

What Clover Ridge means to us, from the pens of the Clover Ridge Place residents.

C– Clean

L– Love, Laughter

O– Orderly

*V– Vim, Vigor,
Victory*

E– Educational

R-Respectful care

R - Royalty

I -Informed

D – Doing

G - Growing

E - Exercise

Clover Ridge is the **P-L-A-C-E** to be!

Written by resident Alice, 2016.



Starting the new year with some old traditions!

As most of you know, I live by 3 rules in life.

Rule #1-**Have Fun!**

Rule #2-**Be Safe** (there are many things in rule #2),

Rule #3-**Don't Wait!**

If 2020 has taught me anything, it is to live by those three simple rules. I believe I will continue. I have shared this message before, and I will share it again as it carries a lot of weight reflecting back on the past 12 months we have endured together. This time of year, we tend to get into the hibernation phase and forget to have fun or do something for our own betterment. I wanted to share something, you can have fun with, and it is good for you at the same time.

Did you know there are proven health benefits to playing BINGO?? Researchers at Home Care Assistance of Warren have discovered that playing this game of BINGO can have health benefits. They suggest we should play for these five reasons.

1. Enhanced Eye Hand Coordination.
2. Boosts Cognitive Abilities.
3. Improves Physical Health "The Laughter"
4. Increases Socialization
5. Accelerates Healing & Recuperation

Who knew that there were health benefits to this one game!

This year we encourage you to turn on your radio, to KMAQ 95.1 F.M. Monday through Friday, 3:30 to 4:00 P.M. starting January 11, 2021!
Go have some fun!

Sally Davies,
Community Relations Coordinator



THE
VIEW

from

Clover Ridge
Place

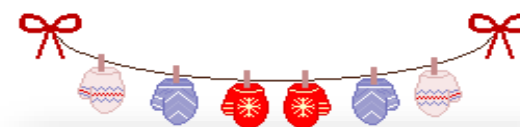
Happy New Year!
2021

January, 2021

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



Deb S. 6th
Louella S. 10th
John E. 11th
Shelly G. 15th
Lorraine O. 27th
Leo T. 30th



Dare to Dream 2020, Alice, books for children!

Dare to Dream in 2021!

As we begin a new year it is a great time to reflect on all that we have accomplished and shared in the past year. We have welcomed new team members, residents and their families. We have shared in the happiness of children, grandchildren and great-grandchildren being born which turns into a great reminiscing experience. Even on our darkest days there has been something to be thankful for. Reminiscing about the past is a pleasure, but even more importantly we must live looking forward to the future. We must DARE to DREAM! As we search for fun ways to celebrate 2021, the best way to do this is to include our residents and families. What is a DREAM that we can help you or your loved one achieve? What do you look forward to in 2021? We, at Clover Ridge wish to help you accomplish this dream. Whether it is riding in a hot air balloon, visiting a childhood home or donating books to children, we want to help make that dream happen. Please share your thoughts and dreams with us!



Dare to Dream 2017, Scout, tractors and family !

Wishing you well as you journey into the new year,

Amanda Widel, Manager

Happy New Year!

With 2020 now behind us we are heading into the 2021 with many hopes of a brighter year. As a reminder the Internal Revenue code allows deductions for medical care if the amount exceeds 7.5% of the taxpayer's adjusted gross income. If you would like a transaction history reflecting what has been paid for this last year to be given to your tax preparer please contact myself or Amanda. I wish everyone a Happy New Year and I hope 2021 brings you many new memories! As always feel free to call or stop by with any questions or concerns.

Michaela Kelly,
Administrative Assistant



We Love to Hear from

www.HappyGram.org

- 1.) Write your message.
- 2.) Upload a photo...
- 3.) Leave the rest to us to print and deliver!



A New Year for Making Memories!

2020 was a very long and interesting year I did find staying at home wasn't so bad I actually enjoyed it. I hope 2021 will be good year for everyone and we can start seeing our loved ones again.

My Wish for You in 2021

Have a wonderful year

Have good health

Enjoy fun times with family and friends

Make some good memories

Try something new

Enjoy laughter

Make a new friend or acquaintance

Do things that make you smile

Enjoy yourself!

Wishing everyone a blessed new year filled with peace, fun, and happiness.

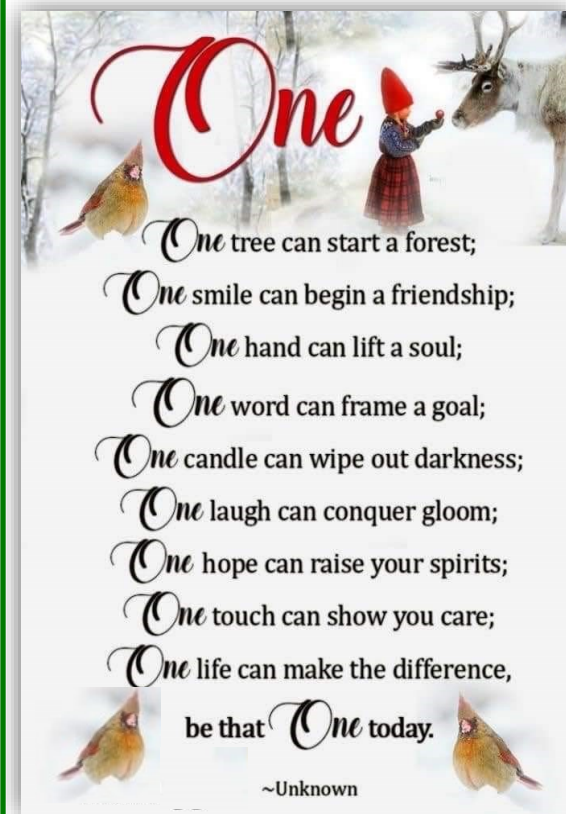
Tammy Kilburg,
Life Enrichment Coordinator



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 563-581-0661, or emailing, director@cloverridgeplace.net or assistantmanager@cloverridgeplace.net,

to schedule a time to Skype, Zoom, or window talk visits with your loved one or friend.



Welcome

Good Friends Make Great Neighbors!

At Clover Ridge Place

We offer a \$1,500 rent credit for any current

Clover Ridge Place resident, if they or a loved one of a current resident refers a friend, resulting in a move-in.

For details contact

Amada Widell, Manager
at 563-652-2125

or

Sally Davies,
Community Relations Coordinator
563-581-2967

January is National Glaucoma Awareness Month

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing. Glaucoma is the leading cause of irreversible blindness. Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

The best way to protect your sight from glaucoma is to get a regular comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately. High-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted.

A number of medications are currently in use to treat glaucoma. Your doctor may prescribe a combination of medications or change your prescription over time to reduce side effects or provide a more effective treatment. Medications are intended to prevent damage to the optic nerve. Eye drops used in managing glaucoma decrease eye pressure by helping the eye's fluid to drain better and/or decreasing the amount of fluid made by the eye. Some people with glaucoma have "low vision." Low vision means there may be problems doing daily, routine things even if using glasses or contact lenses. With glaucoma, this can include loss of ability to see shades of the same color, problems with glare, light sensitivity, and the ability to see fine details. Most people who have glaucoma are very sensitive to excessive light, especially extreme sunlight. Tinted lenses can be used to lessen the effects of light sensitivity.

Please schedule an eye exam. Let's see a healthy and happy new year together.

