

Happy Holidays!

At this time of year, many of us begin thinking about holiday traditions and the joy that they bring to us. Those family activities warm our hearts and bring smiles to our faces. If we don't get participate in the traditions, things just don't feel right.

This year, things will be different. This year, we will have to make new traditions. We will have to plan activities with face mask and social distancing in mind. There will be a lot of virtual gathering over computers and phones. There will be a lot of visiting families through windows.

Covid has changed all of our lives. And it might be a while before things return to how they were before. But that doesn't mean that we can't have a joyful holiday season. My grandfather once told me that the attitude that I have, affects the activities that I do. This year, I am choosing to have a good holiday season in spite of all of the things going on in the world today. I am going to sing carols. I am going to eat too many sweets. I am going to enjoy a great holiday movie.

I hope that you will join me and together, we can make this a holiday season to remember.

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!



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 \$1500 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



7 Health and Wellness Tips for Winter

Shorter days and colder weather can lead to some bad habits. Health-conscious people who normally exercise and eat their vegetables may find themselves sitting indoors, watching television, and eating junk food. Your health is important throughout all stages of life, and throughout the entire year. Here are a few health and wellness tips for winter to help you stay in good health.

Indoor air quality

People tend to spend more time indoors when the temperature drops. Indoor air quality is often lower than the quality of the air outdoors. Indoor air pollutants and allergens can have a negative effect on your health. Vacuum twice a week and clean the filter regularly, wash sheets each week, and keep a clean home. Replace air filters each month. Make a point to spend time outside.

Wash your hands

Winter is cold and flu season. Washing your hands is a simple and effective way to help prevent the spread of germs and stay healthy.

Get your flu shot

The best way to avoid the flu virus is by getting vaccinated. Washing your hands helps, but it's next to impossible to completely prevent the spread of germs. Flu vaccination is the most effective way to help prevent the flu.

Eat healthy

Hearty foods may offer comfort when it's cold outside, but that doesn't mean you can't eat healthy during the winter. A healthy diet includes plenty of fruits and vegetables, whole grains, low-fat dairy, and lean protein. Chili, beef stew, lentil soup, roasted vegetables, and even pot roast or chicken cooked with vegetables can all be comforting and nutritious.

Stay hydrated

People don't typically associate dehydration with winter, but you can get dehydrated regardless of the temperature outside. Your body loses a lot of fluid during the cold, dry winter months, and many are less diligent about hydration. Make a point to drink water and replenish fluids.

Stay active

It can be difficult to stay motivated to exercise during the winter, but adults still need a minimum of 30 minutes of physical activity each day. Bundle up in weatherappropriate layers and enjoy a walk, or join a gym to get the exercise you need indoors.

Visit your primary care physician

The choices you make contribute to your overall health, but you don't have to go it alone. Scheduling annual visits with your doctor is one of the best things you can do to maintain good health and wellness. Request an appointment with your primary care physician today!

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We had some spooky fun on Halloween! The preschool class from West town Charlie Brown came and did a costume parade through the parking lot! Our residents sure enjoyed seeing the kids in their costumes. On Halloween day, our residents donned some fun masks and got their pictures taken, along with enjoying their Halloween candy! Fun Crafts to do with the Family this December

















It doesn't matter if you shun the cold weather or embrace it, winter is quickly approaching. Here are some tasks to tackle now to make sure your home is ready for the season.

Depending on the type of heating system you have, there are a few home maintenance things you should do before the temperatures really start to dip. If you have a high-efficiency system, PVC vent pipes need to be cleared of any obstructions. And those with a boiler system should have their system cleaned every year. Those with gas should have a cleaning about every three years.

If you use your fireplace, have it cleaned by a chimney sweep. You should also check for any debris and cracks in the chimney. And creosote buildup and debris such as leaves and bird nests could become a fire hazard.

According to the U.S. Fire Administration, heating is the cause of 27 percent of structure fires during the winter months. So make sure all smoke and carbon monoxide detectors are working in your home. And it's best to have smoke alarms in every room of your home, including hallways. Be sure that home maintenance includes checking the batteries in all alarms once a month is always on your home maintenance checklist.

FUN JN THE KJTCHEN WJTH JETTJKA

Wintertime cooking: A Guide



Q. How should I cook in winter? And why is it different than cooking in summer?

A. It's natural to want a bowl of hot oatmeal on a cold morning, a piping hot bowl of soup for lunch, and slow-cooked meat and vegetable one-dish meals for din-

ner. Why does this feel so natural? Because winter is a time when you are trying to stay warm, so your body wants foods that are warming. And just as the foods that are in season in the winter will warm your body, so will the cooking methods we recommend for these winter foods.

Q. How do I know what foods and cooking methods are best in fall and winter?

A. It just so happens that winter cooking methods and foods naturally available in winter, like root vegetables, complement one another. Most winter root vegetables take longer to cook than summer vegetables and make healthy and flavorful additions to warming soups and stews, so they are ideally suited to cold weather cooking methods.

Q. What are the best cold weather cooking methods?

A. The best cooking methods for cold weather months are:

Braising in the oven, with a little liquid in the pan, which should be covered

Simmering slowly on top of the stove on low heat

Crock pot cooking

Roasting vegetables in the oven

All of these slow cooking methods will provide the best nourishing and warming results for your body in cold weather. Although many of our soup recipes can be easily prepared in a short amount of time, the longer you cook them, the more warming effect they will have. Similarly, braising in the oven or on top of the stove cooks meat and vegetables slowly. Braising tenderizes meat and vegetables, infusing the broth with their flavors. When the mornings turn frosty, slowly cooked food deeply nourishes your body, is easier to digest, and helps your body build and maintain heat. This lessens the work your body must do to keep warm when it's cold outside and alleviates stress—and virtually every body can benefit from less stress.

Q. Can you give me an example of how to slow cook?

A. The best way to cook foods slowly is to start with the vegetables that are in season, such as root vegetables. Begin by Healthy Sautéing onions until translucent, then add meat or legumes and root vegetables. Mix well and add broth. Your covered pot can either be put in the oven at this point and left alone to slowly braise

at a temperature no higher than 350 degrees, or cooked on top of the stove on low heat.

Roasting vegetables in the oven is another way of creating a more warming effect from your food. Remember, if you want a more warming effect from these recipes, slow down the cooking. The longer and slower these foods cook, the more warming the effect they will have on your body.



COMMUNITY RELATIONS WITH TYLER HEDEGARD

Our gift to you: DECEMBER MOVE-IN SPECIAL

Move in during the month of December and get \$500.00 off December, January, February and March!

A savings of \$2000!

Call or email Tyler Hedegard today.

641-423-7222 or welcome@countrymeadowplace.com