily to our residents. (All while maintaining social distancing, of course)



Hydration and a good diet are especially important to seniors. Residents of Clover Ridge are now eating in their apartments, but dietary continues to offer a full menu with various choices to our residents. Also team members are offering a hydration cart twice a day which provides not only hydration but a few minutes of extra one on one time and socialization. So far staff and residents are all doing well at Clover Ridge Place, but if at any time you have any concerns or questions regarding the physical or mental well-being of your loved one, please contact myself or Sierrah.

Stay home (if you're able) and stay well! Angela, Health Care Coordinator

Welcome our newest team members!

With the current protocols we are following we haven't seen the complete faces of our newest team members. Join us in welcoming Shelby, Paige, and Alliza.



Shelby Hickson is currently a nursing student at NICC. She has always had a passion for helping others and has grown up wanting to

follow in her mother's footsteps as a nurse. In her free time Shelby enjoys playing euchre, riding horses, camping and any other outdoor activity.



Paige Matar has joined us from Davenport, Iowa. She enjoys working with all age groups with-

in the healthcare field. Outside of work Paige enjoys reading, writing stories and anything involving literature.



Alliza Gambleton is originally from Arizona. She is a massage therapist and currently a nursing student. Alliza loves do-

ing crafts and spending time with her family. "I have enjoyed working with the elderly community for many years."

1	CV-	W.		M		5	1	1	5				ス		Ø				7	A	_	_				
Safurday	<u>.</u> ≝`		07:00 Lawrence Welk	8 Morning Walk 9	Cart		02:30 Hydration Cart 07:00 Lawrence Welk	15 Morning Walk 16	10:30 Hydration Cart	01:30 Independent Puzzles 02:30 Hydration Cart		Armed Forces Day	22 Morning Walk 23	Lucky Penny Day 10:30 Hydration Cart	01:00 Armchair Travel-	02:30 Hydration Cart	7:00 Lawrence Welk	29 Morning Walk 30			U/:U Lawrence Welk					
Friday	- 21 50	Hydration & Dance Cart May Day Baskets		foo fou		Exercise-Group 3 Hydration & Dance Cart	07:30 Hot Fudge Sundae's 03 02:30 Hydration Cart 07 03:30 Radio Bingo		Exercise-Group 1 Exercise-Group 2	Exercise-Group 3 Hydration & Dance Cart	Root Beer Floats Hydration Cart	03:30 Radio Bingo	10:00 Evening Group 1	Exercise-Group 2	Exercise-Group 3 Hydration & Dance Cart		nydrauon Cart	10:00 Exercise-Group 1	Exercise-Group 2	Exercise-Group 3 Hydration & Dance Cart	Hydration Cart	Happy Birthday	May 2- Dean L.	May 18- Ruth D May 31- Dick B	may of Dick D.	
Thursday		-00		6 Morning Walk 7	Sroup 1	Church-Group Z Hydration Cart	01:30 Hallway Tea Party 03:30 Radio Bingo 0	Morning Walk 14	Church- Group 1		Hallway Hop Radio Bingo		20 Morning Walk 21	09:30 Church-Group 1	Church-Group 2	Hallway Planting Party	02:30 Hydration Cart	Morning Walk 28	Church-Group 1	Church-Group 2 Hydration Cart	02:30 Hydration Cart 0	Shavuot Begins				
Wednesday	_		_	Exercise-Group 1	Exercise-Group 2 Exercise-Group 3		02:30 Devotions-Group 2 02:30 Hydration Cart 03:30 Radio Bingo			11:00 Exercise-Group 3 10:30 Hydration Cart	01:30 Independent Word Search 02:30 Hydration Cart	03:30 Radio Bingo	10-00 Evamina Gmin 1		11:00 Exercise-Group 3			10:00 Exercise-Group 1		10:30 Hydration Cart		/S		e and Hat Day	May 27-Super Hero Day and Red, White and Blue	
Tuesday	May 202	iay sust	ENERA	4 Morning Walk 5	n Education		02:00 Cinco de Mayo Festivities 03:30 Radio Bingo ono de Mayo	Morning Walk 12		10:30 Hydration Cart 01:30 Brown Bag Lunch Video	02:00 Popcom Tuesday 02:30 Hydration Cart		Morning Walk 19	09:15 Bird Bath/Education			02:30 Hydration Cart	25 Morning Walk 26	09:15 Bird Bath/Education		02:30 Hydration Cart	Wacky Wednesdays	May 6 - Dress your Best	May 13- Purple for Peace and Hat Day May 21, Sports Day	May 27-Super Hero Day	52060, 563-652-2125
Sunday		7	Œ	Exercise-Group 1		_	02:30 Jeopardy-Group 2 02:30 Hydration Cart 03:30 Radio Bingo	_			02:30 Bus Ride-Group 2 02:30 Hydration Cart		10:00 Exercise-Group 1 18		10:30 Taste Testing Cart 01:00 Bus Ride-Group 1	02:30 Bus Ride-Group 2		10:00 Exercise-Group 1 10:30 Exercise-Group 2		10:30 Hydration Cart 01:00 History of Memorial Day	-	Memorial Day				hlers Lane, Maquoketa, 14
Sunday				Morning Walk 3		Movie/Great Room Hydration Cart	06:30 Nove Lucy	Morning Walk 10	Happy Methor's Day!			U6:30 Love Lucy Mather's Day	Morning Walk 17	10:30 Hydration Cart				Morning Walk 24			02:30 Hydration Cart 06:30 Love Lucy	Morning Walk 31			Uc.30 ILove Lucy	Clover Ridge Place, 205 Ehlers Lane, Maquoketa, IA 52060, 563-652-2125

