

## Community Education

### ***Dementia Conversation***

Thursday, January 27, 2022

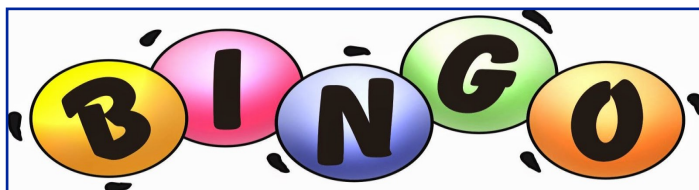
4:30– 5:40 P.M

In person at United Methodist Church  
1019 Wesley Dr. Maquoketa, IA or Via Zoom

Sally Davies, program volunteer for the  
Alzheimer's Association will present  
Dementia Conversations.

This program is designed to help you talk with  
your entire family, including the person exhibit-  
ing or experiencing symptoms of dementia,  
about some challenging and often uncomforta-  
ble topics related to Alzheimer's and dementia.

Registration is required,  
please call 563-581-2967 or email  
[welcome@cloverridgeplace.net](mailto:welcome@cloverridgeplace.net) to register.



*Starting the new year with some old  
traditions!*

Did you know there are proven health bene-  
fits to playing BINGO?? Researchers at  
Home Care Assistance of Warren have dis-  
covered that playing this game of BINGO  
can have health benefits. They suggest we  
should play for these five reasons.

1. Enhanced Eye Hand Coordination.
2. Boosts Cognitive Abilities.
3. Improves Physical Health  
"The Laughter"
4. Increases Socialization
5. Accelerates Healing & Recuperation

Who knew that there were health benefits to  
this one game!

This year we encourage you to turn on your  
radio, to KMAQ 95.1 F.M.  
Monday through Friday, 3:30 to 4:00 P.M.  
starting January 10, 2022!  
Go have some fun!



### **Alzheimer's Association Caregiver Education**

Upcoming virtual winter program series featuring:

#### **Living With Alzheimer's For Caregivers:**

This is a series of education programs that  
provide answers to the questions that arise  
in early, middle and late stages of the  
disease. Hear from those directly affected  
and learn what you need to know, what  
you need to plan for and what you do at  
each point along the way.

**\*Early Stage – Wed. Jan 12 - 3:30 – 5:00 P.M.**

**\* Middle Stage – Wed. Jan 9 -3:30-5:00 P.M.**

**\* Late Stage – Wed. Jan 16 - 3:30 – 5:00 P.M.**

**Legal and Financial:** This is an interactive  
program where you will have a chance to  
learn about important legal and financial  
issues to consider how to put plans in place,  
and how to access legal and financial  
resources near you.

**\*Wed. Jan. 26 from 3:30 – 4:00 P.M.**

#### **New Advancements in Alzheimer's Treatment:**

Learn about aducanumab or Aduhelm, the  
new treatment approved by the FDA, who may  
benefit and steps for access.

**\*Wed. Jan. 19 from 3:30 -4:30 P.M.**

All programs will be presented via Zoom.  
To register please call 800-272-3900 or visit  
Alzheimer Association's

[Iowa Chapter Programs Event Calendar](#) to register.

# THE VIEW

from

January, 2022

## Clover Ridge Place

Happy New Year  
Adventure Awaits!

Assisted Living & Memory Care | 205 Ehlers Lane, Maquoketa, IA 52060 | 563-652-2125 | [CloverRidgePlace.net](http://CloverRidgePlace.net)



