



2115 First Avenue S.E.
Cedar Rapids, IA 52402



FEBRUARY 20, 2018

Heart Healthy Event



MARCH 27, 2018

CCRC Seminar
Special Guest
Brad Breeding

APRIL 2018

Life Care Brunch

To RSVP for an event
call 319-297-7303

Healthy Winter Recipe

WINTER FRUIT PROTEIN PARFAIT

- 1 container (6 oz.) Yoplait® Greek 100 protein vanilla yogurt
 - 1/2 cup Nature Valley™ cranberry almond protein granola (from 11-oz. bag)
 - 1/3 cup fresh orange sections (from 1 orange)
 - 1 tablespoon pomegranate seeds 1 tablespoon honey
- Steps: Place half of the yogurt in bottom of 8-oz. glass or small canning jar. Sprinkle half of the granola over yogurt in glass. Top with half of the orange segments and half of the pomegranate seeds. Top with remaining yogurt, granola, orange segments and pomegranate seeds. Drizzle with honey. Serve immediately.
- www.bettycrocker.com/recipes/courses/breakfast-and-brunch-recipes



Greetings from The Grove

INSIDE:

Fall Prevention

Family Caregivers:
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Expansion Update



Cottage Grove
PLACE



Health

Fall Prevention

What is a Fall?

Falls are among the most common dangers facing older adults, and one fall can change everything. Falls are a major threat to independent living and increase the risk of an early death. Healthcare professionals consider it a fall if you accidentally and unexpectedly land on the ground. Sometimes landing on the ground unexpectedly is the result of a sudden impact from an outside force or loss of consciousness (such as from a seizure, stroke, or heart problem). However, healthcare professionals consider something a fall if it occurs for some other

reason. Generally, a fall takes place in a familiar environment, while you are carrying out regular activities of daily living. A fall may even be the first sign of a new illness in an older person.

Falls can cause all kinds of fractures, including broken spine, hip, arm, leg, ankle, and pelvis. They are responsible for a high number of brain injuries in older people. They are also the number one cause of hospital admissions for injuries in older adults, and are responsible for increased use of medical services. The older you are, the more likely it is that a fall

will result in admission to a long-term care facility or nursing home for at least a year, or even result in death.

If you have fallen, you may develop a fear of falling again. This can prevent you from going out or enjoying your normal activities. That then lowers your physical fitness, which increases your risk of yet another fall.

The Most Common Types of Falls

Although they may occur anywhere, most falls happen at home. They can surprise you when you are least expecting

it, such as while you are carrying out normal everyday functions. Items in your home environment can turn out to be a hazard (danger). For example, a dark stairway, a rug, or a piece of furniture.

Falls that result in broken bones are twice as common in older women than in older men. One of the most frequent and serious fractures is a broken hip, which is a leading cause of loss of independence. If you were healthy before breaking a hip, usually you will recover, return home, and live on your own after some rehabilitation. But many older people need long-term care after falling and breaking a hip.

How Common are Falls?

Each year, up to a third of adults over the age of 65 who live at home experiences a fall. It's even worse for people living in nursing homes, about half of whom fall each year. Almost two-thirds of older adults who suffered a fall within the past year will fall again.

Falls and the complications from them are the leading cause of both non-fatal and fatal injuries in adults over the age of 65. Although older women are more often injured in falls, men have a higher risk of dying after a fall.

Most falls only cause bruises and scrapes. However, up to 30% of falls result in lacerations (cuts), broken bones, head trauma, or other serious injuries. These require a trip to the emergency department. This means that each year, more than two million older adults in the US go to the emergency room because of fall-related injuries. Over half a million of these patients need to be hospitalized.

Each year about 18,000 older adults in the US die as a result of the injuries from a fall, mostly from brain injuries. In fact, four out of five fatal falls occur in people older than 65.

Healthinaging.org



Resident Spotlight

Helen Rodenberg

Helen grew up on a farm north of Earlville, IA and attended Colesburg Highschool. After high school, Helen came to Cedar Rapids where she attended Cedar Rapids Business School.

In 1962 Helen married Harold Rodenberg and they had three children. Helen and Harold were married for 33 years before Harold passed in 1995. Helen says she spends a lot of time reading and playing on her laptop. You will also find her on the Resident Council and the Social Committee here at Cottage Grove Place.

After visiting several other Communities, why did you choose CGP?

