

AUGUST 2021 NEWSLETTER

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



August Birthdays

No birthdays



Director's Corner with John Joyner

Our Policy on Visits:

With the new Delta variant of Covid-19 spreading across the county, I want to remind everyone of our Visitation Policy.

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 apartment visits at this time.

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

You may choose to Rapid Read Covid test in the community. These tests have results back within 15 minutes. We will ask that you sign a consent form prior to testing. When the test is negative you will be able to have in apartment visit.

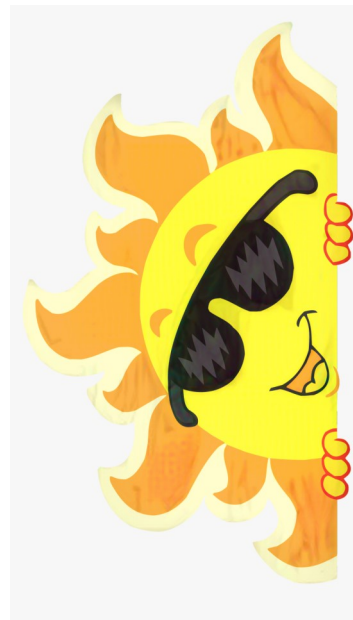
If you choose not to Covid test, you will still be allowed to have a visit in the Private Dining Room in the Community. We will require face mask be worn at all times.

Reminder: All visitor must wear a face mask while in common areas of our Community.

Thank you for helping to keep our residents safe and healthy!

-John

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



Commonly Neglected Problems to Address for Healthier Aging

Falls

Why: Falls are very common in older adults. Many falls cause only minor injuries, but they are scary and can cause older adults to restrict their activities. In fact, fear of falling is common and has been linked to decreased involvement in activities; it's also a risk factor for future falls. More substantial falls can cause life-changing injuries such as broken hips and head injuries, and are a major reason for people having to leave their homes.

Memory concerns

Why: Memory concerns often cause anxiety for older adults and families. They may — or may not — reflect substantial decreases in thinking abilities. Evaluation helps by providing a more objective measure of whether a person is cognitively impaired, and to what extent. Even more importantly, evaluation can uncover treatable causes of decreased brain function, such as medication side-effects, thyroid problems, and a variety of other problems which are common in older adults.

Depression

Why: Although healthy older adults have lower rates of depression than the general public, depression is still a common problem that is easily missed. It's more common in those who are struggling with illness, involved in caregiving, or socially isolated. It's important to spot and treat depression, as this is key to better quality of life and greater involvement in social activities. It can also enable older adults to better manage any health problems they have, such as chronic diseases or pain.

Pain

Why: Surveys suggest that about 50% of all adults aged 65+ experience bothersome pain every month, often in multiple parts of the body. Persisting pain is linked with decreased social and physical activity, depression, and taking worse care of one's own health. Pain can also be the sign of a new health problem that needs attention or a chronic problem that's being inadequately managed.

Isolation and loneliness

Why: Both isolation (not having a lot of social contact with others) and loneliness (the feeling of lacking social connection) have been linked to declines in physical health. A 2012 study found that 43% of older adults reported feeling lonely; over the next 6 years, they were more likely to lose physical abilities or die. Loneliness and isolation have also been linked to decreased immune function and greater risk of depression.

Source: Leslie Kernisan, MD

betterhealthwhileaging.net

LIFE ENRICHMENT

No storm could stop us from having a great time! We held a Splish-Splash Beach Bash, and everyone had fun in our own homemade tropical island getaway!



Fun Crafts to do
with the Family
this August

- diy -
TISSUE COVERED POTS



FUN IN THE KITCHEN WITH JETTI



More Variety, Better Taste When Eating Seasonal Produce

Following a diet that focuses on eating the foods that are in season allows you more variety in the food you're eating. You get to choose from squashes, zucchini, sweet corn, and figs in the summer and look forward to pumpkins, citrus, and other foods during different times of the year.

It's true that you can more or less find any vegetable or fruit option at a major grocery store. Yes, it's easier to find pumpkins in the fall and cranberries in the winter. But, overall, most anything is available year-round at your grocery store. That being said, seasonal fruit tastes better. It didn't have to be picked when it wasn't yet ripe, and then transported thousands of miles to get there.



August Fruit of the Month: Peaches

Just one medium peach has up to 13.2% of the vitamin C you need each day. This nutrient helps your body heal wounds and keeps your immune system going strong. It also helps get rid of "free radicals" -- chemicals that have been linked to cancer because they can damage your cells.



COMMUNITY RELATIONS WITH TYLER HEDEGARD

\$2000 off your first three full months or a fully furnished apartment!

Fall is coming fast, get in before the cold!

Country Meadow Place is ready to help anyone needing assisted living or memory care. We have three styles of apartments available for move in today!

Country Meadow Place currently has openings

Call: 641-423-7722

Email: welcome@countrymeadowplace.com