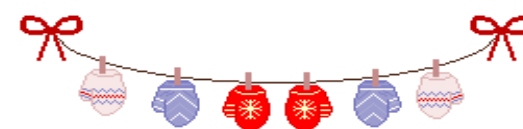
Irma Jean 7th

John E. 11th

Shelly G. 15th

Lorraine O. 27th

Leo T. 30th



Passport to  
*Exceptional Care.  
Extraordinary Living.*

### ***Dare to Dream in 2022!***

As we begin a new year it is a great time to reflect on all  
that we have accomplished and shared in the past year.  
We have welcomed new team members, residents and  
their families. We have shared in the happiness of chil-  
dren, grandchildren and great-grandchildren being born  
which turns into a great reminiscing experience. Even on  
our darkest days there has been something to be thankful  
for. Reminiscing about the past is a pleasure, but even  
more importantly we must live looking forward to the fu-  
ture. We must DARE to DREAM! As we search for fun  
ways to celebrate 2022, the best way to do this is to in-  
clude our residents and families. What is a DREAM that  
we can help you or your loved one achieve? What do you  
look forward to in 2022? We, at Clover Ridge wish to  
help you accomplish this dream. Whether it is riding in a  
hot air balloon, visiting a childhood home or donating  
books to children, we want to help make that dream hap-  
pen. Please share your thoughts and dreams with us!

Wishing you well as you journey into the new year,

**Amanda Widel, Director**



*Where beautiful lives blossom!*



A little Christmas party fun!



# Happy New Year!

I hope your year is off to a great start. As many of you are aware, I am filling in as the Health Care Coordinator until the position is filled. The position has not yet been filled so if you know a nurse who would like to make a difference in the lives of our residents, please direct them to us. Until the position is filled, please direct all your nursing questions to me. I will work hard to meet all your needs.

As we enter the new year, I want to remind everyone of the importance of hand hygiene to help reduce the spread of germs. Following the holidays, the flu season tends to become more prevalent. The new Omicron variant of COVID has been spreading at double the rate of the Delta variant. Wash hands frequently, sanitize and clean your walker or assistive devices, cover your cough, and dispose of tissues after one use to minimize spread of infectious diseases.

Please alert team members and remain in your apartment if you have an uncontrolled cough, shortness of breath, fever, loss of taste or smell, diarrhea or are feeling nausea. Being 24 hours symptom free before leaving your apartment is critical. We have the means to provide rapid COVID testing in the community if you have symptoms as well. We ask that you do not attend meals or activities when feeling ill to prevent spreading the illness to others. We will provide your meals in your apartment at no charge when you have symptoms of an illness that may be communicable.

When speaking of infection prevention, I would also like to take a moment to remind you to please keep your trash in your apartment until a team member collects it. Trash should not be put in the hallway. If your trash has not been collected and you would like to have it picked up, please press your pendant, or alert a team member.

Here's to a healthy, happy new year!

**Sierrah Shady, R.N.**

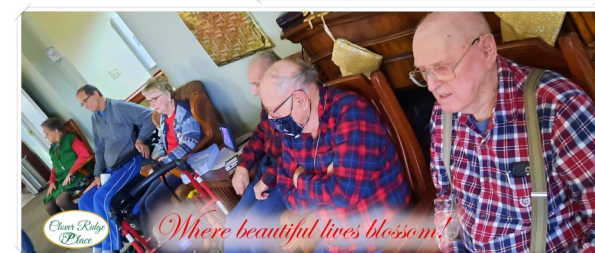
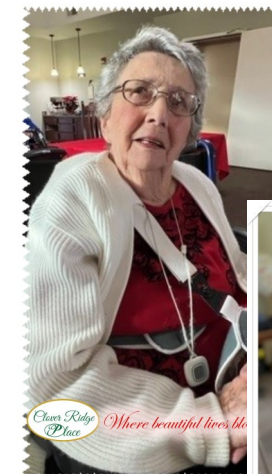
## A New Year for Adventures & Opportunity!

