

You are invited
Holiday Open House

Tuesday, December 6
1 - 6 P.M.

Music with Lou Oswald
from 1:30 - 2:30

Root Beer Floats & Cocktails

Tour the community vote for your
favorite holiday decorated area.

Every tour will be entered in for one
of three fabulous door prizes!

Resident & Family
Christmas Party

Monday, December 19
1:30 to 3:30 P.M.

Music w/ Ron Lubbers
from 1:30 - 2:30



Santa will arrive at
2:30 gifts & photo
options

Snack & Happy
Hour

Please join us

New Years
Eve Party

Friday, December 30
1:30 - 3:30 P.M.

Music with Just Jer
from 1:30 - 2:30

Toasting "What Every
Will Be In 23" at 2 P.M.

Cocktails & Snacks

THE VIEW

from

Clover Ridge
Place

December, 2022

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

Season of Change Passing of the Spatula!

There is a time in everyone's life that change is inevitable. The time we go to school, start a new job, have a family, retire. Well, that time has come in my life to start drawing social security. I can't believe it! Where has the time gone? I have worked with the senior population for the past 43 years and have loved every minute of it! In my career I have been a CNA, Rehab Aid, Activity Director in previous employment. The past nine years here at Clover Ridge Place I have switched from Life Enrichment Coordinator to the past seven years as Culinary Coordinator. This has been amazing, having residents give me personal and family recipes to make here for all to enjoy, and entrusting those treasured cookbooks with me. My career has allowed me to meet so many wonderful people, residents, and their families, who have become extended family to me. To say this job has been rewarding is an understatement! The rewards are so many, seeing the smiles, hearing the stories. My motto has always been



work hard, and have fun! I can honestly say, I have accomplished that.

That leads us to the passing of the spatula, so to say. Shelly has been with me for the past five years in the kitchen. We have been through a few smoke alarms, kitchen remodel, holiday, and special events meals, burnt cookies, and some special request meals, like liver & onions, we made happily, but not our first choice. Shelly knows the ins and the outs and can be entrusted with those secret recipes that make everyone so happy.

I am proud to say Shelly will be taking over as Culinary Coordinator, January 1, 2023. I am very confident she is the right person for this position.

So, with that being said, and you knowing me, not being able to sit still. I will be going to part-time in housekeeping. As many of you know, I can only work so many hours per month, with that crazy social security. This will also allow me to volunteer and help with those special events. I am truly looking forward to that.

One last note. I want to say thank you to everybody for all the wonderful memories from my time in the kitchen and beyond. Now it is time to make new memories.

Thank you all, **Barb Franzen Ihrig**



Clover Ridge
Residents &
Team Members

Joyce B. 6th

Linda R. 7th

Amanda W. 8th

Evelyn C. 13th

Gladys M. 14th

Garrett R. 18th

Cindy N, 24th

Believe **OPEN FOR TOURS**



Angela, Fern, Jim, Phyllis, Jack, Ashley, Evelyn, Smiley, Brianna, Sally and Red



Marilyn, Angie, Kay, Marna, Amy, Paul

"As soon as you walk in you feel at home. An amazing group of people."

"Food is the way to the heart and I love that I get to create meals that remind our residents of being at home."

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



Archie, Barb, Gladys, Garrett



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.

Passport to
Exceptional Care.
Extraordinary Living.

Clover Ridge
Place

The Next Step of Your Life Journey is Clover Ridge Place!

(563) 652-2125 | www.CloverRidgePlace.net
Visit Us At: 205 Ehlers Lane, Maquoketa, IA 52060

professionally managed by
JAYBIRD
SENIOR LIVING



Our “Meet us on Main Street Shop Hops” were so much fun! Our first stop was Bellevue, where we were met by Mayor Roger Michels. In the above photo to Mayor Roger, Carol M. Marna M. Fern S. Phyllis R. Carolyn B. Angie K. and back row Stacie H. owner of Classy Closet Consignments.



