

Guess what day the snow pile melts away!



The snow has piled up this year and we are ready for spring!

Let's have some Fun and hope for lots of Sun!

Watching the snow pile on the West end in the front parking lot at Clover Ridge Place melt away.

Winners will receive custom made,

Summer Fun Gift Baskets!

To enter your best guess, email welcome@cloverridgeplace.net
or call 563-581-2967.

Max 4 names per date on the calendar. Dates
start March 14 - June 1, 2021.



You will be notified of your date's confirmation or if your submitted date has been taken you will be given the opportunity to choose a different date.

All guesses must be entered by Friday, May 16th at Noon.

Let's have some fun!

THE
VIEW *from*

*Clover Ridge
Place*



March, 2021

Assisted Living & Memory Care | 205 Ehlers Lane, Maquoketa, IA 52060 |



Glenda S. 1st

Stuart M. 8th

Barb I. 11th

Lois B. 15th



***We're so LUCKY to have
residents like YOU!***

***Help spread the word
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 that resident refers
a friend, resulting in a move-in.*

*For details contact
Amanda Widel, Manager
or, Sally Davies,
Community Relations
Coordinator
At 563-652-2125*

Spring is almost here! I think we can all agree we are ready for warmer days ahead. This past year has proven to be a challenge with COVID-19. We know how incredibly difficult this time apart has been and share your desire to reunite loved ones. Based on guidance provided by the Centers for Medicare & Medicaid Services (CMS), indoor visitation can occur based on the following infection prevention measures:

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

b.) 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.

c.) 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, our Communities 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.

Amanda Widel, Manager

Kidney Disease Prevention Month.

Did you know that 1 in 3 American adults is at risk for kidney disease? Major risk factors include diabetes, high blood pressure, a family history of kidney failure and being age 60 or older. Kidney disease often has no symptoms and can go undetected until very advanced. To help prevent kidney disease: quit smoking, minimize alcohol consumption, lose weight if you're overweight, lower your salt in your diet by monitoring food labels, follow a healthy diet and stay hydrated! If you have any concerns that you might have impaired renal function, please see your physician as early detection and treatment can slow or prevent the progression of kidney disease.

Stay well!

Angela Stark, RN, Healthcare Coordinator



WE ARE "EGG" cited for our COMMUNITY Drive Thru "EGG" capade!

Saturday, March 27
9 - 11 A.M.
at the Maquoketa Area Family YMCA

Stay in your car and join us for some Easter fun!
We'll have eggs for the kids and a chance to win prizes!

EVENT SPONSORED BY
Clover Ridge Place •
Crestridge •
Maquoketa Kiwanis •
Maquoketa State Bank •

We will practice social distancing. Eggs will be pre-bagged. Volunteers will wear gloves and masks to hand out eggs.

alzheimer's association

Alzheimer's and Dementia Caregiver Support Group
2nd Wed. of the Month at 1:30 P.M.
March 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

Registration is required

For more information contact Sally Davies at 563-581-2967 or email welcome@cloverridgeplace.net

Join us Virtually for

Communication



We all know the foundations of successful relations is good communication.

This is true with family, personal, & professional relations, there is no exclusion to this fact.

Pastor Alberta Ervin and Associate Colleen Petaros

will be presenting

Communication S.O.S

Providing some simple strategies for communication in caregiving.

Please join us

Thursday, March 25, 2021

At 12:30 P.M.

Registration is required, to receive the link to this program email weclome@cloverridgeplace.net

or call 563-581-2967.



www.HappyGram.org

1.) Write your message.

2.) Upload a photo...

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

We Love to Hear from YOU!

Message from a friend!

A few weeks ago a friend of mine sent me a message, it was one that was clipped from a newspaper at one point and shared several times. I am unsure of its origin, but am 100% sure that is a message worth sharing. So today I share with you these six little stories my friend shared with me.

