



## Thank You For Calling Us Home

### Leadership Team

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### Welcome Home to Our Newest Residents

Judy Junge  
May 2nd

Jean Robe  
May 6th

Helen & Kenneth Pratt  
May 26th

Mary Simenson  
May 28th

Delores Gibson  
June 4th

### Happy Birthday To You!

**June 2nd**  
Elayne Gasset

**June 8th**  
Stewart Carsner

**June 12th**  
JoAnne Albert

**June 13th**  
Alice Schroeder

**June 27th**  
Jean Robe

**June 28th**  
Dorris Bell

**June 28th**  
Joyce Fountain

Guess Who Answer: Berta P.



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### Change

Great things are happening! Change. A small word that generally has a pretty big impact. Sometimes good. Sometimes not so good. By now, I'm sure most of you know me well enough to know that I like to embrace change with open arms. Don't get me wrong, this doesn't mean that I always *like* change. I truly believe how I deal with change will impact how well (or not) change is accepted. This past year has personally been a year of change –and it's not over yet! My youngest graduated high school in May; my daughter is planning to move to Colorado sometime this month, and in August my oldest son and his wife will make me grandma again! All of these events will be a BIG change for me. I would kidding myself if I were to say I am completely fine with all these changes. Obviously a new granddaughter is pretty special, and I am thrilled! My son graduating from high school is a great milestone and I am really proud of him. Moving my daughter to Colorado is going to be one of the toughest things I have done for quite some time. While I am very excited for her beginning this new chapter in her life, I am also really sad for the void it will leave in mine. We have also seen some pretty exciting changes around Garnett Place. If anyone has had the opportunity to see our new Garnett Place logo sign –what a fantastic addition to our front entrance! Rod has also been working hard making changes to the landscaping around our community –and he's not done, yet. Last month we were able to celebrate the completion of the 202 Activity Area which was another much needed change for our community and our new exercise equipment is in place and ready to use. We have seen some changes in our culinary staff. We welcome Merissa as Coordinator, as well as Bobbi Jo, Atelier, and Jonah to the Dining Services team. Thank you for your patience as we work through the changes throughout our community and watch for more exciting things to come! Summer is just around the corner and for those of you who love the warm, sultry Iowa weather - which will be a nice change as well.

Kim Emrich, Manager

### Welcome, Merissa Sweeney: Our New Culinary Coordinator!

Hello, I wanted to introduce myself as the new culinary coordinator. My name is Merissa Sweeney. I have now lived in Cedar Rapids for seven years, but my hometown is Camanche, IA (which is about an hour and a half from here). I graduated from Kirkwood Community College five years ago, with a degree in Culinary Arts. Food is my passion, so I am beyond thrilled for this opportunity to be your culinary coordinator and to meet you all.

Merissa Sweeney, Culinary Coordinator



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It's about coming home...  
Rolling out the red carpet for you!



## Dare To Dream

This special program allows us to make our resident's dreams come true



Garnett Place decided to go out to the Police Station to say thank you to all of our police officers. This was a special visit for one resident, Berta. Berta has two sons who were both apart of the police force. While visiting the station the police decided to "arrest" Berta so they could send this photo to her sons. She later told me that apparently this has been circulated to everyone in the family, and they all got a big kick out it.



On Earth day some of our memory care residents got artsy. We decorated planters with paint, so we could add beautiful flowers to them later. Doris had a great time decorating these planters. She got so into the activity she even made a few extra for friends. Way to be earth friendly & artistic Doris!



One extra special moment this month was Mother's Day. We invited the Garnett community to come out and celebrate with us. Here at Garnett, we celebrate with cupcakes at 10 o'clock in the morning! Everyone was able to decorate a cupcake to their liking (and they were able to eat their cake too).

## Dare To Dream—Continued

This special program allows us to make our resident's dreams come true



The Ding-A-Lings went out to visit one of their own. While Terry is temporarily staying at Willow Gardens, her fellow bells decided it was time to go out and give her a little cheer. Terry was thrilled to see us, and enjoyed her flowers. We played a few songs for the residents at Willow Garden. Terry was so happy to see everyone, and loved showing off her bell playing skills to her new friends.