	2 group Alexa	group Alexa	16 group	23 group	30 group Alexa	
day	Cart rity -smal Cart lusic with Welk (S)	Cart ity -small Cart iusic with Welk (S)	Cart rity -smal Cart lusic with Welk (S)	Cart rity -smal Cart Iusic with Welk (S)	Cart rity -small Cart Iusic with Welk (S)	
Saturday	Hydration Cart Table Activity -small group Hydration Cart Listen to Music with Alexa Lawrence Welk (S)	Hydration Cart Table activity -small group Hydration Cart Listen to music with Alexa Lawrence Welk (S)	16 Hydration Cart Table Activity -small group Hydration Cart Listen to Music with Alexa Lawrence Welk (S)	23 Hydration Cart Table Activity -small group Hydration Cart Listen to Music with Alexa Lawrence Welk (S)	Hydration Cart Table Activity -small group Hydration Cart Listen to Music with Alexa Lawrence Welk (S)	
	10:00 H 01:30 T 03:00 H 04:30 L 07:00 L	10:00 H 01:30 T 03:00 H 04:30 L 07:00 L	10:00 H 01:30 T 03:00 H 04:30 L 07:00 L	10:00 H 01:30 T 03:00 H 04:30 L 07:00 L	10:00 H 01:30 T 03:00 H 04:30 L 07:00 L	
	1 all group askets	8 l group	15 all group	22 group ty	29	>
Friday	Hydration & Dance Table Activity -small group Make May Day Baskets Hydration Cart Radio Bingo	Hydration & Dance Table Activity -small group Hydration Cart Radio Bingo	15 Hydration & Dance Table Activity -small group Hydration Cart Radio Bingo	422 Hydration & Dance Table Activity -small group Hydration Cart Small Group Activity Jeopardy	Hydration & Dance Table Activity -small group Hydration Cart Small Group Activity	HDA D. O.
Fri	Hydration & Dai Table Activity -s Make May Bay Hydration Cart Radio Bingo	Hydration & Dar Table Activity -8 Hydration Cart Radio Bingo Jeopardy	Hydration & Da Table Activity - Hydration Cart Radio Bingo Jeopardy	Hydration & Da Table Activity ⊸ Hydration Cart Small Group A Jeopardy	Hydration & Da Table Activity → Hydration Cart Small Group A Jeopardy	PPY BIRTHI May 2-Dean L. May 18-Ruth D. May31-Dick B.
	10:00 01:30 03:00 03:30	10:00 01:30 03:30 04:00	10:00 01:30 03:30 04:00	10:00 01:30 03:00 03:15 04:00	10:00 01:30 03:00 03:15 04:00	Y B 1y 2-D 1y 18-
	CO	Exercise Hydration Cart Table Activity -small group Hallway Tea Party Radio Bingo	14 Exercise Hydration Cart Table Activity -small group Hallway Hop Radio Bingo	21 Exercise Hydration Cart Table Activity -small group Planting Day Small Group Activity	Exercise Hydration Cart Table Activity -small group Hydration Cart Small group Activity	HAPPY BIRTHDAY May 2-Dean L. May 18-Ruth D. May31-Dick B.
Thursday	Ž	Exercise Hydration Cart Table Activity -sma Hallway Tea Party Radio Bingo	Exercise Hydration Cart Table Activity -s Hallway Hop Radio Bingo	Exercise Hydration Cart Table Activity -small Planting Day Small Group Activity	Exercise Hydration Cart Table Activity -small of Hydration Cart Small group Activity	エ
Th	E (
	GARDENS	4 10:00 10:00 02:30 03:30 04:00 04:00	13 10:15 10:00 01:30 02:30 03:30 04:00	20 10:15 10:00 01:30 01:30 03:15 03:15 04:00	27 10:15 10:00 01:30 01:30 03:15	
lay	AF	Church-Group 1 6 Church -Group 2 Hydration Cart Table Activity -small group Hydration Cart Radio Bingo	nall gr	mall gr	mall gr	