"I chose Cottage Grove Place because I felt right at home the minute I walked through the door." Also, being in a LifeCare community I knew all of my future health care needs would be taken care of." Helen also mentioned that the tax benefits of living in a LifeCare community are very nice also.

What advice would you give to someone thinking about moving to a Retirement Community?

1. Go in with a lot of questions. Write down the things you want from your Community and make sure it's a right fit. The biggest piece of advice is, "DON'T WAIT TO LONG."

What are some of your favorite Activities that the Community offers?

"I enjoy playing cards, the day trips that Cottage Grove takes us on, and College at the Grove. I also enjoy being a Mentor to new residents moving in."

Most of our prospects say they're not "READY" yet. When did you know you were "READY?"

"Having suffered from Polio as a child, I knew my mobility was limited and I was alone to much. I knew that going to a Community like Cottage Grove Place would give me plenty of social interaction if I wanted. Now that I don't drive, I also love the fact that Cottage Grove Place provides free transportation." Helen also mentioned that she made herself READY because she wanted to make this decision on her own and not leave it for her kids to make.



Expansion Update

Construction is underway at Cottage Grove Place. With the new expansion we will be gaining 21 Independent homes, 24 assisted living, 18 assisted living memory support and 12 Skilled nursing beds. The expansion is set to be completed early part of 2019. Come grow with Cottage Grove Place.

Come grow with Cottage Grove Place.



Senior Living News

Family Caregivers: Shouldering a Heavy Burden

A family caregiver is a relative of an individual who requires some degree of assistance with the activities of daily living, such as eating, bathing, and dressing. They may also provide transportation to doctor appointments and perform other household chores. Family caregivers are usually unpaid, although some families arrange to compensate caregivers for their time. (In addition, some government programs and long-term care insurance policies provide financial support for family caregivers.)

The Impact on the Caregiver

If you are a retiree currently living in your home and you plan to "age in place" consider what this decision could mean for your loved one(s) if you should ever require their help as a family caregiver. Also consider whether your loved ones are prepared emotionally, physically, financially, and mentally to shoulder this potentially heavy burden. Here are a few statistics to help illustrate the impact:

- There are approximately 65 million unpaid caregivers in the United States¹
- The estimated economic value of unpaid caregivers is \$450 billion²
- 83% of caregivers contribute financially to the care recipient³
- 57% withdraw funds from retirement or savings accounts³
- Average lost lifetime wages and benefits due to caregiving: \$283,716 for men and \$324,044; for women⁵
- 48% report losing jobs, changing

work hours, or missing career opportunities³

- 40-70% have clinically significant symptoms of depression, which can lead to other health problems⁴
- 44% experience increased stress with their spouse³
- 50% of caregivers say caregiving takes time away from friends and other family members⁴

Although the overwhelming majority of older Americans prefer to stay in their home, that choice is not without challenges. If you plan to age at home and rely on a family caregiver to provide for your needs you should discuss this with them now, while you are independent and able. Consider how you will address the challenges described above and minimize the emotional, physical, and financial impact on your loved one.

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Cottage Grove News

Is a Continuing Care Retirement Community Right for You?

Continuing Care Retirement Communities (CCRCs) can be a wonderful solution for older adults who are independent and active today, but who seek the peace of mind that comes with living in a community that can provide assisted living or health care services if and when needed.

But how do you know if a CCRC is right for you? Your answers to these introductory questions can help you decide:

- Do you want to downsize your homeowner responsibilities (maintenance and repairs)?
- Do you like to plan ahead to control, reduce or eliminate the uncertainty about future housing and health care costs?
- If you ever need assisted living or nursing care, do you want assurance that such services are contractually guaranteed and provided by the community in which you live?
- Would you prefer a social and active community environment

– with various services and amenities available to you – that also affords you privacy and independence?

• Do you want to reduce the chance that your adult children or other family members will be responsible to provide or coordinating assisted living or nursing care if you need it?

• Are you in a financial position to pay an entry fee and monthly service fees?

If you answered "yes" to most of these questions, then a CCRC may be an appropriate retirement living choice for you.

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Staff Spotlight



ABBY BRUCE

Abby Bruce, Associate Executive Director, has been with Cottage Grove Place for almost 13 years. While Abby is away from work you will find her doing cricut crafts, woodworking, and spending time outside when the weather is warm. This has been a family business for Abby the last four years, as her three daughters have worked at Cottage Grove Place. In May, Abby will be completing her Business Management Degree, which she is very excited about.