On our field trip to Noelridge Greenhouse the residents were able to see many beautiful flowers. They were able to enjoy touring the green house, and getting an insider's view from our transportation specialist Steve (who works at the green house on occasional weekends). Francis had an extra special time with the field trip, as his daughter Donna decided to join us! The two of them were able to spend some lovely quality time together, and they were a lot of fun to photograph.

# Activities

## Activities to Note

◆ **National Donut Day**  
June 3rd

◆ **Drive In Movie Day**  
June 6th

◆ **Flag Day Ceremony**  
June 14th

◆ **Father's Day Party**  
June 16

◆ **Health Aides, Universal Workers & Nursing Assistants Celebration**  
June 17th

◆ **National Ugliest Dog Day—Photo judging contest**  
June 17th

• **National Selfie Day—Photo booth Session**  
June 21st

◆ **Garnett's 4th of July Party**  
\*  
June 26th  
\*Please RSVP

## Looking Back At May's Activities

Noelridge Green House



Kentucky Derby Party



Nurses Appreciation Event



# Quilt Show

Almost every weekend Elayne hosts quilting events at her home. Recently she displayed some of her work at the Quilt Show in downtown Cedar Rapids. Garnett's Residents took a trip to see her quilt (and the many more). We also wanted to say congratulations to Sharon, the daughter of Leo S. for winning Best of Show!



Left: Elayne's Quilt: Courthouse Steps

Center: The group who attended the show

Right: Sharon's Quilt that Won Best of Show

# Guess Who

Awhile ago Kari sat down with some Garnett Place residents and wrote down their life story. Now it's your turn to guess who it is based on what they said:

I was a school teacher in South Dakota. I taught 2nd, 4th, 5th, and 8th grades at a rural school. I walked through many cold blizzards. I am a Valentine's baby, born on February 14th. I had five children, three boys and two girls. My two boys are retired policemen here in Cedar Rapids. I am very proud of them. My other son traveled more. One of my girls was a Registered Nurse in Minnesota, now she's a first responder. I like music, and I was in a school with a band. In 8th grade we went to the National Contest in Minneapolis, MN. I played the clarinet. I practiced with the little kids every night, and music is still a big part of my life. I am so proud of my children and thankful for everything in my life.

Who am I?

\*If you would like to be featured in the Guess Who segment, please see Kari in Activities.

## Coordinator Greetings

### Alzheimer's Awareness Month

June is Alzheimer's and Brain Awareness Month (ABAM) and we recognize the more than 5 million people affected by Alzheimer's in The United States. I would like to share with you some important numbers I discovered on the Alzheimer's Association's web page ([www.alz.org](http://www.alz.org)): It is the 6<sup>th</sup> leading cause of death, with 1 in 3 seniors passing with Alzheimer's or another form of dementia. It kills more Americans than prostate and breast cancer combined. In 2015, caregivers provided an estimated 18.1 billion hours of unpaid care. This is an estimated \$221.3 billion dollars' worth of care. In 2016 it will cost the nation \$236 billion with a climb to \$1 Trillion by 2050. Planning ahead is one of the most important steps you can take to protect yourself. It is an estimated extra \$5,000 annually to take care of a loved one with Alzheimer's or Dementia. Setting up legal, financial and end-of-life plans are essential. If you would like more information of this topic or see what you can do to help those in need financially, please check out the Alzheimer's Association's website at [www.alz.org](http://www.alz.org).

Tara Malcolm, Assistant Manager

### Continuing Education

Renee Riffey, the owner of Right at Home in Cedar Rapids, will be here on Tuesday, June 14<sup>th</sup> to discuss Nutrition. She will go into detail on foods you eat that may affect the medicines you take. Renee will also talk about a program called Spice up Your Life! I encourage you to attend this Lunch and Learn so that you can use this information to make informed decisions about your life. A special lunch will be prepared, so please RSVP to me (Kaelee McNeill) as soon as you can. Deadline for reserving a spot is June 13<sup>th</sup> at 4 p.m. Please come see me if you have any questions.

