

## Directory of Information

### Leadership Team

**Manager:**  
Chris Ruzicka  
319.929.6894  
manager@garnettplace.net

**Assistant Manager:**  
Ambika Sharma  
319.533.0397  
assistantmanaer@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.

**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.

Additional snacks and  
beverages available 24/7.

## Welcome Home

## Ray B.

## Ron H.

## Lod N.



Garnett Gazette, March 2019

Volume 19, Issue 3

## Happy Birthday!

**March 2**  
Gerald H.

**March 7**  
Maxine W.

**March 9**  
Charles G.

**March 13**  
Ellen D.

**March 24**  
Mary F.

**March 26**  
Marcia H.

**March 27**  
Doris M.

**March 27**  
Richard W.

## Pickle Toss

**T**his February residents enjoyed some crazy indoor games to beat the winter blues. We tossed pickles into a bucket down a runway. It was harder than it looks! A lot of laughter was shared as residents and staff gave it their best effort. Everyone then enjoyed pickles after the toss was over. Not the ones from the bucket though! Winter doesn't have us in a pickle anymore.



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



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



319.362.3630  
www.g

## Activities

### March Activity Highlights

**March 4**

Spelling Bee

**March 6**

Ash Wednesday Service with  
St. Matthew's Church

**March 15**

Horse Races

**March 17**

St. Patrick's Day Parade  
with the Ding-A-Lings

**March 19**

Ox Yoke Inn Lunch Outing in  
the Amana Colonies

**March 26**

Maple Syrup Program

**March 26**

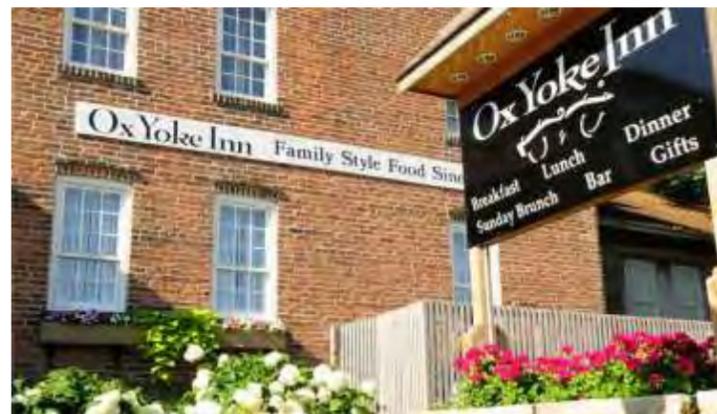
University of Iowa's  
Senior Living Art Program

### Snack and Learn with Cedar Rapids Hearing Center

**"Hearing Health"**

**Tuesday, March 26 at 2:00 p.m.**

Do you know how the ear works, the main types of hearing loss, and the importance of hearing aids? The Cedar Rapids Hearing Center will take the time to help educate you about your hearing health and the many ways you can support it to ensure that you get the best hearing care possible.



### Lunch Bunch Outing: Ox Yoke Inn

**Tuesday, March 19th**

Load the bus : 10:00 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 March 12th .  
Call Kari at (319) 533-0441.

## Continuing Education Series

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

**TUESDAY, MARCH 26<sup>TH</sup> at 10:00AM**

Join **AMANDA LENSING**,  
SLC Program Coordinator at the  
Stanley Museum of Art for...

### CERAMIC TILE ART

From this...



Pictures and inspiration from  
[www.naturalbeachliving.com](http://www.naturalbeachliving.com)

To this!



