

CEDAR RAPIDS
319-294-3527

CEDAR FALLS
319-277-1936

CORALVILLE
319-248-0270

DAVENPORT
563-823-0920

Comfort Care Chatter

HAPPY NEW YEAR!!!

January 2017

Also available online at
www.comfortcareia.com

January Birthdays

Happy Birthday to YOU!

Robin S.	HCA	CR	1/1
Emira T.	HCA	CF	1/3
Kelly R.	HCA	CF	1/4
Angie F.	LPN	DV	1/11
Charlotte B.	Billing/Payroll	CR	1/13
Patricia E.	RN	CO	1/13
Emilija R.	HCA	CF	1/15
Sandra K.	HCA	CF	1/16
Tiffany B.	HCA	CR	1/16
Mari S.	RN	CF	1/23
Emily S.	LPN	DV	1/25
Kimberly K.	HCA	CR	1/26
Melissa S.	HCA	CR	1/28

January Anniversaries

Thank you for your time & commitment to Comfort Care!

Coleen L.	RN	CR	13yrs
Kathy H.	HCA	DV	9yrs
Connie H.	HCA	CF	5yrs
Lisa G.	LPN	CF	5yrs
Emilija R.	HCA	CF	3yrs
Heather S.	HCA	CF	3yrs
Jessica M.	HCA	CF	3yrs
Kristin B.	Clin. Rec.	DV	3yrs
Laura L.	LPN	CF	3yrs
Libby M.	LPN	CF	3yrs
Margaret W.	HCA	CF	3yrs
Maxine W.	HCA	CF	3yrs
Deborah H.	HCA	CO	2yrs
Judith T.	HCA	CF	2yrs
Rebecca B.	HCA	CR	2yrs
Barb R.	RN	CF	1yr
Dawn S.	HCA	CF	1yr
Latasha W.	HCA	CF	1yr
Sherri M.	HCA	CF	1yr

LIKE US ON FACEBOOK!

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



Emmett the Elf visited the Cedar Rapids office in his holiday gear again this year! He took a liking to Suzi, Cedar Rapids Physical Therapist! You must have been good this year, Suzi!

Cedar Rapids/Coralville

1/3 Julie on WMT's "Ask the Expert" Program, 11am
 1/3 BP @NLLC, 2pm
 1/9 BP @Walden Place, 9:30am
 1/12 BP @Ecumenical Towers, 2:30pm
 1/17 BP @Legacy Manor, 11am
 1/17 Julie on WMT's "Ask the Expert" Program, 11am
 1/18 Craft @Village Place, 2pm
 1/19 BP @Lowe Park, 11:30am
 1/20 Bingo @NLLC, 1pm
 1/23 BP @Walden Place, 9:30am
 1/24 BP @Ely, 9:30am
 1/24 The Price is Right @Walden Place, 2:30pm
 1/25 Craft @Legacy Pointe, 2:30pm
 1/26 BP @Ecumenical Towers, 2:30pm
 1/31 BP @Legacy Ridge, 10am

Davenport

BP Clinics

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

EVENT SCHEDULES

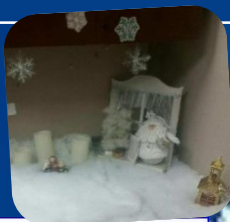
Cedar Falls

Mon	Tue	Wed	Thu	Fri	Sat
2 Mallard Point BP 9-10 Legacy BP @ 2:30	3 CF Senior Center BP @ 9:30 Washburn BP @ 11:30 Judy Staff Retirement Party 3-5	4 Thunder Ridge BP @10:00 NEI3A Open House 11-1	5 CF Senior Center BP @ 9:30 Nazareth Lutheran BP @ 12:00	6 Waterloo Senior Center BP @ 11:45	7
9 Legacy BP @ 2:30	10 CF Senior Center BP @ 9:30 Fox Meadows @10:30	11 Senior Connections @ 8:30 Thunder Ridge BP @10:00	12 CF Senior Center BP @ 9:30 Evansdale BP @11:00	13	14
16 Evansdale Bingo @ 1:00 Legacy BP @ 2:30	17 CF Senior Center BP @ 9:30	18 Thunder Ridge BP @10:00 Village Coop BP @ 10:45	19 CF Senior Center BP @ 9:30 Dunkerton BP @ 11:00 Renaissance BP @ 2:00	20	21 Mallard Point Bingo @2:00
23 Walnut Court BP @ 10:00 Legacy BP @ 2:30	24 CF Senior Center BP @ 9:30	25 Thunder Ridge BP @10:00	26 CF Senior Center BP @ 9:30	27	28
30 Legacy BP @ 2:30	31 CF Senior Center BP @ 9:30 Manor Care Bingo @2:30				



Residents at Walden Place decorated gingerbread houses with Comfort Care!

CONGRATULATIONS TO CEDAR RAPIDS NURSE CONNIE E. WHO WON THIS YEAR'S HOLIDAY OFFICE DECORATING CONTEST!



Serving Sizes Based on Your Hand:



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

Emily S. LPN
Kathleen C. HCA

DV
DV

MOLLIE'S WELLNESS CORNER

It's the New Year! You might be one of those people who made a New Year's Resolution to eat better and exercise more. Here are some tips about portion control and eating out that can help your resolution and help you stick to it throughout the year.

Portion control is a key factor when trying to lose weight and can be very hard to control especially when eating out. Restaurant serving sizes can easily be 3 or 4 times the amount of food that a person should eat in one sitting! There are easy ways to help control your portion size when eating out and at home to help ensure you don't overindulge.

- Don't eat straight out of the bag. Take crackers, nuts, popcorn, etc. out of the bag and into a bowl to help ensure you don't overeat.
- Eat off of a smaller plate. It makes it look like you have more food on your plate and triggers the brain to think you ate a lot more!
- Make half your plate full of fruits and vegetables. Not only are they good for you, they help fill you up faster.
- Limit liquid calories! You are better off eating your calories rather than drinking them. Choose water instead.
- If you do order dessert out, share!

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

Client Spotlight: Bill

This month, long-time client, Bill, was interviewed about his wonderful holiday decorations. He is the primary decorator at his senior apartment complex and he takes great pride in his work! Bill starts decorating right after Thanksgiving with the help of Comfort Care staff member, Deana!

What is your favorite thing about Christmas?

Decorating-I just enjoy decorating for all seasons!

What is your favorite Christmas decoration that you own?

My collection of Santa Clauses-I have about 20 of them! Also my antique Christmas decorations.

When are your decorations from?

I have collected things from 1967 all the way up until now.

Does your family have any Christmas traditions?

My Grandmother from Whales used to make delicious plum pudding. I wish I still had the recipe because I also enjoy cooking. I love cooking, art, and being social here at the apartment complex!

What other things do you like to do?

I enjoy going out and shopping with my Comfort Care helper, Deana. Our favorite place to eat is Mirabito's in North Liberty and our favorite shopping spot is Gordman's.

Bill also wants to thank Deana for taking good care of him and staying by his side when he got sick!

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!

tfeltes@comfortcareia.com

