

# Take Charge of Your Healthcare



**Cottage Grove**  
PLACE

Building peace of mind for our residents through all levels of care in one location.

## MEDICARE PRESCRIPTION PAYMENT PLAN

Managing the cost of prescription medications can be a source of stress. The Medicare Prescription Payment Plan is a payment option that works with your current prescription coverage to help you manage your out-of-pocket costs for drugs covered by your plan by spreading them across the calendar year (January–December). Anyone with a Medicare drug plan or Medicare health plan with drug coverage (like a Medicare Advantage Plan with drug coverage) can use this payment option. All plans offer this payment option for no additional cost. If you select this payment option, each month you’ll continue to pay your plan premium (if you have one), and you’ll get a bill from your health or drug plan to pay for your prescription drugs (instead of paying the pharmacy).

The Prescription Payment Plan could be a good option for you if: you consistently meet your out of pocket maximum early in the year or your prescription costs vary from month to month. Contact your health and prescription plan provider to sign up. You can get additional information on the Medicare website ([Medicare.gov](https://www.medicare.gov)).



## RESIDENT BIRTHDAYS

- Irene Hamous..... 2/2
- Dorothy Powers.....2/5
- Julie Hanson.....2/5
- Marilyn Jo Leyes.....2/7
- Miriam Bierwirth.....2/10
- Mary Ann Wetherbee.....2/12
- Mildred Wente.....2/13
- Riki Packingham.....2/14
- Patricia Smith.....2/16
- Ruth Nash.....2/17
- Steve Wolf.....2/19
- Shari Ambrust.....2/21
- Kristin Henn.....2/22
- Lynda Black Smith.....2/23
- Phyllis Ammeter.....2/24
- Frances Obrien.....2/26
- Judy Ochs.....2/27
- Cheryl Ayers.....2/27
- Gloria Klinger..... 2/28



## FEBRUARY 2025 COTTAGE GROVE CHRONICLES

### AMERICAN HEART MONTH

Did you know that more than 600,000 Americans die from heart disease every year? It’s the number one cause of death in the US with risk factors including high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use. Take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. February is an excellent time to start some heart-healthy habits as we are surrounded by hearts in celebration of Valentine’s Day! American Heart Month reminds us to take care of our heart and learn more about our own individual conditions that increase our risk of heart disease. Some ways you can observe American Heart Month are to take up heart-healthy habits like exercise, watching our weight, and reducing stress. Educate yourself on the preventable risk factors and make lifestyle choices that can help you stay healthy. Finally visit with your doctor about what you can do to improve your heart health.

**STAY INFORMED!**

Download **Community Apps** on your smartphone, tablet, or desktop computer for important messages or tune in to our in-house channel!

With converter box: channel 15

Without converter box: channel 96.1

Contact Life Enrichment for assistance.

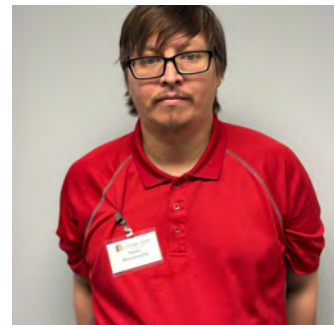
Do not forget to check your in-house mailboxes regularly for important announcements and other Cottage Grove Place community updates..

**CR HEARING CENTER VISIT**

The Cedar Rapids Hearing Center will be here on Tuesday February 25 at 9:30am in the 2nd Floor Activity Room to check hearing aids for residents. Please sign up at the Front Desk ahead of time so we can provide them with an accurate list. Residents will be seen on a first come, first serve basis not by appointment time. Please sign in when you arrive and there will be chairs available for waiting.

**BUILD A BOUQUET**

Join us in Sedlacek Hall on Friday February 14 at 12:30pm to create a flower arrangement for yourself or a friend in time for Valentine's Day! Residents are invited to bring their own vase or wrap it in craft paper to take home. Flowers are available while supplies last! Please only plan to create one arrangement to start so others have a chance to build a bouquet. See you there!



January Employee of the Month:  
**Dustin Bates**  
Environmental Services

Welcome Home!

If you know someone who may be interested in moving to Cottage Grove Place  
Contact Susan Bednar at 319-249-7889



**MOVIE MONDAYS IN THE THEATER ROOM**

Popcorn provided, bring your own drink for the shows!  
Evening showings are resident-led.

Contact Life Enrichment with film suggestions for Movie Monday or for assistance with reserving the theater room.

