

Community Information

Please Join Us!

Veterans Pension & Other V. A. Benefits

Are you a Veteran, or assisting a Veteran?

Are you aware of the benefits for aging
Veterans?

Join us as Tony Scheckles, Jackson County
Veterans Affairs Executive Director, explains
what benefits are available, who qualifies,
and how to start that application process.

Thursday, August 25 at 4:30 P.M.

At the United Methodist Church

1019 Wesley Dr. Maquoketa, IA

To register please call 563-581-2967 or email
welcome@cloverridgeplace.net



*This program is sponsored by
Clover Ridge Place.*

Caregiver Support Group

Wednesday, August 17, 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 association



PROUD
NATIONAL TEAM

Destination State Fair!



Passport to
Exceptional Care,
Extraordinary Living.



Free will
donation
will be
shared with
alzheimer's association

Dunk tank \$1 for 5 chances!
Funnel cakes, popcorn, snow
cones, corn dogs, etc.
Open for tours!



August 13th • 11-1

Jackson County Walk to End Alzheimer's

Saturday, September 24

Maquoketa—YMCA 9 A.M.

THE VIEW

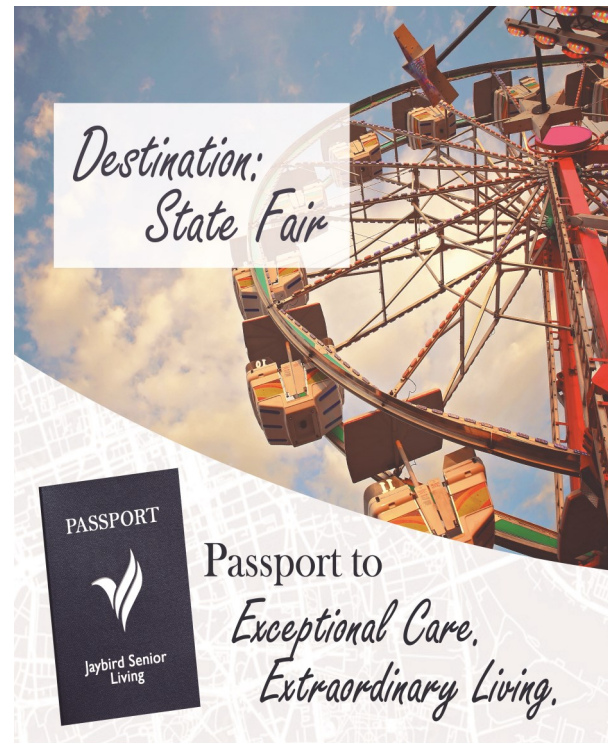


August, 2022

Clover Ridge
Place



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



Happy Birthday
Clover Ridge Place

Residents &
Team Members

Zoe M. 8th

Mike S. 8th

Barb P. 12th

Denise B. 31st

Simplify your life!

August 1st through 7th is National Simplify Your Life Week. A time for rest, reflection, and restoration. Wow, it is quite amazing what we can be grateful for and appreciate when we pause and intentionally take time to consider what has impacted our lives. Taking time away from our daily responsibilities allows us this opportunity. Regardless of your age it is important to take time to reflect on your life, acknowledge accomplishments, hardships, growth you've made, and how you were able to help others in your journey. By doing so, you can look to the future and see how you can continue to make a difference. Upcoming events to stop and relax as a family would include our annual tractor show. Let us cook your supper while you relax and reminisce about fair experiences years ago. Also, in August we are hosting our carnival again. This too is an outdoor event to have a good time and relax with family while making memories with your loved one. We hope to see you at both of these fun events during the month of August for a few days to "simplify your life".

Amanda Widel, Director



2022 Jackson County fair parade float, with part of the crew.

Osteoarthritis vs Rheumatoid Arthritis- What's the difference?

