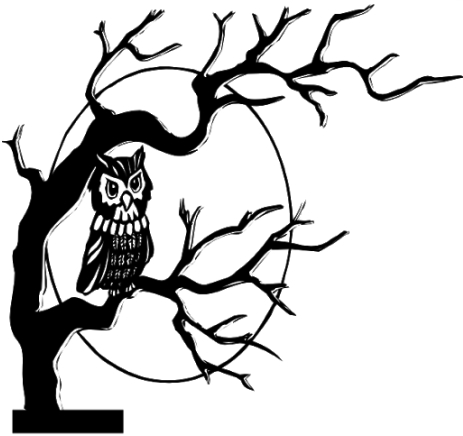


OCTOBER 2020
NEWSLETTER



17396 KINGBIRD AVE
MASON CITY, IOWA 50401
PH. 641-423-7722



From all of us at
Country Meadow Place:



Country Meadow Place's goal is to work with staff and residents' families to make meaningful dreams come true for each of our Residents. If you have any suggestions for your loved one, please talk to one of our staff members. No dream is too big!!



DARE TO
Dream

Alzheimer's
Support Group
3rd Thursday of
the Month

Country Meadow
Place in the AL
Private Dining
Room @ 4:00pm

***Respite Care
Provided***

***Have you heard
about our \$500
Resident
Referral Bonus?***

*All resident who
refer someone
will receive \$500
off their next rent
payment!!*

**If you would like
more info
regarding this
referral bonus,
please talk to
our CRC, Tyler
Hedegard.**



NURSE'S CORNER



Fighting Back Against Autumn Allergies

When it comes to seasonal allergies, most people immediately think of the pollen explosion in the springtime. But an itchy throat, teary and red eyes, sniffles, and sneezing aren't relegated to April and May alone. When the leaves start to fall and the air cools, a host of allergens can cause the same set of symptoms.

Rid Yourself of Ragweed

A single ragweed plant can produce up to 1 billion grains of pollen per season. This yellow flowering weed blooms in August but causes allergic symptoms well into the fall, until the first freeze kills the plant. It grows nationwide but is most prevalent in rural areas of the East and Midwest. Approximately 75 percent of people who suffer springtime allergies will also be affected by ragweed pollen, according to the Asthma and Allergy Foundation of America.

Plan of Attack

Monitor your local pollen count. Most local newspapers and TV news websites publish a daily report. Stay indoors as much as possible. If you have to go outside, wear a painter's mask to filter pollen. Keep home and car windows completely closed. Take off your shoes and jacket before entering your home. You don't want to track in any pollen that you've picked up outside. Vacuum carpets and upholstery regularly. Wash your clothes, linens, and curtains regularly. Don't line dry your laundry outdoors. Bathe your pets frequently.

Move Over, Mold & Mildew

These fungi thrive both outdoors and indoors. They grow from and produce spores that, like pollen, are spread by the wind or indoor air. Mold and mildew tend to grow year-round. In the fall, they grow on damp fallen leaves and compost piles. They thrive in damp areas indoors like basements, bathrooms, and kitchens. Unlike pollen, mold and mildew aren't killed by the first frost, but they do tend to go into a dormant phase during the winter months.

Plan of Attack

Rake your yard of fallen leaves and remove leaves from gutters. Don't leave piles of leaves in your yard. Keep compost and yard-waste piles far away from the house, and wear a protective mask when raking leaves and cleaning compost bins. Be sure to empty bins regularly. Use a dehumidifier in the house, especially in the basement. Air should be between 35 and 50 percent humidity. Clean bathrooms and the kitchen regularly using vinegar or store-bought anti-mildew agents to avoid mildew and mold buildup.

LIFE ENRICHMENT

Ten Tips for Communicating with a Person with Dementia

We aren't born knowing how to communicate with a person with dementia—but we can learn. Improving your communication skills will help make caregiving less stressful and will likely improve the quality of your relationship with your loved one. Good communication skills will also enhance your ability to handle the difficult behavior you may encounter as you care for a person with a dementing illness.