**STAFF ANNIVERSARIES**

**1 Year**

- Rena Hamann
- Larionna Littleton
- Logan Pham
- Chase Pyse
- Tammy Redmond

**2 Years**

- Benjamin Gilliland
- Thomas Kenneavy

**3 Years**

- Ammie Ballayan
- Arthur Vesey

**4 Years**

- Angela Noethe

**6 Years**

- Gladys Anala

**10 Years**

- Brad DeWoody

- William McKenna

**16 Years**

- Tawanna Reyes



**STAFF BIRTHDAYS**

- 6 Arthur Vesey
- 7 Andrew Frank
- 8 Aaliyah Reyes
- 8 Caden Wurster
- 9 Madyson Ristvedt
- 13 Dorcas Mpanda
- 14 Jaime McElevy
- 16 Jada McGinnis
- 17 Bianca Kesselring
- 18 Salam Daoud
- 23 Caitlin Riley
- 24 Kayla Miller
- 25 Elizabeth Barfield
- 27 Zachary D'Amico



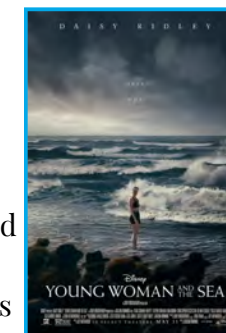
Monday, February 3  
2:30pm and 6:30pm  
**Ghostlight** (2024)  
Rated R 1 hr, 5 mins  
When a construction worker unexpectedly joins a local theater's production of Romeo and Juliet, the drama onstage starts to mirror his own life.



Monday, February 17  
2:30PM and 6:30PM  
**The Way We Speak** (2024)  
Rated PG 1 hr, 27 mins  
An up-and-coming writer refuses to leave the spotlight when his best friend and debate opponent suffers cardiac arrest, leading to an obsession over his new opponent and a growing rift with his ailing wife.



Monday, February 10  
2:30PM and 6:30PM  
**Ezra** (2023)  
Rated R 1 hr, 41 mins  
Evelyn, an ordinary housewife, visits a nursing home and befriends the old lady Ninny. Together they bond over stories from the past about two intrepid women of Whistle Stop Cafe.



Monday, February 24  
2:30PM and 6:30PM  
**Young Woman and the Sea** (2024)  
Rated PG 2 hr, 9 mins  
The story of competitive swimmer Gertrude Ederle, who, in 1926, was the first woman to ever swim across the English Channel.

### ART JOY CONNECT WITH CORRINE FOSNAUGH

Corrine Fosnaugh returns for another educational culture class on Tuesday, February 11 at 3:00pm in Sedlacek Hall. This month she will cover Contemporary French Artists. Learn about them and their work. After the lesson, make an abstract painting with acrylic and gold leaf. We hope to see you there!



### FEBRUARY COE FORUM

This month Coe Forum is titled “How Bad Ideas Spread: Shaping Values by Claiming the Conventional Wisdom” led by Allison Carr, Associate Professor of Rhetoric and Drew Westberg, Associate Professor of Economics. *“We are burdening our children with the national debt.” “College just isn’t a good investment anymore.” “I believe in free markets.” “We can’t have public healthcare, it’s too expensive!” “Social security won’t be around for my generation.” “Deficits are bad!” We have all heard such statements; they reflect commonly held understandings of subjects that are perennially relevant. Yet empirical examination suggests such statements are not always accurate. So why do we believe them and how do such sentiments become so powerfully etched in our collective psyche?”*

Admission to each forum session is \$12 to be paid on site. Admission fee includes the lecture and morning refreshments of coffee, tea, and pastries. Cottage Grove Place provides bus transportation for the series leaving from the Front Lobby at 8:30am on Thursdays - please sign up on the app or call the Front Desk to secure your spot.

### RESIDENT-LED GAMES

*No Experience Necessary!*

**Knitting & Yarn Arts** meets at 2:00pm every Sunday in the Assisted Living Red Cedars Lounge.

**Penny Bingo** starts at 2:30pm every Sunday in the Cottage Grill Private Dining Room. .

**Hand & Foot Card Game** is played on Wednesdays at 10:00am in the 3rd Floor Card Room. It is also played at 1:00pm on Thursdays in the 3rd Floor Card Room.

**Rummikub** group is help on Fridays at 7:00pm in the 3rd Floor Card Room.

Join the **Bridge Club** on Mondays and Wednesdays at 1:00pm in the 3rd Floor Card Room.

**500 Card Game** starts at 10:00am and another game at 1:00pm in the 3rd Floor Card Room on Fridays.

**Mexican Train Dominos** meets at 2:00pm on Saturdays in the 3rd Floor Card Room.



### FRIDAY HAPPY HOUR THEMES

Join us for Happy Hours this month with some special themes surrounding holidays and occasions in February! Friday, February 7 is “Soup”erbow! Happy Hour with a special football theme and soup servings in recognition of the big game on Sunday! Friday, February 14 is Sweetheart Happy Hour in Sedlacek Hall for Valentine’s Day. Be sure to dress in red or pink to mark the day - fun, food, and music for everyone. February 18 is “National Drink Wine Day” and we will celebrate on Friday, February 21 at Happy Hour! Variety of wine will be poured up and perfectly paired with a charcuterie spread. Finally dress in your Hollywood best for Friday February 28 in honor of the Academy Awards! Movie nomination information will be provided for anyone wanting to catch up before the award show airs on Sunday March 2.

