

New Year, New Hope! Clover Ridge Place residents and team members were lined up for the vaccine clinic on January 19th. First in line were John E. (upper left) and Norma C. (upper right).





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



Marianna M. 1st Norma C. 5th Marjorie H. 18th

# Spread your Love for Clover Ridge **Place** and receive \$1,500 off your rent!

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 Widel, Manager or, Sally Davies, **Community Relations**

Coordinator At 563-652-2125

### A New Year, A New Beginning!

I hope 2021 has began well for everyone. Here at Clover Ridge Place, residents and team members received their COVID vaccinations on January 19<sup>th</sup>. We have a clinic date set for February 9<sup>th</sup>, 2021 for the second dose. As a reminder, Section 213 of Internal Revenue Code allows

deductions for medical care for an individual, spouse or dependent if the expenses exceed 7.5% of the taxpayer's adjusted gross income. The monthly fee of a retirement community is a medical expense. The article further states that if a resident is living in a retirement com-



munity because of a medical condition which requires them to be there, and meals and lodging are furnished, then the cost is considered a medical care expense. Please be sure to consult your tax adviser if you feel this applies to your situation.

We continue to closely monitor the Covid percentage rates in Jackson county as we are all anxious for the building to open back up to our families and visitors. Our fabulous maintenance staff has built a plexiglass wall for us, so we're ready to go for visits once our county rates drop below 10%. Life in the building has already begun to return to normal as residents have returned to restaurant style dining and small group activities. It is so good to hear the sounds of laughter and joy in our halls again! We can't wait for you all to come back to visit!

Amanda Widel, Manager

### Grandmothers love

I have been blessed with so much love in my life, but none compares to the love of a grandmother.

Grandmas ALWAYS have time to visit

- Grandmas believe that you do no wrong
- Grandmas hugs are always the warmest

Grandmas tell the best stories

Grandmas love unconditionally

Grandmas teach you how to bake & sew

Grandmas always welcome sleepovers

Grandmas love to read to you & tuck you into bed

Grandmas mend hearts

I have many warm memories of my grandparents, both as a child and into adulthood as I'm sure many of you do. I am waiting in anticipation for the time when it is safe to stop at grandma's, have a glass of tea, and visit for hours without worrying about masks and distancing getting in the way of a grandmother's love.



Michaela Kelly, Administrative Assistant



Each February, we celebrate American Heart Month to raise awareness of heart health and urge Americans to reduce their risk of cardiovascular diseases, including heart disease. According to the American Heart Association, cardiovascular disease can refer to a number of conditions, including heart disease, heart attack, stroke, and more. Heart disease happens when plaque builds up on the walls of arteries. If a blood clot forms, it can block the blood flow to the heart. The year 2020 brought many changes in our lives related to Covid 19 including quarantining at home, an increase in bad eating habits and a lack of exercise. This year it is extremely important that you pay special attention to your diet and lifestyle habits to prevent heart disease.

The AHA recommends the following diet and lifestyle habits:

- Pay attention to your caloric intake to help maintain a healthy weight.
- Aim for a well-balanced diet of nutritious foods, including fruit, vegetables, whole grains, low-fat dairy products, and lean protein. Limit sugary treats, saturated fats, sodium, red meat, and alcohol.
- Exercise regularly. Shoot for 150 minutes a week of moderate activity, or 75 minutes of more vigorous activity.
- Don't smoke and limit exposure to secondhand smoke when possible.

By adopting these habits and following Covid 19 restrictions such as social distancing, washing your hands and wearing a mask you can improve your chances of living a long and healthy life.

