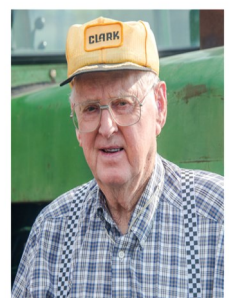




Hugh B. Marines



John E. Army



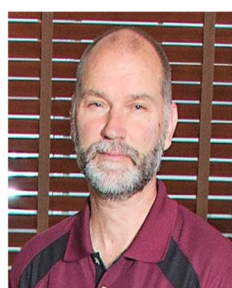
John F. Army



Archie M. Army



Sturat M. Army



John C. Air Force



Walt E. Army



Ken L. Navy



Jack M. Navy



Ross R. Army

Veterans Day

By Cheryl Dyson

*On Veterans Day we honor all,
Who answered to a service call,
Soldiers young, and soldiers old,
Fought for freedom, brave and bold.*

*Some have lived, while others died,
And all of them deserve our pride.*

*We're proud of all the soldiers who,
Kept thinking of red, white and blue.*

*They fought for us and all our rights,
The fought through many days and nights.*

*And though we may not know each name,
We thank ALL veterans just the same.*

***Clover Ridge Place
would like to say
Thank you to all veterans,
active and retired,
we salute you!***

THE VIEW
from

Clover Ridge Place



November, 2020

Assisted Living & Memory Care | 205 Ehlers Lane, Maquoketa, IA 52060 | 563-652-2125 | CloverRidgePlace.net

Happy Birthday Clover Ridge Residents & Team Members

Walt E. 5th

Ken L. 10th

Kay L. 11th

Marilyn D. 19th

Mildred B. 22nd

Ross R. 22nd

Happy Thanksgiving

As we take time to give thanks for the many blessings in our life. We want to let you know how grateful we are that you are one of them.

It's November already! 2020 has brought many challenges including ever-changing policies due to COVID-19 and frequent changes in routines as a result of these policies. We have strived to keep the inside of the building operating as usual, though residents are in smaller groups and are encouraged to maintain social distancing guidelines. As cold weather sets in many are wondering when we will be able to have visitors back in the building. There are several guidelines that will need to be followed in order to conduct the indoor visits. These include:

There can be no new onset of COVID-19 cases in the last 14 days and the Community cannot currently be conducting outbreak testing.

Visitors must adhere to the core principals of infection control (screening, hand hygiene, social distancing, disinfecting, use of personal protective equipment, etc.) as monitored by the Community staff.

Visitors must be scheduled and in designated areas to limit cross contamination, allow for disinfection between visits and ensure each resident has equal opportunity to meet with loved ones.

In addition to these guidelines, we will also be using the COVID-19 county positivity rate to determine how to facilitate indoor visitation:

Low (<5%) Visitation can occur according to the core principals of infection prevention and Community policies.

Moderate (5%-10%) Visitation can occur according to the core principals of infection prevention, Community policies, and Regional SHM Team approval.

High (>10%) Visitation can only occur for compassionate care purposes according to the core principals of infection prevention and Community policies.

I will be sending updates when we are able to conduct indoor visits with families and their loved ones. Also, please join us on Monday afternoons if you are able for a weekly update of what is going on in the community!

THERE'S
always
something TO
BE thankful
FOR

Amanda Widel, Manager

Scarecrow Mania!



Thank you to everyone who participated. This year we tried something different, with our scarecrow and pumpkin contest between families, residents and team members, or any combination of that.

Children were called to bring in supplies, team members were sworn to secrecy while things were being assembled. A good time was had by many.

The winners will be announced on our Facebook page, Monday, Nov. 2nd.



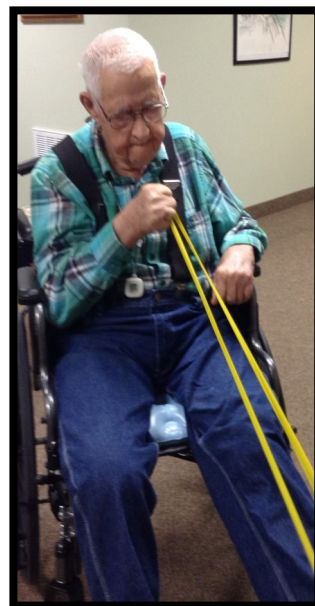
Live 2B Healthy is one of many programs offered at Clover Ridge Place. Often referred to by residents as “Exercise Class.”

