

Community Information

Please Join Us!

A FREE NIGHT OUT WITH A PICNIC, GAMES, & FUN (KIDS ACTIVITIES & WATER GAMES WITH THE MAQUOKETA FIRE DEPT)



WHERE: LITTLE BEAR PARK, Maquoketa
WHEN: **SEPTEMBER 13, 2022**
5:00 PM – 7:30 PM

BRING YOUR LAWN CHAIRS IF
YOU LIKE AND ENJOY A NIGHT
OUT AGAINST CRIME

Thursday, September 29
4:30 PM at the United Methodist Church
1019 Wesley St. Maquoketa IA

Join a growing movement of people like you who are helping fellow community members live with dementia.

You become a Dementia Friend by attending a one-hour informational session to learn about living with dementia, and the simple things you can do to support someone living with the disease.

What Happens at the Information Session?
The free one-hour session is a discussion led by Dementia Friends Champions, Sally Davies and Pam Schoenthaler. It is not a training session. You'll learn some basics of dementia such as what dementia is, what it's like to live with the disease, and some tips for communicating with people who have dementia. Everyone who attends is asked to turn their new understanding of dementia into a practical action that can help someone living in your community. The action can be as big or as small as you choose—every action counts!

Remember...
You don't need to be a dementia expert or know someone with dementia to become a Dementia Friend. After you attend the session, you decide about becoming a Dementia Friend.

Become a Dementia Friend!

Dementia Friendly Iowa
NORTHEAST IOWA Area Agency on Aging
Dementia Friendly Iowa
Clover Ridge Place
This program is sponsored by Clover Ridge place

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

Ways you can participate in the Walk to End Alzheimer's



Dairy Queen in Maquoketa
Tuesday, Sept 13 from 2-7 P.M.
With every dollar raised they will donate 15% to the Jackson County Walk to End Alz

Maquoketa Brewing Beers with Benefits
Every Thursday in the month of September

THIRSTY THURSDAY
BEERS with Benefits!
FOR EVERY PINT OF BEER SOLD EACH THURSDAY IN SEPTEMBER, WE WILL DONATE \$1.00 TO WALK TO END ALZHEIMER'S

Clover Ridge Place team & residents will be helping at Night Out, we sure hope you will join us in the fun!

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



Jackson County
Walk to End Alzheimer's
Saturday, September 24
Maquoketa—YMCA 9 A.M.

September, 2022

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

Help us celebrate National Assisted Living Week 2022 at Clover Ridge Place
Celebrating 'Joyful Moments' During National Observance

Established by the National Center for Assisted Living (NCAL) in 1995, National Assisted Living Week® provides a unique opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities to recognize the role of assisted living in caring for America's seniors and individuals with disabilities.

A weeklong celebration kicks off Sunday, September 11, and Clover Ridge Place is joining tens of thousands of assisted living communities across the country for the festivities. National Assisted Living Week® – officially sponsored by First Quality in 2022 – continues through Saturday, September 17, and Clover Ridge Place honors this year's theme, "Joyful Moments."

This year's National Assisted Living Week allows us to celebrate and create new, special memories together. "Joyful Moments" reflects the strong family connection between residents and staff while providing an opportunity for local communities to celebrate the individuals who live and work in assisted living and learn more about this sector of long term care.

While adhering to safety requirements and precautions in place for COVID, activities offered this week here at Clover Ridge Place will include:

- Sunday 11th**—Grandparent's Day 1:00 P.M. Grandparents Celebration with a Sundae Bar
- Monday 12th** - Kick off - Cake at Lunch & Phrase Craze at 2:00 P.M.
- Tuesday 13th** - Feel the rhythm in you! 10 A.M. Drum line exercises
National Night Out at Little Bear Park 5 - 7 P.M.
- Wednesday 14th** - Manicures 10:30 A.M. Music with Janet at 1:30 P.M.
- Thursday 15th** - Hat Show presented by Nancy Johnson 10 A.M.
Bus Ride 1:30 P.M.
- Friday 16th** - Maquoketa Home Coming Parade on Main St. 1:00 P.M.
Happy Hour 3:00 P.M.
- Saturday 17th** - Maqtoberfest 11 A.M. - 2:00 P.M.
Green Space down town Maquoketa
- Sunday 18th** - Clover Ridge Place Family Picnic - 11:30 A.M. - 1:00P.M.

