

Resident Wellness Newsletter

How Does Exercise Boost Immunity?

Now more than ever, seniors are looking for methods of boosting their Immunity. Let's take a closer look at the #1 recommended method - Exercise.



"Exercise really is a housekeeping activity, where it helps the immune system patrol the body and detect and evade bacteria and viruses," says study author David Nieman.

Think of exercising as you do housecleaning: If you vacuum your home for the first time in months, your home will look better than if you never vacuumed. However, if you started vacuuming thereafter 3 times a week, your home will get cleaner and cleaner each time you vacuum.

Reduced Inflammation

Another benefit of exercise is that it decreases inflammation in the body—which, in turn, can also improve immunity. In fact, some research, like the 2004 study in the Journal of the American Geriatrics Society, links decreased levels of inflammatory markers to those that exercise more often and have higher fitness levels. Nieman says that goes hand-in-hand with immunity. "When immune cells try to function with inflammation, it puts the immune system in a chronically inflamed state too," he says, which makes it harder to fight infection. Exercise naturally assists the body in fighting inflammation.



Improved Immune Response

People typically have a limited number of immune cells circulating throughout their body. These cells tend to "hang out" in the lymphoid tissues and organs like the spleen, where they kill viruses, bacteria and other microorganisms which cause disease.

According to a 2019 scientific review in the Journal of Sport & Health Science, because exercise increases circulation of blood, it also increases the circulation of immune cells, causing them to roam the body at a higher rate and at higher numbers.

<https://www.sciencedirect.com/science/article/pii/S2095254618301005#!>
<https://www.health.com/fitness/does-exercise-boost-immunity>
https://www.researchgate.net/publication/8497828_Physical_Activity_Exercise_and_Inflammatory_Markers_in_Older_Adults_Findings_from_The_Health_Aging_and_Body_Composition_Study

Live 2 B Healthy® is Proud to Partner with:



RenewActive
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Live2B
HEALTHY

THE
VIEW

from

Clover Ridge
Place



May, 2021

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



Angie K. 24th

Jim S. 24th

Karis D. 29th

John C. 31st



From the <https://acl.gov/oam/2021/older-americans-month-2021> website, this is how they explain Older Americans Month and this years theme; "Every May, the Administration

for Community Living leads our nation's observance of Older Americans Month. The theme for 2021 is "Communities of Strength."

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities."

As a person ages it is very easy to forget the greatness within. The physical things that are happening to a body from the creaks and cracks, starting to slow down, maybe not remember like one once did, or medical needs may be bigger than ever imagined. Any or all of these things can make anyone forget the greatness of themselves or another person.

Changing that mind set is huge! Looking at and for, the greatness within ourselves and our neighbors is more important than ever.

In the month of May and over the next few moths, we celebrate things that remind us of those GREATNESSES. Things like Mother's & Father's Day, Memorial Day, and Independence Day. Remember that each person has GREATNESS with in and that is what makes them who they are today.

I am proud to work among such greatness everyday here at Clover Ridge Place. The best parts of my roll are the times I am able to listen to a story, look a photo of a great moment in time, or maybe I get the honor of reminding someone of their greatness when they can't find it within. In the next month focus on those things that make that Older

person you love, great. Ask about their past, take a trip down memory lane, you will be surprised what you can learn. Wishing you lots of laughter, and joy in your quest to focus on GREATNESS!

Amanda Widel, Director



A Mother's Love

There is no love, like a mother's love, no stronger bond on earth... like the precious bond that comes from God, to a mother, when she gives birth. A mother's love is forever strong, never changing for all time... and when her children need her most, a mother's love will shine. God bless these special mothers, God bless them every one... for all the tears and heartache, and for the special work they've done. When her days on earth are over, a mother's love lives on... through many generations, with God's blessings on each one. Be thankful for our mothers, for they love with a higher love... from the power God has given, and the strength from up above.

Anonymous



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*

Why Should I Exercise!

Did you know only 1 in 4 people between the ages of 65 and 74 exercise regularly? Did you know that weakness and poor balance are related to inactivity and not your age? Regular exercise has great benefits.

Benefits of exercise include living longer, preventing falls, reducing risk of stroke or heart attack, better bone density, decreasing risk of developing dementia, preventing or delaying onset of disease, and more confidence and independence.