SIX LITTLE STORIES WITH LOTS OF MEANINGS

1. Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. That is faith.
2. When you throw babies in the air, they laugh because they know you will catch them. That is trust.
3. Every night we go to bed without any assurance of being alive the next morning, but we still set the alarms to wake up. That is hope.
4. We plan big things for tomorrow in spite of zero knowledge of the future. That is confidence.
5. We see the world suffering, but still we get married and have children. That is love.
6. On an old man's shirt is written a sentence 'I am not 80 years old; I am sweet 16 with 64 years of experience.' That is attitude.

Have a happy day and live your life like these six stories. Remembering—Good friends are rare jewels of life, difficult to find and impossible to replace!

Enjoy life's little blessings!

Sally Davies,
Community Relations Coordinator

What is the Beautician or Barber to you? Self-Care, Hair Therapy, Visit with a Friend...

We are so grateful for the little things that make a big difference here at Clover Ridge Place. For several weeks Kathy, our beautician/barber, had not been able to come in and share her talents with us. You can ask just about everyone and they will say the same thing, they have missed being able to get their hair cut/done.

Call it what you will, in a time where going out in public has not been the best thing for our health and safety, and association in groups and been discouraged for some reasons. The trip to the beauty/barber shop sure does bring more benefits than just a neat well-groomed appearance.

Below are just few of the benefits that getting your hair done can have on your mental, emotional, and physical well-being:

Confidence Booster

Sometimes it takes a fresh look to give ourselves the extra boost of self-esteem we might not realize that we needed.

Relieves Stress

In this day and age, we often struggle to slow down and take a couple minutes to peacefully unwind. Allowing ourselves to sit back and relax is much easier said than done when we have mile long to-do lists or daunting tasks on our minds. Enter: the scalp massage. Scalp massages not only promote circulation in the scalp but they also help keep the blood flowing to your hair follicles and bolsters healthy levels of oils and nutrients.

Relationship

Building a trusting relationship with your stylist can be beneficial to more than just your hair. Sometimes your hairdresser can double as a personal therapist, a friend, or even a consultant. It can be constructive for your mental, physical, and emotional well-being to take that hour or two to express your personal struggles, recap exciting new adventures or simply chat about how your day is going.

We are so grateful for Kathy and all the other beauticians and barbers in our lives, who make a bigger impact on our health and well being then they will ever know. It's time to make an appointment and get your hair done, because it's good for you!



Karen
with new cut.



A 2020 photo of
Kathy & Marjorie



2021 Valentine's Day was celebrated in three different ways on three different days at Clover Ridge Place.

On Friday 2-12-21 the celebration began with LaVonne & Stuart, above, being crowned Queen & King, followed with the party Sunday 2-14-21 where Joyce & Smiley, below, were crowned. Then Monday, the culinary team treated everyone to Prime Rib, shrimp, cherry cheese cake and more love!



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 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.

In Like A Lion, Out Like A Lamb

March roars in like a lion, so fierce,
The wind so cold, it seems to pierce.

The month rolls on
And spring draws near,
And March goes out, like a lamb so dear.

~Lori Hill

March has arrived and we are getting closer to spring! Hopefully soon the weather will cooperate and we will be able to start getting out of the building on bus rides! I wanted to let you know that a Clover Ridge Family has donated a Facebook Portal to be kept in the Great Room for all residents and their families to use. If you are not familiar with the portal but have a Facebook account, we would be happy to send you a Facebook invite to connect you with the Clover Ridge portal. This would enable your loved one to video chat with you anytime they would like. We plan to have an educational activity on portal use with our residents, but of course, the team would also be available to assist them to make or receive calls from you. We will have Portals available in both the Great room and in the Gardens. If you are interested in using this form of communication, please let me know! We are very excited to offer another way for our residents to keep in touch and are anxious to assist them in becoming familiar with a new form of technology! Like Alice says, "You're never to old to learn something new!"

I look forward to hearing from you soon,
Tammy Kilburg,
Life Enrichment Coordinator