Happy New Year! I hope your holidays were full of love and joy. As we meet our new year head on, we are given the opportunity to try new things, enjoy new adventures and most of all have some FUN! Many of you have heard me say "I have the Best Job Ever!" well, I do! Most of the time I am referring to the people I meet and relationships I have with each of you. While those are SO VERY important to me, the thing I neglect to say out loud is how much I enjoy helping people learn and grow. I am so lucky to be able to do that here at Clover Ridge Place too! This new year brings new opportunities to learn and grow. For 2022 we are working on bringing more education opportunities to our community. This will look a little different than in years past, as we are not in the past we are moving forward to the future! What once was a lunch and learn is now a community education. For 2022 we have set a goal to provide at least 2 learning opportunities for our greater community. This will be done through partnerships with many community members, educators, and our Clover Ridge Place Team. These learning opportunities will have a wide variety of topics and may not necessarily be hosted by Clover Ridge Place, rather we will help spread the word and participate.

We will promote each month's opportunities here in our newsletter, on our Facebook page, and local media. Please keep an eye out for these and let me know if there is something of particular interest to you and your family. Things to come for 2022 are Iowa State University Extension & Outreach programs: Powerful Tools for Caregivers and A Journey Through Parkinson's Disease. Dementia Friendly Americas program; Dementia Friends. Alzheimer's Associations programs; 10 Warning Signs, Understanding Dementia and Alzheimer's, and Healthy Living for Brain & Body.

To start the year, we have partnered with the United Methodist Church in Maquoketa, as a host location. They have a very large handicap accessible space to utilize for in person and virtual community education opportunities. We are very excited to bring these programs to our community. Please let me know if you have any questions. Let's have some fun as we learn and grow together in 2022!

**Sally Davies, Community Relations Coordinator**





## January is National Glaucoma Awareness Month

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing. Glaucoma is the leading cause of irreversible blindness. Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

The best way to protect your sight from glaucoma is to get a regular comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately. High-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted.

A number of medications are currently in use to treat glaucoma. Your doctor may prescribe a combination of medications or change your prescription over time to reduce side effects or provide a more effective treatment. Medications are intended to prevent damage to the optic nerve. Eye drops used in managing glaucoma decrease eye pressure by helping the eye's fluid to drain better and/or decreasing the amount of fluid made by the eye. Some people with glaucoma have "low vision." Low vision means there may be problems doing daily, routine things even if using glasses or contact lenses. With glaucoma, this can include loss of ability to see shades of the same color, problems with glare, light sensitivity, and the ability to see fine details. Most people who have glaucoma are very sensitive to excessive light, especially extreme sunlight. Tinted lenses can be used to lessen the effects of light sensitivity.

Please schedule an eye exam. Let's see a healthy and happy new year together.



Passport to  
*Exceptional Care.  
Extraordinary Living.*



The Next Step of Your Life Journey is  
*Clover Ridge Place!*

Embrace personal freedom and explore the endless opportunities to connect with others, join in activities, and live your life to the fullest.

Our team of professional and compassionate caregivers are here each day to make sure the individuals in our care enjoy an extraordinary living experience in an exceptional environment.

*Call (563) 652-2125 today to schedule a tour!*



(563) 652-2125 | [www.CloverRidgePlace.net](http://www.CloverRidgePlace.net)

*Visit Us At:* 205 Ehlers Lane, Maquoketa, IA 52060





# JANUARY



## Assisted Living ACTIVITY CALENDAR

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Passport to  
Exceptional Care.  
Extraordinary Living.

Adventure Awaits!

**Morning Walk**  
9:00 KMAQ Lutheran Church  
9:30 Coffee Hour  
10:15 KMAQ Methodist Church  
1:30 Movie Day  
3:00 Coffee & Conversation

**Morning Walk**  
9:00 KMAQ Lutheran Church  
9:30 Coffee Hour  
10:15 KMAQ Methodist Church  
1:30 Movie Day

**Morning Walk**  
9:00 KMAQ Lutheran Church  
9:30 Coffee Hour  
10:15 KMAQ Methodist Church  
1:30 Movie Day  
3:00 Coffee & Conversation

**Morning Walk**  
9:00 KMAQ Lutheran Church  
9:30 Coffee Hour  
10:15 KMAQ Methodist Church  
1:30 Movie Day  
3:00 Coffee & Conversation

