

MeadowView Memory Care & RidgeView Assisted Living
2975 & 3005 F Avenue NW,
Cedar Rapids, Iowa 52405

Postage
Information



The Views News

May 2018

2975 & 3005 F Avenue NW, Cedar Rapids, Iowa 52405

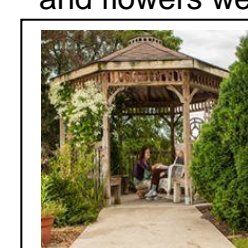


Benefits of Gardening

The RidgeView and MeadowView gardens will be starting to be planted for this year. Gardening has so many benefits which may include:

- **Exposure to Vitamin D.** Vitamin D increases your calcium levels, which improves your bones and immune system.
- **Decreased dementia risk.** Physical activity, especially gardening, can reduce dementia in future years.
- **Mood boosting benefits.** Gardening is said to fight stress even better than other hobbies.
- **Aerobic exercise.** Gardening can increase your strength, flexibility, and stamina.
- **Combat's loneliness.** Community garden's, like RidgeView and MeadowView, can be a great source for socialization.

Check out both of our gardens throughout the summer to see what veggies and flowers we are planting!



RidgeView helps Habitat for Humanity

On May 10th, RidgeView will be delivering and making lunches for 30 volunteers at a Habitat for Humanity build site in Cedar Rapids. RidgeView staff will also be making trail mix for the sack lunches and then tenants will be bagging them to put in the lunch, which will take place on May 8th. What a great way to give back to the community. Way to go RidgeView!



May Birthdays

In astrology, those born between May 1–20 are Taurus' Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks. Once done, Tauruses expect to enjoy the fruits of their labors. Those born between May 21–31 are Gemini's Twins. Geminis have two sides: sociable and fun-loving, or serious and thoughtful. If they feel one half is missing, they will forever seek new friends.

MeadowView

Theresa- 5/1
Lloyd- 5/24
Bonnie- 5/25

RidgeView

Dolores- 5/22

Meeting Times

Jan. 25th

Feb. 22nd

March 29th

April 26th

May 31st

June 28th

July 26th

Aug. 30th

Sept. 27th

Oct. 25th

Nov. 29th

Dec. 27th



Care Connect

A support group centered to help loved ones facing the challenges of dementia. Led by dementia certified staff in a confidential setting that allows you to connect with others in similar situations.

The last Thursday of every month at 5:30 p.m.
3009 F Ave NW, Cedar Rapids, IA 52405

CONTACT US WITH QUESTIONS AT (319)294-9669
LOCATED IN THE FRONT LIVING ROOM OF MEADOWVIEW



MeadowView News

Butterfly garden



There are many benefits of having a butterfly garden and MeadowView is lucky enough to be getting one of our own! Butterfly gardens can be very therapeutic and are seen as a symbol of tranquility and peace. This brings memory care tenants a sense of calm, peace, and comfort. It also helps to bring back some good memories with loved ones.

Join us May 31st to help us build and enjoy our new butterfly garden!



Big Brothers, Big Sisters Visit

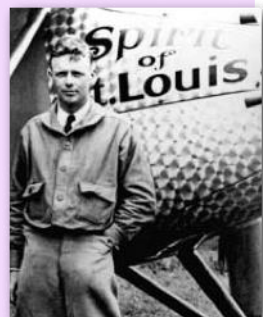
MeadowView!

Big Brothers and Big Sisters are coming to make May Day baskets with MeadowView tenants on May 1st!

UNI associate professor of gerontology and family studies, Dr. Elaine Eshbaugh, will be at MeadowView on May 8th at 5:30pm to present on how dementia changes how individuals experience the world.

About Dr. Elaine Eshbaugh....

Elaine has coordinated UNI's Gerontology program since 2007. She holds the Davis Professorship of Gerontology and chairs the Division of Family Services and Gerontology. She has a master's and PhD in Human Development and Family Studies from Iowa State University and has more than 25 research publications in empirical journals. She is currently on the executive board of the Northeast Iowa Agency on Aging and has collaborated with various continuing care communities, adult day services, and hospices. She coordinates UNI's Memory Trunk program, which provides an empirically-based approach to interacting with individuals who have Alzheimer's and related dementias. Dr. Eshbaugh maintains an active public speaking and community outreach schedule and does education on dementia for communities, families, and facilities. She often meets with families to provide support after a dementia diagnosis and writes a blog called *Welcome to Dementialand*. In 2015, Dr. Eshbaugh was appointed by the President of UNI to the role of Faculty Athletics Representative to the NCAA.

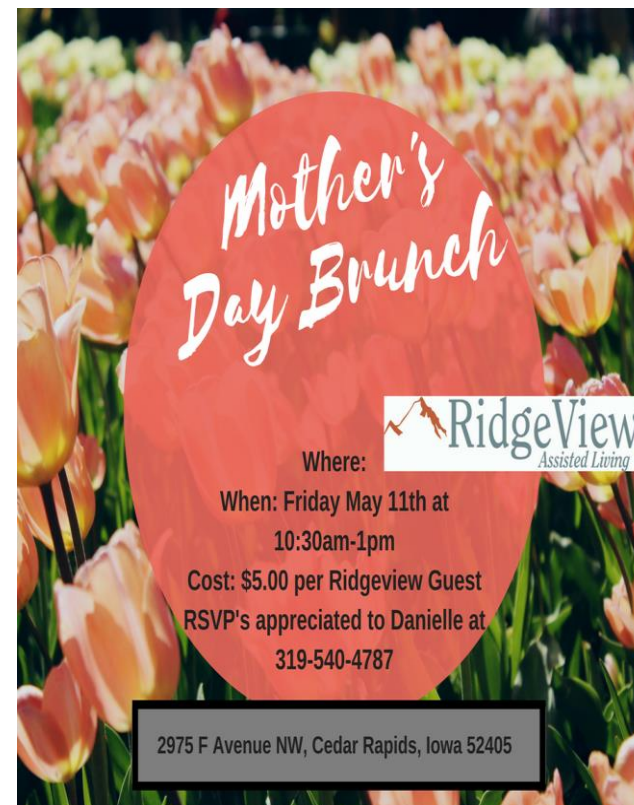


Notable Quotable

"God could not be everywhere, and therefore he made mothers."

~ Rudyard Kipling, author

RidgeView News



Join us for our Mother's Day Brunch, Friday May 11th from 10:30am-1pm. Cost is \$5.00 per RidgeView guest. You won't want to miss it!



A Visit from Waffle, pet therapy pony!

On May 9th, Waffle, a miniature pony will be coming to visit the residents of RidgeView. The benefits of pet therapy are well documented and we can't think of a better way to "prance" into Spring. Tune into Facebook for photos.

The Views Recipe of the Month

Cream Cheese Shrimp Dip

A no-bake recipe

Ingredients:

- 24 ounces cocktail shrimp, cooked
- 3 (8-ounce) packages cream cheese
- 3 tablespoons grated horseradish
- 3 tablespoons chopped onion
- 1 1/3 cups pimento cheese spread
- Crackers or cut celery for serving

Directions

1. Combine all ingredients in a large bowl.
2. Cover and chill until ready to serve. Serve with crackers or cut celery.

Makes 10-12 servings