



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



Healthy Thanksgiving Recipe

DECEMBER 2017

Wine Tasting &
Open House



JANUARY 2018

LifeCare Retirement
Seminar



FEBRUARY 2018

Heart Healthy Event



BUTTERNUT SQUASH SOUP

One 2- to 3-pound butternut squash, peeled and seeded
2 tablespoons unsalted butter
6 cups chicken stock
1 medium onion, chopped
Nutmeg

Salt and freshly ground black pepper
Directions Cut squash into 1-inch chunks. In large pot melt butter. Add onion and cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes. Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper. Serve.



Greetings from The Grove

INSIDE:
Is Staying in Your House
the Right Move?

Dementia Diagnosis

What is a Continuing Care
Retirement Community?

Resident Spotlight

Expansion Update



Cottage Grove
PLACE



Health

The Average Cost of Care After a Dementia Diagnosis is \$300,000

(Reuters Health) - The average lifetime cost of care after a diagnosis of dementia in the U.S. is about \$322,000, and families pay about 70 percent of that, new research suggests.

The cost of care is \$185,000 higher for someone with dementia than for someone without it, the study authors wrote in the Journal of the American Geriatrics Society.

"Dementia represents one of the costliest diseases, and most of the responsibility of dementia care falls on families," said lead study author Dr. Eric Jutkowitz of Brown University in Providence, Rhode Island.

More than five million Americans live with dementia, according to the Alzheimer's Association. That number could rise to 16 million by 2050. "For our long-term care

the Centers for Medicare and Medicaid Services and the National Alzheimer's Coordinating Center to estimate lifetime costs of care after a dementia diagnosis.

elderly and disabled, covered about 16 percent.

The 70 percent of costs after a dementia diagnosis born by families came to \$225,000, on average.

Reuters Health by phone. "What are we losing in terms of the workforce and the perpetuation of poverty in families? It's a much bigger issue."

"Families need to be aware that dementia may happen, and it could happen to their parents, aunts, uncles, brothers, sisters and possibly to them," Dr. Michael Hurd of the RAND Corporation in Santa Monica, California told Reuters Health by phone. "We need to think about the whole issue of how to handle costs and care."

Policymakers and health care providers need to think about creating enough care facilities to help dementia patients, he said, as well as technological advances that can help people age at home if facilities aren't available.

"More people are facing the prospect of dementia than in the past," Hurd said. "We need to be aware of that and the time and financial consequences."

SOURCE: <http://bit.ly/2wuTc5M> Journal of the American Geriatrics Society, online August 17, 2017.

Dementia represents one of the costliest diseases, and most of the responsibility of dementia care falls on families...

system to be sustainable, we need to provide families with effective resources and tools," Jutkowitz said by email. Jutkowitz and colleagues used data from

Overall, lifetime costs came to \$321,780. Medicaid, the government insurance for the poor, covered about 14 percent. Medicare, the federal insurance program for the



Resident Spotlight

Ed & Shari Armbrust



Ed & Shari were both originally from the Fargo, North Dakota area. After Ed got out of the military they were introduced through mutual friends. Ed & Shari have been married 52 years and have been living at Cottage Grove Place for the last 3 ½ years. Ed & Shari have a daughter that lives in Marion. They have 4 grandchildren and enjoy attending their school and sports activities. The two younger grandkids love to spend weekends at Cottage Grove Place where they think we are living in "paradise"! Ed & Shari also enjoy traveling when they get the chance. I got to sit down with the two of them and ask why they chose CGP.

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

"We chose Cottage Grove Place for the LifeCare benefit. We are currently in Independent living, but have the peace of mind that if we need a higher level of care, assisted living, skilled nursing, or rehab, it is available. Also, being a part of a LifeCare community you receive great tax benefits." Ed and Shari both included that the worry-free living and the moving allowance that Cottage Grove offers were very important factors as well.

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

1. Don't wait, if you wait too long you won't be able to make this decision on your own. You may not want to place the burden of this decision on your children or another family member. 2. When visiting communities, make sure you have a great understanding of what is offered.

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

Ed enjoys playing billiards in the pool hall, along with spending time in the community wood shop. Shari enjoys different types of fitness programs and taking long walks in the area, reading and art projects.

Most of our prospects say there not "READY" yet.

When did you know you were "READY?"

We wanted to be the ones to make this decision and not rely on our children or others to make this decision for us at the time of need. We also wanted to be able to enjoy all the services and amenities while we're still independent.



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.



Senior Living News

"...but I love my home": Is Staying in Your House the Right Move?

