

Directory of Information

Leadership Team

Manager:
Chris Ruzicka
319.929.6894
manager@garnettplace.net

Assistant Manager:
Ambika Sharma
319.533.0397
assistantmanager@garnettplace.net

Health Care Coordinator:
Lee Thoma, RN
319.929.6892
nurse@garnettplace.net

Community Relations Coordinator:
Taylor Westaby
319.533.5050
marketing@garnettplace.net

Life Enrichment Coordinator:
Kari Santos, MA, CTRS
319.533.0441
enrichlife@garnettplace.net

Culinary Coordinator:
Jeremy Curl
319.533.0409
kitchen@garnettplace.net

Maintenance Coordinator:
Chris Anderson
319.929.6890
maintenance@garnettplace.net

Transportation Information:

319.540.3630

Please make appointments
48 hours in advance.

Appointment hours:
8:30 a.m. to 3:00 p.m.
Monday, Wednesday,
Thursday, Friday.

**No drives on
Tuesdays**

Tuesdays are reserved for trips.

Dining Room Hours of Operation

Breakfast:

7:00 a.m. to 9:00 a.m.

Lunch (Dinner):

11:00 a.m. to 1:00 p.m.

Supper:

4:00 p.m. to 6:00 p.m.

Times may vary per dining room.
Please check with your server.

Additional snacks and
beverages available 24/7.

**Guest meals are
\$5 per person, per meal.**

We ask that you notify us
if a guest is eating with you
24 hours in advance.

Welcome Home

Jeane W.

Richard W.



Garnett Gazette, February 2019

Volume 19, Issue 2

Happy Birthday

February 2
Kathy W.

February 12
Vernon J.

February 3
Jeane W.

February 13
Bob T.

February 6
Lois K.

February 14
Berta P.

February 7
Olga V.

February 19
Carolyn H.

February 11
Virginia W.

February 23
Francis B.

Snow Day Fun

Our residents took advantage of January's snowy weather to have a little fun. Below are some of our residents from memory care

having fun playing in the snow. They made snowmen and snowballs (yes, a few got thrown). We also played snowball table hockey.



202 35th St. Dr. S.E.
Cedar Rapids, IA



319.362.3630
www.garnettplace.net



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



Activities

February Activity Highlights

February 7

Ding-A-Lings perform at St. Patrick's Church

February 12

Pickle Toss

February 15

The Great Backyard Bird Count

February 18

Margarita Monday and Spa Day

February 19

Sweetheart Dance and dancing demonstration with Tim and Kathy Hulse

February 25

Czech Accordion Trio

February 26

Quilt Show and Ladies Tea

New!

Every Monday in February is Margarita Monday!

Community Risk Reduction

Tuesday, February 26 at 2:00 p.m.
208 Lobby

Diana Patten with the Cedar Rapids Fire Department will provide a safety education and community risk reduction presentation.



Lunch Bunch Outing: Ox Yoke Inn

Tuesday, February 5
Load the bus : 10:15 a.m.
Dining time: 11:00 a.m.

Join us for a lovely meal out at one of our favorite restaurants! After a scenic drive we'll work up our appetites, so save room for their delicious pie. R.S.V.P. to Kari in Life Enrichment no later than February 1st. Call Kari at (319) 533-0441.

Continuing Education Series

University of Iowa Stanley Museum of Art – Senior Living Communities Program

TUESDAY, FEBRUARY 26TH at 10:00AM

MOVEMENT & STYLE

Harlem Renaissance



Join Amanda Lensing, Senior Living Communities Program Coordinator at the University of Iowa Stanley Museum of Art, as she presents on Movement and Style in the Visual Arts.

Through PowerPoint presentation and discussion, you will learn about the Harlem Renaissance in relation to the other art movements we've discussed.

University of Iowa
Museum of Art

SENIOR
LIVING
COMMUNITIES

A Look Back

Dancing during happy hour



Crafting Club



Coordinator Greetings

Welcome to February

American Heart Healthy Month is sponsored annually by the American Heart Association to raise awareness of heart disease across the nation. Lack of exercise is one of the highest risk factors to heart disease. Exercise programs like Live 2 B Healthy are known to reduce these risks; it improves your weight, blood pressure, cholesterol, and blood sugar. Exercise helps your heart by strengthening the heart muscles and cardiovascular system, making the heart more efficient, improving the flow of blood to the heart muscle, improving the heart's ability to handle stress, improving heart failure symptoms. I encourage you to attend Live 2B Healthy each Monday, Wednesday and Friday at 10:15 a.m. and get 2019 off to a healthy start! This program is free and open to the public.

Chris Ruzicka,
Manager



Fabulous February

Wow! The month of love, February is here, and it's all about celebrations. I always get excited for this month because my husband, Binod, and I have birthdays together. My birthday is on the 24th and his is on the 25th. This is our second year celebrating our birthdays together. I am also going to Colorado to visit my family for a few days.

