

FEBRUARY 2019

Country Manor Connections

900 West 46th Street Davenport, IA 52806 * 563-391-1111* www.CountryManorMc.com



Celebrating February

National Pie Month

Groundhog Day

February 2

Super Bowl Sunday

February 3

National Iowa Day

February 8

National Pizza Day

February 9

Valentine's Day

February 14

National Caregivers Day

February 15

Carnival Day

February 26

This Month at Country Manor



Join us for

Our Valentine's Day Lunch

Thursday, Feb 14th

12:00pm.

Please come and enjoy a delicious Valentine's Day themed lunch with your loved one. Please call Miranda at 563-391-1111 or email manager@countrymanormc.com if you want to attend. We hope to see you there!





Employee of the Month January 2019 Jamisha Lee

Congratulations to Resident Assistant, Jamisha for earning the employee of the month for January 2019. Jamisha has been part of the Country Manor family since the summer of 2018. She has such a wonderful knowledge base that she brings to her role. She enjoys the residents and they enjoy her too! When Jamisha isn't working she enjoys spending time with her two young girls and cooking.



Jamisha, thank you for all you do! Your dedication to Country Manor is appreciated and we're lucky to have you!

Volunteer Opportunities at Country Manor Memory Care



We would love for you to give your time in anyway; even a small amount of time can make a difference!

Contact Miranda at 563-391-1111 for more information about assisting in our community.

Celebrating National Pie Month

Did you know February is National Pie and National Cherry Month? To celebrate we will be helping make a cherry pie on February 20th. We will enjoy eating it too! Hope you all can make it to our yummy celebration of cherry pie!



Why Exercise is Important for Our Residents!



Exercise enables us to remain as healthy and engaged in a meaningful life as possible. As we age, our muscles weaken; our bones weaken; our cardiovascular and circulatory systems are not as efficient; our balance lessens; our eye sight worsens. All our systems begin to decline. These natural deficits of aging make us much more susceptible to the dangers of inactivity. Immobility accelerates these natural changes and can even force an elderly person into irreversible functional decline quite quickly--much more quickly than he or she may have otherwise. The health of our residents is the utmost importance, so we offer our Liv2B Healthy fitness classes lead by a certified personal trainer! These classes are Monday, Wednesday, and Friday at 10:30 and they are free to the public!

Dare to Dream

Country Manor Memory Care is a big believer of "red carpet" hospitality and focusing on making our residents dreams come true and embracing every moment.

Dare to Dream is a way of making our resident's dreams come true!

It could be something a resident has always wanted to do, see or experience!! Maybe an opportunity to watch a sports game or see the their newest great great grandchild. We might be able to make this dream come true!



Please reach out to Miranda if you want to assist making a dream come true for on our residents!

Alzheimer's Caregiver Support Group Meeting

February 25, 2019 from 4:45-5:45

Country Manor is excited to offer monthly support group meetings. The meetings are open to the public and they help families find information on Alzheimer's and Dementia. Encouraging support to one another through discussions and guest speakers. All are welcome to attend. Contact Miranda, Community Manager at 563-391-1111 for more information!



Birthdays

February 1- Anika, Resident Assisant

February 23- Belinda, Resident Assistant

February 28- Eugene, Resident

In astrology, those born between February 1–18 are Water Bearers of Aquarius. They are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others.

Those born between February 19–28 are born under Pisces. Friendly and selfless, they are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with other living beings.



Good Friends Make Good Neighbors

You've learned first hand how Country Manor has impacted your loved one's life. We'd like you to pass the world along! If you know someone who would be a great fit at Country Manor, let us know!

Country Manor wants to give you a \$1,000* rent credit!

This is our way to say thank you for believing in Country Manor and making a difference in the lives of others.

We know your friend will thank you too!



For additional information, or to make a referral, please contact Miranda Kinsey, Community Manager.

*In order to receive the \$1,000 rent credit, the referred resident must complete a full 30 days of residency.



Want to stay connected with Country Manor all the time?

Like us on facebook to see photos of our most recent resident activities, updates at Country Manor, and social & educational events you can find us at in the community.

<https://www.facebook.com/countrymanormc/>