# **Community Information**



Caregiver Support Group
Wednesday, May 11, 1:30 P.M.
In Person at United Methodist Church
Or Via Zoom

To get your Zoom link or for more information contact Sally Davies at 563-581-2967 or email welcome@cloverridgeplace.net

alzheimer's  $\Omega$ 5 association°

JACKSON COUNTY SENIOR ROUNDTABLE

Senior Expo

Visit vendors for a morning of information regarding your health and wellness.

WEDNESDAY, MAY 11TH 8:00AM - 10:30AM

JACKSON COUNTY FAIRGROUNDS
PEARSON HALL

1212 E QUARRY ST. MAQUOKETA, IA

Thank you to our sponsors:

Clover Ridge Place
Jackson County Veterans Affairs
Hospice of Jackson County

Working Together for a Strong, Healthy & Supportive Community

### Understanding & Responding to Dementia-Related Behavior

alzheimer's  $\begin{subarray}{c} Association \end{subarray}$ 

Thursday, May 26, 2022 4:30 – 5:30 P.M.

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

# Understanding and Responding to Dementia-Related Behavior

This program is designed to help caregivers decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Registration is required, Please call 563-581-2967 or email welcome@cloverridgeplace.net







May, 2022

Assisted Living & Memory Care | 205 Ehlers Lane, Maquoketa, IA 52060 | 563-652-2125 | CloverRidgePlace.net

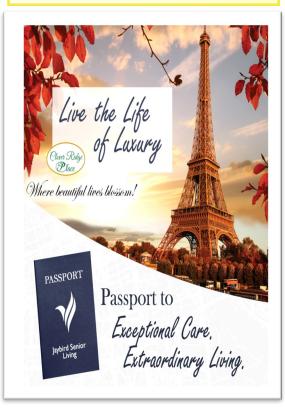


Angie K. 24th

Jim S. 24th

Karis D. 29th

John C. 31st



# Welcome April Minear Health Care Coordinator!

April joins us with previous experience in Long Term Care settings. She has 4 children; 2 boys and 2 girls, in which she spends her spare time go-



ing to their activities including but not limited to, dance competitions and basketball games. They as a family also enjoy fishing and spending time at the beach in Bellevue in the summer. Another fun fact is April is a published poet! April also received during the month of April the Jaybird GEM Award which recognizes nurses who go above and beyond! We welcome April and she looks forward to getting to know everyone and learning more about all of our residents and their families .

Have a wonderful May!!

Amanda Widel, Director

All activities, events and dining are open to have you join us again! At this time masks are still a requirement in all of our common areas. If you would like to join your loved one or friend for a meal, a 24 hour notice is needed to reserve the library for dinning. Drop in's are welcome to dine in apartments. We look forward to seeing you at one of our activities soon!

## There's No Place Like Home at Clover Ridge Place

You can take the kid off the farm but you cant take the farm out of the kid!

In the month of March we had some special visitors, helping us celebrate our Grow with Us theme. Tucker and his family came to Clover Ridge Place and brought some furry & feathered friends to share. Tucker, gave a short presentation on hatching eggs, and his chicken business. He left us equiped with an incubator, instructions of care and eggs to watch for

the next 22 days or so.

On 4/20/22 we were proud to announce we have a BABY! Chicken that is! Bruno is pictured to the left, he will be rejoining the flock at Moore Family Farms.



Meet
Baby Bruno
4/20/22





As part of Jaybird Senior
Living, and a National
Team for the Walk to End
Alzheimer's. Team Clover
Ridge Place was recognized as the top team in
Jaybird Senior Living in
the fundraising effort for

2021. There is a huge trophy at the front door in recognition of the efforts by the team and community! Thank you to everyone who assisted us in those efforts. We are excited for the 2022

walk to End Alzhimer's Kick off walk season. Save the date, Wed, June 15th, for our 2022 Walk to End ALZ Kick off Party!





Team Clover Ridge Place celebrated National Baseball day with a League of Our Own!

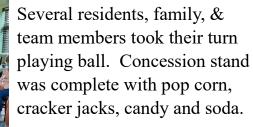
Residents, Team Members, family and friends had a great time at the ball game.