Live 2B Healthy is geared for seniors and modified for individual abilities, enhancing balance, strength and stability

For a while we were not able to have our trainer Theresa lead us. We are happy to say that this would be one more program we have learned to adapt with the times. Theresa joins us virtually, via skype, every Monday, Wednesday and Friday. We hold classes in the Great Room in front of the big television. There are 2 different groups to keep the number of people in the room under 10 and we follow social distancing.

As part of this class there is a quarterly audit to test individual skills and abilities, we are still working out details on how that can work at this time.

Our local trainer Theresa Lepert, and owner of Live 2B Health franchise, Chris Pipken, continually work together to support those who attend this program .



Clover Ridge Family Communication

These past 7 months have been an interesting, challenging, scary, different, hard, changing, and has provided great learning opportunity.

Today **WE NEED YOUR HELP!** We are working very hard to stay connected with each family. To keep everyone up to date on what is happening, what visits look like, what we are doing in the community, and where we are going at Clover Ridge Place. These weekly updates will NOT include any personal or medical information about a specific resident. This is a way to let everyone know at one time what’s happening with visits, events, holidays, and building operations. To do this we will be starting Clover Ridge Family Updates, weekly.

These updates will be done in one of 3 ways.

#1- Weekly Family Zoom meeting/ conference call. Monday’s at 4:30 P.M.

#2 – Weekly email blasts. Via Family Member Constant Contact updates.

#3 – Continuation of USPS mailings.

The plan is to start weekly family update meetings,

Monday, November 2, 2020 at 4:30 – 4:45 P.M.
(15 to 20 min information, 15 to 20 min Q & A)

A summary email will be sent out following the meeting.

How you can HELP.

We need current email addresses for family members who wish to be involved.

Please email Sally Davies, Community Relations Coordinator at welcome@cloverridgeplace.net to confirm, update or add your email to the list.

When you email please include your name and your resident connection here at Clover Ridge Place. Please share this information with your family members, our goal is to include all who wish to participate.

A meeting invitation will be sent out to all participants on Friday, October 30th.

Thank you very much for your assistance with this, and we do look forward to seeing you, via Zoom meeting on Monday, November 2 at 4:30 P.M.

Oh Barb!

A Limerick

Written by Alice McAllister

There once was a lady
named Barb,
She knew much of fats
and the carbs.

She tried hard to please us,
Good fun talks to tease us,
The cooks apron is just
the right garb!

Oh how we enjoy you Barb!



RESPONSIVE • ENTHUSIASTIC • DEVOTED



HappyGRAM!

We Love to Hear from YOU!

www.HappyGram.org

1.) Write your message.

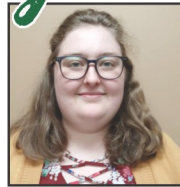
2.) Upload a photo...

**3.) Leave the rest to us to
print and deliver!**

Great food, great people!

Ross truly enjoys the dining experience at Clover Ridge Place. "I am not a cook," Ross shares. "There are so many choices, wonderful presentation of meals and great people to serve them."

— Ross River,
Clover Ridge Place resident since February 2020.



Michaela loves getting the opportunity to connect with the residents and listen to their stories. Every day is a new and wonderful challenge that allows for personal growth.

— Michaela Kelly,
Administrative Assistant since October 2019



Clover Ridge Place is celebrating 20 years in Maquoketa. We are proud to care for the people who mean so much to our community.

- ✓ Independent Living
- ✓ Assisted Living
- ✓ Closer & Memory Care
- ✓ Respite Care



205 Ehlers Lane, Maquoketa 563-652-2125 www.cloverridgeplace.net



Team Work!

Jim, Maintenance, & Lois, Housekeeping are caught in action teaming up to hang a shelf for a resident.

Creativity flows!
Joyce painted her pumpkin in such a bright and cheerful manner.



Fun Times!

A great time at the Hoot Owl happy hour, a little dancing and a lot of laughing.

Memories Matter!

November is Alzheimer's disease Awareness Month. Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Alzheimer's is the sixth leading cause of death in the United States. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Those with Alzheimer's live an average of eight years after their symptoms become noticeable to others, but survival can range from four to 20 years, depending on age and other health conditions. The most common early symptom of Alzheimer's is difficulty remembering newly learned information because Alzheimer's changes typically begin in the part of the brain that affects learning. Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. If you or a loved one has been diagnosed with Alzheimer's or a related dementia, you are not alone. Clover Ridge Place is a proud partner of the Alzheimer's Association Iowa Chapter, which is a great resource for reliable information, education, referral and support. They offer a 24 hour help line 800-272-3900 or visit their website at www.alz.org/iowa. You can also contact the Clover Ridge Nursing team if you have any questions!

