

JANUARY 2021 NEWSLETTER



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January Birthdays

3 Erma Holt
11 Joan Ashland
21 Ann Steenhard

Director's Corner with John Joyner

Covid-19 Vaccine Update

The Centers for Disease Control and Protection (CDC) and its Advisory Committee on Immunization Practices (ACIP) have prioritized long-term care facilities like ours for our residents and staff members of Country Meadow place to receive the vaccine at no cost to them. Both residents and employees are included in Group 1A and will be in the first wave of vaccinations in Iowa. Our Covid-19 Vaccine task force is working very closely with Community Pharmacy in coordinating the vaccine administration plan. Additionally, Community Pharmacy will provide the trained personnel and supplies to administer the vaccine as well as manage logistics to ship and store the vaccine per manufacturer requirements. The vaccine that we are receiving will be a 2 shot vaccination administered 21 days apart. Community Pharmacy will oversee the administration of both vaccinations. The vaccine will be administered in a safe, effective and timely fashion. We will be following protocols to ensure that residents continue to receive the quality care they deserve throughout each phase of the vaccine. If you have any questions, please feel free to speak with one of our nurses or John Joyner, the community director.

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



RESIDENT'S RIGHTS AND LONG TERM CARE FACILITIES

*Residents who reside in long-term care facilities are now protected from abuse and neglect through a series of legislative measures.

*However, that was not always the case. Prior to current legislation, residents were afforded fewer protections. The potential for mistreatment existed.

*As the public, long-term care advocates and care providers grew increasingly concerned with the poor quality of care in many nursing homes, legislation was proposed and passed to help residents.

* In 1987, The Federal Nursing Home Reform Act or OBRA '87 created a set of national minimum set of standards of care and rights for people living in nursing facilities.

*This legislation also provided additional guidance and regulations in a number of key areas, including assessing residents, care planning, use of psychotropic medications and physical restraints, prevention of skin issues, provision for therapies to assist residents to maintain their current ADL (activity of daily living) ability.

*OBRA regulations also provided for the creation on the RAI – a standardized assessment tool for residents in care facilities and assisted with the creation and development of the 75 hour Nurse Aide training course.

Some of the most important resident provisions for residents with OBRA include:



The right to be: Fully Informed	The right to: Complain	The right to: Participate in One's Own Care	The right to: Privacy and Confidentiality
Rights during: Transfer and Discharge	The right to: Visits	The right to: Dignity, Respect & Freedom	The right to: Make Independent Choices

LIFE ENRICHMENT

Beat those winter blues!!!

1. Give your skin some TLC

There's no denying that your skin looks better in the summer, with its sun-kissed glow and fresh dewiness (thank you, humidity). There's also no denying that as temperatures and humidity levels plummet, all that cold, dry air takes a toll on your complexion. That's why winter is the perfect time to up your skin game. Slather on that lotion and stay well hydrated to give your skin a boost!

2. Make your environment brighter

When your body is craving more daylight, sitting next to an artificial light—also called a light box—for 30 minutes per day can be as effective as antidepressant medication. Opening blinds and curtains, trimming back tree branches, and sitting closer to windows can also help provide an extra dose of sunshine.

3. Eat Well

Eating a balanced diet will help you stay healthy and feel well. Certain foods, like chocolate, can help to enhance your mood and relieve anxiety, when eaten in moderation.

4. Exercise

A 2005 study from Harvard suggests walking fast for about 35 minutes a day five times a week, or 60 minutes a day three times a week improved symptoms of mild to moderate depression. Exercising under bright lights may be even better for seasonal depression: A preliminary study found that exercise under bright light improved general mental health, social functioning, depressive symptoms, and vitality, while exercise in ordinary light improved vitality only.



5. Turn on the Tunes

In a 2013 study, researchers showed that listening to upbeat or cheery music significantly improved participant's mood in both the short and long term.

Fun Crafts to do
with the Family
this January



FUN IN THE KITCHEN WITH JETTY



Oranges are a type of low calorie, highly nutritious citrus fruit. As part of a healthful and varied diet, oranges contribute to strong, clear skin and can help lower a person's risk of many conditions.



Oranges are popular due to their natural sweetness, the many different types available, and the diversity of uses. For example, a person can consume them in juices and marmalades, eat them whole, or use zested peel to add a tangy flavor to cakes and desserts.



This popular citrus fruit is particularly known for its Vitamin C content. However, oranges contain a range of other plant compounds and antioxidants that may reduce inflammation and work against disease.



Our residents love getting manicures!!

We have the best staff!!



MESSAGE FROM MAINTENANCE

Hi! My name is Jonathan Clark and I am the new Maintenance Coordinator. I've been at Country Meadow Place for about a month, and I'm happy to help your loved one to keep their home in good working order!

I'll be sharing some tips throughout the year to keep your home running smoothly. Let's start with some tips to winterize your lawn mower and get it ready for spring:

- 1. Empty the Gas Tank**—Unused gas left in a mower over the winter can get stale, gumming up the carburetor and inviting rust.
- 2. Disconnect the Spark Plug**—Before continuing with the remaining maintenance steps, it's very important that you disconnect the spark plug to prevent the mower from kick-starting accidentally, which could lead to serious injury.
- 3. Remove the Blade**—To make it easier to change the oil and clean the underside of the mower, first detach the blade by unscrewing the bolts that hold it in place. Be sure to wear thick gloves when handling the blade. While the blade is off, take advantage of the opportunity to sharpen it.
- 4. Drain the Oil**—If the mower has a 4-cycle engine, you'll need to change the oil. Have a pan ready, and place a tarp under the mower to catch any oil that might spatter.
- 5. Clean the Undercarriage**—Use a putty knife and wire brush to scrape off the grass and mud caked on the mower deck. This prevents rust, clears the passageway to the discharge chute, and allows the aerodynamics of the deck to work as designed.

COMMUNITY RELATIONS WITH TYLER HEDEGARD

Remember Last Winter?

Winter is upon us. Country Meadow Place has you covered. When the roads are treacherous and the day is freezing, you'll enjoy the peace-of-mind knowing with us your loved one is happy, safe and warm!

Country Meadow Place has short term winter option along with our normal terms. Currently we have specials running for both. Give us a call before the weather turns!

\$500 off your first two months!

Country Meadow Place currently has openings!

Call: 641-423-7722

Email: welcome@countrymeadowplace.com

