

136 36th Avenue SW  
Cedar Rapids, IA

Corridor Crossing  
Place

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

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Live2B  
HEALTHY



Music Speaks Therapy  
Alyson Krapfl

Monday, Wednesday  
& Friday at 10 AM



**June firsts for baseball—The month of June marks the first recorded baseball game, played on June 19, 1846. Thirty-seven years later, the first baseball game to be played under lights occurred June 2, 1883, followed 14 days later by the first “Ladies’ Day” baseball game—with free entry for women to cheer in the stands. Nearly a century later, on June 11, 1974, the Little League changed its rules to allow teams of girls on the baseball field.**

**NIT Physical, Occupational and Speech Therapy** can play an important role in educating and advocating for the person living with dementia and their families. How can we help? **PHYSICAL THERAPY** can promote increased functional independence in daily activities. People with dementia are at higher risk of falls due to decreased muscle strength, gait instabilities, decreased balance, and cognitive limitations. Physical therapy can focus on specific physical activities that are enjoyable and meaningful to the person and practice task-specific activities to decrease their fall risk while also promoting a sense of purpose. **OCCUPATIONAL THERAPY** can reduce behavioral problems, lower the burden on caregivers and lessen the amount of care needed. Daily tasks can become more difficult to do when someone suffers from cognitive impairment. Occupational therapy can help simplify such tasks to help the patient become more successful in carrying them out and advise caregivers on how to minimize conflict. This, in turn, reduces the frustration that an individual with dementia experiences and anger in both the caregiver and the person with dementia. Structuring the environment helps the patient do simple things safely and effectively, lessening the care that the caregiver needs to provide.

**SPEECH THERAPY** can help the individual learn strategies to remember important information, work with the individual to improve articulation/volume control/fluency, create a plan for alternative forms of communication such as written words or pictures, evaluate the person’s ability to eat and swallow and work with the family or care partners to teach effective communication strategies.

**EXCEPTIONAL CARE.  
EXTRAORDINARY LIVING.**

professionally  
managed by



## June Newsletter



**Father’s Day arrives on the third Sunday of June, and with it comes the traditional giving of cards, ties, and loving thanks. In 1909, Sonora Scott Dodd was attending a Mother’s Day church service when it occurred to her that there did not exist an equivalent holiday to honor fathers. Her own mother had died when she just 16, leaving her and her 13 brothers and sisters to be raised by their father, Civil War veteran William Jackson Smart. By Dodd’s account, her father was a model parent, acting as both father and mother to Dodd and her siblings. She convinced her church to celebrate the first Father’s Day on her father’s birthday, June 5, but the clergy needed more time to organize such an event. They decided to hold a Father’s Day service on the third Sunday of June instead.**

HAPPY  
**Father's**  
DAY



Thank you for giving from your heart,  
for hours of hard work,  
for countless prayers,  
& for thousands of things you’ve done  
for me that may have gone unnoticed.

*I love you, Dad*



**Animal of the Month – Turtle** Turtles are reptiles that have a bony shell protecting their bodies. They live on every continent except Antarctica and are divided into land, aquatic, and marine turtles. Turtles are an ancient type of reptile, older than snakes or crocodiles. They live on land, but different types can swim in salt or fresh water. While turtles are cold-blooded, they are usually able to keep their bodies well above the temperature of their environment due to their high metabolic rate. Sea turtles can weigh up to 2,000 pounds, while the smallest turtle weighs in between 100 and 165 grams and is just a few inches long. Turtles aren't loud, but they can make noises, including clucks or barks. Baby turtles are called hatchlings. Red-eared sliders are one of the most popular turtles to have as a pet, as they are quite sociable and active. In many cultures, turtles symbolize longevity, endurance, wisdom, patience, and innocence.

#### **Mom's Chocolate Cake (Fran Johnson)**

<b>½ cup margarine</b>	<b>2 ½ cup flour</b>
<b>2 cup sugar</b>	<b>2 teaspoon baking soda</b>
<b>2 eggs (beaten)</b>	<b>½ teaspoon salt</b>
<b>1 cup sour milk</b>	<b>1 cup boiling water</b>
<b>1/2 cup cocoa</b>	<b>2 teaspoon vanilla</b>

**Cream the margarine and sugar. Add eggs and sour cream. Mix very thorough. Sift cocoa, flour, baking soda and salt together 3 times, gradually add to mixture. Add boiling water and mix very thorough. Add vanilla. Bake in a greased and floured 9x13 dish for 45-50 minutes. Test before removing from oven.**

**WELCOME HOME!**

**Corridor Crossing Place gives a “Warm Welcome” to our new residents!! Please make sure to say hello to:**

**Gary W. Dorthy H.  
Leona T. Virginia J.**



**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**

**Monthly Newsletters & Calendars  
Can be found at:  
Corridorcrossingplace.com**

## **PLACE LEADERSHIP**



**Lisa Urbanek, Nurse Manager**

**nurse@corridorcrossingplace.com**

**Office: 319-362-6868/ Cell: 319-304-5194**

**Hello Everyone-**

I cannot believe we are already into summer months. This year is flying by. I am looking forward to spending time on the river this summer with my family. We love to head out to the beach, soak up the sun, and fish with my Dad. I have so many memories as a child from trips to the river. I am truly grateful to be able to pass this kind of memories down to my children as well. I hope you all enjoy the warmer weather and get to spend some time with your family & friends this summer.