Sincerely,

Angela Stark, RN,
Health Care Coordinator



Good Friends Make Great Neighbors!

Life is GREAT at Clover Ridge Place!
Good friends make Great neighbors.

We offer a \$1,500 rent credit for any current Clover Ridge Place resident, or loved one of a current resident who refers a friend, resulting in a move-in.

Contact Sally Davies,
Community Relations Coordinator
for details 563-581-2967



Contact Us! Let us help you stay connected with your loved one!

We are working very hard at keeping everyone connected. With various ways to stay in touch we are asking each of you to help us out by calling 563-652-2125, or emailing assistantmanager@cloverridgeplace.net to schedule a time to Skype, Facetime, Zoom, or window talk visits with your loved one or friend.

A Time of Thanksgiving

As I put our newsletter together it always takes me longer than expected. As I pull up the photos of the previous months activities and review what may be coming up in the months ahead it takes a lot of time to review each moment captured. This year has been especially important. We, as a team, have been trying to catch those moments, sometimes, I will admit, we get caught up in the moment of life and miss the photo opportunity to share. As I do this, review/preparation process, I am always reminded how much I enjoy the people around me every day and all the moments we get to share. At the same time, this process validates why and what we do every day. The moments created, the life lived, the memories made. They are priceless.

At this time of year as we reflect on what we are most thankful for. I too, am thankful for my family, health, and a place to call home. I am also thankful for all the families I get to be a part of, those that I work for and those that I work with. Every day I learn something new. I am given the opportunity to share in your life and be enriched by those around me.

Thank you all for allowing me this privilege and for being part of my story. Life is always an adventure, especially in a Pandemic!

