



Thank You For Calling Us Home

Leadership Team

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Team Member Updates

May Birthdays:

Hanah

Work Anniversaries:

James

Welcome New Team Members!

Hanah, Ronjaha, Brittany



Happy Birthday To You!

May 9
Ardith R.

May 24
Charles "Chick" A.



Garnett Gazette, May 2017

Volume 17, Issue 5

Welcome Home

Lois K.

Garnett Place would like to take a moment to remember all those loved and lost.

As this Memorial Day approaches we also send our thoughts out to our soldiers and their families.

Congratulations Lee

I believe spring is finally here! Not only does May bring green grass, warmer weather and blooming flowers but May is full of celebrations. We honor and thank all of the hard working, compassionate nurses that do what they do because it is truly their calling to care for others. This year we are privileged to celebrate with our own Lee Thoma as he receives an award May 7th in Des Moines for one of the top 100 nurses in Iowa! We are so proud of Lee and the dedication and passion he brings to Garnett Place. We celebrate and thank all of the mom's out there for their patient and unconditional love. We celebrate graduates –high school kids that don't have a clue to what the "real world" is but honestly believe they have it all figured out and college kids who have a plan; have had a glimpse of what's in store for them and still jump in feet first. We remember all those who have passed before us and are grateful for the men and women who have died serving our country. Have a terrific month. Celebrate and enjoy the beautiful sunshine.

Kim Emrich, Manager



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



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Cedar Rapids, IA

319.362.3630
www.garnettplace.net

Save for Future Reference

What to do in case of an emergency

Tornado Safety Tips:

- ◆ Get to the lowest floor in your house
- ◆ If no basement, get to an interior room
 - ◆ If outside, get to safe shelter
- ◆ As a last resort, go to a ditch (outside)
- ◆ Stay tuned to NOAA weather radio



In the event of a tornado warning:

You (Residents and guests) should move to a safe area, away from windows.

In **your apartment, go to the bathroom or closet.**

Take your cell phone and a blanket with you in case of an emergency.

There are some places in the **common areas** that are a safe place if you cannot get to your apartment:

- The Bistro area,
- The main 202 entrance (by the mailboxes),
- The 208 activity area (away from the windows, go near the TV),
- The hallway in the 208 lower level.

Garnett staff will monitor the situation and check in on all residents. Stay in your safe area until the storm has passed and the “all clear” is given.

Garnett staff will make the rounds to let everyone know when it’s safe.

Save for Future Reference

What to do in case of an emergency



In the event of a fire:

You (Residents and guests) **should stay where you are located** when the fire alarm goes off.

When the alarm goes off, Staff and the Cedar Rapids Fire Department are notified.

At this time staff will begin checking every room where the fire panel tells us the fire is near. Staff will let you know if you know if you need to leave your room for your safety.

If you can **SEE** the fire in your room, **yell!** This will help us locate it quicker and get you safe. If it’s possible for you to move **safely** away from the fire, do so. If you feel you cannot move safely, continue to yell and wait for assistance.

When alarm goes off, the fire concern is over.

Activities

Upcoming Activities to Note

Kentucky Derby Party
May 5

Mother's Day Event
May 6

Driving Tour of Mount Vernon
May 9

Noelridge Green House
May 16

Kernels Baseball Game
May 17

Golden Warblers Singing Group
May 25

Alzheimer's Support Group
May 26

Ice-Cream Social
May 31

Transportation

Information:

319-540-3630

Please make appointments 48 hours in advance.

Just a reminder for everyone that Garnett Transportation **does not run on Tuesdays**, as we reserve these days for field trips and outings. Regular transportation hours are from 8:00 a.m. to 4:00 p.m. Monday, Wednesday-Friday.

Looking Back At April's Activities



Activities

Looking Back At April's Activities

Easter Egg Hunt



Cedar Rapids Museum of Art



Coordinator Greetings

Visiting the Doctor

On average Dr. appointments last about 15 minutes. How you as a patient use this time can make the difference in how well informed you are about your diagnosis or problem.