While they are both forms of arthritis, both are painful and share a few characteristics, they are indeed quite different. Your medical provider must determine the correct diagnosis to prescribe the proper treatment. The Mayo Clinic defines the two as "Osteoarthritis, the most common for of arthritis, involves the wearing away of the cartilage that caps the bones in your joints. Rheumatoid arthritis is a disease in which the immune system attacks the joints, beginning with the lining of joints." Symptoms of RA include low-grade fever, morning stiffness of the joints, swelling of the joints, pain in the joints and around the body, redness and warmth in the joints, weight loss and weakness of the muscles and joints. Symptoms of OA include pain around the affected joint, weight-bearing joints "lock" or "give way", morning stiffness, increased joint pain throughout the day, muscle weakness around the arthritic joint, deformed joints and cracking and popping of the joints.

Physical and/or Occupational Therapy may help to increase strength to support arthritic joints, decrease pain by provide education regarding joint protection, and provide ADL and mobility assessments to determine if adaptive equipment or mobility aids would be beneficial. Feel free to reach out to an NIT Occupational or Physical Therapist for more information.



From the Kitchen to you!

Fresh garden vegetables and fruits are always a favorite. Bringing back memories of our youth helping in the garden, as well as our own gardens and enjoying the fruits of our labors.



Did you know Clover Ridge Place kitchen can accept donations of fresh produce? We are looking forward to sweet corn , a favorite for most. If you have an abundance and are looking for a place to share, please contact me to see if we could use your produce. Such things as tomatoes, onions, cucumbers, apples, pears, etc, we will find a recipe and enjoy, thanks to you.

Eat up, **Barb Ihrig, Culinary Coordinator**

Flamingo fun Facts!

Flamingo nests are made of mud. Flamingos get their pink color from their food. ... Flamingos are filter feeders and turn their heads "upside down" to eat. ... A group of flamingos is called a flamboyance. ... There are six flamingo species.

Lia and her sister Grace went to the zoo this summer and learned about flamingos. Their mother Bonnie is a



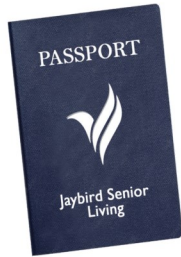
nurse at Hospice of Jackson County. The girls went to mom's work with her one day and found a flock of flamingo's in the office yard and everything they learned at the zoo was discussed and the flamingos were given names.

Lia, is above to the right with flamingo Crystal, and Grace is left giving flamingo Thirsty a drink of water. Thanks to sharing the photos and story with us Bonnie.



FERN SCHOENTHALER
Resident | Maquoketa

"I can do what I want to at
Clover Ridge, I am my own
boss."



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.

(563) 652-2125 | www.CloverRidgePlace.net

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



ANGELA BREWSTER
Employee | Baldwin

"I like Clover Ridge because
it feels like my family away
from family. They encourage
me to do better with my
education."



The Dog Days of Summer. ***What does that mean?***

The "Dog Days" of summer are from July 3 to August 11 each year. They're usually the hottest and most unbearable days of the season. We often hear about the "Dog Days" of summer, but few know where the expression originated.

This may be true, but it doesn't sound like much fun. Let's just enjoy our 4 legged furry friends instead.

Here at Clover Ridge Place we are a pet friendly community and boy do we love the visitors.



Arlene's son brought a litter of pups to visit and they were a true joy to have around.

Animals are so therapeutic for some. If your family are pet lovers and

have furry friends to share in return for some smiles, we would love to see them!

"Join the Gang"

was our theme for July.

We took this theme and ran with a 1950's music & movies feel. We celebrated with root beer floats, Cary Grant movies, a sock hop, 50's trivia and games, a car show and the Jackson County Fair parade, with the same theme. We had such a fun time with this, and as we were celebrating every moment, the cameras were

on the tables many times, so not a lot of pictures. In August our theme changes to "State Fair Bound." With that we will be celebrating everything fair related. Animals, food, games, and the carnival! Be sure and join us on Saturday, August 13th as we

have the Clover Carnival. The dunk tank, and flamingo slip 'n slide will be back! Our kitchen has funnel cakes, and corn-dogs on the menu, it will be a fun time for all ages!



Angie & Paige

Serving Root Beer Floats

At the Car Show.

Rounding the corner of summer time!

As I write this we have just finished the Jackson County Fair parade, and now are looking ahead to what is the last month of summer. It is hard to imagine that the kids will be heading back to school in just a few weeks. It does happen every year, and always seems like a surprise, just like Christmas!