Kaelee McNeill, Community Relations Coordinator

### Fire Drills

Fire safety is a top priority here at Garnett Place. You will notice that we run fire drills with our team on a monthly basis. This helps us prepare for the event if an actual fire would occur. Part of the drills we practice is making sure we get residents on the safe side of the fire door. As residents you are also encouraged to participate in the fire drills so that you too will feel prepared in case of an emergency. If you have any questions about fire drills, or fire/emergency procedures I encourage you to ask any team member. I would like to assure all of our new residents it takes only about two minutes for the fire department to get here if an actual fire were to occur. Practice makes perfect, but prevention is even better.

Scott Franklin, Maintenance Coordinator

### Garnett Reminders—Newspaper

The newspaper in the 208 Lobby is for everyone to share. Recently the last section and the TV guide have been missing. We ask that you please leave the paper in it's entirety there so that everyone may enjoy it. Thank you for your understanding.

Sincerely,  
The Garnett Team

## Coordinator Greetings

### Fitness Matters

Life is survival of the fittest. You have to be in shape for that. Run a personal fitness check: Do you get enough rest? Do you eat the right foods? Do you have a hobby that relieves stress? Exercise to accumulate reserves' of energy is like money in the bank when you need it. The only way to increase your strength, energy and vitality is to stress your body beyond what it is accustomed to doing. People up to 95 years of age have doubled their strength and endurance in a short period of time with weight and exercise programs. People rationalize about not exercising. The main excuse is I don't have the time, or I just don't feel like it. My personal favorite, I'll do it tomorrow or next time. Would you sell your arm of \$100 dollars or your leg for a million? I really doubt it. These are priceless components of your body. As you become fitter, you look and feel better and your self-esteem will blossom. You may ask yourself, where in the world is he going with this? Here the deal. Garnett Place holds exercise sessions 3 days a week. This is time set aside for you to increase your energy and endurance. There is room for many more to participate in this fun activity. We are turning the old library into a small personal gym. Soon there will be new pieces of exercise equipment for you to use. The Garnett Team is also working on marking distances on our walking trail sidewalk, so that you know how far you have walked. Let's make 2016 the year we all become fitness aware and June the month to kick it off.

Lee Thoma, Health Care Coordinator

### The Benefits of Activities

I had a resident recently tell me that they have felt extremely busy ever since Halloween, since there is so much going on now. I am really glad to know that people are feeling busy and active, as that is one of my main goals in leading activities. Yet, activities are more than just fun diversions in the day (although that is a benefit of them). Coming to activities helps in a variety of other ways as well. As Lee mentioned in his article, it's important to be physically active. I know that ramp can seem like a long walk, but think about instead as that long walk is helping you strengthen your body. Also getting up and moving around helps joint pain, Mayo Clinic states "Exercise is crucial for people with arthritis. It increases strength and flexibility, reduces joint pain, and helps combat fatigue" (<http://www.mayoclinic.org/arthritis/art-20047971>). Attending activities also benefits you with meeting your social and emotional needs by having that daily opportunity to interact with other people. Sometimes just getting out and being around other people can lift your mood. An additional benefit is that it keeps you cognitively sharp, you have to keep using that big beautiful brain of yours so you don't lose it. These programs are designed to fulfill one or more of those needs. So come for the fun, but stay for the benefits.

Kari Santos, Life Enrichment Coordinator

### Garnett Reminders—Pets

Just a friendly reminder for all our four legged fuzzy friends at Garnett Place. All dogs must be kept on a leash when not inside your apartment. **Dogs must be on a leash in the hallways and outdoor** areas at all times, for their own safety. Also, a friendly reminder that you are expected to **clean up** after your pets (even when it happens outdoors).

Sincerely,  
The Garnett Team