1. Set a positive mood for interaction. Your attitude and body language communicate your feelings and thoughts more strongly than your words do. Set a positive mood by speaking to your loved one in a pleasant and respectful manner. Use facial expressions, tone of voice, and physical touch to help convey your message and show your feelings of affection.

2. Get the person's attention. Limit distractions and noise—turn off the radio or TV, close the curtains or shut the door, or move to quieter surroundings. Before speaking, make sure you have her attention; address her by name, identify yourself by name and relation, and use nonverbal cues and touch to help keep her focused. If she is seated, get down to her level and maintain eye contact.

3. State your message clearly. Use simple words and sentences. Speak slowly, distinctly, and in a reassuring tone. Refrain from raising your voice higher or louder; instead, pitch your voice lower. If she doesn't understand the first time, use the same wording to repeat your message or question. If she still doesn't understand, wait a few minutes and rephrase the question. Use the names of people and places instead of pronouns (he, she, they) or abbreviations.

4. Ask simple, answerable questions. Ask one question at a time; those with yes or no answers work best. Refrain from asking open-ended questions or giving too many choices. For example, ask, "Would you like to wear your white shirt or your blue shirt?" Better still, show her the choices. Visual prompts and cues also help clarify your question.

Fun Crafts to do with the Family this October



10 Helpful Tips can't...

5. Listen with your ears, eyes, and heart. Be patient in waiting for your loved one's reply. If she is struggling for an answer, it's okay to suggest words. Watch for nonverbal cues and body language, and respond appropriately. Always strive to listen for the meaning and feelings that underlie the words.

6. Break down activities into a series of steps. This makes many tasks much more manageable. You can encourage your loved one to do what he can, gently remind him of steps he tends to forget, and assist with steps he's no longer able to accomplish on his own. Using visual cues, such as showing him with your hand where to place the dinner plate, can be very helpful.

7. When the going gets tough, distract and redirect. If your loved one becomes upset or agitated, try changing the subject or the environment. For example, ask him for help or suggest going for a walk. It is important to connect with the person on a feeling level, before you redirect. You might say, "I see you're feeling sad—I'm sorry you're upset. Let's go get something to eat."

8. Respond with affection and reassurance. People with dementia often feel confused, anxious, and unsure of themselves. Further, they often get reality confused and may recall things that never really occurred. Avoid trying to convince them they are wrong. Stay focused on the feelings they are demonstrating (which are real) and respond with verbal and physical expressions of comfort, support, and reassurance. Sometimes holding hands, touching, hugging, and praise will get the person to respond when all else fails.

9. Remember the good old days. Remembering the past is often a soothing and affirming activity. Many people with dementia may not remember what happened 45 minutes ago, but they can clearly recall their lives 45 years earlier. Therefore, avoid asking questions that rely on short-term memory, such as asking the person what they had for lunch. Instead, try asking general questions about the person's distant past—this information is more likely to be retained.

10. Maintain your sense of humor. Use humor whenever possible, though not at the person's expense. People with dementia tend to retain their social skills and are usually delighted to laugh along with you.



FUN FALL ACTIVITIES

Looking for fun fall activities you can do with your family, friends, or solo while the weather's still crisp and the foliage is at its peak? We've got you covered all season long. From enjoying Mother Nature's simple pleasures (hello, leaf-peeping and bird watching) to planning the perfect fall outing with friends (winery tour, anyone?), get inspired by this list of fun activities that make the most of autumn.

- Go apple picking
- Get lost in a corn maze
- Visit a pumpkin patch and pick pumpkins
- Go for a hike
- Collect colorful fall leaves
- Plant bulbs in your garden for next spring
- Take a drive in the country
- Listen to the sound of leaves crunching under your feet
- Watch geese flying south for the winter

What else is great about fall? The FOOD, of course! There are so many sweet and savory treats to be made during the autumn season. Here are a few activities that you might enjoy:

- Bake an apple or pumpkin pie
- Buy winter squash and Brussels sprouts at a farmers' market
- Eat a candy apple
- Make butternut squash soup
- Drink hot spiced apple cider
- Roast vegetables for a tasty side dish
- Eat a slice of warm pumpkin bread
- Make a big batch of chili
- Eat cider doughnuts from a local apple farm or farmer's market
- Make your own mulled wine



Hello!