Family Picnic
Sunday, September 18, 2022
Serving starting at
11:30 A.M. - 1:00 P.M.
Hamburgers & Hotdogs
Potato Salad,
Baked Beans, Chips
Assorted Bars & Drinks
Wagon Rides
11:30 A.M. - 1:00 P.M.
Music - Just Jer
12:00 P.M. in Courtyard
Yard Games
Bring a lawn chair & enjoy the day!
Please R.S.V.P.
by 9/7/22

**Happy Birthday
Clover Ridge Place
Residents &
Team Members**

Red H. 3rd
Alyssa V. 6th
Darrell R. 7th
Arlin K. 12th
Sierrah S. 22nd
Bel T. 28th
Ester W. 28th



**Celebrating
Grandparents Day!
“Sunday Bar”**

Sunday, September 11, 2022 1:00 P.M.

Join us for Ice Cream Sundae’s
in the main dining room

Mark your calendar!
Flu Clinic
At Clover Ridge Place

**October 5th -
Maquoketa Family Clinic Patients
10:30-12:30**

**October 6th -
Osterhaus Pharmacy for all others
9:30 - 11:30**

Please see the nurses with questions.

History of Grandparents Day

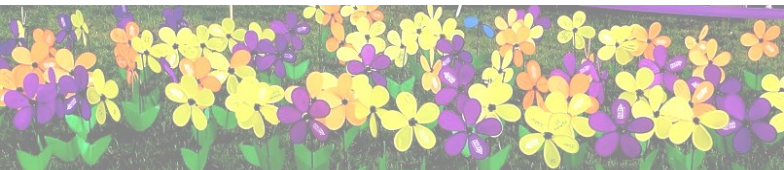
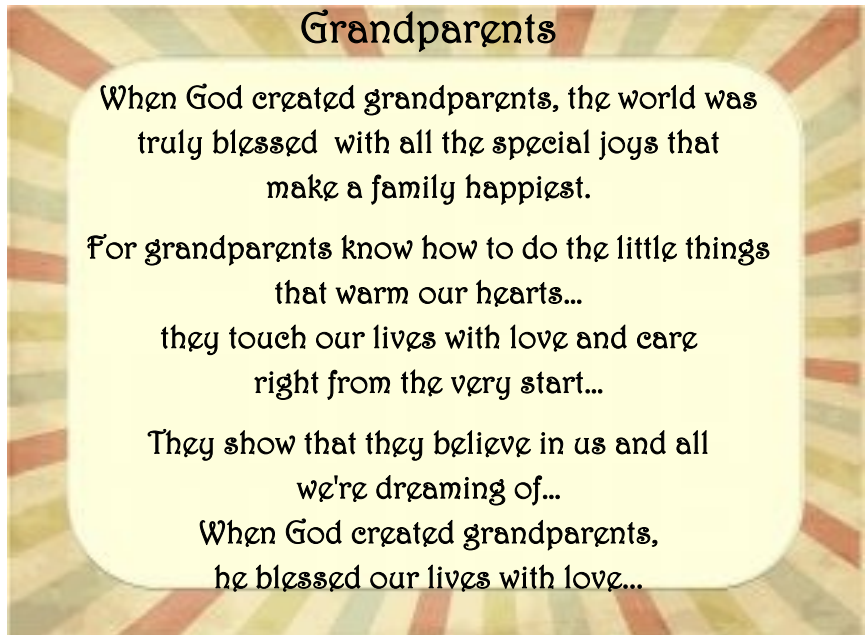
Source nationaltoday.com

In 1969, nine-year-old Russell Capper sent President Nixon a letter suggesting that a day should be set aside in order to celebrate grandparents. On June 12, 1969, he received a letter back from Rose Mary Woods — Personal Secretary to the President — reading, “Dear Russell, Thank you for your letter to President Nixon. Your suggestion regarding a Grandparent’s Day is appreciated, but the President ordinarily issues proclamations designating periods for special observance only when a Congressional resolution authorizes him to do so. With best wishes, Sincerely, Rose Mary Woods Personal Secretary to the President.”

Following this letter, Marian McQuade was recognized nationally by the U.S. Senate and by President Jimmy Carter as the founder of National Grandparents Day. McQuade wanted to educate the youth about the importance of seniors and the contributions they have made throughout history. She urged the youth to “adopt” a grandparent and learn more about their lives, challenges, and desires for the future.