In community visits will be continuing, if you have had your vaccination, you will be permitted to have in room visits after screening into the community. If you have not had your vaccination, you have two options. First Corridor Crossing Place staff can Covid test you at the door, with your signed consent, results are back within 15 minutes, if the test is negative, you will be permitted to have an in room visit. Second option, if you decide not to Covid test you will be permitted to have a visit in the private dining room after screening into the community. With guidelines constantly changing, we expect new guidelines in the months to come.

Visits are still being scheduled at this time; you can call the community anytime at 319-362-6868. You can also text me to check availability at 319-440-4673 Monday-Friday between the hours of 8:00 am and 5:00 pml

**Assistant Manager:**

**Josie Doudney**

**assistantadmin@corridorcrossing.com**

**Office:319-362-6868/cell:319-440-4673**

**Hello Everyone!**

We have made it to the month of June already! I believe we are all ready for warm weather and lots of opportunities to spend time outdoors. Pretty soon we will be eating vegetables out of our gardens.

We currently have availability in our Assisted Living & Memory Care. If you know of anyone that would be a good fit for our community and would enjoy being around others, please contact me.

Have a wonderful month of June!

**Community Relations Coordinator:**

**Kara Bensch**

**welcome@corridorcrossingplace.com**

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

**Hello!**

Corridor Crossing Place will now have Live Music Entertainment by Ron Burgess once monthly. We will be barbecuing and having creative craft time and a new mystery series. Our bus rides are happening every Monday and they are weekly outings our residents love. We are looking forward to picnics and fireworks! Please feel free to reach out to me with any suggestions you may have for your loved ones regarding activities they may enjoy.

**Tina Hansen**

**Life Enrichment Coordinator**

**lifeenrichment@corridorcrossingplace.com**

**Office: 319-362-6868**

Our roof and gutters have all been replaced. We are moving forward on more spring projects.

**Maintenance Coordinator:**

**Lyle Morrow**

**maintenance@corridorcrossingplace.com**

**Office: 319-362-6868**





## CORRIDOR CROSSING



Our residents have been enjoying this summer dish this month.

### Broccoli Salad

**1 Bunch of Broccoli (Cut into Small Florets)**

**¼ Cup of Red Onion (Diced)**

**¼ Cup of Raisins**

**1 Cup of Mayonnaise**

**1 Tablespoon of Vinegar**

**¼ Cup of Celery (Chopped)**

**6 Strips of Bacon (Cooked, Cut Up)**

**½ Cup of Sugar**

Mix the mayonnaise, vinegar and sugar together first in a bowl separate. Then add with the rest of the ingredients. Chill in the refrigerator for at least 2 hours and enjoy!

**Culinary Coordinator:**  
**Colleen Taylor**  
**culinary@corridorcrossingplace.com**  
**Office: 319-362-6868**



Every dollar we raise benefits those affected by Alzheimer's disease in our community.

The Alzheimer's Association is a global organization, working to advance care, support and research across the world. From face-to-face support to online education programs and promising worldwide research initiatives, your support makes a difference in the lives of those facing Alzheimer's.



**Scan Me!**

**Visit our Team page to join us in the fight to End Alzheimer's.**

We hope you will join our team for the Walk to End Alzheimer's and consider making a donation to support our fundraising goal.

## RESIDENT OF THE MONTH

David worked for an advertising Agency for 30 years, he was also a social worker for a time. David was awarded the Clio Award for best writer. David has a beautiful wife whom he loves dearly, three children who are grown and successful and grandchildren. David's favorite quality from his wife is her patience with him. David enjoyed the long road trips in their sports car together. Being from Irish decent, David is a romantic person, and his best advice is "to go to sleep and have sweet dreams and read before bedtime." David's favorite things to do are riding on his Harley Davidson, reading and creative writing. Europe is still a dream destination for David. David's favorite vacations were going hiking on the Teton Range, Rocky Mountains and visiting his grandmother by the New Jersey Shore and walking on the beach.



**David**

## EMPLOYEE OF THE MONTH

Arsema was born and raised here in Cedar Rapids, she will be turning 26 this month. In her free time, she loves hanging out with her family. Arsema loves to travel and experience new things. Arsema's favorite places to travel are places with beaches. Arsema will be taking a trip to Colorado this month to see the sand dunes and do some hiking. Arsema's goal is to see as many places as I can. Arsema went to Kirkwood for dental assisting but decided that it was not what she wanted to do, so she applied at CCP, we are very thankful for Arsema at Corridor Crossing Place. Arsema loves being part of a team and seeing the residents smile every day.



**Arsema**

**In June 1901, the average annual income was \$1,009. A gallon of milk cost \$0.27, and a loaf of bread would set you back \$0.03.**



<b>Janola</b>	<b>06-09</b>
<b>Darlyne</b>	<b>06-08</b>
<b>Ruth G.</b>	<b>06-16</b>

**Special Days: Best Friends Day June 8 Flag Day (U.S.) June 14 Juneteenth June 19 Father's Day & First Day of Summer June 20 Full Moon (Strawberry Moon) June 24**

*Amazing things happen here*





# Activity Corner