Sally Davies,

Community Relations Coordinator



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Walk 10:30 Beverage Cart 02:00 Movie/Great Room 02:30 Beverage/Snacks 03:00 Independent Puzzles 06:30 Evening Walk Magazine Scavenger Hunt <i>Daylight Saving Time Ends</i>	2 10:00 Live 2 B Healthy-Group 1 10:45 Live 2 B Healthy-Group 2 10:30 Beverage Cart 01:00 Bus Ride 02:30 Bus Ride 02:30 Beverage Cart/Snacks 06:00 Evening Walk	3 09:30 Bird Bath 10:30 Beverage Cart 01:30 Bingo Group 1 02:30 Bingo Group 2 02:30 Beverage Cart/Snacks 06:00 Evening Walk	4 10:00 Live 2 B Healthy-Group 1 10:45 Live 2 B Healthy-Group 2 10:30 Beverage Cart 01:30 Resident Council/7980 02:00 Documentary in Great Room/ Large Screen TV 02:30 Beverage/Snack Cart 06:00 Evening Walk	Morning Walk 09:00 Noodle Ball 09:30 Church 10:30 Beverage Cart 01:30 Jeopardy 02:30 Beverage Cart/Snacks 06:00 Evening Walk	5 10:00 Live 2 B Healthy-Group 1 10:45 Live 2 B Healthy-Group 2 10:30 Beverage Cart 01:30 Popcorn 02:00 Super Market Sweep/ TV Game Show in Great Room 02:30 Beverage Cart/Snacks 06:00 Evening Walk	Morning Walk 10:30 Beverage Cart 01:30 Kings Corner or Pass it Poker/Small Groups 02:30 Beverage Cart/Snacks 06:00 Evening Walk 07:00 Lawrence Welk
Morning Walk 10:30 Beverage Cart 02:00 Movie /Great Room 02:30 Beverage Cart/Snacks 03:00 Independent Puzzles 06:30 Evening Walk Magazine Scavenger Hunt	9 10:00 Live 2 B Healthy-Group 1 10:45 Live 2 B Healthy-Group 2 10:30 Beverage Cart 01:00 Bus Ride 02:30 Bus Ride 02:30 Beverage Cart/Snacks 06:00 Evening Walk	10 09:30 Bird Bath 10:30 Beverage Cart 01:30 Bingo Group 1 02:30 Bingo Group 2 02:30 Beverage Cart/Snacks 06:00 Evening Walk	11 10:00 Live 2 B Healthy-Group 1 10:45 Live 2 B Healthy-Group 2 10:30 Beverage Cart 12:00 Sock Hop Lunch 02:00 Veterans Program 02:30 Beverage/Snack Cart 06:00 Evening Walk <i>Veterans Day Remembrance Day (Canada)</i>	Morning Walk 09:00 Noodle Ball 09:30 Church 10:30 Beverage Cart 01:30 Wheel of Fortune 02:30 Beverage Cart/Snacks 06:00 Evening Walk	12 10:00 Live 2 B Healthy-Group 1 10:45 Live 2 B Healthy-Group 2 10:30 Beverage Cart 01:30 Popcorn 02:00 Super Market Sweep/ TV Game Show in Great Room 02:30 Beverage Cart/Snacks 06:00 Evening Walk	Morning Walk 10:30 Beverage Cart 01:30 Kings Corner or Pass it Poker/Small Groups 02:30 Beverage Cart/Snacks 06:00 Evening Walk 07:00 Lawrence Welk
Morning Walk 10:30 Beverage Cart 02:00 Movie/Great Room 02:30 Beverage/Snacks 03:00 Independent Puzzles 06:30 Evening Walk Magazine Scavenger Hunt	16 10:00 Live 2 B Healthy-Group 1 10:45 Live 2 B Healthy-Group 2 10:30 Beverage Cart 01:00 Bus Ride 02:30 Bus Ride 02:30 Beverage Cart/Snacks 06:00 Evening Walk	17 09:30 Bird Bath 10:30 Beverage Cart 01:30 Bingo Group 1 02:30 Bingo Group 2 02:30 Beverage Cart/Snacks 06:00 Evening Walk	18 10:00 Live 2 B Healthy-Group 1 10:45 Live 2 B Healthy-Group 2 10:30 Beverage Cart 02:00 Travelogue/ Germany in Great Room Large Screen TV 02:30 Beverage/Snack Cart 06:00 Evening Walk	Morning Walk 09:00 Noodle Ball 09:30 Church 10:30 Beverage Cart 01:00 Envelope Game-Group 1 02:00 Envelope Game-Group 2 02:30 Beverage Cart/Snacks 06:00 Light of Remembrance	19 10:00 Live 2 B Healthy-Group 1 10:45 Live 2 B Healthy-Group 2 10:30 Beverage Cart 02:00 Popcorn 02:00 Super Market Sweep/ TV Game Show in Great Room 02:30 Beverage Cart/Snacks 06:00 Evening Walk	Morning Walk 10:30 Beverage Cart 01:30 Kings Corner or Pass it Poker/Small Groups 02:30 Beverage Cart/Snacks 06:00 Evening Walk 07:00 Lawrence Welk
Morning Walk 10:30 Beverage Cart 02:00 Movie/Great Room 02:30 Beverage/Snacks 03:00 Independent Puzzles 06:30 Evening Walk Magazine Scavenger Hunt	23 10:00 Live 2 B Healthy-Group 1 10:45 Live 2 B Healthy-Group 2 10:30 Beverage Cart 01:00 Bus Ride 02:30 Bus Ride 02:30 Beverage Cart/Snacks 06:00 Evening Walk	24 09:30 Bird Bath 10:30 Beverage Cart 01:30 Bingo Group 1 02:30 Bingo Group 2 02:30 Beverage Cart/Snacks 06:00 Evening Walk	25 10:00 Live 2 B Healthy-Group 1 10:45 Live 2 B Healthy-Group 2 10:30 Beverage Cart 02:00 Discuss and Recall/The Brooklyn Bridge/980 02:30 Beverage/Snack Cart 06:00 Evening Walk	Morning Walk 09:30 Church 10:30 Beverage Cart 02:00 Documentary on Dolly Parton/ Great Room Big Screen 02:30 Beverage Cart Snacks 06:00 Evening Walk <i>Thanksgiving Day (US)</i>	26 10:00 Live 2 B Healthy-Group 1 10:45 Live 2 B Healthy-Group 2 10:30 Beverage Cart 01:30 Popcorn 02:00 Super Market Sweep/ TV Game Show in Great Room 02:30 Beverage Cart/Snacks 06:00 Evening Walk	Morning Walk 10:30 Beverage Cart 01:30 Kings Corner or Pass it Poker/Small Groups 02:30 Beverage Cart/Snacks 06:00 Evening Walk 07:00 Lawrence Welk
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November 2020