In 1977, Senator Randolph, with the help of other senators, introduced a joint resolution to the senate requesting the president to “issue annually a proclamation designating the first Sunday of September after Labor Day of each year as ‘National Grandparents’ Day’.” Congress passed the legislation, proclaiming the first Sunday after Labor Day as National Grandparent’s Day. On August 3, 1978, Jimmy Carter signed the proclamation, and the day was finally celebrated the following year.

How will you celebrate National Grandparent’s day with your Grandparents? Here at Clover Ridge Place we will be celebrating all Grandparents, and Grandparent figures on Sunday, September 11 at 1:00 P.M. with Sundae’s on Sunday. Join us if you can.



Clover Ridge Place is a proud sponsor of the Walk to End Alzheimer’s and even prouder to be part of such a supportive community. Here at Clover Ridge Place we have been doing some fundraising for the efforts and are happy to report as of 8-25-22 we have raised over \$2,200 to be added to the Jackson County Walk to End Alzheimer’s efforts.

There are so many ways a person can get involved in our area. At Clover Ridge Place we still have a few spots left on the “Flocking” schedule, but they are filling fast.



We are so excited that our greater Maquoketa and Jackson County businesses are helping support this cause. Our hope is you will find a way that will work for you and your family to help support this cause that we believe in so passionately.



T-shirts from the Jackson County Walk committee, Beers with Benefits at Maquoketa Brewing, and Dairy Queen fundraising night.



Details on the back page of the newsletter.



Please contact me for more information on any or all of these and if you would like more information on the Jackson County Walk to End Alzheimer's. Walk day is Saturday, September 24, 2022, and the Maquoketa YMCA. Registration starts at 8:00A.M. opening ceremony starts at 8:45 with the walk to follow at 9:00A.M.

Thank you for your continued support, I look forward to seeing you at the Walk on Saturday, Sept.24th

**Sally Davies,
Community Relations Coordinator**

September is fall prevention awareness month.

Risk of falling increases with age and also is known to be greater for women than for men. The greater number of risk factors to which an individual is exposed and the greater the probability of a fall are more likely the results will threaten the person’s independence. Here is some information about risk factors that may be helpful in reducing the likelihood of falls.

Some risk factors include:

Osteoporosis or bones that are more prone to fractures. Prevention tips include eating and drinking calcium or taking calcium, exposing yourself to sunlight or taking Vitamin D. Supplements should be taken with your physician’s approval.

Lack of physical activity. Participating in regular exercise, like Live 2B Healthy, is a great way to increase activity. In doing so you will increase your strength and balance. Also, walking independently can be very beneficial.

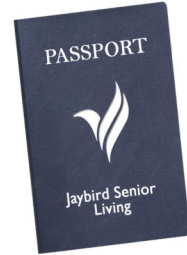
Impaired vision. Cataracts, glaucoma, and macular degeneration can impair vision and make us more susceptible to falls. Please see your eye doctor for regular checkups and for proper eye wear.

Medications. Although medications are sometimes needed, they can also have side effects that may increase our risk for falling. Working with your physician to remain on the lowest dose that is effective for what is being treated is helpful. An assistive device like a walker or cane may also be needed for balance.

Environmental hazards. Poor lighting, loose throw rugs, lack of grab bars, unsteady furniture, not using your walker, poorly fitting footwear, or clutter on the floor can all contribute to falls. Rushing may also contribute to falls.

EVELYN CURRENT
Resident | Maquoketa

"What more could a girl ask for? At Clover Ridge I don't have to cook, clean, or do laundry, and my hair dresser is right down the hall."



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



JIM STEINES
Employee | Maquoketa

"Good part-time job. I like to work, visit, and listen to all the stories from the residents at Clover Ridge"



Osteopenia vs Osteoporosis- What's the Difference?

The Mayo Clinic explains "Bone is living tissue that is constantly being broken down and replaced. Osteoporosis occurs when the creation of new bone doesn't keep up with the loss of old bone. Osteoporosis causes bones to become weak and brittle. Osteoporosis-related fractures most commonly occur in the hip, wrist or spine."

Osteopenia is best described as pre-osteoporosis. Harvard Health states, "Both osteoporosis and osteopenia are related diseases and are varying degrees of bone loss."