### ACTIVITY PLANNING COMMITTEE

Kirsten will return from maternity leave this month and be ready to hear your input for activity planning for the remainder of 2025! Start jotting down your ideas now and come prepared for the Activity Planning Committee meeting in March. We are hoping to pack the calendar full of things that YOU want to do. Be sure to look for the date in the upcoming March calendar.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
ROOM KEY Front Lobby (FL) Fitness Center (FC) Commons Patio (CP) Commons Dining Room (CDR) Sedlacek Hall (SH) Cottage Grill (CG)	2nd Floor Activity Room (2AR) 3rd Floor Card Room (3CR) The Pub (P) Movie Theater Room (MTR) Touchtown In House TV (ITV) <b>Items in red require RSVP— contact the front desk.</b>		<b>FEBRUARY 2025 ACTIVITY CALENDAR</b>			1 10:00 Hand & Foot Card Game (3AR)
2  2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG)	3 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let's Write & Discuss (3CR) 1:45 Reading Group w/ Dot (2AR) 2:30/6:30 Movie Monday & Popcorn: Ghostlight (MTR)	4 9:00 Coffee and Conversation (CDR) <b>10:30 Water Aerobics (Spa)</b> 1:00 Bingo (SH) 2:00 Music & Motion (2AR) 3:00 Interdenominational Worship Service (SH)	5 <b>10:00 St Matthew's Catholic Communion and Conversation (In-Room Visits)</b> 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) <b>11:00 Lunch Outing: Carlos O'Kellys (FL)</b> 2:00 Young at Harp (SH)	6 <b>8:30 Coe Forum (FL)*</b> 10:30 Indoor Walking Group (FC) 1:00 Resident Council (SH) 3:00 Trivia Tables (CG)	7 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 "Soup"erbowl Happy Hour (CG)	8 10:00 Hand & Foot Card Game (3AR)
9 Superbowl Sunday  2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG) 5:30 Superbowl Watch Party (SH/MTR)	10 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let's Write & Discuss (3CR) <b>11:00 Lunch Outing: Mandarin Spice-Senior Day (FL)</b> 1:45 Reading Group w/ Dot (2AR) 2:30/6:30 Movie Monday & Popcorn:	11 9:00 Coffee and Conversation (SH) <b>10:30 Water Aerobics (Spa)</b> 1:00 Bingo (SH) 2:00 Music & Motion (2AR) <b>3:00 Art, Joy, Connect with Corrine Fosnaugh: Contemporary French Artists (SH)</b>	12 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 1:30 Sweetheart Sing-a-long (SH) 3:00 Reader's Theater Practice (2AR)	13 <b>8:30 Coe Forum (FL)*</b> 10:30 Indoor Walking Group (FC) 3:00 All Resident Meeting (SH) <b>5:00 Trivia Night (SH)</b>	14 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 12:30 Build a Bouquet (SH) 2:00 Sweetheart Happy Hour (SH) <b>6:45 TCR: Jersey Boys (FL)*</b>	15 10:00 Hand & Foot Card Game (3AR)
16  2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG)	17 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let's Write & Discuss (3CR) 1:45 Reading Group w/ Dot (2AR) 1:30 Historical Theater Presents: All Things Valentine (SH) 3:30 Larry Jensen Piano (SH) 2:30/6:30 Movie Monday & Popcorn: The Way We Speak (MTR)	18 9:00 Coffee and Conversation (SH) <b>10:30 Water Aerobics (Spa)</b> 1:00 Bingo (SH) 2:00 Music & Motion (2AR) 3:00 Floyd Sandford: Hiking the Cotswold Way (SH)	19 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) <b>11:00 Lunch Outing: Pizza Ranch (FL)</b> 2:00 Creative Arts Group (2AR) 4:00 Bethany Lutheran Services (SH)	20 <b>8:30 Coe Forum (FL)*</b> 10:30 Indoor Walking Group (FC) 1:30 Wii Bowling (FC) 2:00 Parkinson's Support Group (2AR)	21 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Cheese and Cheers Happy Hour with Live Music by Aaron Shoemaker (CG)	22 10:00 Hand & Foot Card Game (3AR)
23  2:00 Knitting & Yarn Arts (Red Cedars Lounge—AL) 2:30 Penny Bingo (CG)	24 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 11:00 Let's Write & Discuss (3CR) 1:45 Reading Group w/ Dot (2AR) 2:30/6:30 Movie Monday & Popcorn: Young Woman and the Sea (MTR)	25 9:00 Coffee and Conversation (SH) <b>9:30 CR Hearing Center (2AR)</b> <b>10:30 Water Aerobics (Spa)</b> 1:00 Bingo (SH) 2:00 Music & Motion (2AR) 3:00 Reflections Reading Club: Takes Place in Another Country (2AR)	26 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) <b>11:00 Lunch Outing: Bluebird Café (FL)</b> 3:00 Reader's Theater Practice (2AR) 4:00 Wine Tasting Wednesday (SH)	27 <b>8:30 Coe Forum (FL)*</b> <b>10:30 Riverside Casino Outing (FL)</b> 10:30 Indoor Walking Group (FC) 1:30 February Birthdays & Ice Cream Social (CG) 3:00 Trivia Tables (CG)	28 10:30 Exercise for Everyone (FC) 11:00 Chair Yoga (FC) 12:30 Pool League (P) 2:00 Red Carpet Happy Hour (CG)	