**Morning Walk**  
9:00 KMAQ Lutheran Church  
9:30 Coffee Hour  
10:15 KMAQ Methodist Church  
1:30 Movie Day  
3:00 Coffee & Conversation

**Morning Walk**  
9:30 Bird Bath  
10:00 Independent Puzzles  
2:00 Popcorn  
3:00 Cold Drinks | Trivia  
6:00 Evening Walk

**Morning Walk**  
9:30 Bird Bath  
10:00 Independent Puzzles  
2:00 Popcorn  
3:30 Radio Bingo  
6:00 Evening Walk

**Morning Walk**  
9:30 Bird Bath  
10:00 Independent Puzzles  
2:00 Popcorn  
3:30 Radio Bingo  
6:00 Evening Walk

**Morning Walk**  
9:30 Bird Bath  
10:00 Independent Puzzles  
2:00 Popcorn (Cold Drinks  
3:30 Radio Bingo  
6:00 Evening Walk

**Morning Walk**  
9:30 Bird Bath  
10:00 Independent Puzzles  
2:00 Popcorn (Cold Drinks  
3:30 Radio Bingo  
6:00 Evening Walk

9:30 Devotions  
10:00 Live 2B Healthy  
12:00 Resident Council  
2:00 Music w/Helen R  
3:00 Popcorn/Drinks  
6:00 Evening Walk

9:30 Devotions  
10:00 Live 2B Healthy  
2:00 Music w/Janet L  
3:00 Popcorn/Drinks  
3:30 Radio Bingo  
6:00 Evening Walk

9:30 Devotions  
10:00 Live 2B Healthy  
12:00 Resident Council  
1:00 Music w/Ron L  
3:30 Radio Bingo  
6:00 Evening Walk

9:30 Devotions  
10:00 Live 2B Healthy  
12:00 Resident Council  
2:00 Music w/Dave Allen  
3:30 Radio Bingo  
6:00 Evening Walk

9:30 Devotions  
10:00 Live 2B Healthy  
12:00 Resident Council  
2:00 Music w/Dave Allen  
3:30 Radio Bingo  
6:00 Evening Walk

**Morning Walk**  
9:30 Church w/Colleen P.  
10:00 Independent Dominos  
1:30 Bus Ride  
3:00 Coffee & Conversation  
6:00 Evening Walk

**Morning Walk**  
9:30 Church w/Pastor Hess  
1:30 Word Games  
3:00 Coffee & Conversation  
3:30 Radio Bingo  
6:00 Evening Walk

**Morning Walk**  
9:30 Church w/Pastor S.LaBlanc  
10:00 Independent Dominos  
1:30 Bus Ride  
3:30 Radio Bingo  
6:00 Evening Walk

9:15 Lutheran Communion  
9:30 Church w/P. Harrison  
10:00 Independent Dominos  
1:30 Bus Ride  
3:30 Radio Bingo  
6:00 Evening Walk

9:15 Lutheran Communion  
9:30 Church w/P. Harrison  
10:00 Independent Dominos  
1:30 Bus Ride  
3:30 Radio Bingo  
6:00 Evening Walk

**Morning Walk**  
10:00 Live 2B Healthy  
10:45 Country Store  
1:30 Shopping  
3:00 Cold Drinks  
6:00 Evening Walk

**Morning Walk**  
10:00 Live 2B Healthy  
10:45 Country Store  
1:30 Shopping  
3:30 Radio Bingo  
6:00 Evening Walk

**Morning Walk**  
10:00 Live 2B Healthy  
10:45 Country Store  
2:00 Board Games  
3:30 Radio Bingo  
6:00 Evening Walk

**Morning Walk**  
10:00 Live 2B Healthy  
10:45 Country Store  
1:30 Shopping  
3:30 Radio Bingo  
6:00 Evening Walk

**Morning Walk**  
10:00 Live 2B Healthy  
10:45 Country Store  
1:30 Shopping  
3:30 Radio Bingo  
6:00 Evening Walk

**Morning Walk**  
9:30 Coffee Hour  
10:00 Independent Exercise  
1:30 Bunker Bingo  
5:30 Evening Walk  
6:00 Lawrence Walk

