



Decorate the Drive Scarecrows & Pumpkins Contest

Calling all family, friends,
team & community members!

Let's decorate the drive at
Clover Ridge Place.

Get those creative juices flowing.
Scarecrows & Decorated Pumpkins!



Build your creation, and bring it to Clover Ridge
Place, we will display it along the driveway
for all to see & vote on.

All creations need to be delivered to Clover Ridge
Place, by:

Monday, 10-18-2021

With your creation we ask you leave
your name & contact information.

Each creation will be assigned a
number for voting.

Voting will begin 10-25 and continue to 10-31.

To vote, you can simply write down the # of your
favorite and drop it off in the bucket out front,
"like" on Facebook photo, or email your vote to

aa@cloverridgeplace.net or

welcome@cloverridgeplace.net

Winners will be announced on

November 1, 2021



October Greetings!

Happy Birthday!

Clover Ridge Place
Residents &
Team Members

Michaela K. -5th

Mavis B. -9th

Nancy G. -9th

Mary Lee - 14th

Cheyanne Y. 14th

John/Jack M. -20th

Joyce C, - 25th

Marianne D. 26th

It's That Time of Year Again...

That's right! It's FLU SEASON! As some of you may have seen, I have sent out consent/declination forms to the family members of our residents that may need assistance with signing such paperwork. I am talking with all residents regarding flu season and vaccination information. Just want to give everyone a little information about the flu bug.

What is the Flu? Flu is short for influenza, and it is a highly contagious respiratory infection that is caused by a virus. Some folks are lucky and only experience mild symptoms, but for the senior population, especially those with chronic health conditions, the influenza virus can be very serious. It can even be life threatening. As I said above, influenza virus is very contagious! It is an airborne virus and can be spread very easily from person to person. You can catch the flu when an infected person coughs, talks, or sneezes near you or if you touch a recently infected surface or object then touch your eyes, nose, or mouth.

There are two types of the influenza virus. Each type has different strains.

Type A—This is the most common form of the flu and it's often the most dangerous. It can be spread by people and animals alike. Influenza A is the only form of the flu known to cause a pandemic. Some strains of Influenza A have caused some of the deadliest global pandemics in our history. An example of Type A is the H1N1 strain that caused the swine flu in 2009.



Continued. Page 2

Continued - It's That Time of Year Again...

Type B—This is also a very contagious form of the flu, but it only spreads from person to person. Animals do not transmit Type B Influenza. This form of the virus can cause seasonal flu outbreaks, but has never been known to cause a pandemic.

Did you know that your immune system ages too? Our immune system usually gets weaker as you age, even if you do not have any chronic health conditions. If you were going into battle, you would want the best and newest equipment that is available, right? Unfortunately, as we age, our body's defense system is no longer the "newest" and "best" anymore so we become more susceptible to illness and for developing complications related to the flu virus.

The research shows that after age 65 the flu can be much more dangerous to individuals. The senior population usually have more chronic health conditions because they have developed them over time. Age (65+) + chronic health condition = increased risk for developing severe complications from the flu. These complications can even be life threatening. Some chronic conditions include (but are not limited to) diabetes, health disease, congestive heart disease, auto-immune disease (these can develop at anytime), COPD, asthma, etc.

There are some preventative measures that everyone can do to help reduce the risk of getting the flu and to help stop the spread of the flu if you do become infected.

- *WASH YOUR HANDS! This is the single most important thing you can do to prevent and stop the spread of the flu.
- *Practice healthy habits year round and especially when you're sick. Make sure you are getting adequate sleep, drinking enough water, and eating healthy.
- *Stay home when you're sick. This will help prevent the spread of the flu virus to others.
- *Cover your cough/sneeze. Cover your mouth and nose with your inner elbow when you cough or sneeze. Sneezing in your hand can facilitate transmission to another person.
- *Take your prescribed medicine. If you have the flu and your doctor prescribes a medication to treat it. Make sure you take it as prescribed and finish the entire course. This can shorten your sick time.

The flu is highly contagious, anyone can catch it, no matter how healthy they might feel. The best way to protect yourself from the flu is to get the yearly vaccination. Senior citizens need stronger influenza protection. There are specially formulated flu vaccines for people age 65 and over. These vaccines given the senior population the extra boost their declined immune system needs to help prevent the flu virus.

With all of this being said, our yearly flu vaccine clinics are scheduled. All resident's that go to Maquoketa Family Clinic will receive their flu shot on 10/5/21. All other residents and team members will receive their shot on 10/6/21, from Osterhaus Pharmacy. Reminder to all that received a consent form for their loved one. Please sign and date in the appropriate section and return to Clover Ridge Place prior to 10/5/21.

Thank you & Stay Healthy,
Season Kutsch, RN Health Care Coordinator



Happy Fall!

