

136 36th Avenue SW
Cedar Rapids, IA

Corridor Crossing
Place

Phone: 319-362-6868
Fax: 319-363-7312

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NIT is honored to provide Corridor Crossing Place with the absolute best team of caring, knowledgeable, highly skilled and experienced therapists. Our team consists of Physical, Occupational & Speech Therapists that offer services 5 days a week. We want your therapy experience to be positive and successful. That's why we custom design our services to meet your specific needs. We offer specialized balance, mobility, pain, edema and urinary incontinence programs to facilitate the best outcomes for you. A key feature of NIT is that we offer free screening. It's a proactive approach to prevent and/or quickly treat problems that may lead to pain, falls or hospitalization.

At NIT, our primary goal is to enable you to Live Your Best Life.

**EXCEPTIONAL CARE.
EXTRAORDINARY LIVING.**



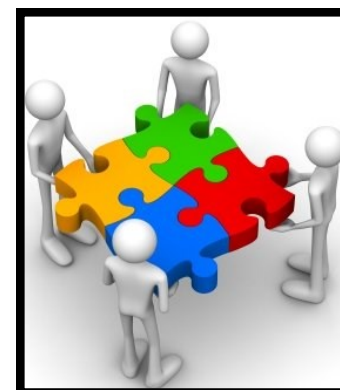
**Music Speaks Therapy
Alyson Krapfl**

welcome back

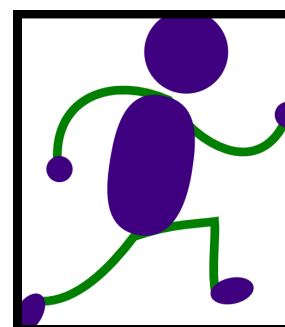


**Monday, Wednesday
& Friday at 10 AM**

professionally
managed by



HISTORY



March Newsletter



Parks



Virtual Tours we visited:



South Africa



More visits to Ireland



| | |
|---------------|--------------|
| Winona | 03-04 |
| Ruth M | 03-21 |
| Gerald | 03-22 |
| Fern | 03-23 |

Welcome Home

WE have new residents that we would like to welcome to Corridor Crossing Place. Please make sure to say hello to:

Richard & Joyce F

Monthly Newsletters & Calendars can be found at:
Corridorcrossingplace.com



| | |
|--------------------------|---------------------|
| Women's SHAMPOO/SET \$20 | Men's haircut \$20 |
| HAIR CUT \$20 | Men's mustache \$10 |
| PERM \$75 | Men's Beard \$10 |

(make checks to: Esther Benesh) Phone: 319-362-6868

PLACE LEADERSHIP TEAM



Happy March Everyone!

I am the new Community Relations Coordinator at Corridor Crossing Place. I have many years of experience working with senior citizens. I have worked at other communities in the area in Independent Living, Assisted Living, Memory Care, and Skilled Nursing & Rehabilitation.

I have been married to my husband Conrad for almost four years. I have two daughter's Rylee & Lilee that are both currently in High School. We enjoy spending time outdoors listening to music and barbequing when the weather is warm. I am so ready for warm weather!

I am looking forward to working at Corridor Crossing Place and building new relationships with everyone that lives, works, and visits our community.

Also, do you have a friend or family member that is needing Assisted Living or Memory Care? We are currently waiving our Lifestyle Fee of \$1500 to help assist an individual with the associated

Community Relations Coordinator:

Kara Bensch

welcome@corridorcrossingplace.com

Office:319-362-6868 Cell:319-775-3060

Spring is upon us which means new Spring -Summer menus in the kitchen. If you have never made pickle salad give it a try, it's a new favorite here at Corridor. Please see recipe below and email us your thoughts or email us your favorite salad recipe to try culinary@corridorcrossingplace.com

Dill Pickle Pasta Salad

Ingredients

**½ pound dry shell pasta about 3 cups
¾ cup pickles sliced
2/3 cup cheddar cheese
3 tablespoons white onion
2 tablespoons fresh dill
½ cup pickle juice**

Dressing

**2/3 cup mayonnaise
1/3 cup sour cream
1/8 teaspoon cayenne pepper
4 tablespoons pickle juice
salt & pepper to taste**



Instructions

Boil pasta al dente according to package directions. Run under cold water to stop cooking. Toss cold pasta with about ½ cup of pickle juice and set aside for about 5 minutes. Drain & discard pickle juice.

Combine all dressing ingredients in a small bowl and mix well.

Toss all ingredients in a large bowl. Refrigerate at least 1 hour before serving.

Culinary Coordinator:

Colleen Taylor

culinary@corridorcrossingplace.com

Office:319-362-6868



CORRIDOR CROSSING

Happy March! What a winter we have had here in Iowa, I think we can all agree that Spring is sounding better and better every day. Me and my family can't wait to be able to enjoy our spring break vacation, some flag football, track meets, walks with the dog and going to the park down from our home. The kids are happy to be back in school full time with their friends. I think everyone can agree we are wanting to get back to a "normal" lifestyle again. We are excited to start seeing some work done to the building here at Corridor this spring as well. Be on the lookout for a new roof and siding! Hopefully this will all be done in time for summer.

We are continuing to monitor the county percentage of cases and will keep all families up to date with any new rules or regulations we will be following. All gatherings will be held in our private dining room by reservation only. Please limit your groups to no more than two visitors (adult or child) at a time. Walk-ins will not be accepted to ensure appropriate disinfecting procedures between families. Contact Josie today to schedule your visit at (319) 362-6868!