Our calendars are packed with so many things to do. Family vacations, reunions, parties, getting the kids ready to head back to school, oh wait there's more! I guess we better slow down and enjoy these days they will be gone before we know it.



There are a lot of exciting things happening right here at Clover Ridge Place, and we hope you will join us for as much as you can. Today I want to highlight a couple things.

#1 Silent Auction: Our team has put together some AMAZING baskets & items for a silent auction. This is a fundraiser for the Walk to End Alz. Stop in and bid, the auction will stop on Saturday, August 13th, the day of our Clover Carnival.

#2 Family Picnic: We are so excited to bring back our Clover Ridge Place Family picnic! We will be hosting our picnic on Sunday, Sept. 18th. We will have activities, music, wagon rides and more. We look forward to seeing all of you!

Don't let summer race past you, get out and enjoy!

Sally Davies, Community Relations Coordinator

WALK TO END ALZHEIMER'S CLOVER RIDGE FUNDRAISER

It's Flocking Season

For a donation of \$20 or more to the Clover Ridge Place Team and the Walk to End Alzheimer's, we will place a flock of pink flamingos outside the window of your loved one at Clover Ridge Place, or a family, friend or business within 25 miles of Maquoketa. We will deliver a note explaining our feathered friends and that they have been "flocked!" by you. The flock will nest on their lawn for 3 days then they will migrate to their next location! Contact Sally to send a flock or donate!

**CONTACT SALLY TO DONATE
& SEND A FLOCK!**

**563-581-2697 or
welcome@cloverridgeplace.net**

**Flocking season runs
June 20th - Sept. 17, 2022.**



SAVE THE DATE:

Sunday, September 18, 2022

Clover Ridge Place, Family Picnic

Serving 11:30-1:00 P.M.

Wagon Rides, Music & Games in the Courtyard!

Reservations are due by Wednesday, September 7, 2022.



Assisted Living
ACTIVITY CALENDAR

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|--|
|  Morning Walk 10:00 Liv 2B Healthy 10:45 Country Store 2:00 Word Games 3:00 Happy Hour 6:00 Evening Walk |  Morning Walk 10:00 Liv 2B Healthy 10:45 Country Store 2:00 Word Games 3:00 Happy Hour 6:00 Evening Walk |  Morning Walk 9:30 Bird Bath 10:00 Rosary 1:30 Root Beer Floats 3:00 Manicures 6:00 Evening Walk |  Morning Walk 9:30 Devotions 10:00 Liv 2B Healthy 10:30 Independent Puzzles 1:30 Resident Council 2:00 Music w/Helen R. 6:00 Evening Walk 5-7:00 Tractor Show |  Morning Walk 9:15 Church 10:00 Independent Exercise 1:30 Bus Ride 3:00 Bingo 6:00 Evening Walk |  Morning Walk 10:00 Liv 2B Healthy 10:45 Country Store 1:00 Trivia 3:00 Happy Hour 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 9:00 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 9:15 Methodist Communion 10:00 Liv 2B Healthy 10:45 Country Store 2:00 Word Games 3:00 Happy Hour 6:00 Evening Walk |  Morning Walk 9:30 Bird Bath 10:00 Knit/Crochet Circle 1:30 Root Beer Floats 3:00 Balloon Volley 6:00 Evening Walk |  Morning Walk 9:30 Devotions 10:00 Liv 2B Healthy 10:30 Independent Puzzles 1:30 Music w/Janet L. 6:00 Evening Walk |  Morning Walk 9:15 Church 10:00 Sit & Stretch 1:30 Bus Ride 3:00 Bingo 6:00 Evening Walk |  Morning Walk 10:00 Liv 2B Healthy 10:45 Country Store 1:00 Shopping 3:00 Happy Hour 6:00 Evening Walk |  Morning Walk 9:30 Coffee Hour 11-1:00 Carnival @ Clover 1:30 Bunker Bingo 5:30 Evening Walk 6:00 Lawrence Walk |
|  Morning Walk 9:00 KMAQ Lutheran Church 9:30 Coffee Hour 10:00 Music w/Robert 10:15 KMAQ Methodist Church 1:30 Movie Day 3:00 Coffee & Conversation 6:00 Evening Walk |  Morning Walk 10:00 Liv 2B Healthy 10:45 Country Store 2:00 Word Games 3:00 Happy Hour 6:00 Evening Walk |  Morning Walk 9:30 Bird Bath 10:00 Independent Exercise 1:30 Root Beer Floats 3:00 Manicures 6:00 Evening Walk |  Morning Walk 9:30 Devotions 10:00 Liv 2B Healthy 10:30 Independent Puzzles 1:30 Music w/Ron L. 6:00 Evening Walk |  Morning Walk 9:15 Church 10:00 Independent Exercise 1:30 Bus Ride 3:00 Bingo 6:00 Evening Walk |  Morning Walk 10:00 Liv 2B Healthy 10:45 Country Store 1:00 Trivia 3:00 Happy Hour 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 |
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Destination: State Fair!