This is my favorite time of year. Time for sweatshirts, a crispness in the air, fresh apples, squash, and pumpkins! We all have those favorite parts of each season. As we wrap up **Flocking Season & Walk**



Season, I wanted to give you a quick update. With all of your support and participation, team

Clover Ridge Place was able to raise \$2,760 to date with the birds! With all the other fundraising and activities, the silent auction, ice cream sandwiches, water day, and more we were able to raise an additional \$3,917 for a total to date of, \$6,677 for the Walk to End Alzheimer's. Clover Ridge Place is also a proud sponsor of the Walk to End Alzheimer's. Thank you one and all who participated in any way you have truly helped make a difference!

Now on to our next adventures, pumpkins and scarecrows, a night of remembrance, meals in the fields, and some Halloween fun at the Maquoketa YMCA.!

Sally Davies,
Community Relations Coordinator



3 Cheers for Clover Ridge!

Hip Hip Hooray to Clover Ridge! Through their generosity staff and residents have a tremendous opportunity to live a healthier lifestyle.

Clover Ridge is offering a fantastic deal for a membership to our local YMCA. For only \$5.50 per month for a single plan, and \$16.50 for a family plan you can be a member of our local Y with all the benefits that entails. In cooperation with our local Y, Clover Ridge will pick up the difference in the monthly dues amount. In addition, your activation fee is waived and your world to fitness and fun just got bigger.



How about a dip in the pool? Maybe you'd like to participate in the card games held in the multi-purpose room. Want to break a sweat - welcome to kick boxing. How about starting out a little less strenuous? Sit and Be Fit is a great way to start the day.

In addition to a wide variety of exercise classes (land and pool) there is the full weight room and a track to walk/run. Want to break a sweat without working at it (don't tell Ruth I'm saying this!) – sit in the sauna for a while.

There is something for everyone and a full staff there to help you achieve your goals.

This is a great opportunity that Clover Ridge is offering you. Your membership to our local YMCA will make us a stronger Y and thus we can offer more scholarships to those that would like to be members but can not afford it. A stronger YMCA leads to a stronger Maquoketa community.

Please see Amy at Clover Ridge and she can give you the paperwork to sign. A voided check is needed so that the monthly deduction from your account can be activated. It's that simple.

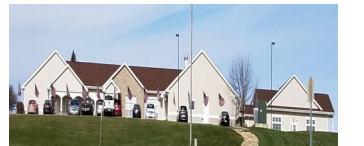
Clover Ridge has been kind enough to offer this incredible benefit. Let's make them proud that they are doing so.

Hip Hip Hooray ! Hip Hip Hooray !
I hope to see you at the YMCA!

Mary McAllister

Maquoketa Area Family YMCA
Advisory Board Member

**Good Friends
Make Great Neighbors**



**Clover Ridge Place
offers a
\$1,500 rent credit**

*for any current Clover
Ridge Place resident,
that refers a friend, re-
sulting in a move-in.*

For details contact

*Amanda Widel,
Manager*

or Sally Davies,

At 563-652-2125

Get Flu Shot

Family Clinic patients

October 5 -
9:00 A.M.

Medical Asso- ciates patients & other doc- tors.

October 6, -
9:15 A.M.

If you requested pneumonia or shingles vaccine those will be administered at the same time.

Clover Ridge will request an updated release of information.

Caregiver Support Group

**Wednesday,
October 13th**

1:30 P.M

**In Person at Clinton
Engines Museum**

To get your zoom link
or for more information
contact Sally Davies
at 563-581-2967

or email

welcome@cloverridgeplace.net

Facilitated by an Alz.
Association volunteer.
Support group suitable
for family and
friend caregivers.



alzheimer's association®

Medicare Open Enrollment



Every year between October 15th and December 7th Iowans on Medicare have the opportunity to choose the Medicare drug coverage they want for the next year and to decide if they want to get their Medicare health benefits from Original Medicare or a Medicare Advantage plan. It is important that Iowans on Medicare use this time to check out the plans that will be available to them in 2022. The Part D and Medicare Advantage plans can change their coverage, premiums, co-payments, co-insurance and provider networks every year.

The Senior Health Insurance Information and Senior Medicare Patrol (SHIIP-SMP) programs are services of the State of Iowa. SHIIP-SMP volunteers provide free, confidential, and unbiased one-to-one insurance counseling and assistance at no cost to Jackson county Medicare-eligible individuals, their families, and caregivers. SHIIP-SMP also provides community outreach on Medicare and how to guard against Medicare fraud.



