

# Comfort Care Chatter

**CELEBRATING 20 YEARS OF  
SERVICE!**

**December 2016**

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

## December Birthdays

*Happy Birthday to YOU!*

Charlotte H.	HCA	CF	12.1
Jessica M.	HCA	CF	12.5
Zandra C.	HCA	CF	12.7
Taylor F.	Mktg.	CR	12.11
Kathy L.	HCA	CR	12.22
Deana B.	Sched./HCA	CO	12.25
Barbara L.	HCA	CF	12.26
Kim	PT	CR	12.26
Sandra N.	HCA	CR	12.26
Barb R.	RN Case Mngr.	CF	12.29
Jenn M.	Sched./HCA	CF	12.29



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## LIKE US ON FACEBOOK!

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

## December Anniversaries

*THANK YOU for your time & commitment to Comfort Care!*

Jeanne J.	LPN	CR	17yrs
Cindie F.	HCA	CF	7yrs
Ashley F.	Social Work	CR	3yrs
Donna J.	Sched.	CF	3yrs
Lisa E.	Clin. Rec.	CR	3yrs
Terri H.	HCA	CF	2yrs
Kaitlyn H.	HCA	CF	1yr
Melissa M.	LPN	LPN	1yr

Comfort Care staff had a ball cheering on the Hawkeyes at the "Gridiron Bash" this year! All Comfort Care employees were invited to call in to win a free ticket to this event in support of Eastern Iowa's "Big Brothers, Big Sisters" charity. A big THANK YOU to Julie for sponsoring 20 attendees & THANK YOU as well to ALL who participated!



## CEDAR RAPIDS/CORALVILLE

12.1 BP @Lowe Park, 11:30am  
 12.1 BP @Ecumenical Towers, 2:30pm  
 12.6 Julie on WMT's Ask the Expert, 11am  
 12.6 BP @NLLC, 2pm  
 12.7 BP @Oakhill Jackson, 10:30am  
 12.8 BP @Hiawatha, 12pm  
 12.9 Bingo @Legacy CR, 10am  
 12.12 BP @Walden, 9:30am  
 12.13 BP @Ely, 9:30am  
 12.14 Balloon Ball @Walden, 2:30pm  
 12.15 BP @Legacy Manor  
 12.15 BP @Ecumenical Towers, 2:30pm  
 12.16 Bingo @NLLC, 1pm  
 12.20 Julie on WMT's Ask the Expert, 11am  
 12.21 Craft @Village Place  
 12.22 Gingerbread Houses @Walden, 2:30pm  
 12.26 BP @Walden, 9:30am  
 12.29 Stories of Nursing @Walden, 3pm

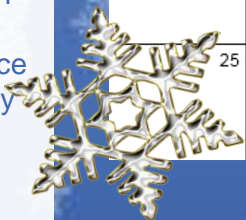


# EVENT SCHEDULES

Mon	Tue	Wed	Thu	Fri	Sat
<b>CEDAR FALLS</b>			1 BP Clinic @ CF Senior Center 9:30	2 BP Clinic @ Waterloo Senior Center 11:45	3
5 BP Clinic @ Legacy Manor 2:30	6 BP Clinic @ CF Senior Center 9:30 BP Clinic in Washburn @ 11:30	7 BP Clinic @ Thunder Ridge 10:00	8 BP Clinic @ CF Senior Center 9:30 BP Clinic in Evansdale @ 11:00	9	10
12 BP Clinic @ Legacy Manor 2:30	13 BP Clinic @ CF Senior Center 9:30	14 Senior Connections @ 8:30 BP Clinic @ Thunder Ridge 10:00	15 BP Clinic @ CF Senior Center 9:30	16 The Rose Christmas Party @ 2:00	17 Bingo @ Mallard Point 2:00
19 BP Clinic @ Walnut Court 10:00 Bingo @ Evansdale Senior Residences BP Clinic @ Legacy Manor 2:30	20 BP Clinic @ CF Senior Center 9:30	21 BP Clinic @ Thunder Ridge 10:00 BP Clinic @ Village Coop 10:45	22 BP Clinic @ CF Senior Center 9:30 BP Clinic in Dunkerton @ 11:00 BP Clinic @ Renaissance @ 2:00	23	24
26 BP Clinic @ Legacy Manor 2:30	27 BP Clinic @ CF Senior Center 9:30	28 BP Clinic @ Thunder Ridge 10:00	29 BP Clinic @ CF Senior Center 9:30	30	31

