

5025 River Valley Rd
Fort Madison, IA 52627



(319) 372-8611

5025 River Valley Rd
Fort Madison, IA 52627



(319) 372-8611

Addington Place Proud

Resident Activities



Homemade cotton candy.

Flower shopping.



Hand made flower baskets



Resident Birthdays

June 17th Betty Easterday

June 25th Karen Maddox

Staff Birthdays

June 1st Julie Thompson

June 5th Pam Ruiz

June 14th Lisa Lingenfelter



Contact Information

Director:
LEIA MORRISON
director@addingtonplacefortmadison.com
Community Relations Coordinator:
KELLY KEMPKER-EVERETT
welcome@addingtonplacefortmadison.com

Administrative Assistant
LISA WELLMAN
admin@addingtonplacefortmadison.com

Healthcare Coordinator:
TIMMY LEMATTY
nurse@addingtonplacefortmadison.com

Health Service Lead:
JESSICA GERDES
hsl@addingtonplacefortmadison.com

Culinary Coordinator:
GARRETT PUMPHREY
culinary@addingtonplacefortmadison.com

Life Enrichment Coordinator:
EMILY BURDEN
lec@addingtonplacefortmadison.com

Maintenance Coordinator:
JAMIE MESECHER
maintenance@addingtonplacefortmadison.com

Resident Spotlight



Meet Pat Moore. Pat grew up in Montrose Iowa with her 4 other siblings. Pat then worked at JIK Credit Union for many years. Growing up in the country Pat had a love for trucks. She currently owns three 1965 Chevy trucks. Pat has three children, one girl and two boys.

Pats enjoys all the activities Addington Place provides!



Pats favorite view is the Mississippi River!

Stay Hydrated This Summer!

As a general rule, you should take one-third of your body weight and drink that number of ounces in fluids. For example, if you weigh 150 pounds, aim to drink 50 ounces of water each day. However, it's best to talk to your doctor to determine how much water you should be drinking daily. They can review your medical history with you as well as any over-the-counter or prescription medications you're currently taking. Certain medications cause the body to flush out more water. And some medical conditions, such as cystic fibrosis, also make people more prone to dehydration. There are simple steps you can take to get the water your body craves. Below are some ideas to get you started:

Choose foods with high water content. If you have trouble drinking fluids, try including water-rich foods with every meal. These include cucumbers, watermelon, lettuce, strawberries, tomatoes and celery. Soups, broths and stews are also a good way to boost your fluid intake, especially in the colder weather. If you're watching your sodium, be sure to opt for low-sodium versions.

Keep water with you, always. Having hydration at your fingertips can make it easier to get the right amount of fluids. Carry a refillable water bottle with you wherever you go, or keep a lightweight water pitcher and cup near your favorite chair at home.

Change it up. Pure, clean water is the best way to stay hydrated. But let's face it—drinking plain water all day can get boring! Try jazzing up your H2O by adding slices of fresh lemon, apple, cucumber or berries. You may also choose to switch up water with other options such as low-sugar sports drinks or protein and nutritional shakes specifically designed for seniors. Coffee and tea can have a slight dehydrating effect, so they should not be counted toward your daily fluid intake.

Special Days In June

M x q h 5 q g Ð # K d o o v # L f h # F u h d p # W u l s #