**Morning Walk**  
9:30 Coffee Hour  
10:00 Independent Exercise  
1:30 Bunker Bingo  
5:30 Evening Walk  
6:00 Lawrence Walk

**Morning Walk**  
9:30 Coffee Hour  
10:00 Independent Exercise  
1:30 Bunker Bingo  
5:30 Evening Walk  
6:00 Lawrence Walk

**Morning Walk**  
9:30 Coffee Hour  
10:00 Independent Exercise  
1:30 Bunker Bingo  
5:30 Evening Walk  
6:00 Lawrence Walk

**Morning Walk**  
9:30 Coffee Hour  
10:00 Independent Exercise  
1:30 Bunker Bingo  
5:30 Evening Walk  
6:00 Lawrence Walk

# JANUARY



## Memory Care ACTIVITY CALENDAR

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Passport to  
Exceptional Care.  
Extraordinary Living.

Adventure Awaits!

9:30 Listen to Songs of Faith  
10:00 Beverage Cart  
10:15 KMAQ Methodist Church  
2:15 Activity of Choice  
3:00 Beverage/Snack Cart  
5:15 Aromatherapy

9:30 Listen to Songs of Faith  
10:00 Beverage Cart  
10:15 KMAQ Methodist Church  
2:15 Activity of Choice  
3:00 Beverage/Snack Cart  
5:15 Aromatherapy

9:30 Listen to Songs of Faith  
10:00 Beverage Cart  
10:15 KMAQ Methodist Church  
2:15 Activity of Choice  
3:00 Beverage/Snack Cart  
5:15 Aromatherapy

9:30 Listen to Songs of Faith  
10:00 Beverage Cart  
10:15 KMAQ Methodist Church  
2:15 Activity of Choice  
3:00 Beverage/Snack Cart  
5:15 Aromatherapy

9:30 Listen to Songs of Faith  
10:00 Beverage Cart  
10:15 KMAQ Methodist Church  
2:15 Activity of Choice  
3:00 Beverage/Snack Cart  
5:15 Aromatherapy

9:30 Methodist Communion  
10:00 Live 2B Healthy  
11:15 Word Games  
2:15 Bingo  
3:00 Beverage Cart  
4:30 TV Jeopardy

10:00 Live 2B Healthy  
11:15 Word Games  
2:15 Bingo  
3:00 Beverage Cart  
4:30 TV Jeopardy  
5:15 Aromatherapy

10:00 Live 2B Healthy  
11:15 Word Games  
2:15 Bingo  
3:00 Beverage Cart  
4:30 TV Jeopardy  
5:15 Aromatherapy

10:00 Live 2B Healthy  
11:15 Word Games  
2:15 Bingo  
3:00 Beverage Cart  
4:30 TV Jeopardy  
5:15 Aromatherapy

10:00 Live 2B Healthy  
11:15 Word Games  
2:15 Bingo  
3:00 Beverage Cart  
4:30 TV Jeopardy  
5:15 Aromatherapy

9:30 Bird Bath  
10:00 Beverage Cart  
2:15 Board Games/Cards  
3:00 Beverage/Snack Cart  
4:00 TV Supermarket Sweep  
5:15 Aromatherapy

9:30 Bird Bath  
10:00 Beverage Cart  
2:15 Board Games/Cards  
3:00 Beverage/Snack Cart  
4:00 TV Supermarket Sweep  
5:15 Aromatherapy

9:30 Bird Bath  
10:00 Beverage Cart  
2:15 Board Games/Cards  
3:00 Beverage/Snack Cart  
4:00 TV Supermarket Sweep  
5:15 Aromatherapy

9:30 Bird Bath  
10:00 Beverage Cart  
2:15 Board Games/Cards  
3:00 Beverage/Snack Cart  
4:00 TV Supermarket Sweep  
5:15 Aromatherapy