Above, Fern S. tested out the chairs at Classy Closet Liquidation. We enjoyed lunch at Carousel Corner, checked out the gift items at Hartig Drug, had some special visitors on the bus, Ray & Mary Thiesen, and dodged the rain on our way out of Sweet Boutique.



Marna, Carol, Fern, Carolyn, Phyllis, and Angie

Put your shoes on!



Have you ever heard of National Put on Your Own Shoes Day? Me either! Look it up and you will see it is celebrated on December 6th this year. Although we take it for granted, simply putting on shoes can be a daunting task for some. In addition, getting dressed, taking a shower, walking to meals, avoiding falls, recalling names and building endurance can be difficult following illness and surgery or when complicated with pain or weakness. Let our experienced, professional therapists from Northern Iowa Therapy (NIT) help! Our Occupational, Physical and Speech therapists can provide a skilled evaluation, work with you to establish personal goals and explain how they can help you meet those goals. NIT offers therapy 5 days a week and is located right here in-house. Please stop by to speak with one of our therapists if you want to learn more. So, let's celebrate on December 6th. Here's to putting your own shoes on, even if you must use a shoehorn to do it!



This holiday season families across the country are preparing for the holidays. Eleven million family members and friends will be caring for someone living with Alzheimer's. Holiday celebrations are often happy occasions, but they can be challenging and stressful for families living with Alzheimer's. Families and friends may be unsure of how to involve their loved one with Alzheimer's in activities without overwhelming them (or others).

Community Engagement Specialist, Megan Pedersen encourages families to plan ahead and communicate clearly. “The holidays are stressful in general,” said Pedersen. “Keeping things simple and managing expectations can ensure the holidays can be a joyful time for everyone.”

She provides a few holiday tips from the Alzheimer's Association:

Make sure others know: Let guests know what to expect before they arrive and tell them how they can help. For example, what activities can they do with the person living with Alzheimer's and how best to communicate with them.

Build on traditions and memories: Take time to experiment with new traditions that might be less stressful or a better fit with your caregiving responsibilities. For example, if evening confusion and agitation are a problem, turn your holiday dinner into a holiday lunch.

Involve the person with Alzheimer's: Depending on abilities and preferences, make sure to keep the person with Alzheimer's involved in the celebrations, such as packing cookies in tins or helping wrap gifts.

Plan ahead: When attending a holiday party, prepare the host for special needs, such as a quiet room for the person to rest in away from the noise and distractions.

How to Help an Alzheimer's Caregiver

Learn about the disease: Educate yourself about Alzheimer's disease – its symptoms, its progression and the common challenges facing caregivers. The more you know, the easier it will be to find ways to help. The Alzheimer's Association has a vast amount of resources and information available at www.alz.org.

Offer caregivers a reprieve: Make a standing appointment to give the caregiver a break. Spend time with the person with dementia and allow the caregiver a chance to run errands, go to their own doctor's appointment, participate in a support group or engage in an activity that helps them recharge. Even one hour could make a big difference in providing the caregiver some relief.

Check in: Almost two out of every three caregivers said that feeling isolated or alone was a significant challenge in providing care for someone with Alzheimer's or another form of dementia. What's more, half of all caregivers felt like they couldn't talk to anyone in social settings or work about what they were going through.

For additional information on Alzheimer's and the holidays, please visit <https://alz.org/help-support/resources/holidays>.

Please contact with any questions,

Megan Pedersen, Community Engagement Specialist

Alzheimer's Association mepedersen@alz.org or 563.293.8058.





Veterans honored at Clover Ridge Place on Veterans Day. From Left to right front row; Paul M. Arlin K, Red H. John E. Middle row Left to Right; Darrell R. Jack D. Walt E. Wayne H. Archie M. Back row Terry & Mary C. Lowel S. Bob W. Brent Kilburg, Rusty H. and Levi S.



Preston's Shop Hop was a tour of Preston, on a snowy cold day. Found a random tractor flipped upside down in front of the fire station. Found out that it was part of training the department was having. Angie & Tracy met Archie and Jack for lunch at the Down Town Pub. Then off to Iowa Grape Vines to restock the happy hour cart.



