

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

Believe **OPEN FOR TOURS**
 Passport to
**Exceptional Care,
 Extraordinary Living.**
 Light Up
 Your World!





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.**



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

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.



HAPPY BIRTHDAY



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

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**



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

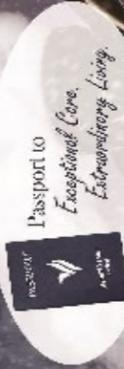
DECEMBER



Assisted Living ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	5 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	6 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	7 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	8 Morning Walk 9:15 Church 10:00 Rosary 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 2:30 Dice Roll 3:00 Happy Hour 6:00 Evening Walk	10 Morning Walk 9:30 Coffee Hour 10:00 Independent Exercise 1:00 Bingo 5:30 Evening Walk 6:00 Lawrence Walk
11 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	12 Morning Walk 10:00 Liv 2B Healthy 10:45 Country Store Open 2:00 Family Feud 3:00 Happy Hour 6:00 Evening Walk	13 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	14 Morning Walk 9:30 Devotions 10:00 Liv 2B Healthy 1:30 Music w/Janet 3:00 Manicures 6:00 Evening Walk	15 Morning Walk 9:15 Church 10:00 Drum Exercise 1:00 Bus Ride 3:00 Bunker Bingo 6:00 Evening Walk	16 Morning Walk 10:00 Liv 2B Healthy 10:45 Country Store Open 1:00 Shopping 3:00 Happy Hour 6:00 Evening Walk	17 Morning Walk 9:30 Coffee Hour 10:00 Independent Exercise 1:00 Bingo 5:30 Evening Walk 6:00 Lawrence Walk
18 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	19 Morning Walk 10:00 Liv 2B Healthy 10:45 Country Store Open 1:30 Resident & Family Christmas Party Music with Ron Labbers Santa & Happy Hour 6:00 Evening Walk	20 Morning Walk 9:30 Bird Bath 11:30-1:00 Brown Bag Lunch 2:00 Bingo 3:00 Independent Exercise 6:00 Evening Walk	21 Morning Walk 9:30 Devotions 10:00 Liv 2B Healthy 1:00 Bingo 3:00 Manicures 6:00 Evening Walk	22 Morning Walk 9:15 Church 10:00 Drum Exercise 1:00 Bus Ride 3:00 Bunker Bingo 6:00 Evening Walk	23 Morning Walk 10:00 Liv 2B Healthy 10:45 Country Store Open 1:00 Christmas Bingo 3:00 Happy Hour 6:00 Evening Walk	24 Morning Walk 9:30 Coffee Hour 10:00 Independent Exercise 1:00 Bingo 5:30 Evening Walk 6:00 Lawrence Walk
Christmas Day 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	26 Morning Walk 10:00 Liv 2B Healthy 10:45 Country Store Open 2:00 Family Feud 3:00 Happy Hour 6:00 Evening Walk	27 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	28 Morning Walk 9:30 Devotions 10:00 Liv 2B Healthy 1:00 Bingo 3:00 Manicures 6:00 Evening Walk	29 Morning Walk 9:15 Church 10:00 Drum Exercise 1:00 Bus Ride 3:00 Bunker Bingo 6:00 Evening Walk	30 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	New Year's Eve 31 Morning Walk 9:30 Coffee Hour 10:00 Independent Exercise 1:00 Bingo 5:30 Evening Walk 6:00 Lawrence Walk

Light Up Your World!



DECEMBER



Memory Care ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 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 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	6 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	7 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	8 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 5:15 Aromatherapy	9 10:00 Liv 2B Healthy 10:45 Country Store Open 11:15 Finish The Phrase 1:15 Music Speaks 2:15 Bingo 3:00 Beverage/Snack Cart 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 7:00 Snack
11 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	12 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	13 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	14 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	15 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	16 10:00 Liv 2B Healthy 10:45 Country Store Open 11:15 Rhymer Time 1:15 Music Speaks 2:15 Bingo 3:00 Beverage/Snack Cart 4:30 TV Wheel Of Fortune	17 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
18 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	19 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	20 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	21 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	22 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	23 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	Christmas Eve 24 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 25 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	26 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 7:00 Snack	27 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	28 9:00 Aromatherapy 9:30 Father Knows Best 10:00 Liv 2B Healthy 10:00 Beverage Cart 11:15 Rhymer Time 5:15 Aromatherapy 7:00 Snack	29 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	30 10:00 Liv 2B Healthy 10:45 Country Store Open 11:15 Rhymer Time 1:15 Music Speaks 2:15 Bingo 3:00 Beverage/Snack Cart 4:30 TV Wheel Of Fortune	New Year's Eve 31 9:30 Adult Coloring 10:00 Beverage Cart 2:15 Bingo 3:00 Beverage/Snack Cart 5:15 Aromatherapy 6:00 Lawrence Walk

Light Up Your World!