We will continue the monthly zoom meeting for families to get more information to you all, please make sure and see your email for the invite. If you haven't received an invite, please send your email to Josie assistantadmin@corridorcrossingplace.com

Lastly, I sent out some ACH forms with the invoices this month as a friendly reminder to our residents and families regarding ACH (Electric Funds Transfer). If you are tired of writing a check every month, all you need to do is fill out the form and provide us with a voided check. The funds will be pulled from your account on the 5th of each month. If you have any questions, please feel free to stop by my office any time or give me a call.

Warm Regards,

Assistant Manager:
Josie Doudney
assistantadmin@corridorcrossing.com
Office: 319-362-6868/cell: 319-440-4673



March 2021 is finally here. We are closer to seeing flowers pop up and bloom. We have added a History Activity on this month's calendar. Our residents love learning new facts. We are continuing with our Virtual Tours of different places around the world. We are looking forward to the bus rides coming back soon, with the warmer weather returning. Please let me know if we can help you with any questions you might have concerning the activity departments. You can email me at

lifenrichment@corridorcrossingplace.com.

Tina Hansen
Life Enrichment Coordinator
lifenrichment@corridorcrossingplace.com
Office: 319-362-6868



With the bitter cold we have been staying warm inside with all kinds of activities. We are really looking forward to warmer weather and time outdoors!

Warm Regards
Megan Franks
Memory Care Coordinator
meganlorella92@gmail.com
Office: 319-362-6868



EMPLOYEE OF THE MONTH

Jennifer grew up in Mount Vernon and currently lives in Lisbon with her husband and two boys. Jennifer took 14 years of dance classes growing up. Going to the Beach in Florida is on her to bucket list. Jennifer's favorite holiday is Christmas. Raising her two sons keeps her very busy. Jennifer has worked at Corridor Crossing Place for one year and her favorite thing about working here is coming to work every day and seeing smiles on our residents faces. Thank you, Jennifer for always making our residents feel happy and loved.



Jennifer

RESIDENT OF THE MONTH

We are so happy to have Jerry living with us! Jerry is retired from the Air Force; he served our country for 8 years. During his time in the military, Jerry was stationed in Germany, Japan, Spain, and Montana. Jerry is a fan of baseball; the KC Royals are his favorite team. Jerry likes movies, reading and roller-skating. Jerry's favorite foods are chicken fried rice and a big ole Wendy's Frosty. Jerry says that Corridor Crossing Place is great, and he enjoys living here.

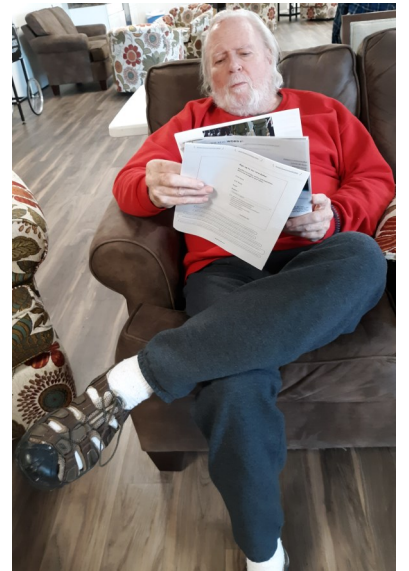


Jerry

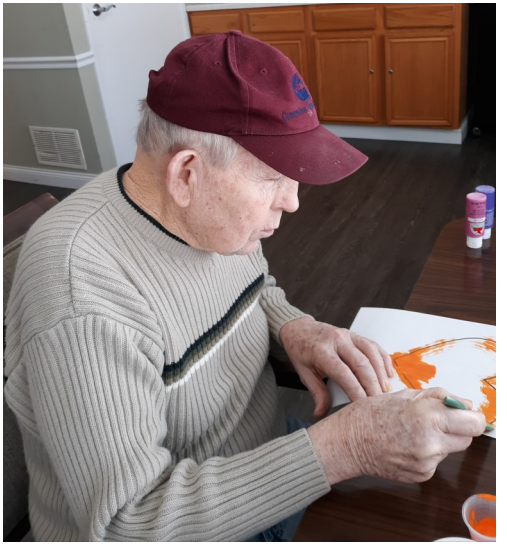
If you're having trouble falling back asleep, the following tips may help:

- ✓ Don't stress. Stressing over the fact that you can't get back to sleep only encourages your body to stay awake. Try to stay out of your head and focus on the feelings and sensations in your body instead.
- ✓ Make relaxation your goal, not sleep. Try a relaxation technique such as deep breathing or meditation, without getting out of bed. Although not a replacement for sleep, relaxation can still help rejuvenate your body.
- ✓ Postpone worrying. If you wake during the night feeling anxious about something, make a brief note of it on paper and postpone worrying about it until the next day when it will be easier to resolve.

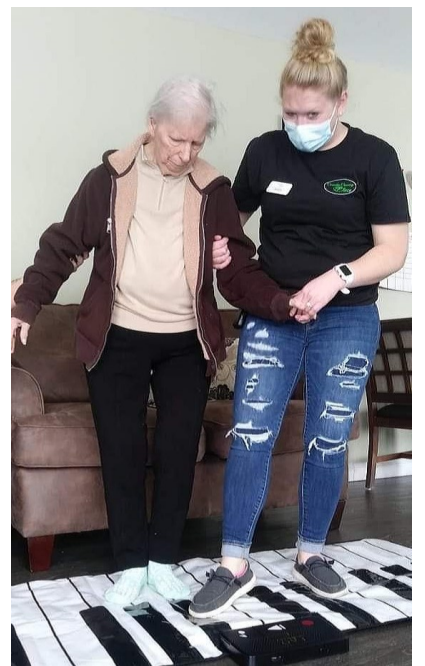
Activity Corner



David reading about Europe.



Ed is an artist.



Winona loves music



Dorothy stopping by to get her daily copy of The Perk & The Chronicle

We had the Best Valentine's Day with our wonderful residents!!

We LOVE L2BHealthy