ASSISTED LIVING

Clover Ridge Place | 205 Ehlers Lane | Maquoketa, IA | 52060 | 563-652-2125 | www.CloverRidgePlace.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 09:30 Listen to Songs of Faith 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 04:00 I Love Lucy 05:15 Aroma Therapy 07:00 Snacks <i>Daylight Saving Time Ends</i>	2 9:30-11:30 1 on 1 Music Speaks with Laura 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks	3 10:00 Bus Ride 10:00 Beverage Cart 12:30 Bus Ride 01:30 Bingo 03:00 Beverage Cart/Snacks 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks	4 08:15 Aroma Therapy 10:00 Beverage Cart 10:30 Church Hymns 01:30 Bingo 03:00 Reminiscing 03:00 Beverage Cart/Snacks 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks	5 09:30 Crafts 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 02:30 Chair Dancing 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks	6 09:30 Guess the Scent 10:00 Beverage Cart 01:30 Bingo 02:00 Popcorn 03:00 Beverage Cart/Snacks 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks	7 9:30 Adult Coloring 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 03:30 Movie 05:15 Aroma Therapy
8 09:30 Listen to Songs of Faith 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 04:00 I Love Lucy 05:15 Aroma Therapy 07:00 Snacks	9 09:30-11:30 1 on 1 Music Speaks with Laura 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks	10 10:00 Bus Ride 10:00 Beverage Cart 12:30 Bus Ride 01:30 Bingo 03:00 Beverage Cart/Snacks 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks	11 08:15 Aroma Therapy 10:30 Church Hymns 11:30 Sock Hop Lunch 01:30 Bingo 02:00 Veterans Program 03:00 Beverage Cart/Snacks 03:00 Reminiscing 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks <i>Veterans Day Remembrance Day (US)</i>	12 09:30 Crafts 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 02:30 Noodle Ball 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks	13 10:00 Beverage Cart 01:30 Bingo 02:00 Popcorn 03:00 Beverage Cart/Snacks 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks	14 9:30 Adult Coloring 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 03:30 Movie 05:15 Aroma Therapy
15 09:30 Listen to Songs of Faith 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 04:00 I Love Lucy 05:15 Aroma Therapy 07:00 Snacks	16 09:30-11:30-1 on 1 Music Speaks with Laura 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks	17 10:00 Bus Ride 10:00 Beverage Cart 12:30 Bus Ride 01:30 Bingo 04:30 Jeopardy 05:15 Aroma Therapy 07:00 Snacks	18 08:15 Aroma Therapy 10:00 Beverage Cart 10:30 Church Hymns 01:30 Bingo 03:00 Reminiscing 03:00 Beverage Cart/Snacks 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks <i>Veterans Day Remembrance Day (US)</i>	19 09:30 Crafts 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 02:30 Laughter Yoga 04:30 TV Jeopardy 05:15 Aroma Therapy 06:00 Light of Remembrance	20 10:00 Beverage Cart 01:30 Bingo 02:00 Popcorn 03:00 Beverage Cart/Snacks 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks	21 9:30 Adult Coloring 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 03:30 Movie 05:15 Aroma Therapy
22 09:30 Listen to songs of Faith 10:00 Beverage Cart 01:30 bingo 03:00 Beverage Cart/Snacks 04:00 I Love Lucy 05:15 Aroma Therapy 07:00 Snacks	23 09:30-11:30-1 on 1 Music Speaks with Laura 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks	24 10:00 Bus Ride 10:00 Beverage Cart 12:30 Bus Ride 01:30 Bingo 03:00 Beverage Cart/Snacks 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks	25 08:15 Aroma Therapy 10:00 Beverage Cart 10:30 Church Hymns 01:30 Bingo 03:00 Reminiscing 03:00 Beverage Cart/Snacks 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks <i>Veterans Day Remembrance Day (US)</i>	26 09:30 Crafts 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 02:30 Noodle Ball 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks <i>Thanksgiving Day (US)</i>	27 10:00 Beverage Cart 01:30 Bingo 02:00 Popcorn 03:00 Beverage Cart/Snacks 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks	28 9:30 Adult Coloring 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 03:30 Movie 05:15 Aroma Therapy
29 09:30 Listen to songs of Faith 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 04:00 I Love Lucy 05:15 Aroma Therapy 07:00 Snacks	30 09:30-11:30-1 on 1 Music Speaks with Laura 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks	HAPPY BIRTHDAY Wait E.-5th Ken L.-10th Kay L.-11th Marilyn-19th Mildred- 22nd Ross R. 22nd	30 09:30-11:30-1 on 1 Music Speaks with Laura 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks	30 09:30-11:30-1 on 1 Music Speaks with Laura 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks	30 09:30-11:30-1 on 1 Music Speaks with Laura 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks	30 09:30-11:30-1 on 1 Music Speaks with Laura 10:00 Beverage Cart 01:30 Bingo 03:00 Beverage Cart/Snacks 04:30 TV Jeopardy 05:15 Aroma Therapy 07:00 Snacks

November 2020
GARDENS

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