Darrell R.

Thanksgiving preparations at Clover Ridge Place include, churning butter, making pumpkin bars, and grinding the cranberries for the cranberry relish. Thankfully there are always folks willing to help and share some laughs in the process.



Joyce B.



Ardo S.



Rose Mary B.



Darrell R.



Carol S. & Angie K.

Merry Christmas & Happy New Year!

Wow, what a year! It's hard to believe I am saying that again, it seems like just yesterday we were saying goodbye to 2021 and welcoming 2022, yet here we are on the cusp of welcoming 2023! I have heard many people say, and I say it too, where has the time gone.

This time of year, we look at our family and all that surround us and rejoice those celebrations in life has provided us and we put to rest those things we would rather never think of again. Christmas is that wonderful and magical time of year! This Christmas season my wish for everyone is to find that magic! That warm and full feeling in your heart, and may it stay in the forefront of this coming year for each and every one of you!

Merry Christmas & Happy New Year!

Sally Davies,
Community Relations Coordinator

Holiday Mental Health

With the holiday season quickly approaching it is easy to get lost in the hustle and bustle of Christmas, light, song, and decoration galore! However, for some of us, holidays are the mere opposite of a grand ole time. During this and every holiday season, know that it is important and okay to acknowledge and manage your mental health. I believe there are many of us who can think of someone which we used to spend the holidays with that are no longer here with us. The memories of departed loved ones can often cause feelings of grief or sadness as the holidays grow closer. Did you know approximately 64% of people with a history of depression or anxiety report that the holidays make their condition worse rather than better? Or that 3 out of 5 Americans believe that their mental health can be impacted negatively by the holidays approaching (Gillison, 2021)? These numbers mean that you are not alone. There are others feeling this way as well and below are some ways that you can cope with these feelings during the holiday season.

First, accept whatever you are feeling. Some people may find themselves feeling guilty about being happy and enjoying the season when they have lost someone special to them. Still enjoying the holiday is okay! On the contrary, feeling sad during the holiday is okay as well! Whatever you are feeling, accept this and try to make the best of your time celebrating. Keeping up with healthy habits during the holiday season is essential to keeping your brain healthy. Continue to mind your eating, practice self-care, talk about your feelings with someone you trust, and exercise as tolerated. Next, it is okay to limit time with people that you do not mesh with. Spend more time with the people in your life that make you happy and get you laughing and less time with those that cause frustrations or anxiety. Last, make time to connect to yourself, your family and friends you are celebrating with, as well as family and friends who may not be with you any longer. Take some time to reminisce about holidays celebrated in the past with family members who are no longer here to keep their spirit alive. Please do not hesitate to reach out to a nurse if you are having immense feelings of sadness, anxiety, anger, guilt, etc during this holiday season. We would be happy to help you through.

Happy holidays!

Sierrah, RN/BSN

Reference: Gillison, Daniel, H. (2021, December 20). *The most difficult time of the year: Mental health during the holidays*. National Alliance of Mental Illness. <https://www.nami.org/Blogs/From-the-CEO/December-2021/The-Most-Difficult-Time-of-The-Year-Mental-Health-During-the-Holidays>



The second Shop Hop was in Maquoketa. Dee Tabor, at Make a Splash, meet us on the sidewalk and helped us off the bus. Above Evelyn, Angela, Judy, Dee, Carolyn, Lois, Angie and Ester stopped for a quick photo. Pictured on the right Judy found a classy pair of glasses to model, below Ester was checking it all out.



We stopped at Maquoketa Art Experience, to see the beautiful quilts. While at May Ray Jewelers, we were treated to cocktails and lots of reminiscing. Dean & Jake, Evelyn's brothers stopped in to say hi. They are picture to the right. Lunch at Mega's, where we ran into many friends. Treats at Moore Local and the final stop at RonAnn's Floral and gift.

Right Carolyn holding a card.