Nurse Sierrah showed a hidden talent, creating a team Clover Ridge Place shirt, residents had their baseball knowledge tested by game day, guest announcer Dennis Voy. If you won the trivia



question that us asked you were a winner of cash and a pen from KMAQ. Students

Mitchell, Elaina, and Kasedi joined us from Maquoketa High School and assisted with the running of the bases.



The score was hard to track, but

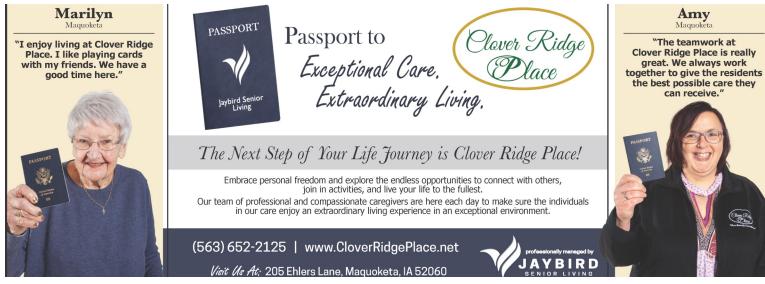
one could say we the kid came out in all of us and we had a Whoopee kind of time! There truly is no place like "home' at Clover Ridge Place!



#### Congratulations Donna!

Donna is pictured with Haven, who Caught her Red Handed. "Donna sure knows how to work, has such a great personality, is a pleasure to be around, and so supportive," Haven shared.





May is a busy month. We enjoy that Spring has truly arrived as we enjoy the blooming flowers, all the birds and the beautiful temperatures. As we celebrate the many gifts of mother nature we also have many other reasons to celebrate!

To all of you mothers out there...Happy Mother's Day! Take a moment to reflect on the joy of being a mother. Take another moment to recollect a challenging time with that "difficult" child and how eventually they did recognize that you did know something. Being a mother is a treasure many of us share. I hope you have time to spend with your family and remembering old memories and are able to create new ones.

National Nurses week is in the month of May as well. The week of May 6 –12th is a time to recognize the great work of the many nurses that provide knowledge, skill, comfort, and healing. We treasure the great team here at Clover Ridge and offer special recognition to April and Sierrah for their great nursing abilities. Please share your thanks and appreciation to the two of them as you have the chance throughout the month.

Graduation, wow, what an exciting time of the year for so many graduates. Do you recall being that age and being sure that you knew EVERY-THING? I think many of us, including myself, can relate to learning quickly that this was not quite the case. To the many graduates, especially our Clover Ridge Team members, Sierrah, Garrett and Serenity. Congratulations to you! We look forward to celebrating with you on June 13th here at Clover Ridge Place.

And to our many veterans and military personnel...THANK YOU! Memorial Day will be celebrated on May 31, 2022. Join Clover Ridge Place as we say thank you to the many brave souls that sacrificed so much to ensure our freedoms. As an American it is a blessing we treasure and all too often take for granted. We must never forget those who lost their lives defending our great country and all who served and made tremendous sacrifices. Again, thank you!

Happy Spring everyone! Sally Davies, Community Relations







### May is World Stroke Month

Hello Residents, families, and friends, and community

May is upon us! I hope everyone is ready for the flowers to bloom and the sun to shine! May is recognized as World Stroke Month! FAST is an acronym we use when educating patients about strokes. The acronym stands for

**F- Face** – ask your loved one to smile for you and watch for facial droop.

**A** – **Arm** – See if your loved one can raise both arms. You're looking to see if one arm drifts lower than the other.

**S – Speech** – Listen to their speech and take note if there is any slurred speech, you can have them repeat a sentence.

**T – Time** – Call 911 Fast because Time counts!!!!

If you want to learn more about what you can do to prevent strokes and learn about your risk factors, please visit cdc.gov and stroke.org. Both these websites have wonderful, updated information about the types of strokes, risk factors, and the different effects it has. If you have any further questions, please reach out to the nursing team here at Clover Ridge Place and we would be happy to assist you.