Some people question, "Why should I live longer?" Let's face it, if you are reading this article you are alive so why not create a greater quality of life. Weight bearing exercise helps to increase bone density which means stronger bones. It also helps improve muscle strength. So, if you do take a tumble, the risks of fracturing a hip are 40% less. That is a significant percentage.

Studies show that a sedentary lifestyle can increase the risk of developing dementia. Have you ever tried exercising your brain? Working a word search, a crossword puzzle, or Sudoku are great ways to exercise your brain.

Regular exercise can help manage chronic diseases like arthritis, heart disease, diabetes, and also keep cholesterol levels in a healthy range which can decrease the risk of heart disease and stroke.

Another positive result of regular exercise is increased fitness, strength, confidence, coordination and mood. Clover Ridge Place offers a great "Live 2B Healthy" program on Monday, Wednesday, and Friday. By attending this activity, you are also mingling with your friends and neighbors. Socialization is great for our minds and mental wellbeing.

See you at Live 2B Healthy!

Events & Programs

STRESSED...

How do I know if I am Stressed ?

Join us Virtually

Thursday, May 13, 2021

12:30 P.M.

We all have stress, but do you know how to identify if YOU are "STRESSED OUT" ?

Pam Schoenthaler RN, BA, from Jackson County Regional Health Center, will put a different spin on how to know if you are stressed.

She will provide some simple tips and tricks to help us identify stress, the causes, and some healthy ways to deal with this STRESS.

Registration is required.

To receive the link to this program email welcome@cloverridgeplace.net or call 563-581-2967.



What is the LONGEST DAY? What does it have to do with Alzheimer's or other Dementias? What can I do, I'm just one person?

Join us virtually

Thursday, May 27, 2021

12:30 P.M.

Megan Olsen, Development Specialist with the Alzheimer's Association, Iowa Chapter.

Will answer the pondering questions of;
What is the Longest Day.

What is the Walk to End Alzheimer's.

What you as one person can do.

You will learn more about these inspiring events in your community and how you can join us in a unified goal to find Alzheimer's first survivor.

Registration is required.

To receive the link to this program email welcome@cloverridgeplace.net or call 563-581-2967.



JACKSON COUNTY SENIOR ROUND TABLE

DRIVE-THRU SENIOR EXPO

Visit vendors for a morning of information regarding your health and wellness.

TUESDAY, MAY 25, 2021

8 AM - 11 AM - PRAIRIE CREEK RECREATION AREA

Sponsored in part by Clover Ridge Place

Working Together for a Strong, Healthy & Supportive Community



Resident Archie M. was a guest speaker sharing his experience on Honor Flight #22.

Archie told about arrival and departure events, his guardian for the trip, events and sights seen, and all the food along the way. He said they were on the move the whole time. While on the plane home, there was even "Mail Call, I got letters from all my kids, grandkids, and other family and friends," said Archie, "It was one of the best days of my life!"

RESIDENT IN DOOR *Memorial Day Picnic*

Hot Dogs &
Hamburgers
Potato Salad
Baked Beans
Fresh Fruit Bowl
Root Beer Floats



Memorial Day Avenue of Flags Bus Ride Monday, May 31 Bus leaving at 1:00 P.M.



In Flanders Fields

By, John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place, and in the sky,
The larks, still bravely singing, fly,
Scarce heard amid the guns below.
We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we live
In Flanders Fields.
Take up our quarrel with the foe;
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders Fields.



alzheimer's association

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

May 12, 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 is suitable for family and friend caregivers.

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

May is busy month. We enjoy that Spring has truly arrived as we bask in the beauty of blooming flowers, all the birds and the beautiful temperatures. As we celebrate the many gifts of mother nature we also have many other reasons to celebrate!

To all of you mothers out there...Happy Mother's Day! Take a moment to reflect on the joy of being a mother. Take another moment to recollect a challenging time with that "difficult" child and how eventually they did recognize that you did know something. Being a mother is a treasure many of us share. I hope you have time to spend with your family and remembering old memories and create new ones.

National Nurses week is in the month of May as well. The week of May 9th is a time to recognize the great work of the many nurses that provide knowledge, skill, comfort, and healing. We treasure the great team here at Clover Ridge and offer special recognition to Angela, RN and Sierrah, RN for their great nursing abilities. Please share your thanks and appreciation to the two of them as you have the opportunity throughout the month.