Aside from mitigating factors, we can help prevent or worsen bone loss by choosing a healthy lifestyle that includes exercise. Getting enough exercise has been proven to aid in the battle against bone disease. If you are not sure what type of exercise is right for you, a Physical therapist or Occupational Therapist can help. After an initial examination and discussion of your goals, they can tailor-make a program of what's best to keep you strong, which can be done safely. Feel free to contact an NIT Physical or Occupational Therapist to set up an evaluation or to answer some questions regarding exercise with Osteoporosis or Osteopenia



Back to School Memories!



My most exciting memory of going back to school was the letter I would receive from my grandparents during the first week of school every year. It always told of their favorite memories during the particular school year I was beginning.

I never quite understood how much those letters would mean to me at the age of 5 but as the years went on I grew to appreciate them more and more. As 2022-2023 school year has just begun, I encourage everyone to write a note of encouragement, advice or just to tell your grandchildren or great-grandchildren hello. It's a memory that will last forever.



Amanda Widel, Director

Carnival at Clover Ridge



Lasting memories made in a day!



Gather Round the Table

Monday afternoons are the perfect time for sharing stories. You never know which direction the conversation will go. The stories are amazing, but why wouldn't they be, there are amazing people at Clover Ridge Place! Monday's are a great day to share stories at happy hour.

SEPTEMBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

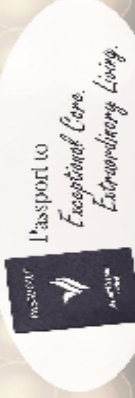
FRIDAY

SATURDAY



Assisted Living ACTIVITY CALENDAR

Kickoff Life with us!



4
Morning Walk
9:00 KMAQ Lutheran Church
9:30 Coffee Hour
10:15 KMAQ Methodist Church
1:30 Movie Day w/Popcorn
3:00 Coffee & Conversation
6:00 Evening Walk

11
Morning Walk
9:00 KMAQ Lutheran Church
9:30 Coffee Hour
10:15 KMAQ Methodist Church
1:00 "Sunday Bar"
With Grandparents
1:30 Movie Day w/Popcorn
3:00 Coffee & Conversation

18
Morning Walk
9:00 KMAQ Lutheran Church
9:30 Coffee Hour
10:15 KMAQ Methodist Church
11-1 Clover Family Picnic
1:30 Movie Day w/Popcorn
3:00 Coffee & Conversation
6:00 Evening Walk

25
Morning Walk
9:00 KMAQ Lutheran Church
9:30 Coffee Hour
10:15 KMAQ Methodist Church
1:30 Movie Day w/Popcorn
3:00 Coffee & Conversation
6:00 Evening Walk

5
Morning Walk
10:00 Sit & Stretch
10:45 Country Store Open
2:00 Family Fend
3:00 Happy Hour
6:00 Evening Walk

12
Morning Walk
9:30 Methodist Communion
10:00 Liv 2B Healthy
10:45 Country Store Open
2:00 Phrase Craze
3:00 Happy Hour
6:00 Evening Walk

19
Morning Walk
10:00 Liv 2B Healthy
10:45 Country Store Open
2:00 Family Fend
3:00 Happy Hour
6:00 Evening Walk

26
Morning Walk
10:00 Liv 2B Healthy
10:45 Country Store Open
2:00 Phrase Craze
3:00 Happy Hour
6:00 Evening Walk

6
Morning Walk
9:30 Bird Bath
10:00 Rosary
10:30 Wheel of Fortune
1:30 Root Beer Floats
3:00 Independent Puzzles
6:00 Evening Walk

13
Morning Walk
9:30 Bird Bath
10:00 Drumming Exercise
1:30 Root Beer Floats
3:00 Independent Puzzles
5:30 National Night Out
6:00 Evening Walk

20
Morning Walk
9:30 Bird Bath
10:30 Wheel of Fortune
10:30 Music w/Scott
1:30 Root Beer Floats
3:00 Independent Puzzles
6:00 Evening Walk

27
Morning Walk
9:30 Bird Bath
10:00 Drumming Exercise
1:30 Root Beer Floats
3:00 Independent Puzzles
6:00 Evening Walk

7
Morning Walk
9:30 Devotions
10:00 Liv 2B Healthy
1:30 Resident Council
2:00 Music w/Helen
3:00 Independent Puzzles
6:00 Evening Walk