Stay Healthy!

April, RN, Health Care Coordinator



are what make a house a home!

As we celebrated

Easter this year we remembered some of those traditions that fill the house with laughter and joy!

Dying Eggs, making crafts, dancing, games, egg hunts and a visit from the Easter Bunny!

There is no place like HOME at Clover Ridge Place!











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|---|-----------|--|--|--|---|
| Assisted Living ACTIVITY CALENDAR                         | SATURDAY  | Morning Walk<br>9:30 Coffee Hour<br>10:00 Independent Exercise<br>1:30 Bunker Bingo<br>5:30 Evening Walk<br>6:00 Lawrence Welk                     | Morning Walk<br>9:30 Coffee Hour<br>10:00 Independent Exercise<br>1:30 Bunker Bingo<br>5:30 Evening Walk<br>6:00 Lawrence Welk                                 | Morning Walk<br>9:30 Coffee Hour<br>10:00 Independent Exercise<br>1:30 Bunker Bingo<br>5:30 Evening Walk<br>6:00 Lawrence Welk                     | Morning Walk<br>9:30 Coffee Hour<br>10:00 Independent Exercise<br>1:30 Bunker Bingo<br>5:30 Evening Walk<br>6:00 Lawrence Welk                  |
| sted  Y   |           | 9  | 13   | 20   | 27  |
| ASTIVIT   | FRIDAY    | Morning Walk<br>10:00 Live 2B Healthy<br>10:45 Country Store<br>1:30 Word Games<br>3:00 Happy Hour<br>3:30 Radio Bingo<br>6:00 Evening Walk        | Morning Walk<br>10:00 Live 2B Healthy<br>10:45 Country Store<br>1:30 Shopping<br>3:00 Happy Hour<br>3:30 Radio Bingo<br>6:00 Evening Walk                      | Morning Walk<br>10:00 Live 2B Healthy<br>10:45 Country Store<br>1:30 Word Games<br>3:00 Happy Hour<br>3:30 Radio Bingo<br>6:00 Evening Walk        | Morning Walk<br>10:00 Live 2B Healthy<br>10:45 Country Store<br>1:30 Shopping<br>3:00 Happy Hour<br>3:30 Radio Bingo<br>6:00 Evening Walk       |
| Y   |           | ro.  | 2  | 10   | 26  |
|   | THURSDAY  | Morning Walk<br>9:15 Church w/P. J. Hess<br>10:00 Independent Puzzles<br>1:30 Bus Ride<br>3:30 Radio Bingo<br>6:00 Evening Walk                    | Morning Walk 9:15 Church w/P. LeBlanc 10:00 Independent Puzzles 1:30 Bus Ride 3:30 Radio Bingo 6:00 Evening Walk   | Morning Walk 9:15 Church w/P. Harrison 10:00 Independent Puzzles 1:30 Bus Ride 3:30 Radio Bingo 6:00 Evening Walk                                  | Morning Walk 9:15 Church w/P. Alberta 10:00 Independent Puzzles 1:30 Bus Ride 3:30 Radio Bingo 6:00 Evening Walk                                |
| de  | >         | 4  | =  | <u>∞</u>   | 25<br>ouse  |