Graduation, wow, what an exciting time of the year for so many graduates. Do you recall being that age and being sure that you knew EVERYTHING? I think many of us, including myself, can relate to learning quickly that this was not quite the case. Never the less, we can all share the excitement and enthusiasm of embarking on a new adventure in life. To the many graduates, always remember where you came from enjoy your new beginnings! Congratulations to you!

And to our many veterans and military personnel...THANK YOU! Memorial Day will be celebrated on May 31, 2021. Join Clover Ridge Place as we say thank you to the many brave souls that sacrificed so much to ensure our freedoms. As an American it is a blessing we treasure and all too often take for granted. We must never forget those who lost their lives defending our great country and all who served and made tremendous sacrifices. Again, thank you!

Happy Spring everyone!

Sally Davies,
Community Relations Coordinator





May 2021

Assisted Living

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| <div><div>May 2021</div>Assisted Living</div> | | | | | | | | Morning Walk 10:00 Independent Exercise 09:30 Coffee Hour 01:30 Magazine Scavenger Hunt 02:30 Beverage Cart/Snacks 06:00 Evening Walk 07:00 Lawrence Walk | |
| Morning Walk 09:00 KMAQ - Lutheran Church 10:15 KMAQ - Methodist Church 01:30 Movie Day 02:30 Beverage/Snack Cart 06:00 Evening Walk | | 2 Morning Walk 10:00 Live 2B Healthy 10:30 Methodist Communion 01:30 Happy Hour 02:30 Beverage Cart/Snacks 03:00 Coffee and Conversation 06:00 Evening Walk | | 3 Morning Walk 10:00 Janet Bible Study 02:00 Music-Ron L 02:30 Beverage Cart/Snacks 03:00 Coffee and Conversation 06:00 Evening Walk | | 4 Morning Walk 09:30 Morning Devotions/Great Room 10:00 Live 2B Healthy 12:00 Resident Council 01:30 Wheel of Fortune 02:30 Beverage/Snack Cart 03:00 Coffee and Conversation 06:00 Evening Walk | | | |
| Morning Walk 09:00 KMAQ - Lutheran Church 09:30 Mimosas and Muffins 10:15 KMAQ - Methodist Church 01:30 Movie Day 02:30 Beverage/Snack Cart 06:00 Evening Walk | | 9 Morning Walk 10:00 Live 2B Healthy 01:30 Happy Hour 02:30 Beverage Cart/Snacks 03:00 Coffee and Conversation 06:00 Evening Walk | | 10 Morning Walk 10:00 Independent Exercise 01:30 Balloon Volley 02:00 Reading with Tammy 02:30 Beverage Cart/Snacks 03:00 Coffee and Conversation 06:00 Evening Walk | | 11 Morning Walk 09:30 Morning Devotions/Great Room 10:00 Live 2B Healthy 01:30 Wheel of Fortune 02:30 Beverage/Snack Cart 03:00 Coffee and Conversation 06:00 Evening Walk | | | |
| Morning Walk 09:00 KMAQ - Lutheran Church 10:15 KMAQ - Methodist Church 01:30 Movie Day 02:30 Beverage/Snack Cart 06:00 Evening Walk | | 16 Morning Walk 10:00 Live 2B Healthy 01:30 Happy Hour 02:30 Beverage Cart/Snacks 03:00 Coffee and Conversation 06:00 Evening Walk | | 17 Morning Walk 10:00 Janet Bible Study 01:30 Noodle Ball 02:00 Reading with Tammy 02:30 Beverage Cart/Snacks 03:00 Coffee and Conversation 06:00 Evening Walk | | 18 Morning Walk 09:30 Morning Devotions/Great Room 10:00 Live 2B Healthy 01:30 Wheel of Fortune 02:30 Beverage/Snack Cart 03:00 Coffee and Conversation 06:00 Evening Walk | | | |
| Morning Walk 09:00 KMAQ - Lutheran Church 10:15 KMAQ - Methodist Church 01:30 Movie Day 02:30 Beverage/Snack Cart 06:00 Evening Walk | | 23 Morning Walk 10:00 Live 2B Healthy 01:30 Happy Hour 02:30 Beverage Cart/Snacks 03:00 Coffee and Conversation 06:00 Evening Walk | | 24 Morning Walk 10:00 Independent Exercise 01:30 Balloon Volley 02:00 Wedding Party (Nurse Sierrah) 02:30 Beverage Cart/Snacks 03:00 Coffee and Conversation 06:00 Evening Walk | | 25 Morning Walk 09:30 Morning Devotions/Great Room 10:00 Live 2B Healthy 01:30 Wheel of Fortune 02:30 Beverage/Snack Cart 03:00 Coffee and Conversation 06:00 Evening Walk | | | |
| Morning Walk 09:00 KMAQ - Lutheran Church 10:15 KMAQ - Methodist Church 01:30 Movie Day 02:30 Beverage/Snack Cart 06:00 Evening Walk | | 30 Morning Walk 10:00 Live 2B Healthy 01:30 Happy Hour 02:30 Beverage Cart/Snacks 03:00 Coffee and Conversation 06:00 Evening Walk | | 31 Morning Walk 10:00 Independent Exercise 01:00 Avenue of The Flags 02:30 Beverage Cart/Snacks 03:00 Coffee and Conversation 06:00 Evening Walk | | <div>Victoria Day (Canada)</div> <div>Happy Birthday!</div> <div>Angie K. 24th Jim S. 24th Karis D. 29th John C. 31st</div> | | | |
| Morning Walk 09:00 KMAQ - Lutheran Church 10:15 KMAQ - Methodist Church 01:30 Movie Day 02:30 Beverage/Snack Cart 06:00 Evening Walk | | 6 Morning Walk 10:00 Live 2B Healthy 01:30 Shopping 02:30 Beverage Cart/Snacks 03:00 Coffee and Conversation 06:00 Evening Walk | | 7 Morning Walk 10:00 Live 2B Healthy 01:30 Shopping 02:30 Beverage Cart/Snacks 03:00 Coffee and Conversation 06:00 Evening Walk | | 8 Morning Walk 10:00 Independent Exercise 09:30 Coffee Hour 01:30 Magazine Scavenger Hunt 02:30 Beverage Cart/Snacks 06:00 Evening Walk Lawrence Walk | | | |
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Clover Ridge Place 205 Ehlers Lane Maquoketa, Iowa 52060