As we all know that the 14th of February is Valentine's Day, the celebration of love. Besides that, I found out from the CDC website that National Donor Day is also on the same day. It is a day to raise awareness for organ, tissue, marrow, platelet, eye, and blood donation. It is also a day to recognize our loved ones who have given the gift of donation, have received a donation, are currently waiting, or did not receive an organ in time.

Do you know February is also known as American Heart Month? This month reminds us to take care of our heart. We can do this by committing to a healthy lifestyle. People wear red throughout the month in order to spread the awareness about the heart.

I hope you all have a wonderful month. If you need anything, please call or stop by at the front desk.

Ambika
Sharma,
Assistant
Manager



Your Resident Council Representatives

We're here to represent you.

Shirley J. Velda M. Berta P. Carol S. Robert T.

Coordinator Greetings

Doctor's Appointments

It's a new year, so let's make it a great one. Let's revisit and talk about scheduling doctor appointments. A number of you schedule your own appointments and then for one reason or another forget when or where the appointment is. This results in the doctor's office calling Garnett Place asking where you are on your appointment day, or worst case why you missed an appointment. This could get to be a problem because some doctors are charging for missed appointments. So that this does not happen to you, please get me a copy of any appointments that you have or make so that the staff and I can remind you, get a copy of your medications ready to send along, (very important) and get you to your properly timed appointment. This also includes making arrangements with transportation if it is needed. It is very hard to get someone to an appointment if there is no advanced information and scheduling. Please keep in mind that there are no drives scheduled on Tuesdays, except for emergencies. Normal drive days for doctor appointments are Monday, Wednesday, Thursday, and Friday. Your cooperation in this matter will help to make us all successful.

Lee Thoma, RN,
Health Care
Coordinator



Dreams Coming True

Garnett Place welcomed Jeane and Richard W. to our big family in January. Help welcome our new residents by inviting them to an activity or to join you for a meal.

We want to make your dreams come true this year! Our Dare to Dream program makes a resident's dream come true each month. If you have any ideas for yourself or a friend, please let me know and we will try our best to make it happen. It could be something that you loved to do and haven't recently or something you have always wanted to do your entire life.

Look forward to our Snack and Learn this month with Diana Patten from the Cedar Rapids Fire Department with a presentation on Community Risk Reduction. I'm also looking forward to our Sweetheart Dance. I may even get up and dance if you are lucky!

We are going to continue the monthly gifts for your Providers. We love that your healthcare Providers take such good care of you! Stop by my office before you leave or ask Steve for the gift when he drops you off at your appointment. Gifts are available when you visit your doctor, dentist, chiropractor, etc. If you have any questions about this just ask!

Don't forget to share your love with Garnett Place this month. If you refer a friend who moves into Garnett Place you will receive \$500 off your next month's rent 30 days after their move-in.

Happy Valentine's Day! I love being able to spend every day with you all and my heart is very full.

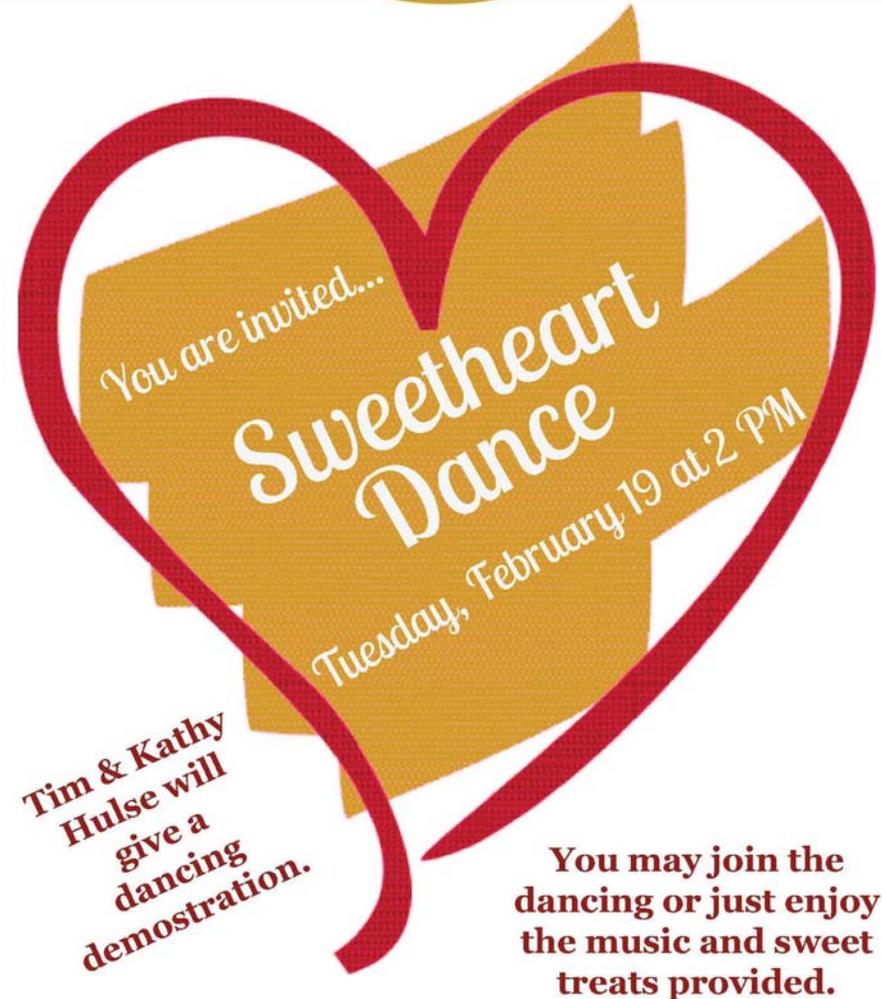
Taylor Westaby,
Community Relations
Coordinator