I would like to introduce myself. My name is Adrienne James and I am happy to be the new Life Enrichment Coordinator at Country Meadow Place! I have worked here as the LE assistant for the past year. We are all sad to see Jaime go, but I will do my very best to fill her shoes! My background is in Music Therapy, and I love to use my music skills to help enrich the lives of our residents. My hobbies include cross stitch, reading science fiction, and martial arts. I am also raising two teenagers, which keeps me very busy! I can't wait to start my new position, and continuing to make our residents happy, productive, and fulfilled.

~ Adrienne



FUN IN THE KITCHEN



Apples, Apples, Apples!!!

Apples are low in sodium, fat, and cholesterol. They don't offer protein, but apples are a good source of vitamin C and fiber.

Apple Nutrition



- **100 calories.**
- **25 grams of carbohydrates.**
- **4 grams of fiber.**
- **19 grams of sugar.**
- **A variety of strong antioxidants.**

1. Whiter, healthier teeth

Apples won't replace your toothbrush, but biting and chewing an apple can stimulate the production of saliva in your mouth and reduce tooth decay by lowering the levels of bacteria.

2. Avoid Alzheimer's

A study on the benefits of apples shows that drinking apple juice could keep Alzheimer's away and fight the effects of aging on the brain. The mice in the study that were fed an apple-enhanced diet showed higher levels of the neurotransmitter acetylcholine and did better in maze tests than those on a regular diet.

3. Curb all sorts of cancers

Scientists from the American Association for Cancer Research agree that the consumption of flavonol-rich apples could help reduce your risk of developing pancreatic cancer by up to 23 percent. Researchers at Cornell University have identified several compounds in apple peel that have potent anti-growth activities against cancer cells in the liver, colon, and breast. Their earlier research found that extracts from whole apples can reduce the number and size of mammary tumors in rats. Meanwhile, the National Cancer Institute in the U.S. has recommended a high fibre intake to reduce the risk of colorectal cancer.

4. Decrease your risk of diabetes

Women who eat at least one apple a day are 28 percent less likely to develop type 2 diabetes than those who don't eat apples. According to the Ontario Apple Growers, this fruit is extremely high in pectin—a soluble fiber—and is the key to blunting blood sugar swings.

5. Reduce cholesterol

The soluble fiber found in apples binds with fats in the intestine, which translates into lower cholesterol levels.

6. Get a healthier heart

An extensive body of research has linked high soluble fiber intake with a slower buildup of cholesterol-rich plaque in arteries. The phenolic compound found in apple skins also prevents the cholesterol that gets into your system from solidifying on your artery walls. When plaque builds inside your arteries, it reduces blood flow to your heart, leading to coronary artery disease.

The old saying is true: An apple a day CAN keep the doctor away!



MESSAGE FROM MAINTENANCE

Summer draws to a close and Autumn arrives. With the start of Fall brings colder weather, leaves changing color and falling to the ground, and high school football games. Hopefully the home team wins their homecoming game and everyone can enjoy it. Maybe the college games will start up again and be just as fun as the high schoolers. Most of all I hope everyone remains safe and can enjoy time with their families while taking in the change of seasons.

-Tom

COMMUNITY RELATIONS WITH TYLER HEDEGARD

Reasons to move during the fall instead of waiting!

LOW COST OF MOVING

The winter and summer season often see more people moving. As a result of an increase in demand for moving during these seasons, most companies hike their prices. But during the offseason – time when the demand for moving declines – movers lower their rates so as to be able to get customers. This is usually the case in the fall. During this period, companies do not push customers to choose dates that are not convenient because there are fewer clients and bookings so you stand to benefit from choosing suitable dates.

PLEASANT CLIMATE

The days are usually short and cool during the fall season. Unlike the hot temperatures of summer and snowfall in winter, there are no extreme temperatures during the fall season. This provides you with ample opportunity to plan and oversee your move while its day. Also, the climate allows you to move up and down without being puffy – you will not feel sweaty or sticky during this time due to the lack of sunlight and heat.

Country Meadow Place currently has two openings!

Call: 641-423-7722

Email: welcome@countrymeadowplace.com

