

JULY 2021
NEWSLETTER



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

July Birthdays

6 Norita Smith
10 Arlene Thornblade
10 Richard Hankom
12 Larry Kruckenberg
21 Mary Brown
29 Betty Ouverson

Director's Corner
with John Joyner

Welcome, Destiny!

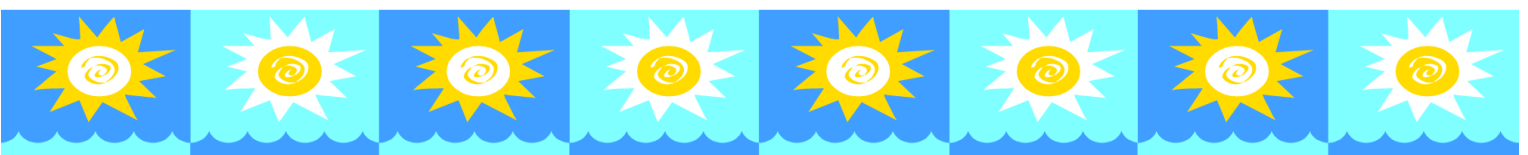


We are excited to introduce to you Destiny Burkgren, RN, as our new Health Care Coordinator. Destiny comes to us from working for several years at a long term care center in Mason City. She also has served as a critical care nurse in a hospital setting. She's dedicated to the people she cares for and strives to be the best nurse day in and day out that she can be. We are extremely happy to have Destiny as part of our team here at Country Meadow Place.



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



ONR Touch Therapy will be in-house during our staff meeting on June 25th to provide training. The class they will be educating our staff on is called falls reduction. We are doing this class because we want to help keep the residents here at Country Meadow Place as safe and healthy as we possibly can.

The Centers for Disease Control and Prevention (CDC) expects that the number of elderly falls will only increase as the U.S. population ages. According to the organization, there were 52 million older adults in 2018 and 36 million falls among them. By 2030, they anticipate 52 million falls among a projected 73 million older adults.

In the face of such stark data, it is more important than ever that assisted living professionals strive to protect their residents from undue harm. Fortunately, an estimated 20-30% of elderly falls in long-term care facilities are preventable, underscoring the importance of standardized fall prevention assessments and strategies in assisted living facilities. With a comprehensive fall prevention plan in place, assisted living administrators can improve the health and well-being of those they serve.

While numerous factors can contribute to an individual's risk of falling, the single best predictor for falls is a previous fall. Beyond that, a range of factors, including the medication an individual consumes and the activities they perform, can play a part.

While there is no way to completely prevent residents from falling, numerous interventions can help reduce the likelihood that a fall will occur.

Implement Exercise Programs: Senior exercise programs that focus on improving residents' agility, strength, balance, and coordination have been proven to help prevent falls in elderly individuals. Exercise also improves a resident's overall health and well-being, enhancing their quality of life.

Inspect the Environment Regularly: Even in an assisted living facility designed to promote safety, environmental factors can contribute to falls. Routinely checking for slippery or uneven surfaces, loose rugs, poor lighting, and clutter can reduce the risk of an accidental fall. It's also important for facility staff to speak with families about the items they bring into a resident's room to ensure that seemingly harmless objects, including ottomans, coffee tables, or area rugs, don't inadvertently increase a resident's fall risk.

Monitor Residents' Medications and Overall Health: Monitoring residents' medications — especially those that increase fall risk — is an essential part of any fall prevention strategy. Residents should also receive regular eye exams and hearing tests to help determine if additional interventions are needed to promote their safety.

LIFE ENRICHMENT

We have recently started a new club at Country Meadow Place: the Blessed Birding Club! With the expertise of our transportation specialist, Carol Kelly, we have installed several birdfeeders in the courtyard outside the dining room. Residents can sit and watch the birds out the windows. This has become a popular activity, and the residents assist with cleaning and filling the feeders. We already have quite a few of our feathered friends come to visit!



Fun Crafts to do
with the Family
this July



DIY | foam cactus sign



FUN IN THE KITCHEN WITH JETTI



July's Fruit of the Month: Strawberries!!



Strawberries mainly consist of water (91%) and carbohydrates (7.7%). They contain only minor amounts of fat (0.3%) and protein (0.7%).

Strawberries are a good source of vitamin C, manganese, folate (vitamin B9), and potassium. They contain small amounts of several other vitamins and minerals.

Strawberries are low in calories, delicious, and healthy.

They are a good source of many vitamins, minerals and plant compounds — some of which have powerful health benefits.

The health benefits include reduced cholesterol, blood pressure, inflammation, and oxidative stress.

Furthermore, these berries may help prevent big spikes in both blood sugar and insulin levels.

Whether eaten by themselves, in a fruit salad, or in a dessert, strawberries are a delicious and nutritious part of your summer meal plans!



COMMUNITY RELATIONS WITH TYLER HEDEGARD

July Special: \$3000.00 off your first two months if you move in during the month of July.

Refer a friend and receive \$1000 off your bill.

Tours seven days a week! Come take a tour and get a special Country Meadow Place gift.

Call or email today!

Country Meadow Place currently has openings

Call: 641-423-7722

Email: welcome@countrymeadowplace.com