14
Morning Walk
9:30 Devotions
10:00 Liv 2B Healthy
10:30 Manicures
1:30 Music w/Janet
6:00 Evening Walk

21
Morning Walk
9:30 Devotions
10:00 Liv 2B Healthy
10:30 Manicures
1:30 Music w/Ron
6:00 Evening Walk

28
Morning Walk
9:30 Devotions
10:00 Liv 2B Healthy
10:30 Manicures
1:30 Monthly Birthday Party
1:30 Music w/Todd
6:00 Evening Walk

8
Morning Walk
9:15 Church w/Rev. Keck
10:00 Drum Exercise
1:00 Bus Ride
3:00 Bunker Bingo
6:00 Evening Walk

15
Morning Walk
9:15 Church w/Pastor Hess
10:00 Nancy Johnson & her "Hat Show"
1:00 Bus Ride
3:00 Bunker Bingo
6:00 Evening Walk

22
Morning Walk
9:15 Church w/Rev. Alberta
10:00 Drum Exercise
1:00 Bus Ride
3:00 Bunker Bingo
6:00 Evening Walk

29
Morning Walk
9:15 Church w/ Fr. Austin
10:00 Drum Exercise
1:00 Bus Ride
3:00 Bunker Bingo
6:00 Evening Walk

9
Morning Walk
10:00 Liv 2B Healthy
10:45 Country Store Open
1:00 Shopping
3:00 Happy Hour
6:00 Evening Walk

16
Morning Walk
10:00 Liv 2B Healthy
10:45 Country Store Open
1:00 Maquoketa Homecoming Parade
3:00 Happy Hour
6:00 Evening Walk

23
Morning Walk
10:00 Liv 2B Healthy
10:45 Country Store Open
1:00 Shopping
3:00 Happy Hour
6:00 Evening Walk

30
Morning Walk
10:00 Liv 2B Healthy
10:45 Country Store Open
1:00 Visit with Vets
1:15 Easton Valley Homecoming Parade
3:00 Happy Hour
6:00 Evening Walk

3
Morning Walk
9:30 Coffee Hour
10:00 Independent Exercise
1:00 Bingo
5:30 Evening Walk
6:00 Lawrence Walk Show

10
Morning Walk
9:30 Coffee Hour
10:00 Independent Exercise
1:00 Bingo
2:00 Tailgate Party
5:30 Evening Walk
6:00 Lawrence Walk Show

17
Morning Walk
9:30 Coffee Hour
10:00 Independent Exercise
1:00 Bingo
5:30 Evening Walk
6:00 Lawrence Walk Show

24
Morning Walk
9:30 Coffee Hour
10:00 Independent Exercise
1:00 Bingo
5:30 Evening Walk
6:00 Lawrence Walk Show

SEPTEMBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

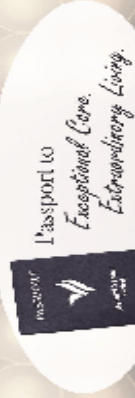
FRIDAY

SATURDAY



Memory Care ACTIVITY CALENDAR

Kickoff Life with us!



4
9:00 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
7:00 Snack

11
9:00 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
7:00 Snack

18
9:00 Listen to Songs of Faith
10:00 Beverage Cart
10:15 KMAQ Methodist Church
11-1 Clover Family Picnic
2:15 Activity of Choice
3:00 Beverage/Snack Cart
5:15 Aromatherapy
7:00 Snack

25
9:00 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
7:00 Snack

5
10:00 Sit & Stretch
10:45 Country Store Open
11:15 Wheel Of Fortune
2:15 Bingo
3:00 Beverage/Snack Cart
5:15 Aromatherapy

12
9:30 Methodist Communion
10:00 Liv 2B Healthy
10:45 Country Store Open
11:15 Word Games
2:15 Bingo
3:00 Beverage/Snack Cart
4:30 TV The Price Is Right
5:15 Aromatherapy
7:00 Snack

19
10:00 Liv 2B Healthy
10:45 Country Store Open
11:00 Phrase Craze
2:15 Bingo
3:00 Beverage/Snack Cart
4:30 TV The Price Is Right
5:15 Aromatherapy
7:00 Snack