| Claver Ridge<br>Place                                     | WEDNESDAY | Morning Walk<br>9:30 Devotions<br>10:00 Live 2B Healthy<br>1:30 Resident Council<br>2:00 Music w/Helen R.<br>3:30 Radio Bingo<br>6:00 Evening Walk | Morning Walk<br>9:30 Devotions<br>10:00 Live 2B Healthy<br>1:30 Music w/Janet L.<br>3:00 Manicures<br>3:30 Radio Bingo<br>6:00 Evening Walk                    | Morning Walk<br>9:30 Devotions<br>10:00 Live 2B Healthy<br>2:30 Manicures<br>1:30 Music w/Ron<br>3:30 Radio Bingo<br>6:00 Evening Walk             | Morning Walk 9:30 Devotions 10:00 Live 2B Healthy 2:00 Gala Social— Open House w/ Music by Scott K. 3:30 Radio Bingo 6:00 Evening Walk          |
| V   |           | . i.   | <b>10</b>  | 17<br>tt.  | <b>24</b>   |
| Passport to<br>Exceptional Care.<br>Extraordinary Living. | TUESDAY   | Morning Walk<br>9:30 Bird Bath<br>10:00 Bible Study w/Janet L.<br>3:00 Root Beer Floats<br>3:30 Radio Bingo<br>6:00 Evening Walk                   | Morning Walk<br>9:30 Bird Bath<br>10:00 Independent Puzzles<br>3:00 Root Beer Floats<br>3:30 Radio Bingo<br>6:00 Evening Walk                                  | Morning Walk 9:30 Bird Bath 10:00 Bible Study w/ Janet L. 3:00 Root Beer Floats 3:30 Radio Bingo 6:00 Evening Walk                                 | Morning Walk<br>9:30 Bird Bath<br>10:00 Independent Puzzles<br>3:00 Root Beer Floats<br>3:30 Radio Bingo<br>6:00 Evening Walk                   |
| Free Free Free Free Free Free Free Free                   |           | <b>S</b>   | 6  | <br>«.   | 23  |
| outside the second  | MONDAY    | Morning Walk 9:30 Methodist Communion 10:00 Live 2B Healthy 10:45 Country Store 3:00 Happy Hour 3:30 Radio Bingo 6:00 Evening Walk                 | Morning Walk<br>10:00 Live 2B Healthy<br>10:45 Country Store<br>1:00 Casino Trip<br>3:00 Happy Hour<br>3:30 Radio Bingo<br>6:00 Evening Walk                   | Morning Walk 10:00 Live 2B Healthy 10:45 Country Store 2:00 Band & Choir w/Pat W. 3:00 Happy Hour 3:30 Radio Bingo 6:00 Evening Walk               | Morning Walk<br>10:00 Live 2B Healthy<br>10:45 Country Store<br>3:00 Happy Hour<br>3:30 Radio Bingo<br>6:00 Evening Walk                        |
| MMY   | SUNDAY    | Morning Walk 9:00 KMAQ Lutheran Church 9:30 Coffee Hour 10:15 KMAQ Methodist Church 1:30 Movie Day 3:00 Coffee & Conversation 6:00 Evening Walk    | Mother's Day 8 Morning Walk 9:00 KMAQ Lutheran Church 9:30 Coffee Hour 10:15 KMAQ Methodist Church 1:30 Movie Day 3:00 Coffee & Conversation 6:00 Evening Walk | Morning Walk 15 9:00 KMAQ Lutheran Church 9:30 Coffee Hour 10:15 KMAQ Methodist Church 1:30 Movie Day 3:00 Coffee & Conversation 6:00 Evening Walk | Morning Walk 9:00 KMAQ Lutheran Church 9:30 Coffee Hour 10:15 KMAQ Methodist Church 1:30 Movie Day 3:00 Coffee & Conversation 6:00 Evening Walk |