9:30 Bird Bath  
10:00 Beverage Cart  
2:15 Board Games/Cards  
3:00 Beverage/Snack Cart  
4:00 TV Supermarket Sweep  
5:15 Aromatherapy

9:00 Aromatherapy  
9:30 I Love Lucy  
10:00 Live 2B Healthy  
2:00 Music with Helen R  
3:00 Beverage Cart  
5:15 Aromatherapy

9:00 Aromatherapy  
9:30 I Love Lucy  
10:00 Live 2B Healthy  
2:00 Music with Janet L  
3:00 Beverage Cart  
5:15 Aromatherapy

9:00 Aromatherapy  
9:30 I Love Lucy  
10:00 Live 2B Healthy  
1:00 Music with Ron L  
3:00 Beverage Cart  
5:15 Aromatherapy

9:00 Aromatherapy  
9:30 I Love Lucy  
10:00 Live 2B Healthy  
2:00 Music with Dave Allen  
3:00 Beverage Cart  
5:15 Aromatherapy

9:00 Aromatherapy  
9:30 I Love Lucy  
10:00 Live 2B Healthy  
2:00 Music with Dave Allen  
3:00 Beverage Cart  
5:15 Aromatherapy

9:30 Church with Colleen P.  
10:00 Beverage Cart  
10:30 Bus Ride  
2:15 Bingo  
3:00 Beverage Cart  
5:15 Aromatherapy

9:30 Church Pastor Hess  
10:00 Beverage Cart  
10:30 Bus Ride  
2:15 Bingo  
5:15 Aromatherapy

9:30 Church P. Susan L.  
10:00 Beverage Cart  
10:30 Bus Ride  
2:15 Bingo  
3:00 Beverage Cart  
5:15 Aromatherapy

9:15 Lutheran Communion  
9:30 Church Pastor Harrison  
10:00 Beverage Cart  
10:30 Bus Ride  
2:15 Bingo  
3:00 Beverage Cart  
5:15 Aromatherapy

10:00 Beverage Cart  
10:00 Live 2B Healthy  
1:15 Music Speaks  
2:15 Balloon Volley  
4:30 TV Jeopardy  
5:15 Aromatherapy

10:00 Beverage Cart  
10:00 Live 2B Healthy  
1:15 Music Speaks  
2:15 Balloon Volley  
4:30 TV Jeopardy  
5:15 Aromatherapy

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2:15 Balloon Volley  
4:30 TV Jeopardy  
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10:00 Live 2B Healthy  
1:15 Music Speaks  
2:15 Balloon Volley  
4:30 TV Jeopardy  
5:15 Aromatherapy

10:00 Beverage Cart  
10:00 Live 2B Healthy  
1:15 Music Speaks  
2:15 Balloon Volley  
4:30 TV Jeopardy  
5:15 Aromatherapy

10:00 Beverage Cart  
10:00 Live 2B Healthy  
1:15 Music Speaks  
2:15 Balloon Volley  
4:30 TV Jeopardy  
5:15 Aromatherapy

9:30 Adult Coloring  
10:00 Beverage Cart  
2:15 Bingo  
3:00 Beverage Cart  
3:30 Movie  
5:15 Aromatherapy

9:30 Adult Coloring  
10:00 Beverage Cart  
2:15 Bingo  
3:00 Beverage Cart  
3:30 Movie  
5:15 Aromatherapy

9:30 Adult Coloring  
10:00 Beverage Cart  
2:15 Bingo  
3:00 Beverage Cart  
3:30 Movie  
5:15 Aromatherapy

9:30 Adult Coloring  
10:00 Beverage Cart  
2:15 Bingo  
3:00 Beverage Cart  
3:30 Movie  
5:15 Aromatherapy

9:30 Adult Coloring  
10:00 Beverage Cart  
2:15 Bingo  
3:00 Beverage Cart  
3:30 Movie  
5:15 Aromatherapy