Memory Care
ACTIVITY CALENDAR

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|--|--|---|
|  9:00 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 7:00 Snack |  10:00 Liv 2B Healthy 10:45 Country Store 11:15 Word Games 2:15 Bingo 3:00 Beverage/Snack Cart 5:15 Aromatherapy 7:00 Snack |  9:30 Bird Bath 10:00 Beverage Cart 2:15 Bingo 3:00 Beverage/Snack Cart 4:30 Supermarket Sweep 5:15 Aromatherapy 7:00 Snack |  9:30 I Love Lucy 10:00 Liv 2B Healthy 11:15 Phrase Craze 1:30 Resident Council 2:00 Music w/Helen R. 3:00 Beverage/Snack Cart 5:15 Aromatherapy 7:00 Snack |  9:15 Church 10:00 Beverage Cart 10:30 Bus Ride 2:15 Bingo 3:00 Beverage/Snack Cart 4:30 TV Jeopardy 5:15 Aromatherapy 7:00 Snack |  10:00 Beverage Cart 10:00 Liv 2B Healthy 10:45 Country Store 1:15 Music Speaks 2:15 Balloon Volley 3:00 Beverage/Snack Cart 4:30 TV Jeopardy 5:15 Aromatherapy |  9:30 Adult Coloring 10:00 Beverage Cart 2:15 Bingo 3:00 Beverage/Snack Cart 5:15 Aromatherapy 6:00 Lawrence Walk 7:00 Snack |
|  9:00 Songs of Faith 10:00 Beverage Cart 10:00 Music w/Robert 10:15 KMAQ Methodist Church 2:15 Activity of Choice 3:00 Beverage/Snack Cart 5:15 Aromatherapy 7:00 Snack |  10:00 Liv 2B Healthy 10:45 Country Store 11:15 Word Games 2:15 Bingo 3:00 Beverage/Snack Cart 5:15 Aromatherapy 7:00 Snack |  9:30 Bird Bath 10:00 Beverage Cart 2:15 Bingo 3:00 Beverage/Snack Cart 4:30 Supermarket Sweep 5:15 Aromatherapy 7:00 Snack |  9:30 I Love Lucy 10:00 Liv 2B Healthy 10:00 Beverage Cart 11:15 Trivia 1:30 Music w/ Ron L. 3:00 Beverage/Snack Cart 5:15 Aromatherapy 7:00 Snack |  9:15 Church 10:00 Beverage Cart 10:30 Bus Ride 2:15 Bingo 3:00 Beverage/Snack Cart 4:30 TV Jeopardy 5:15 Aromatherapy 7:00 Snack |  10:00 Beverage Cart 10:00 Liv 2B Healthy 10:45 Country Store 1:15 Music Speaks 2:15 Balloon Volley 3:00 Beverage/Snack Cart 4:30 TV Jeopardy 5:15 Aromatherapy |  9:30 Adult Coloring 10:00 Beverage Cart 2:15 Bingo 3:00 Beverage/Snack Cart 5:51 Aromatherapy 6:00 Lawrence Walk 7:00 Snack |
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Destination: State Fair!