26
10:00 Liv 2B Healthy
10:45 Country Store Open
11:00 Word Games
2:15 Bingo
3:00 Beverage/Snack Cart
4:30 Wheel Of Fortune
5:15 Aromatherapy
7:00 Snack

6
9:30 Bird Bath
10:00 Rosary
10:00 Beverage Cart
2:15 Bingo
3:00 Beverage/Snack Cart
4:30 Supermarket Sweep
5:15 Aromatherapy

13
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

20
9:30 Bird Bath
10:00 Beverage Cart
10:30 Music w/Scott
2:15 Bingo
3:00 Beverage/Snack Cart
4:00 TV The Price Is Right
5:15 Aromatherapy
7:00 Snack

27
9:30 Bird Bath
10:00 Beverage Cart
2:15 Bingo
3:00 Beverage/Snack Cart
4:00 TV The Price Is Right
5:15 Aromatherapy
7:00 Snack

7
9:00 Aromatherapy
9:30 I Love Lucy
10:00 Liv 2B Healthy
10:00 Beverage Cart
11:00 Gimme 5 Game
1:30 Resident Council
2:00 Music w/Helen
3:00 Beverage/Snack Cart

14
9:00 Aromatherapy
9:30 I Love Lucy
10:00 Liv 2B Healthy
10:00 Beverage Cart
11:00 Word Trivia
1:30 Music w/Janet
3:00 Beverage/Snack Cart

21
9:00 Aromatherapy
9:30 I Love Lucy
10:00 Liv 2B Healthy
10:00 Beverage Cart
11:00 Songs to Remember
1:30 Music w/Ron
3:00 Beverage/Snack Cart

28
9:00 Aromatherapy
9:30 I Love Lucy
10:00 Liv 2B Healthy
10:00 Beverage Cart
11:00 Wheel of Fortune
1:30 Music w/Todd
1:30 Monthly Birthday Party

8
9:15 Church
10:00 Beverage Cart
10:30 Bus Ride
2:15 Nail Day/Hand Massage
3:00 Beverage/Snack Cart
4:30 TV Jeopardy
5:15 Aromatherapy
7:00 Snack

15
9:15 Church
10:00 Beverage Cart
10:30 Bus Ride
2:15 Bingo
3:00 Beverage/Snack Cart
3:30 Movie
5:15 Aromatherapy
7:00 Snack

22
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

29
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

9
10:00 Liv 2B Healthy
10:00 Beverage Cart
10:45 Country Store Open
1:15 Music Speaks w/Laura
2:15 Balloon Volley
3:00 Beverage/Snack Cart
4:30 TV Jeopardy
5:15 Aromatherapy

16
10:00 Liv 2B Healthy
10:00 Beverage Cart
10:45 Country Store Open
1:15 Music Speaks w/Laura
2:15 Balloon Volley
3:00 Beverage/Snack Cart
4:30 TV Jeopardy
5:15 Aromatherapy

23
10:00 Liv 2B Healthy
10:00 Beverage Cart
10:45 Country Store Open
1:15 Music Speaks w/Laura
2:15 Balloon Volley
3:00 Beverage/Snack Cart
4:30 TV Jeopardy
5:15 Aromatherapy

30
10:00 Liv 2B Healthy
10:00 Beverage Cart
10:45 Country Store Open
2:15 Balloon Volley
3:00 Beverage/Snack Cart
4:30 TV Jeopardy
5:15 Aromatherapy
7:00 Snack

10
9:30 Adult Coloring
10:00 Beverage Cart
2:15 Bingo
3:00 Beverage/Snack Cart
5:15 Aromatherapy
6:00 Lawrence Walk Show
7:00 Snack

17
9:30 Adult Coloring
10:00 Beverage Cart
2:15 Bingo
3:00 Beverage/Snack Cart
5:15 Aromatherapy
6:00 Lawrence Walk Show
7:00 Snack

24
9:30 Adult Coloring
10:00 Beverage Cart
2:15 Bingo
3:00 Beverage/Snack Cart
5:15 Aromatherapy
6:00 Lawrence Walk Show
7:00 Snack

31
9:30 Adult Coloring
10:00 Beverage Cart
2:15 Bingo
3:00 Beverage/Snack Cart
5:15 Aromatherapy
6:00 Lawrence Walk Show
7:00 Snack