

# NOVEMBER 2022 NEWSLETTER



17396 KINGBIRD AVE  
MASON CITY, IOWA 50401  
PH. 641-423-7722



## November Birthdays

5 Nancy Moen  
27 Dee Ristau  
28 Mary Hedrick  
28 Pat Monson

## Calendar Highlights

Wednesday 2nd—Resident Council  
Wednesday 9th—Music w/Gary  
Thursday 17th—Music w/Jeff  
Tuesday 22nd—Music w/Renee  
Thursday 24th—Happy Thanksgiving!

## Giving Thanks Can Be Good for You

The human need to express gratitude seems to be a powerful and almost universal phenomenon. But why? The results of scientific studies — both psychological and physiological — are fascinating. Here are five reasons why giving thanks is actually good for you.

**Counting blessings boosts your health.** Research shows that grateful people had less depression and stress, lower blood pressure, more energy, and greater optimism.

**Slow down the aging clock.** In older adults, a daily practice of gratitude even slowed down some of the effects of neurodegeneration that often occurs as we age.

**Put the brakes on stress.** Cortisol is often called the “stress hormone,” and when our bodies produce too much, it can deplete the immune system and raise blood sugar levels. A study found that positive emotions like appreciation significantly lowered levels of cortisol.

**Being thankful helps you bond.** Research by U.S. psychologists indicates that gratitude also can lead to better relationships. The explanation may be connected to increased production of oxytocin, sometimes called the “bonding hormone” because it fosters calm and security in relationships.

**Gratefulness = good for the heart and waistline?** According to research, people with high blood pressure who actively express thankfulness “can achieve up to a 10 percent reduction in systolic blood pressure and decrease their dietary fat intake by up to 20 percent.” With Thanksgiving and other food-centered holidays coming up, that’s a potential benefit to be grateful for all year long.

*Country Meadow Place’s goal is to work with staff and residents’ families to make meaningful dreams come true for each of our Residents. If you have any suggestions for your loved one, please talk to one of our staff members. No dream is too big!!*



## COUNTRY MEADOW MOMENTS



## MEET OUR STAFF

John Joyner

Director

[director@countrymeadowplace.com](mailto:director@countrymeadowplace.com)

Tyler Hedegard

Community Relations Coordinator

[welcome@countrymeadowplace.com](mailto:welcome@countrymeadowplace.com)

Kiki Jutting

Assistant Manager

[admin@countrymeadowplace.com](mailto:admin@countrymeadowplace.com)

Destiny Burkgren, RN

Healthcare Coordinator

[nurse@countrymeadowplace.com](mailto:nurse@countrymeadowplace.com)

Anne Studer, LPN

[nurse3@countrymeadowplace.com](mailto:nurse3@countrymeadowplace.com)

Marcella Holck

Culinary Coordinator

[culinary@countrymeadowplace.com](mailto:culinary@countrymeadowplace.com)

Adrienne James

Life Enrichment Coordinator

[lifenrichment@countrymeadowplace.com](mailto:lifenrichment@countrymeadowplace.com)

Andrew Monson

Maintenance Coordinator

[maintenance@countrymeadowplace.com](mailto:maintenance@countrymeadowplace.com)