

MAY 2021
NEWSLETTER



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May Birthdays

11 Debra Steere

23 Teena Stone



Director's Corner
with John Joyner

Remaining Positive During Changing Times

The world is a place of constant change. We have been going through a pandemic, the likes of which many of us have not seen in our life time. Our lives are in change as we age. The things I could do a few years ago are things I can't do now. All of this change can be very overwhelming for us. It can cause us to experience depression and anxiety.

So what can we do to help us remain positive during these changing times?

Many people have developed suggestions on how to think positive thoughts. First is to focus on the good things in our lives. It is easy to focus on the negative, but we should strive to celebrate all of the good in our lives. Find reasons to smile and laugh.

Studies have shown that positive thinking greatly improves our overall health and wellbeing. It can increase our life span, lower rates of depression, reduce the risk of death from cardiovascular disease and helps us cope with hardships and stress.

Let us all strive to look on the bright side of life. Let us laugh and smile as often as we possibly can.

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



Reducing the Risk of Falling for Older Adults

Approximately 49 million Americans are 65 and older, with projections estimating that the population of older adults will grow to 98 million in 2060. For most older adults, good health ensures independence, security, and productivity as they age. Unfortunately, millions struggle every day with challenges such as falls, which can severely impact quality of life. Falling is not a normal part of aging. You can prevent falls by doing the right exercises, making your home safer, getting regular health checkups, and more.

Facts About Falls

One out of four older adults falls each year.

As a result of falls, every 11 seconds, an older adult is treated in the emergency room; every 19 minutes, an older adult dies.

Falls are the leading cause of fatal and nonfatal injuries among older adults, causing hip fractures, head trauma, and death.

Older adults are hospitalized for fall-related injuries five times more often than for injuries from other causes.

The nation spends \$50 billion a year treating older adults for the effects of falls, 75% of which is paid for by Medicare and Medicaid. If falls rates are not reduced, direct treatment costs are projected to reach \$101 billion by 2030.

Fear of falling can lead older adults to limit their activities, which can result in more falls, further physical decline, depression, and social isolation.

Source: The National Council on Aging (NCOA)

Stay physically active. Plan an exercise program that is right for you. Regular exercise improves muscles and makes you stronger. It also helps keep your joints, tendons, and ligaments flexible. Mild weight-bearing activities, such as walking or climbing stairs, may slow bone loss from osteoporosis.

Have your eyes and hearing tested. Even small changes in sight and hearing may cause you to fall. When you get new eyeglasses or contact lenses, take time to get used to them. Always wear your glasses or contacts when you need them. If you have a hearing aid, be sure it fits well and wear it.

Stand up slowly. Getting up too quickly can cause your blood pressure to drop. That can make you feel wobbly. Get your blood pressure checked when lying and standing.

Wear non-skid, rubber-soled, low-heeled shoes, or lace-up shoes with non-skid soles that fully support your feet. It is important that the soles are not too thin or too thick. Don't walk on stairs or floors in socks or in shoes and slippers with smooth soles.

LIFE ENRICHMENT

Whether we're slinging beach balls with a parachute or listening to singing cowgirls, we always have fun at Country Meadow Place!



Fun Crafts to do
with the Family
this May



FUN IN THE KITCHEN WITH JETTI



Buy Seasonal!!!

An easy way to save on fruits and vegetables is to buy what's in season when they are at their most plentiful. And there's a bonus that money can't buy when you follow this strategy: Fruits and vegetables always taste better when they are in season in your area and are harvested closer to the peak of freshness than those that spend a lot of time in shipping that might cover thousands of miles. There's an old saying that holds a lot of truth: "There's nothing so rare as true love and homegrown tomatoes." Seasonal fruits and vegetables might be fleeting, but they are literally the pick of the crop.



The list of seasonal fruits and vegetables lengthens in May as spring deepens with apricots, artichokes, asparagus, cherries, lettuce, mangoes, okra, pineapples, radishes, rhubarb, spring peas, strawberries, Swiss chard, and zucchini.



Vegetable of the Month: Artichoke

Cooked unsalted artichoke is 82% water, 12% carbohydrates, 3% protein, and 3% fat. In a 100 gram reference serving, cooked artichoke supplies 74 calories, is a rich source (20% or more of the Daily Value, DV) of folate, and is a moderate source (10-19% DV) of vitamin K (16% DV), magnesium, sodium, and phosphorus (10-12% DV).

There's always time for Balloon Volleyball!



MESSAGE FROM MAINTENANCE

With the days lengthening and weather warming, spring is a good time to get outdoors and tackle some larger home projects. Now that the threat of winter storms has passed, you can look for damage and make any needed repairs, as well as prep your home and garden for summer.

After the last frost has passed, it's important to have your gutters and downspouts cleaned and repaired. Clogged gutters and downspouts can cause the wood trim at the eaves to rot, and that can invite all kinds of critters into your attic space. Having your gutters and downspouts cleaned early in the season can also help prevent damage from spring rains.

Winter storms can take quite a toll on the roof. When spring arrives, start by making a simple visual inspection of your roof. You don't have to climb up there, just use a pair of binoculars or a smart phone camera with a zoom feature. Look for missing shingles, metal pipes that are damaged or missing, or anything that simply doesn't look right. If you notice anything that needs closer inspection or repair, call a roofer.

Screens are designed to let the breeze flow in and keep bugs out — but they can only do their job if they're free from holes and tears. Before setting up your screens for the warm months ahead, be sure to carefully check each one and repair any holes or tears, no matter how small. You can find screen repair kits at most hardware and home improvement stores.

COMMUNITY RELATIONS WITH TYLER HEDEGARD

May's move-in special.

Two amazing options!

1. First three months \$1000 off your room rent!
2. Half off your second full month.

Do you need help with moving services? Call Community Relations Coordinator Tyler Hedegard today! He's available seven days a week. Meet him for coffee and your favorite local coffee shop or a tour at Country Meadow Place!

Free moving when you're moving to Country Meadow Place!

Country Meadow Place currently has openings

Call: 641-423-7722

Email: welcome@countrymeadowplace.com