Angela Stark, RN Healthcare Coordinator



**Clover Ridge Family and Friends February** is here, and we are already one step closer to Spring. We have had a very mild winter so far; I certainly hope it stays nice out. We will be having our Valentines Party again this year, however, it won't be as big as in the past because of social distancing. We will still be doing the crowning for a King and Queen. Radio Bingo has started again so we will be playing Monday-Friday at ▶ 3:30. I will be doing bus rides weather permitting, we still have to social distance, so we are doing small groups. Wave HI if you see us out and about. We are back to doing Live 2b Healthy exercises with Teresa so the residents are happy about that and looking for the day Teresa can come back into the building. In lieu of upcoming activities, I am looking for scrapbooking materials, so if you have any extra laying around please bring them our way! Have a great February

Tammy Kilburg, Life Enrichment Coordinator



#### Thursday, February 25, 2021

#### 12:30 -1:00 P.M.

Randy Meier, Senior VS Crime officer with the Clinton County Sheriffs Dept.

#### Don't Be Scammed!

In this changing world, there are so many new things coming up, join us as Randy shares some of the most recent scams targeting the area.

To register and receive your zoom link invitation email Sally Davies at <u>welcome@cloverridgplace.net</u>



# alzheimer's $\mathcal{R}$ association<sup>®</sup>

# Alzheimer's Support Group

#### Alzheimer's and Dementia Caregiver Support Group

2nd Wednesday of the Month, 1:30 pm Begins February 10, 2021

Support groups create a safe, confidential, supportive environment or community and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about dementia and help participants develop methods and skills to solve problems.



- Facilitated by an Alzheimer's
  Association volunteer
- Support group suitable for family and friend caregivers
- 24/7 Helpline: 800-272-3900
- Registration is required
  For more information contact Sally Davies at welcome@cloverridgeplace.net

Classes Held Virtually Via Zoom Registration is required welcome@cloverridgplace.net February 2021, it is hard to believe you are here already! A lot of things



have changed in just 12 months, and so many have stayed the same.

February is a month we look to the Ground Hog to do a weather forecast

for spring, we focus on Heart Health, celebrate Valentine's Day, cherry month and look forward to the upcoming spring season and Easter Celebration.

In the past we have participated in many events in the community during the month of February, the biggest being the Farm & Home Show. Well that

is the past, this year there will be no Farm and Home Show for the safety of all who would attend. However,



here at Clover Ridge Place we will be celebrating with the promise and hope that comes with the vaccine coming forward.

I am very excited to share we will be starting up a virtual Lunch & Learn program, Caregiver Support Groups will resume on a virtual format, and other programs soon to follow.

Mark your calendars for the last Thursday of the month, and watch for the changing topics and presenters for our Virtual Lunch and Learn program. Caregiver Support Group will be the 2nd Wednesday of the Month.

These virtual events will require preregistration. For residents at Clover Ridge Place who are not comfortable with technology, we will help you with that so you can participate as well.

Here is to the last few weeks of winter and looking forward to the springtime!

Sally Davies,

## February Fun Fact

### February is Library Lovers Month

There are a couple of things I would like to share for my library loving friends.

Clover Ridge Place has a small library available to all residents. There have been several donation over the last couple of months, which we truly appreciate. If you have not checked out our library

please do so.

Did you know the Maquoketa Library has a Books on Wheels program? This program is dedicated to those library patron's who are home bound. If you contact the Maquoketa library they will give you the details. 563-652-3874.

This year the Maquoketa library is doing something fun for the month of February.



We will be sharing more information as it is available, on our Facebook page, so stay tuned.

### **READ A BOOK!**

A book is a magical thing that lets you travel to far-away places without ever leaving the room.

800.272.3900 | alz.org/iowa



Spreading the love one more day!

Celebrating in our traditional way with a special Valentine's dinner.

### Monday, February 15th, at Noon.

Prime Rib & Shrimp Baked Potato Vegetable Casserole Rolls Cherry Cheese Cake

Happy Valentine's Day everyone!

Just a small reminder as you are bringing in those special homemade treats for your loved ones. Please be sure and put their name and the date you brought them in on the package. This helps ensure all team members know who things belong to and when they were brought in, as well as food safety.

Thank you so much! Barb Ihrig