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136 36th Avenue SW

Cedar Rapids, IA



## August Newsletter

Issue 08

*Monthly Newsletters & Calendars  
Can be found at:*

**Corridorcrossingplace.com**

### VISITOR POLICY

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*  
To Our Residents

*Dorthy H.*

*August 07*

*Julie K.*

*August 13*

*DeVonna P.*

*August 14*

*David S.*

*August 30*

*Welcome home!*

**Corridor Crossing Place gives a  
"Warm Welcome"**

**to our new residents!!**

**Please make sure to say hello to:**

*Dixie      Leo*

*Yosh      Marilyn*



**Monday/Wednesday/Friday**

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.

By now, we've 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 translate to long-term benefits by simply continuing to exercise on a regular basis. The effects are long-lasting because regular exercise actually 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 increase 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 prefrontal 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're not going to cure dementia or Alzheimer's disease, but you are going to create a larger and stronger hippocampus and prefrontal cortex so that it takes longer for these diseases to have an effect on 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



***Nurse/Manager:***

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***Culinary Coordinator:***

***Colleen Taylor***

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***Maintenance Coordinator:***

***Lyle Morrow***

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Office: 319-362-6868

BREAKFAST:

7:00 –9:00

LUNCH:

11:00-12:00

DINNER:

August National Days

August 1st Raspberry Cream Pie Day

August 2nd National Ice Cream Sandwich Day

August 3rd National Watermelon Day

August 4th National Chocolate Chip Cookie Day

August 6th National Root Beer Float Day

August 7th Purple Heart Day

August 8th National Happiness Happens Day

August 10th National Lazy Day

August 12th National Vinyl Record Day

August 15th National Lemon Meringue Day

August 18th National Ice Cream Pie Day

August 20th National Radio Day

August 21st National Senior Citizens Day

August 24th National Peach Pie Day

August 26th National Dog Day

August 28th National Red Wine Day

August 30th National Beach Day

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**JAYBIRD**  
SENIOR LIVING



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.



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

## RESIDENT OF THE MONTH

### Ruth Murrell



I was born and raised in Ohio. I was united in marriage to my husband Joseph when I was eighteen years old, we had four children and lots of grandchildren. My husband was in the Air Force which led us to live in fifteen different places over his twenty three years serving. My favorite place we lived at was Hawaii because there was no snow. I enjoyed knitting, embroidering, and crocheting in my free time. We also spent lots of time fishing and swimming with family and friends.

## EMPLOYEE OF THE MONTH

### Caroline Tarca

I was born and raised in California. I moved to Cedar Rapids in 2001 with my family, I have three daughters and one granddaughter. I enjoy spending time with family and friends outdoors. A few of my hobbies are swimming and hiking.



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# Sauce for a Cause

Only  
\$5 per  
bottle!



Original  
BBQ

Jalapeno  
BBQ

Cole Slaw  
Dressing

Corridor Crossing Place is partnering with Countryside Bar-B-Q Sauce out of Algona, Iowa to raise money for the Alzheimer's Association. This cause is special to the Chase Family and Nurse Manager Lisa & is in remembrance of Fern Willey.

If you would like to purchase some sauce or dressing, please contact Kara or Josie at 319-362-6868.



PROUD  
NATIONAL TEAM

Corridor Crossing  
Place

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**Join Us in the  
Fight to End  
Alzheimer's.**



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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# ACTIVITY CORNER



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