## DAVENPORT

BP Clinics  
 Bettendorf Fitness: 1<sup>st</sup>  
 Monday 3<sup>rd</sup> Tuesday  
 8:30  
 Luther Knoll @  
 Monday 9:30  
 Spruce Hills @  
 Tuesday 10:00  
 Palmer Hills 4<sup>th</sup>  
 Tuesday 1:30  
 Cumberland House @  
 Wednesday 10:00  
 Brookside I and  
 II 11:00 1<sup>st</sup>  
 Wednesday  
 Thomas Place 1:00 1<sup>st</sup>  
 Wednesday  
 Jackson Renaissance  
 1<sup>st</sup> and 3<sup>rd</sup> Thursday  
 9:30  
 Luther Tower 2<sup>nd</sup>  
 Thursday 10:00



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>THE ROSE</b>				1 10:20 Bags 11:00 A Healthy You 1:00 Red Hat Ladies	2 9:30 Coffee and Chat 10:30 Exercise 1:00 Bingo	3
4 10:20 Bags 11:00 Board Game 1:00 Wii 2:00 Color Craze 6:00 Movie	5 10:20 Bags 11:00 Board Game 1:00 Wii 2:00 Color Craze 6:00 Movie	6 9:30 Coffee/treats 10:30 Remembering Pearl Harbor 1:00 Bingo	7 10:30 Walk 11:00 Nail Spa 1:00 Dice Game 6:00 Game Night	8 10:20 Bags 11:00 A Healthy You 1:00 Crafts	9 9:30 Coffee and Chat 10:30 Exercise 1:00 Bingo	10 8:30 Breakfast Club
11 6:00 Bible Study	12 10:30 Exercise 1:00 Wii 2:00 Color Craze 6:00 Dominos	13 10:20 Bags 11:00 Sharpen Your Mind 1:00 Women's Chorus	14 10:30 Walk 1:00 Dice Game 6:00 Dean Martin Comedy Hour 6:45 Latter Day Saints	15 10:20 Bags 11:00 A Healthy You 1:00 Crafts	16 9:30 Coffee and Chat 10:30 Exercise 1:00 Bingo	17
18 10:20 Bags 11:00 Board Game 1:00 Wii 2:00 Immanuel Lutheran Kids 6:00 Movie	19 10:20 Bags 11:00 Board Game 1:00 Wii 2:00 Color Craze 6:00 Movie	20 9:30 Coffee/treat 10:30 Resident Christmas Caroling 1:00 Bingo	21 10:30 Walk 11:00 Nail Spa 1:00 Dice Game 6:00 Game Night	22 10:20 Bags 11:00 A Healthy You 1:00 Cookie Decorating	23 9:30 Coffee and Chat 10:30 Exercise 1:00 Bingo	24
25 10:30 Exercise 1:00 Wii 2:00 Color Craze 6:00 Movie	26 10:20 Bags 11:00 Memory Lane 1:00 Tenant Meeting/Bday Party	27 10:30 Walk 1:00 Dice Game 6:00 Game Night	28 10:30 Walk 1:00 Dice Game 6:00 Game Night	29 10:20 Bags 11:00 A Healthy You 1:00 Movie	30 9:30 Coffee and Chat 10:30 Exercise 1:00 Bingo	31 New Year's Eve Party





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

Alyssa B.	HCA	CF
Lori C.	LPN	CF
Lucinda B.	HCA	CF
Melody H.	LPN	CF
Tajjmarie T.	HCA	DV



## \*NEW FEATURE\*

### MOLLIE'S WELLNESS CORNER

#### Take a Break and Destress for the Holidays

The holidays are approaching us fast, and with that comes added stress not only at work but at home as well. It is important to realize what makes you stressed and find ways to relieve some of it. Whether it is an overflowing amount of emails or thinking about all the things you have to do to get ready for the holidays, it is important to take some time for yourself. Taking a short break during the day will allow you to take a step back and destress.

Here are some tips that can help relieve stress:

- Take a 10 minute break.* Whether at home or work, take time to allow yourself to fully relax and unwind. After the short break, you leave feeling at ease and ready to take on the rest of the day.
- *Stretch!* Allowing time to stand up and stretch (especially if you sit often) your arms, legs, and neck proves to be relaxing.
- Remind yourself why.* Have pictures of your family, yourself, or a place you have visited near you to remind yourself of your personal life. When you feel overwhelmed, look at the photo and return to your work with a better attitude!

You can find these articles on our blog as well (link on website).



Jill and the residents at the Rose put together some care packages to send to the VA hospital in Iowa City and coloring pages for the soldiers in the field!

*Did you know that Comfort Care is member of the Better Business Bureau? And to top that, we have an A+ rating!*



Right: Owner, Julie Tow's husband, Lenny, helps auction a hot air balloon ride at this year's benefit night for the Eastern Iowa Arts Academy! Going once...going twice...sold!



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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