31

30

Morning Walk 9:30 Bird Bath 10:00 Bible Study w/Janet L. 3:00 Root Beer Floats 3:30 Radio Bingo 6:00 Evening Walk

Memorial Day Morning Walk 10:00 Live 2B Healthy 10:45 Country Store 3:00 Happy Hour 3:30 Radio Bingo 6:00 Evening Walk

Morning Walk
9:00 KMAQ Lutheran Church
9:30 Coffee Hour
10:15 KMAQ Methodist Church
1:30 Movie Day
3:00 Coffee & Conversation
6:00 Evening Walk







SATURDAY

9

5

3

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

10:00 Beverage Cart 10:00 Live 2B Healthy 10:45 Country Store 1:15 Music Speaks 2:15 Balloon Volley 3:00 Beverage & Snack 5:15 Aromatherapy

9:30 Church w/P. J. Hess 10:00 Beverage Cart 10:30 Bus Ride 2:15 Bingo 3:00 Popcorn & Beverage C 5:15 Aromatherapy

9:30 I Love Lucy
10:00 Live 2B Healthy
11:15 Wheel Of Fortune
2:00 Music w/Helen R.
3:00 Beverage & Snack Cart
5:15 Aromatherapy

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

10:00 Beverage Cart
10:00 Live 2B Healthy
10:45 Country Store
1:15 Music Speaks
2:15 Balloon Volley
3:00 Beverage & Snack Cart
5:15 Aromatherapy

9:30 Church w/P. LeBlanc
10:00 Beverage Cart
10:30 Bus Ride
2:15 Bingo
3:00 Popcorn & Beverage Cart
5:15 Aromatherapy

9:30 I Love Lucy
10:00 Live 2B Healthy
11:15 Wheel Of Fortune
1:30 Music w/Janet L.
3:00 Beverage & Snack Cart
5:15 Aromatherapy

13

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

Mother's Day

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

10:00 Live 2B Healthy
10:45 Country Store
11:15 Wheel of Fortune
2:15 Bingo
3:00 Beverage & Snack Cart
4:30 TV Jeopardy
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

SUNDAY

2

9:30 Methodist Communion 10:00 Live 2B Healthy 10:45 Country Store 11:15 Word Games 2:15 Bingo 3:00 Beverage & Snack Cart 4:30 TV Jeopardy 5:15 Aromatherapy

9:30 Bird Bath
10:00 Bible Study w/Janet L.
10:00 Beverage Cart
2:15 Board Games/Cards
3:00 Root Beer Floats
4:00 TV Supermarket Sweep
5:15 Aromatherapy 6

9:30 Bird Bath
10:00 Beverage Cart
2:15 Board Games/ Cards
3:00 Root Beer Floats
4:00 TV Supermarket Sweep
5:15 Aromatherapy 10:00 Live 2B Healthy
10:45 Country Store
11:15 Wheel of Fortune
2:15 Bingo
3:00 Beverage & Snack Cart
4:30 TV Jeopardy
5:15 Aromatherapy

10:00 Live 2B Healthy
10:45 Country Store
11:15 Word Games
2:15 Bingo
3:00 Beverage & Snack Cart
4:30 TV Jeopardy
5:15 Aromatherapy

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

9:30 I Love Lucy
10:00 Live 2B Healthy
11:15 Wheel Of Fortune
2:00 Gala Social-Open House
w/ Music by Scott K.
5:15 Aromatherapy

9:30 I Love Lucy
10:00 Live 2B Healthy
10:30 Manicures
11:15 Wheel Of Fortune
1:30 Music w/ Ron
3:00 Beverage & Snack Cart

9:30 Bird Bath
10:00 Bible Study w/Janet L.
10:00 Beverage Cart
2:15 Board Games/Cards
3:00 Root Beer Floats
4:00 TV Supermarket Sweep
5:15 Aromatherapy

9:30 Church w/P. Harrison 10:00 Beverage Cart 10:30 Bus Ride 2:15 Bingo 3:00 Popcorn & Beverage Ca 5:15 Aromatherapy

10:00 Beverage Cart 10:00 Live 2B Healthy 10:45 Country Store 1:15 Music Speaks 2:15 Balloon Volley 3:00 Beverage & Snack 5:15 Aromatherapy

27

26

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

20

28

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
3:15 Aromatherapy

Memorial Day
10:00 Live 2B Healthy
10:45 Country Store
11:15 Word Games
2:15 Bingo
3:00 Beverage & Snack Cart
4:30 TV Jeopardy
5:15 Aromatherapy

9:30 Bird Bath
10:00 Bible Study w/Janet L.
10:00 Beverage Cart
2:15 Board Games/Cards
3:00 Root Beer Floats
4:00 TV Supermarket Sweep
5:15 Aromatherapy

31

30

9:30 Church w/P. Alberta
10:00 Beverage Cart
10:30 Bus Ride
2:15 Bingo
3:00 Popcorn & Beverage Cart
5:15 Aromatherapy

10:00 Beverage Cart
10:00 Live 2B Healthy
10:45 Country Store
1:15 Music Speaks
2:15 Balloon Volley
3:00 Beverage & Snack Cart
5:15 Aromatherapy

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

Live the