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136 36th Avenue SW

Cedar Rapids, IA



October Newsletter

&LND

*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

Leo Ruth

October 6

Joyce Frondle

October 8

Barb Sweeney

October 16

Beverly Bader

October 29

Jean DeBethizy

October 30

David Pahlas

October 30

Welcome home!

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

to our new residents!!

Please make sure to say hello to:

Cindy

David

Michele



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.



Monday/Wednesday/Friday

Regular exercise can help keep seniors become healthier and more independent as they age. Studies have shown that seniors who exercise regularly have longer life expectancies, remain independent longer, and improve both physically and psychologically. Balance decreases as we age, and more importantly, falling is a major problem. According to the U.S Centers for Disease Control and Prevention (CDC), one of every three Americans over the age of 65 falls each year, and among individuals 65-84, falls account for 87% of all fractures and are the second leading cause of spinal cord and brain injuries.

Many seniors believe that walking is enough exercise to stay fit and healthy. But, according to Dr. Robert Sweezy, renowned osteoporosis expert, walking is not enough to increase muscle and bone density - a key component in remaining independent. The Live 2 B Healthy® program is proven to increase balance, mobility and strength - directly reducing falls and injuries that could hamper senior mobility and hasten health decline. That keeps seniors vital and independent for much longer.

It is never too late to start an exercise regimen. Many seniors in their eighties and nineties, who have never exercised in their lives, now participate in Live 2 B Healthy® programs. In fitness tests, after working with participants for three months, balance had improved by over 250% and cardiovascular function by over 80% by doing regular strength training, three times per week. Regular exercise keeps seniors independent by improving their balance and endurance to prevent falls, injuries, as well as physical and cognitive decline.

**EXCEPTIONAL CARE.
EXTRAORDINARY LIVING.**

professionally
managed by



JAYBIRD
SENIOR LIVING

Nurse/Manager:

Lisa Urbanek

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Office: 319-362-6868

Maintenance Coordinator:

Lyle Morrow

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Office: 319-362-6868

Life Enrichment Coordinator:

Megan Franks

lifeenrichment@corridorcrossingplace.com

Office: 319-362-6868

BREAKFAST:

7:00 –9:00

LUNCH:

11:00-12:00

DINNER:

4:30-5:30

Community Updates

Just like that our summer is over and we can now welcome Fall. October is filled with a lot of fun things here at Corridor Crossing Place. October is Alzheimer's Awareness month. We will be celebrating this by lighting up our building purple!! This will be a very great sight to see, so make sure to come check it out! Corridor Crossing Place will also be participating in the Alzheimer's walk in Cedar Rapids, IA on Saturday October 23rd, 2021. If you would like to join our team in the walk please go to our Facebook page and join our event. It would be very nice to see a lot of familiar faces! As always, feel free to reach out if you have any questions or concerns.

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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.



Shampoo/Set \$20

Haircut \$20

Perm \$75

Men's Haircut \$20

Men's Mustache \$10

Men's Beard \$10

(Make Checks to:
Esther Benesh)

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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



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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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Resident Of The Month

Fern Zahrt

Fern lived most of her life in Amana, IA where she worked for Colony Inn for 47 years. She then spent 10 years following that in Newhall, IA. Fern is blessed with two wonderful children and 3 grandchildren, as well as a sister and two brothers still living. Fern moved to Corridor Crossing Place in 2019 and has now made this her home! She has made a tremendous number of friends and has taken most of the staff under her wing like her own. Fern is very thankful for her family finding such an amazing place for her to live her best life. She stated that everyone at Corridor Crossing Place is like one big family that she enjoys very much!

Employee Of The Month

Alexis Franks

Alexis is the housekeeper at Corridor Crossing Place. She grew up in a small town in Iowa then later moved to Cedar Rapids where she now raises her 3 kids. On her free time away from work she enjoys spending time with her family, kids, and her cat Izzy. Alexis enjoys being outdoors in the months that allow and loves to get crafty when the weather isn't so cooperative. Alexis enjoys working at Corridor Crossing Place because it's like a big extended family to her and everyone is so welcoming. Please thank Alexis for all her dedication and hard work at Corridor Crossing Place!

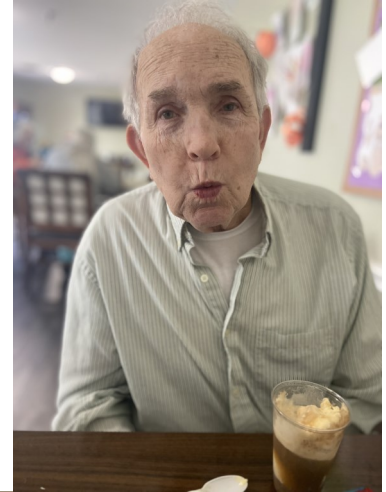


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SPECIAL MOMENTS TO REMEMBER



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