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136 36th Avenue SW

Cedar Rapids, IA

Corridor Crossing Place

July 2021 Newsletter

Monthly Newsletters

www.corridorcrossingplace.com

OUR POLICY ON VISITS

All visitors will be screened at the front door.

If you are fully vaccinated, we ask that you bring your card into the community, we will make a copy and keep it in a safe place to protect your privacy. Fully vaccinated visitors can have in room visits at this time.

If you have not been vaccinated, we offer two choices:

You may choose to Rapid Covid test in the community, these tests have results back within 15 minutes, we will ask you to sign a consent form prior to testing. When the test is negative you will be able to have in room visit.

If you choose not to Covid test, you will still be allowed to have a visit in the Private Dining Room in the Community. We require masks be worn at all times.

HAPPY Birthday

Richard

Peggy

Corridor Crossing Place Welcomes:

Patricia
Mary
Barbara

Resident Council Meeting:

First Tuesday of every month

Live Music with Ron Burgess: First Wednesday of the month 2:00 PM

NIT
Occupational, Physical & Speech Therapy

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 de- crease 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.

Live2B HEALTHY®

Monday/Wednesday/Friday
10AM to 11AM

By now, we have all heard it: 'Exercise is the most transformative thing you can do for your brain.' According to The Brain Changing Benefits of Exercise (a recent TED talk by Dr. Wendy A. Suzuki), exercise is beneficial to brain health for the following three reasons:

***1.** It has immediate effects on your brain. A single workout will immediately increase levels of neurotransmitters, which boosts your mood immediately after the workout.*

***2.** A single workout can increase your ability to focus your attention and that improvement will last for at least two hours following the workout.*

***3**. A single workout will improve your reaction times, which can help you to prevent accidents and injuries. These immediate effects can trans- late to long-term benefits by simply continuing to exercise on a regular basis. The effects are long- lasting because regular exercise changes the brain's anatomy, physiology, and function. Regular exercise produces new brain cells in the hippocampus, which increases its' volume. Additionally, long term exercise produces improved attention function in your prefrontal cortex. And finally, those neurotransmitters that help in- crease your mood will continue to be produced on an ongoing basis if you continue to exercise regularly. The most transformative effect that exercise has is in the protective effects it has on your brain. Here, you can think of your brain as a muscle. The more you are working out, the bigger and stronger your hippocampus and prefrontal cortex becomes. Which is great news, because the pre- frontal cortex and the hippocampus are the two areas in the brain that are the most susceptible to neurodegenerative disease and normal cognitive decline in aging. So, with increased exercise over a lifetime, you are not going to cure dementia or Alzheimer's disease, but you are going to create a larger and stronger hippocampus and pre- frontal cortex so that it takes longer for these diseases to influence your daily life. The good news from all this research is that these brain changing effects of exercise can be achieved through a very do-able exercise regime: three or four 30-minute exercise sessions per week.*

EXCEPTIONAL CARE.
EXTRAORDINARY LIVING.

professionally managed by
JAYBIRD SENIOR LIVING

Nurse Manager:
Lisa Urbanek
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Assistant Manager:
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Community Relations Coordinator:
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Culinary Coordinator:
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Maintenance Coordinator:
Lyle Morrow
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Office: 319-362-6868

Days to Celebrate in July

July 1- International Joke Day
July 2- Made in the USA Day
July 4- Independence Day
July 5- Graham Cracker Day
July 6- Fried Chicken Day
July 7- Chocolate Candy Day
July 9- Sugar Cookie Day
July 10- Pina Colada Day
July 13- French Fry Day
July 15- I Love Horses Day
July 19- Daiquiri Day
July 21- Junk Food Day
July 23- Vanilla Ice Cream Day
July 25- Wine and Cheese Day
July 28- Chocolate Milk Day
July 29- Lasagna Day

BREAKFAST
7:00-9:00
LUNCH
11:00-12:00
DINNER
4:00-6:00

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Corridor Crossing Place

Join Us in the Fight to End Alzheimer's.

WALK TO END ALZHEIMER'S
alzheimer's association

PROUD NATIONAL TEAM

Promise Garden Fundraiser

We each have our own personal connection to Alzheimer's. Share yours in a message on one of the flowers pictured above. The flowers will be placed in a promise garden in front of Corridor Crossing Place when we light the building for Alzheimer's awareness.

$10 per flower - proceeds to the Alzheimer's Association

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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.

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Activity Corner

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