Evelyn, Carolyn, Lois, Angie, Judy

DECEMBER



Assisted Living ACTIVITY CALENDAR

SUNDAY

MONDAY

TUESDAY

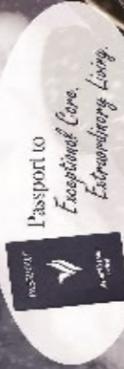
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Light Up Your World!



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

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

Morning Walk
9:30 Bird Bath
11:30-1:00 Brown Bag Lunch
1:30 Koot Beer Floats
1:30 Music w/ Lou Oswald
1:00-6:00 Holiday Open House
6:00 Evening Walk

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

Morning Walk
9:15 Church
10:00 Rosary
1:00 Bus Ride
3:00 Bunker Bingo
6:00 Evening Walk

Morning Walk
10:00 Liv 2B Healthy
10:45 Country Store Open
2:30 Dice Roll
3:00 Happy Hour
6:00 Evening Walk

Morning Walk
9:30 Coffee Hour
10:00 Independent Exercise
1:00 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 w/Popcorn
3:00 Coffee & Conversation
6:00 Evening Walk

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

Morning Walk
9:30 Bird Bath
11:30-1:00 Brown Bag Lunch
2:00 Bingo
3:00 Independent Exercise
5:00 Murphy Light Park

Morning Walk
9:30 Devotions
10:00 Liv 2B Healthy
1:30 Music w/Janet
3:00 Manicures
6:00 Evening Walk

Morning Walk
9:15 Church
10:00 Drumm Exercise
1:00 Bus Ride
3:00 Bunker Bingo
6:00 Evening Walk

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

Morning Walk
9:30 Coffee Hour
10:00 Independent Exercise
1:00 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 w/Popcorn
3:00 Coffee & Conversation
6:00 Evening Walk

Morning Walk
10:00 Liv 2B Healthy
10:45 Country Store Open
1:30 Resident & Family Christmas Party
3:00 Music with Ron Labbers
6:00 Evening Walk

Morning Walk
9:30 Bird Bath
11:30-1:00 Brown Bag Lunch
2:00 Bingo
3:00 Independent Exercise
6:00 Evening Walk

Morning Walk
9:30 Devotions
10:00 Liv 2B Healthy
1:00 Bingo
3:00 Manicures
6:00 Evening Walk

Morning Walk
9:15 Church
10:00 Drumm Exercise
1:00 Bus Ride
3:00 Bunker Bingo
6:00 Evening Walk

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

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

Christmas Day
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

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

Morning Walk
9:30 Bird Bath
11:30-1:00 Brown Bag Lunch
1:30 Koot beer Floats
2:30 Bingo
6:00 Evening Walk

Morning Walk
9:30 Devotions
10:00 Liv 2B Healthy
1:00 Bingo
3:00 Manicures
6:00 Evening Walk

Morning Walk
9:15 Church
10:00 Drumm Exercise
1:00 Bus Ride
3:00 Bunker Bingo
6:00 Evening Walk

Morning Walk
10:00 Liv 2B Healthy
10:45 Country Store Open
1:30 - Ringing in 2023
New Years Eve Party
Music w/Just Jer
6:00 Evening Walk

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

DECEMBER



Memory Care ACTIVITY CALENDAR

SUNDAY

MONDAY

TUESDAY

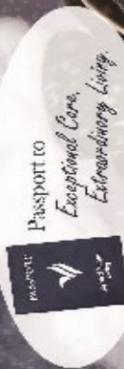
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Light Up Your World!



