



Special Events

MeadowView

Art with Xene
December 5

Lighted Drive
December 17, 19, & 26

Cookie decorating with Coolidge
December 13

RidgeView Outing:
Critchetts Organ Center
December 10

Bell Choir Performance
December 20

Christmas Dinner
December 21

The Views News

December 2018

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

Thank you for attending our Thanksgiving Lunch at The Views of Cedar Rapids!

MeadowView hosted Thanksgiving lunch on November 9th and RidgeView hosted Thanksgiving brunch on November 19th. Thank you to all the family, friends, and staff that made Thanksgiving a memorable one!



Please note the upcoming Christmas holiday events:

MeadowView: Christmas Meal- Friday December 14th at 11:30am. Gift opening to follow that day at 3:45pm. Please RSVP & have a gift for your loved one to MeadowView by December 5th.

RidgeView: Christmas Dinner- Friday December 21st at 4:00-6:30pm with music provided by Dave Wirtz. Please RSVP to Jennifer Hejda, Recreation Director, by December 7th.

December Birthdays

In astrology, the Archers of Sagittarius are those born between December 1–21. These open-minded travelers are in constant motion, searching the globe for meaning. They are not afraid of change and treasure freedom. Those born from December 22–31 are Capricorn's Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience.

MeadowView Birthday's:

12/13- Imogene
12/21- Al
12/23- Frank S.

RidgeView Birthday's:

12/16- Jean
12/27- Virginia

Friendly reminder:

Please be bringing in warm winter clothes for your loved ones at MeadowView and RidgeView. Winter gear include:

- Stocking Cap
- Gloves
- Boots
- Scarf
- Winter jacket
- Ear muffs



When bringing in winter clothes at MeadowView, make sure everything is labeled with initials & room number. Make sure you fill out a new housekeeping clothing inventory sheet as well!



Art with Xene



Welcome MeadowView Director of Nursing, Dawn Russell!

Dawn has 14 years of geriatric psych. experience. Dawn lives in Winthrop and has three children. In her free time she enjoys fishing, reading books, and going to her children's events.



Look at this beautiful work of art our tenants created at the last Art with Xene class. Xene has been coming to MeadowView to do art classes with our tenants one time a month for the past couple of months. Please join us in creating our next work of art at the next Art with Xene class Wednesday December 5th at 10:00am!

The holiday's and dementia

The holidays can sometimes be overwhelming for someone living with dementia. Below are some helpful tips to make for a smooth holiday season.

- Check in with the person with dementia
- Familiarize others with the situation
- Adjust expectations
- Involve the person with dementia
- Adapt gift giving
- When the person lives in a care facility
 - Consider joining your loved one for holiday's in the facility
 - Bring a favorite holiday food to share
 - Sing holiday songs and ask others to join
 - Read a favorite holiday story aloud

RidgeView News

The holiday's are coming up fast! Here are a list of some great gift ideas to get your loved one this holiday season.

- Custom photo album
- Custom photo calendar
- Custom photo blanket
- Collection of favorite songs/albums
- Beautiful coloring books
- Gift certificate to a favorite restaurant
- Gift certificate for personal service (Beauty salon at RidgeView!)
- Weighted or heated blankets



Notable Quotable

"The only thing better than singing is more singing."

~ Ella Fitzgerald, jazz singer



RidgeView Silver Bells

RidgeView's bell choir, "Silver Bells" was started in October 2013, and was implemented due to a suggestion from one of our residents asking, "Why don't we ever have music classes?" Without a background in music, this presented a challenge for the previous Wellness

Director.

After many ideas about how to design a music group and with very little Musical experience, a bell literally went off in her head, "How about a bell choir?" she thought.

That was all it took, and with a lot of practice our bell choir is in full swing for the fifth year. We look forward to many more performances with the Silver Bells!

Join us December 20th at 2:00pm as the RidgeView Silver Bells perform for MeadowView and families/friends.