

# Comfort Care Chatter

## February Birthdays

Happy Birthday to YOU!

Denise M.	HCA	CF	2.1
Gilma A.	HCA	CF	2.1
Linda F.	HCA	CF	2.2
Mike N.	Off. Mngr.	CO	2.2
Ashley C.	Mktg./Sched.	CF	2.4
Adam D.	Social Work	CF	2.8
Barb P.	LPN	CF	2.8
Elma T.	HCA	CF	2.8
Rita M.	HCA	CO	2.8
Melanie N.	HCA	CR	2.18
Becky K.	HCA	CF	2.21
Deb A.	Billing	CR	2.21
Dale B.	HCA	CR	2.22
Mallory H.	HCA	CO	2.22
Annette C.	Office Assist.	CR	2.24
Lucinda B.	HCA	CF	2.27
Cindy K.	HCA	CR	2.28

## February Anniversaries

Thank you for your time & commitment to Comfort Care!

Candace N.	HCA	CF	18yrs
Angel H.	HCA	CF	17yrs
Darcy M.	HCA	DV	3yrs
Diane	OT	CF	3yrs
Korri W.	RN	CO	3yrs
Charlotte B.	Billing/Payroll	CR	2yrs
Gilma A.	HCA	CF	2yrs
Yvonne A.	RN	CF	1yr

## February 2017

Also available online at  
[www.comfortcareia.com](http://www.comfortcareia.com)

### LIKE US ON FACEBOOK!

*SEARCH "COMFORT CARE" & LIKE US TO STAY TUNED TO OUR LATEST HAPPENINGS!*

## Sponsorships & Donations 2016

*At Comfort Care, we like to give back to our local community! Check out all of the giving we did last year! We are always open to new sponsorships, so let us know if you have a cause to give to!*

- Alzheimer's Association
- American Heart Association
- Big Brothers, Big Sisters
- Eastern Iowa Arts Academy
- Family Caregivers Center
- F&M Bank
- Irish District Festival
- Heritage Agency on Aging
- Linn County Veterans Charity Fund
- Lipstick Open
- Northeast Iowa Area Agency on Aging
- One Rotary Center
- Prime Time Basketball
- Tanager Place
- UNI Women's Rugby Club
- Xavier Booster Club



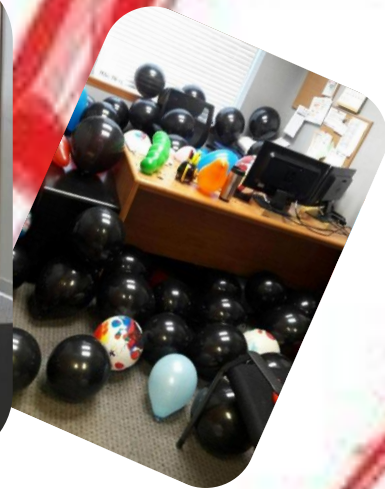
*Left: Walden Place residents share their Comfort Care "Price is Right" winnings!*

## Cedar Rapids/Coralville

- 2.1 BP @Oakhill Jackson
- 2.2 BP @Lowe Park
- 2.2 BP @Ecumenical Towers
- 2.3 BP @Legacy Ridge IC
- 2.7 Julie on WMT's "Ask the Expert"
- 2.7 BP @North Liberty Living Center
- 2.9 Valentine's Craft @Walden
- 2.10 Valentine's Craft @Legacy Pointe IC
- 2.13 BP @Walden Place
- 2.14 BP @Ely
- 2.15 Craft @Village Place
- 2.16 BP @Ecumenical Towers
- 2.17 Bingo @North Liberty Living Center
- 2.18 BP @Legacy Manor
- 2.21 Julie on WMT's "Ask the Expert"
- 2.21 BP @Legacy Ridge IC
- 2.22 Craft @Arbor at Lindale Trail
- 2.23 Bingo @Legacy Manor
- 2.24 Stories of Nursing @Walden
- 2.27 BP @Walden
- 2.28 BP @Hiawatha

# EVENT SCHEDULES

Below: Mike (Coralville's Office Manager) celebrated a BIG birthday this month!!!  
Happy Birthday Mike!



## Davenport

- 1<sup>st</sup> & 3<sup>rd</sup> @ 9:30am Thursday- Jackson Renaissance BP & Yoga
- Feb. 8<sup>th</sup> @ 3:00pm Wednesday- Taylor Renaissance Yoga
- Feb. 14<sup>th</sup> @ 1pm Tuesday- Hershey Manor Bingo and Valentine's Day Activity
- Feb 15<sup>th</sup> @ 2pm Wednesday- Spruce Hills Bingo

## Cedar Falls

Mon	Tue	Wed	Thu	Fri	Sat
		1 BP Clinic @ Thunder Ridge 10:00	2 BP Clinic @ CF Senior Center 9:30  BP @ Nazareth Lutheran Church	3	4
6 BP Clinic @ Legacy Manor 2:30	7 BP Clinic @ CF Senior Center 9:30  BP Clinic @ Washburn 11:30	8 Senior Connections Meeting 8:30  BP Clinic @ Thunder Ridge 10:00	9 BP Clinic @ CF Senior Center 9:30  BP Clinic @ Evansdale 11:00	10	11
13 BP Clinic @ Legacy Manor 2:30	14 BP Clinic @ CF Senior Center 9:30	15 BP Clinic @ Thunder Ridge 10:00  BP Clinic @ Village Coop 10:45	16 BP Clinic @ CF Senior Center 9:30 Dunkerton @11:00 Renaissance Park Apts @ 2:00	17	18 Bingo @ Mallard Point 2:00
20 Games/Bingo Evansdale Senior Residences 1:00  BP Clinic @ Legacy Manor 2:30	21 BP Clinic @ CF Senior Center 9:30	22 BP Clinic @ Thunder Ridge 10:00	23 BP Clinic @ CF Senior Center 9:30	24	25
27 BP Clinic @ Walnut Court 10:00  BP Clinic @ Legacy Manor 2:30	28 BP Clinic @ CF Senior Center 9:30				

We would like to WELCOME the following new employee to the Comfort Care team!

Christen W. HCA CR  
Catherine E. HCA CR

## MOLLIE'S WELLNESS CORNER

A newly researched topic is how sitting for long periods of time can greatly reduce your overall health. In fact, researchers have begun saying "sitting is the new smoking" because it is so detrimental to your health. This is highly relatable to so many because the average American sits for about 9 hours a day. Sitting more than 6 hours per day will greatly increase your risk for diabetes, high blood pressure, cancer, depression, and early death. Also, people who exercise regularly think that they are not at risk- but in fact they still are because their body still sits and is immobile for most of the day.

Some good news is that being active throughout the entire day is a great way to break up all those periods of time you are sitting. Walking can increase energy levels by 150%, therefore waking up your body from all of the sitting. Taking small walk breaks for a few minutes helps keep you up and moving more often. Some other tips to keep you on your feet include:

- Walk at lunchtime (or after you eat lunch)
- Park your car farther away from the entrance
- Get up and move around during commercial breaks while watching television
- Go on a walk after dinner with a family member or friend
- Regularly exercise at least 3 times a week for a minimum of 30 minutes (walking, walking/jogging combination, strength training, group exercise class, yoga, Pilates, kickboxing, etc.)
- Skip the elevator and take the stairs whenever possible

Do you have a big announcement? A thank you? A great photo? Send your input for the Chatter to Taylor and she will add it to next month's newsletter!

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