Memorial Day

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| <div><div>May 2021</div><div>Gardens</div></div> | | | | | | | | |
| <div>09:30 Listen to Songs of Faith</div> <div>10:00 Beverage Cart</div> <div>10:15 KMAQ-Methodist Church</div> <div>02:15 Activity of Choice</div> <div>03:00 Beverage Cart/Snacks</div> <div>05:15 Aroma Therapy</div> <div>07:00 Snacks</div> | <div>2</div> <div>Popcorn Tuesday</div> <div>10:00 Beverage Cart</div> <div>10:30 Bus Ride</div> <div>02:15 Bingo</div> <div>03:00 Beverage Cart/Snacks</div> <div>03:30 Movie</div> <div>05:15 Aroma Therapy</div> <div>07:00 Snacks</div> | <div>3</div> <div>Music Speaks with Laura</div> <div>10:00 Beverage Cart</div> <div>10:30 Word Games</div> <div>02:15 Happy Hour</div> <div>04:30 TV Jeopardy</div> <div>05:15 Aroma Therapy</div> <div>07:00 Snacks</div> | <div>4</div> <div>10:00 Beverage Cart</div> <div>10:30 Bird Bath</div> <div>11:00 Church</div> <div>02:15 Root Beer Float Day</div> <div>03:00 Beverage Cart/Snacks</div> <div>04:30 TV Jeopardy</div> <div>05:15 Aroma Therapy</div> <div>07:00 Snacks</div> | <div>5</div> <div>10:00 Beverage Cart</div> <div>10:30 Church</div> <div>02:15 Root Beer Float Day</div> <div>03:00 Beverage Cart/Snacks</div> <div>04:30 TV Jeopardy</div> <div>05:15 Aroma Therapy</div> <div>07:00 Snacks</div> | <div>6</div> <div>10:00 Beverage Cart</div> <div>10:30 Church</div> <div>02:15 Bingo</div> <div>03:00 Beverage Cart/Snacks</div> <div>05:15 Aroma Therapy</div> <div>07:00 Snacks</div> | <div>7</div> <div>10:00 Beverage Cart</div> <div>10:30 Sit and Stretch</div> <div>02:15 Bingo</div> <div>03:00 Beverage Cart/Popcorn</div> <div>04:30 TV Jeopardy</div> <div>05:15 Aroma Therapy</div> <div>07:00 Snacks</div> | <div>8</div> <div>09:30 Adult Coloring</div> <div>10:00 Beverage Cart</div> <div>02:15 Activity of Choice</div> <div>03:00 Beverage Cart/Snacks</div> <div>03:30 Movie</div> <div>05:15 Aroma Therapy</div> <div>07:00 Snacks</div> | |
| <div>09:30 Listen to Songs of Faith</div> <div>10:00 Beverage Cart</div> <div>10:15 KMAQ-Methodist Church</div> <div>02:15 Activity of Choice</div> <div>03:00 Beverage Cart/Snacks</div> <div>05:15 Aroma Therapy</div> <div>07:00 Snacks</div> | <div>9</div> <div>Happy Mother's Day</div> <div>09:30 Listen to Songs of Faith</div> <div>10:00 Mimosa's with Mom</div> <div>10:15 KMAQ-Methodist Church</div> <div>02:15 Activity of Choice</div> <div>03:00 Beverage Cart/Snacks</div> <div>05:15 