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

9:30 Methodist Communion
10:00 Liv 2B Healthy
10:00 Beverage Cart
10:45 Country Store Open
11:15 Phrase Craze
2:15 Balloon Volley
3:00 Beverage/Snack Cart
5:15 Aromatherapy

9:30 Bird Bath
10:00 Beverage Cart
10:15 Christmas Crafts
2:15 Hot Potato
3:00 Beverage/Snack Cart
5:15 Aromatherapy
7:00 Snack

9:00 Aromatherapy
9:30 I Love Lucy
10:00 Liv 2B Healthy
10:00 Beverage Cart
11:15 Gimme 5 Game
1:30 Resident Council
2:00 Music w/Helen

9:15 Church
10:00 Rosary
10:00 Beverage Cart
10:30 Bus Ride/Crafts
2:15 Board Games
3:00 Beverage/Snack Cart
4:30 Supermarket Sweep

10:00 Liv 2B Healthy
10:45 Country Store Open
11:15 Rhyne Time
1:15 Music Speaks
2:15 Bingo
3:00 Beverage/Snack Cart
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 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

10:00 Liv 2B Healthy
10:00 Beverage Cart
10:45 Country Store Open
11:15 Phrase Craze
2:15 Balloon Volley
3:00 Beverage/Snack Cart
5:15 Aromatherapy

9:30 Bird Bath
10:00 Beverage Cart
10:15 Christmas Crafts
2:15 Hot Potato
3:00 Beverage/Snack Cart
5:15 Aromatherapy
7:00 Snack

9:00 Aromatherapy
9:30 Father Knows Best
10:00 Liv 2B Healthy
10:00 Beverage Cart
11:15 Word Games
1:30 Music w/Janet
3:00 Beverage/Snack Cart

9:15 Church
10:00 Beverage Cart
10:30 Bus Ride/Crafts
2:15 Board Games
3:00 Beverage/Snack Cart
4:30 Supermarket Sweep
5:15 Aromatherapy

10:00 Liv 2B Healthy
10:45 Country Store Open
11:15 Rhyne Time
1:15 Music Speaks
2:15 Bingo
3:00 Beverage/Snack Cart
4:30 TV Wheel Of Fortune

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 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

10:00 Liv 2B Healthy
10:00 Beverage Cart
10:45 Country Store Open
11:15 Christmas Sing-a-long
1:30 Christmas Party w/Santa
3:00 Beverage/Snack Cart
5:15 Aromatherapy

9:30 Bird Bath
10:00 Beverage Cart
10:15 Christmas Crafts
2:15 Hot Potato
3:00 Beverage/Snack Cart
5:15 Aromatherapy
7:00 Snack

9:00 Aromatherapy
9:30 I Love Lucy
10:00 Liv 2B Healthy
10:00 Beverage Cart
11:15 Christmas Sing-a-long
2:15 Bingo
3:00 Beverage/Snack Cart
5:15 Aromatherapy

9:15 Church
10:00 Beverage Cart
10:30 Bus Ride/Crafts
2:15 Board Games
3:00 Beverage/Snack Cart
4:30 Supermarket Sweep
5:15 Aromatherapy

10:00 Liv 2B Healthy
10:45 Country Store Open
11:15 Christmas Sing-a-long
1:15 Music Speaks
2:15 Bingo
3:00 Beverage/Snack Cart
4:00 Christmas Movie
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

Christmas Day
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

10:00 Liv 2B Healthy
10:00 Beverage Cart
10:45 Country Store Open
11:15 Phrase Craze
2:15 Balloon Volley
3:00 Beverage/Snack Cart
5:15 Aromatherapy

9:30 Bird Bath
10:00 Beverage Cart
10:15 Christmas Crafts
2:15 Hot Potato
3:00 Beverage/Snack Cart
5:15 Aromatherapy
7:00 Snack

9:00 Aromatherapy
9:30 Father Knows Best
10:00 Liv 2B Healthy
10:00 Beverage Cart
11:15 Rhyne Time
5:15 Aromatherapy
7:00 Snack

9:15 Church
10:00 Beverage Cart
10:30 Bus Ride/Crafts
2:15 Board Games
3:00 Beverage/Snack Cart
4:30 Supermarket Sweep
5:15 Aromatherapy

10:00 Liv 2B Healthy
10:45 Country Store Open
11:15 Rhyne Time
1:15 Music Speaks
2:15 Bingo
3:00 Beverage/Snack Cart
4:30 TV Wheel Of Fortune

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