“The SHIIP-SMP program has a great track record for saving Iowans money and helping them with Medicare questions and problems. In 2019, the program saved Iowan Medicare beneficiaries more than \$36,000,000. Our SHIIP-SMP volunteers have completed an extensive training program and are certified each year JACKSON COUNTY REGIONAL HEALTH CENTER encourages JACKSON COUNTY and surrounding counties of Clinton, Dubuque and Jones consumers to connect with SHIIP-SMP services by calling **563-652-4000** and making an appointment,” said PAM SCHOENTHALER JACKSON COUNTY REGIONAL HEALTH CENTER SHIIP/SMP LIAISON

JOIN US

Light of Remembrance Service

Thursday, October 14, 2021

5:30 P.M.

in the Court Yard

Remembering all friends and family who have passed and recognizing the challenges the past year has brought as well as the struggles the holiday season may bring.

With special acknowledgement of those lost this past year.

Please dress for the weather, as we will be outside in the Courtyard, please enter at the back gate.

In the event of inclement weather we will hold event via Zoom.



Lunch is on Us!

We would love to bring you lunch!

Clover Ridge Place will be delivering lunch to the fields on

Friday, October 15, 2021

starting at 11:00 A.M.

If you would like us to bring you lunch please call Amanda or Sally by Friday, Oct.8th to make arrangements. 563-652-2125

Thank you for all your hard work and dedication, we appreciate you!



October is Physical Therapy month!

This is a great chance for Physical Therapists across the nation to spread the good word and to help everyone understand and appreciate the impact of physical therapy. Physical therapy not only helps improve the quality of lives, but also helps many people maintain their independence. People recover faster from injuries and illness with the help of physical therapy. Going a step further, NIT physical therapists also help prevent injury and illness with their proactive approach to wellness. We particularly support the power of self-awareness. The more you pay attention to your physical habits, the more likely we can help you change it and prevent aches and injuries. NIT Physical therapists offer specialized programs relating to, but not limited to, balance/falls, strength, mobility, pain, pre- and post-op surgical procedures, vestibular, Parkinson, lymphedema, ergonomics, joint protection and personalized fitness/wellness programs.



Just a friendly reminder, if you are not in your apartment, please be sure your door is closed. This is a simple fire safety precaution. Thank you and be safe!

John Coakley, Maintenance

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



October 2021

Morning Walk 9:00 KMAQ-Lutheran Church 9:30 Coffee Hour 10:15 KMAQ-Methodist Church 11:30 Movie Day 03:00 Coffee and Conversation 06:00 Evening Walk	Morning Walk 09:30 Methodist Communion 10:00 Live 2B Healthy 10:45 Country Store Open 01:30 Happy Hour 02:15 Bingo 03:00 Independent Puzzles 06:00 Evening Walk	Morning Walk 09:30 Bird Bath 10:00 Independent word Puzzles 02:00 Music/Jim L. 02:30 Popcorn 03:00 Cold Drinks 03:15 Trivia 06:00 Evening Walk	Morning Walk 09:30 Flu Clinic 10:00 Flu Clinic 12:00 Resident Council 01:30 Wheel of Fortune 03:00 Manicures 06:00 Evening Walk	Morning Walk 09:15 Lutheran Communion 09:30 Church/ P. Harrison 10:00 Independent Dominoes 01:30 Bus Ride 03:00 Coffee & Conversation 06:00 Evening Walk	Morning Walk 10:00 Live 2B Healthy 10:45 Country Store Open 01:30 Bunker Bingo 02:00 Independent Cards 05:30 Evening Walk 06:00 Lawrence Welk
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ASSISTED LIVING

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2021

Listen to Songs of Faith 09:30 Beverage Cart 10:00 KMAQ-Methodist Church 10:15 Activity of Choice 03:00 Beverage Cart/Snacks 05:15 Aroma Therapy 07:30 Snacks	Live 2B Healthy 10:00 Beverage Cart 11:15 Word Games 02:15 Bingo 03:00 Beverage Cart/Snacks 04:30 TV Jeopardy 05:15 Aroma Therapy 07:30 Snacks	Methodist Communion 09:30 Beverage Cart 10:00 Live 2B Healthy 11:15 Word Games 02:00 Music/Scott K 04:30 TV Jeopardy 05:15 Aroma Therapy 07:30 Snacks	Methodist Communion 09:30 Beverage Cart 10:00 Live 2B Healthy 11:15 Word Games 02:00 Music/Scott K 04:30 TV Jeopardy 05:15 Aroma Therapy 07:30 Snacks	Methodist Communion 09:30 Beverage Cart 10:00 Live 2B Healthy 11:15 Word Games 02:00 Music/Scott K 04:30 TV Jeopardy 05:15 Aroma Therapy 07:30 Snacks	Methodist Communion 09:30 Beverage Cart 10:00 Live 2B Healthy 11:15 Word Games 02:00 Music/Scott K 04:30 TV Jeopardy 05:15 Aroma Therapy 07:30 Snacks
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GARDENS