There is comfort in the familiarity of a place you have lived for many years. Many people believe that staying in their own home is going to be the least expensive option for them...or is it truly when you look at the long-range future (the cost of home repairs, in-home care, etc.)? And then there's the unimaginable daunting task of moving (Cottage Grove Place takes the 'pain' out of moving by partnering with Caring Transitions who specialize in moving services). Here are some key questions to ponder for you and your family now, before a healthcare issue arises.

Is your bedroom upstairs or downstairs? Will your home need to be modified to accommodate mobility challenges? For example, are hallways and doorways wide enough to accommodate a walker, or wheelchair? Cottage Grove Place apartments are designed to meet your needs.

How will you take care of your home's interior and exterior maintenance if physical activity becomes challenging? Life at Cottage Grove Place is truly maintenance and worry-free living... inside and out! And no more property taxes!

What will you do to maintain your sense of purpose and stay socially active if your mobility declines? Many of our residents utilize a scooter or walker that helps them maintain their independence and mobility.

If you are no longer able to drive safely, who will provide transportation to doctors' appointments and other errands? Keep in mind that Cottage Grove Place offers transportation services at no additional cost to you.

If you fall and cannot get up on your own, how will you alert someone? At Cottage Grove, every resident has a Lifeline, with all calls being answered by our own nursing staff.

Should your cognitive function decline, who will manage your household finances, ensuring bills are paid, and necessary services are provided (home maintenance and housekeeping for example)? Life at Cottage Grove provides maintenance-free living, weekly housekeeping, meals and so much more. And don't forget the tax advantages of living in a lifecare community!

Who will help you get dressed, prepare meals, and perform other activities of daily living (ADLs) if you are no longer able? Consider the potential financial and emotional toll on a spouse, or adult children that frequently comes with caring for an aging loved one, and the cost of staying in an existing home can go up quickly. Living in our lifecare community offers you first-priority access to skilled levels of care for a small cost compared to private pay daily rates in a skilled community. In addition, living in a lifecare community can help protect your assets.

If you require facility-based rehab care post-surgery or for an injury, do you know your options and the quality of each? At Cottage Grove Place we have rehab services on our campus...no need to seek out a place to go because as a resident member, you have first-priority access to the services you need so you can return to your independent living home..

NOTE: Information obtained, in part, from www.mylifesite.net



Cottage Grove News

What is a Continuing Care Retirement Community?

Almost all 55+ retirement communities—including Active Adult Living, Independent Living, Senior Apartments, and Senior Co-Ops—serve those who are either able to live completely independently or who require only limited assisted living services. Yet, if a more advanced level of care is required the resident may eventually need to move to an off-site health-care facility.

A Continuing Care Retirement Community—often referred to as a "CCRC" or "Life Plan Community"—is the only type of retirement community that provides services spanning the continuum of care. CCRCs cater to active retirees who are able to live independently today but who seek the peace of mind that comes with living in a community equipped to provide necessary healthcare services in the future; thus reducing potential stress and hardship for the resident and other family members.

In its truest form a Continuing Care Retirement Community contractually guarantees access to a full continuum of care; usually for a period of time greater than one

year and sometimes for life. The contract between the community and the resident is typically referred to as a "Residency and Care Contract." Alternatively, some CCRCs provide access to healthcare services but do not contractually guarantee such services for any period of time.

All CCRCs are not alike and many require an entry fee in exchange for access to healthcare services. Choosing the right community is an important decision. If you are considering a Full Service Retirement Community be sure to inquire about the type of residency contract(s) available, financial stability of the community, quality of care, and experience of the management team.

NIC Housing Classifications offers definitions of the different senior housing options as determined by the National Investment Center (NIC) and the American Seniors Housing Association (ASHA).

Article written By Brad Breeding of myLifeSite.



Staff Spotlights



BRIAN KRAMER

Brian Kramer, Sales & Marketing Director, came to Cottage Grove Place in February 2017. He brings sales and marketing experience and enjoys working with people. In his spare time, Brian likes to spend time with his wife and three girls, coaching basketball, golfing, and boating.



VICKIE WEUVE

Vickie Weuve, LifeCare Consultant joined the Marketing Team in February 2014. She comes from a background in hospice bereavement care, and 14+ years of marketing and sales experience. Vickie enjoys spending time with her family and four grandkids, along with reading, bicycling and the arts.



BRENT SHEPHERD

Brent Shepherd started at Cottage Grove Place in April of 2017. He brings a background in Long Term Care and Life Insurance from his previous years of experience at Transamerica in Cedar Rapids. Brent grew up in Cedar Rapids and knows the area well. Active with the Cub Scouts and soccer, he currently lives in Marion with his wife and two boys.