202 35TH ST DR SE
CEDAR RAPIDS, IA 52403

Garnett
Place

319-362-3630
GARNETTPPLACE.NET



You are invited...

**Sweetheart
Dance**

Tuesday, February 19 at 2 PM

**Tim & Kathy
Hulse will
give a
dancing
demostration.**

**You may join the
dancing or just enjoy
the music and sweet
treats provided.**

WE PROUDLY BRING YOU

ELAYNE'S QUILTING CLUB SHOW

The Quilting Club will be exhibiting the quilts they've made and discussing them. There will be tea and treats served.

FEBRUARY 26TH, 2019
3 P.M.- 4 P.M.
202 ACTIVITY ROOM

Coordinator Greetings

Therapeutic Recreation Month

Happy Therapeutic Recreation Month everyone! I wanted to take a moment to talk about what Therapeutic Recreation is and why I chose this as my career.

So, what is Therapeutic Recreation? Does it differ from regular activities? Regular activities are designed to distract the client and just have fun. In Therapeutic Recreation we design our activities based on client interests and needs. It's our job to take into consideration everyone's skills and abilities and adjust the program so everyone can be successful. We also take client goals into consideration during design. The hardest part of the job is making it all look easy and fun while being beneficial. A lot of the programs I plan here focus on helping you improve your physical health, keeping you intellectually stimulated, helping you make social connections, and more. Who knew you were getting so much out of your daily activities!

I am what is called a Certified Therapeutic Recreation Specialist. This means that I received educational training and that I am monitored by an accrediting agency (the National Council for Therapeutic Recreation Certification, the NCTRC). I had to pass a national exam to receive certification, and I am expected to keep up to date on the standards of practice by going to educational opportunities.

Thank you to all my fellow CTRS's out there who are working hard to make lives better.

Kari Santos, MA,
CTRS
Life Enrichment
Coordinator



334 Days Until the Year End

As winter drags on, please make sure that you notify us right away of furnace issues so that we can get them resolved and keep you warm. Also, if you venture outside, please watch your step and let us know if you find icy conditions so we can get salt put down. As always, don't hesitate to call me with problems that you need fixed.

Chris Anderson,
Maintenance Coordinator



Thinking Spring

Thinking Spring Hello, it has been an eventful January. With the holidays behind us I'm going to start working on the spring menu. I hope to roll out in March. So if you have any ideas in mind let me know. My youngest just celebrated his 2nd birthday on the 20th of January. He is into Mickey Mouse right now, so we have gotten a lot of Mickey stuff. My girls are back to school after break now and loving it. My wife has decided to start a small Facebook business for her artwork so that is what's new in our family life.

Jeremy Curl,
Culinary
Coordinator



Dare to Dream

Here at Garnett Place, we strive to make your dreams come true! We're always looking for different ways to enhance our residents' lives.



Is there something that you have always wanted to do? How about an activity you used to do, but haven't done in a while? Let us know how we can make your dreams come true! Fill out the suggestion form below, and return it to Kari Santos, Life Enrichment Coordinator. You can also reach Kari at enrichlife@garnettplace.net, or 319-533-0441.

Name:

Suggestion:

Join the Smile Program!



What is Smile?

This is a special program for family and friends of Garnett Place to stay in touch. Upon signing up you'll receive a special login. This takes you to our secure website, where you will have access to what activities are coming up, as well as what activities your loved one has attended. We also use Smile to notify everyone of upcoming Family and Holiday events, such as Mother's Day, Father's Day, Thanksgiving, and Christmas. Smile gives you access to the monthly newsletter, activity calendars, and menus.

In addition, it features options where you can send messages directly to staff, share photos of your loved one, and other great communication options.

Fill out the form below and return it to Kari in Life Enrichment.

Your First Name: _____

Last Name: _____

Email Address: _____

Resident's Name _____

Relationship to Resident: _____

Please help us with this initiative by filling out this form and returning, so you too can be part of Smile. For more information, contact Kari Santos, Life Enrichment Coordinator at 319-533-0441 or enrichlife@garnettplace.net