

## JUNE 2021 NEWSLETTER



17396 KINGBIRD AVE  
MASON CITY, IOWA 50401  
PH. 641-423-7722



### June Birthdays

11 Eleanor Robertson



### Director's Corner with John Joyner

While many older adults face physical challenges, such as a decline in their ability to do daily activities on a functional level, disorders, and other disabilities, social issues play a major role in general well-being.

Living alone can be difficult for a number of reasons. It can lead to feeling isolated or lonely, mal- or undernutrition, accidents or an unnoticed decline in health, and the misuse of prescriptions. Because eating is typically a social activity, many seniors prepare poorly balanced meals or even skip some throughout the day. The worsening of memory, hearing, and eyesight loss may be overlooked without frequent access to caregivers or family members.

Falls may become more likely and medications may be forgotten.

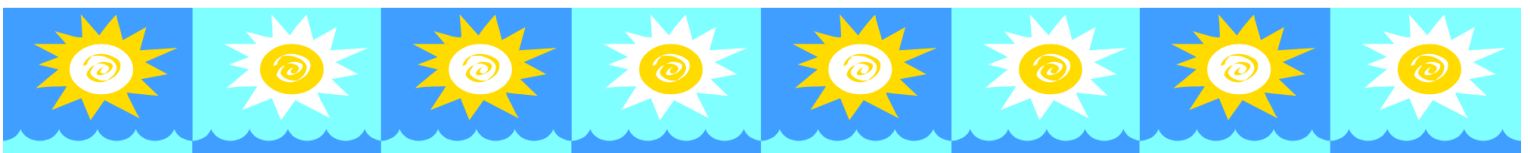
The fear of loss of independence tends to be the driving force for staying at home, but exercising regularly and engaging in social activities directly result in a happier, healthier, longer life.

Actions that tend to be neglected are keeping clothes clean, paying bills, and staying hydrated and well-nourished. Homes may be filthy or dangerous and in need of repairs. Moving to a community where some of these activities are taken care of by staff members and there are people to interact with may actually lead to more independence.

Here at Country Meadow Place, we take all aspects of your loved one's life – care needs, social and personal preferences – and provide you with personalized options to help provide the best possible experience for your loved one.

Source: [choiceadvisory.com](http://choiceadvisory.com)

*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!*



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***



Getting older can seem daunting—greying hair, wrinkles, forgetting where you parked the car. All jokes aside, aging can bring about unique health issues. With seniors accounting for 12 percent of the world's population—and rapidly increasing to over 22 percent by 2050—it's important to understand the challenges faced by people as they age, and recognize that there are preventive measures that can place yourself (or a loved one) on a path to healthy aging.

Heart disease, stroke, cancer, and diabetes are among the most common and costly chronic health conditions causing two-thirds of deaths each year. The National Center for Chronic Disease Prevention and Health Promotion recommends meeting with a physician for an annual checkup, maintaining a healthy diet and keeping an exercise routine to help manage or prevent chronic diseases.

Approximately 47.5 million people worldwide have dementia—a number that is predicted to nearly triple in size by 2050. The most common form of dementia is Alzheimer's disease with as many as five million people over the age of 65 suffering from the disease in the United States. According to the National Institute on Aging, other chronic health conditions and diseases increase the risk of developing dementia, such as substance abuse, diabetes, hypertension, depression, HIV and smoking. While there are no cures for dementia, physicians can prescribe a treatment plan and medications to manage the disease.

*Source: Suzannah Smith, Texas A&M Univ.*



## ***MESSAGE FROM MAINTENANCE***

In summer, it's easy to take a relaxed approach to everything—even home maintenance. So start tackling your summer home maintenance today.

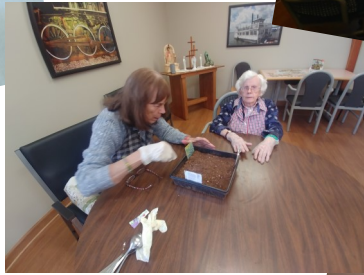
Summer's mild weather means it's the ideal season to take on projects like these:

- Replacing old windows or front doors
- Replacing your roof
- Replacing a chimney cap
- Refinishing flooring
- Adding skylights
- Building a deck or
- Servicing your snow blower before the first snowfall

Naturally, you may not want to spend a large chunk of your free time this summer doing home maintenance. But you don't want to put it off till it's too late either. Decide which are priorities for you and tackle those first. Then divvy up the responsibilities or hire professionals to make the best use of your time.

# *LIFE ENRICHMENT*

Painting or planting, we always have a good time at Country Meadow Place!



Fun Crafts to do  
with the Family  
this June



## *FUN IN THE KITCHEN WITH JETTI*



A new, delicious way to ease your summer thirst:

### *Lilac Lemonade!!*

You can eat lilacs safely provided they have not been sprayed with chemicals. The next time you walk by, grab a flower or two to get an idea of what lilacs taste like. You will need two or three flower heads of lilacs to make this recipe. You can pick an extra one if you want to use it to garnish your lemonade or your serving tray.

- Lemons (7-10) Enough to 1 1/2 cups of juice plus enough for garnish and slices
- 1 1/2 cups of granulated sugar
- 8 1/2 cups of water
- Ice
- 2-3 heads of fresh lilac blossoms

If you don't have fresh lemons, you can use lemon juice. One lemon equals about 3 tablespoons of bottled lemon juice. Adjust accordingly.



## COMMUNITY RELATIONS WITH TYLER HEDEGARD

### **June Move-in Special:**

**Move to Country Meadow Place in June and receive  
\$2000 off the first three months!**

Country Meadow Place currently has openings

Call: 641-423-7722

Email: [welcome@countrymeadowplace.com](mailto:welcome@countrymeadowplace.com)