1. You need to be prepared when you go to the Doctor. Make a list, write down what your symptoms are so you can relate them to your physician without forgetting some important fact.
2. Set an agenda so you can clarify what your visit is about. Tell your physician what you want to accomplish and ask if he agrees. You might say, today I would like to review my test results and tell you about my hip pain, would that be ok?
3. Be direct, tell the Doctor what's on your mind. Make it easy for him to inquire about your problem.
4. Have a copy of your medications for the Doctor to review. This saves time for the Doctor and staff.
5. Summarize your visit. Restate what you understand should happen next. If understanding is a problem take a relative or friend along so a complete understanding is arrived at.
6. Be sure and have the Doctor sign the Physician's Report/Order Sheet that is sent with you to all appointments. This will make the sheet a written order if medications are to be changed and can be sent directly to pharmacy.
7. By approaching your Doctor visit with these initiatives in mind you will be better prepared to communicate and receive information. This approach will go a long way toward preventing misunderstandings.



May Holidays

So many holidays this month! We have May Day, Armed Forces Day, Mother's Day, Memorial Day and my favorite, May the 4th Be with you! (A play on words for Star Wars catch phrase "May the Force Be With You"). I am ready to honor those we have lost both in the line of duty and those we have lost here at home on Armed Forces Day and Memorial Day. I'm ready to celebrate May Day as a reminder to spread cheer by being a good neighbor. I am more than excited to be honored by my children for Mother's Day, as it is truly my honor that they picked me to be their mother. I leave you with 3 quotes to use on May the 4th that you can work into your everyday conversation: "The Force is strong with this one", "These aren't the droids you're looking for..." (You can replace droids with pretty much anything. Making it very funny) and "When 900 years old, you reach....Look as good, you will not!"

Tara Malcolm, Assistant Manager



Maintenance

Hello everyone. Thanks for being patient with me as I get comfortable with Garnett Place. We're working on spring clean up around the property. I'm excited for the gazebo to get put up and all the new furniture. In addition we'll be doing landscaping out there as well to make it even more enjoyable. I can't wait for all of you to be able to use that outside space. As always, to get a hold of me just call the maintenance number (319) 929-6890.

Josh Klein, Maintenance Coordinator

Coordinator Greetings

Culinary Updates

I am sad to announce that I will be leaving Garnett Place. May 5th will be my last day. I will be moving to an accounting firm one mile from our new home. This will be a whole new career for me, but always know you have all changed my life for the better and you all will be dearly missed in my heart. It was not an easy decision so thank you for the great time while I was employed here and all the great memories!

Merissa Sweeney, Culinary Coordinator



Warm Weather Seasons

The graduation season is already upon us. I'm excited to celebrate my oldest sister's graduation this month. She's finishing up her PhD from the University of Minnesota, in Oral Genetics (she tries to solve teeth related genetic issues in mice to see if it can help humans). I'm excited to get to see her walk across the stage in her fancy PhD robes. I'm also looking forward to an exciting summer season. I know I'm ready to start spending more time outside, and I hope you'll join me. My favorite part of spring is taking photos of all the beautiful flowers. Once summer hits I'll start taking more hikes in the woods. I like to wait for the summer, because I hate ticks! I'd rather wait until it gets really hot out than deal with ticks. I've already had one on me this season (and that was in April). Here's to spring flowers, graduations, and time outdoors.

Kari Santos, CTRS, Life Enrichment Coordinator



Jamaica

Greeting Everyone – I just returned from Jamaica and I am already missing the sandy beaches, but I am so excited to be back with all of you! Iowa will always be my home. How's the spring treating all of you? I bet the warmer weather feels good and I hope you are taking the opportunity to be outside more often. Ryan and I have taken the awesome weather opportunity to SPRING CLEAN! We even remodeled the basement. Ryan is a hunter and he has a couple deer he wanted all on the wall. I decided to give it a cabin theme touch. New furniture to match, cabin theme décor & lights. I even found little bear paw light switch covers. All the rooms have officially been updated in the house. I think next I want a sun porch.

Kaelee Freeman, Community Relations Coordinator



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