Wednesday	9	Church-Group 1 Church -Group 2 Church -Group 2 Hydration Cart Table Activity -sn Hydration Cart Radio Bingo Jeopardy	Church-Group 1 Church-Group 2 Hydration Cart Table Activity- sr Bus Ride Hydration Cart Radio Bingo	Church-Group 1 Church-Group 2 Hydration Cart Table Activity -sr Hydration Cart Jeopardy	Church-Group1 Church-Group 2 Hydration Cart Table Activity -sr Bus Ride Hydration Cart	
We				,		ay
		5 09:45 10:30 10:00 01:30 03:30 04:00	12 09:45 10:30 10:30 01:30 01:45 03:30	19 09:45 10:00 10:00 01:30 03:00 04:00	26 09:45 10:30 01:30 01:30 01:45 03:00 04:00	Hat D
ay	20	Exercise -lydration Cart Table Activity -small grou Popcom Tuesday -lydration Cart Addio Bingo	12 Hydration Cart Table Activity -small group Popcorn Tuesday Hydration Cart Radio Bingo	Exercise Hydration Cart Table Activity- small group Popcorn Tuesday Hydration Cart Small Group Activity	Exercise Hydration Cart Table Activity -small grou Popcorn Tuesday Hydration Cart	Sand
Tuesday	20	Exercise Hydration Cart Table Activity -sms Popcom Tuesday Hydration Cart Radio Bingo	Exercise Hydration Cart Table Activity -sm Popcorn Tuesday Hydration Cart Radio Bingo	Exercise Hydration Cart Table Activity- small g Popcorn Tuesday Hydration Cart Small Group Activity	Exercise Hydration Cart Table Activity -small of Popcom Tuesday Hydration Cart Small Group Activity	DAY: e Day
	>	,			10:15 Exe 10:00 Hyd 01:30 Tab 02:30 Pop 03:00 Hyd 03:15 Sm:	NES Best Peace
	May 2020	4	11 10:15 10:00 Best 01:30 group 02:30 03:30 04:00	18 tr	g.	WACKY WEDNESDAYS May 6-Dress Your Best May 13-Purple for Peace Day and Hat Day May 21- Sports Day
lay	1	Taste Te ty-small part	Taste To ty -small art	Taste Te ty -small Cart p Activity	Taste Terreste Terres	Purpl Spor
Monday		Devotions Hydration & Taste Test Table Activity- small group Hydration Cart Bus Ride	Devotions Hydration & Taste Test Table Activity -small group Hydration Cart Radio Bingo	Devotions Hydration & Taste Test Table Activity -small group Hydration Cart Small Group Activity Jeopardy	255 3:15 Devotions 3:30 Hydration & Taste Test 1:30 Table Activity -small group 3:00 Hydration Cart 4:00 Jeopardy Red, White and Blue Day	WAC IY 6-D IY 13- IY 21-
		09:15 De 10:00 Hy 01:30 Ta 03:00 Hy 03:30 Bu	09:15 De 10:00 Hy 01:30 Ta 03:30 Hy 03:30 Ra	09:15 De 10:00 Hy 01:30 Ta 03:00 H 03:15 Sn 04:00 Je	09:15 De 10:30 Hy 01:30 Ta 03:00 Hy 04:00 Je Red, M	
			10 aith s group	7	4 9	31 Faith Il group
day		Songs of Cart vity -sma Cart	ER'S DA Songs of ke Cart Day Poer vity -sma vity -sma cy	congs of I Cart vity -sma Cart 'y	Songs of Cart vity -sma Cart Sy	congs of I Cart vity- sma Cart /
Sunday		Listen to Songs of Faith Hydration Cart Table Activity -small group Hydration Cart Love Lucy	HAPPY MOTHER'S DAY 10 3:30 Listen to Songs of Faith 3:00 Cheesecake Cart 4:00 Mother's Day Poem's 4:30 Table Activity -small group 5:00 Hydration Cart 4:00 I Love Lucy 6:00 Love Lucy	17 Listen to songs of Faith Hydration Cart Table Activity -small group Hydration Cart Love Lucy	24 Listen to Songs of Faith Hydration Cart Table Activity -small group Hydration Cart	31 Listen to songs of Faith Hydration Cart Table Activity- small group Hydration Cart
		10:00 L 10:30 H 01:30 T 03:00 H	HAPPY 09:30 L 10:00 C 11:00 N 01:30 T 03:00 H	00:30 L 10:00 H 01:30 T 03:00 H 04:00 L	09:30 L 10:00 H 01:30 T 03:00 H 04:00 I	10:00 L 10:00 H 01:30 T 03:00 H