Aroma Therapy</div> <div>07:00 Snacks</div> | <div>10</div> <div>Music Speaks with Laura</div> <div>10:00 Beverage Cart</div> <div>10:30 Word Games</div> <div>02:30 Happy Hour</div> <div>04:30 TV Jeopardy</div> <div>05:15 Aroma Therapy</div> <div>07:00 Snacks</div> | <div>11</div> <div>10:00 Beverage Cart</div> <div>10:30 Bird Bath</div> <div>11:00 Church</div> <div>02:15 Root Beer Float</div> <div>03:00 Beverage Cart/Snacks</div> <div>04:30 TV Jeopardy</div> <div>05:15 Aroma Therapy</div> <div>07:00 Snacks</div> | <div>12</div> <div>10:00 Beverage Cart</div> <div>10:30 Bird Bath</div> <div>11:00 Church</div> <div>02:15 Root Beer Float</div> <div>03:00 Beverage Cart/Snacks</div> <div>04:30 TV Jeopardy</div> <div>05:15 Aroma Therapy</div> <div>07:00 Snacks</div> | <div>13</div> <div>10:00 Beverage Cart</div> <div>10:30 Church</div> <div>02:15 Bingo</div> <div>03:00 Beverage Cart/Snacks</div> <div>05:15 Aroma Therapy</div> <div>07:00 Snacks</div> | <div>14</div> <div>10:00 Beverage Cart</div> <div>10:30 Reminiscing</div> <div>02:15 Bingo</div> <div>03:00 Beverage Cart/Popcorn</div> <div>04:30 TV Jeopardy</div> <div>05:15 Aroma Therapy</div> <div>07:00 Snacks</div> | <div>15</div> <div>09:30 Adult Coloring</div> <div>10:00 Beverage Cart</div> <div>02:15 Activity of Choice</div> <div>03:00 Beverage Cart/Snacks</div> <div>03:30 Movie</div> <div>05:15 Aroma Therapy</div> <div>07:00 Snacks</div> | |
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| <div>Happy Birthday!</div> | | | | | | | | |
| <div>Victoria Day (Canada)</div> | | | | | | | | |
| <div>09:30 Listen to Songs of Faith</div> <div>10:00 Beverage Cart</div> <div>10:15 KMAQ-Methodist Church</div> <div>02:15 Activity of Choice</div> <div>03:00 Beverage Cart/Snacks</div> <div>05:15 Aroma Therapy</div> <div>07:00 Snacks</div> | <div>30</div> <div>09:30 Listen to Songs of Faith</div> <div>10:00 Beverage Cart</div> <div>10:15 KMAQ-Methodist Church</div> <div>02:15 Activity of Choice</div> <div>03:00 Beverage Cart/Snacks</div> <div>05:15 Aroma Therapy</div> <div>07:00 Snacks</div> | <div>31</div> <div>Music Speaks with Laura</div> <div>10:00 Beverage Cart</div> <div>10:30 Word Games</div> <div>02:15 Happy Hour</div> <div>04:30 TV Jeopardy</div> <div>05:15 Aroma Therapy</div> <div>07:00 Snacks</div> | <div>Victoria Day (Canada)</div> | | | | | <div>Memorial Day</div> |

Clover Ridge Place 205 Ehlers Lane Maquoketa, Iowa 52060

Memorial Day