**An easy craft that will brighten up  
our tables in just 3 easy steps!**

Funding for this program provided by the  
Community Foundation of Johnson County

University of Iowa  
Stanley Museum of Art

SENIOR  
LIVING  
COMMUNITIES

## A Look Back

Make-up and hairdos in preparation for the Sweetheart Dance



## Coordinator Greetings

### Welcome to March

I don't know about you, but I am looking forward to March 20th, which is **THE FIRST DAY OF SPRING!** I am hoping that it feels like spring and that this winter weather is completely behind us. We have survived thus far, but I am ready for the white to change to green. I have two reminders to share with everyone:

- 1) If you would like to do ACH (Electronic Funds Transfer) so that you don't have to worry about writing a check every month, just let me know and I can help you get signed up.
- 2) Guest meal policy - we definitely welcome guests into the community and would like to remind everyone of the following: if you are going to be having guest(s) join you for a meal please, notify the front office staff or Culinary Coordinator 24 hours in advance. Guest meals are \$5.00 per person to be paid in cash to myself, Ambika, or any of the other managers. I thank you all in advance for following this policy to help us deliver the best possible service to you all and your guests.

Now bring on the warmer weather so that we can start enjoying the outdoors!

Chris Ruzicka,  
Manager



### Marvelous March

March brings me lots of happiness as it brings warmer weather. Who is excited for the spring? I bet every one of us, right? According to the astronomical calendar, the first day of spring officially begins on March 20th in the Northern Hemisphere. It's where the sun crosses the celestial equator, moving from south to north, which, we know better as the Spring Equinox. Equinox means that the day and the night will be in equal length. In other words, the whole hemisphere will get 12 hours of lightness and darkness on an equinox. We will be able to go walk outside, breathe in the fresh air, and get some sun.

Did you know that sunlight makes you happy? According to the Healthline website, exposure to sunlight increases the brain's release of serotonin, hormone associated with boosting mood and helping a person feel calm and focused. So more sunlight contributes to a positive mood.

I will try to leave the front desk and go outside for a few minutes to enjoy the sunshine this month. Let me know if anyone would like to join me.

Just a reminder, if you need a report showing what was billed and how much was paid in 2018 for tax purposes, I will be able to print out the whole 2018 report. Happy spring everyone!

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

### Challenging Systems

**A**s we age in place our physical systems become more challenged. This can be due to the medications that we take as well as the changes in diet that occur over time. The end result can mean that we will experience either diarrhea or constipation. Many of the foods that we used to be able to tolerate are no longer palatable to our systems thus resulting in diarrhea. Some of the medicines that we take for pain will also slow the intestinal bowel process down which may cause constipation. If either of these two problems occur please let your health aide, or the Garnett nurse know. For diarrhea we can give Imodium to help control this problem, or, if constipation occurs we can give milk of magnesia, prune juice, or suppositories to make you comfortable. A good rule of thumb is to tell health aides immediately when you are experiencing diarrhea. For constipation, if you have not moved your bowels in 24 hours we can give you milk of magnesia or prune juice. If your bowels have not moved in 48 hours, we will give milk of magnesia, prune juice, or do a suppository to make you comfortable. If your bowels have not moved in 72 hours, we will definitely do a suppository to help you along. Everybody's system is different and we will evaluate using these things as guidelines to help you. We can't help you through these things if you don't let us know. Please tell us in a timely manner if you are having these problems.

Lee Thoma, RN,  
Health Care  
Coordinator



### Dreams Coming True

Garnett Place welcomed Lod N., Ron H. and Raymond B. to our big family in February. Help welcome our new residents by inviting them to an activity or to join you for a meal. March is National Social Worker month, March 6th is National Dentist Day, March 7th is National Hospitalist Day, March 13th is National Nutritionist Day and March 30th is National Doctors Day. We are lucky that your healthcare providers are taking 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! Look forward to our Snack and Learn this month with the Cedar Rapids Hearing Center on Tuesday, March 26th. There is so much going on this month at Garnett Place, free to invite any of your friends or family to any of our activities. We are lucky to have you at Garnett Place. If you refer someone that moves into Garnett Place you will receive a free month's rent 30 days after their move-in. Save the Date: Friday, April 12th at 4:00 p.m. for the Annual Easter Egg Hunt. March is a big month for me! I am running a half marathon in Raleigh, North Carolina on March 17th with one of my best friends, Katie. I've been training for three months now, I'm excited and nervous all at the same time. I hope I can make it the full 13.1 miles! Happy St. Patrick's Day! I feel very lucky to spend every day with you at Garnett Place and blessed to have work feel like home.

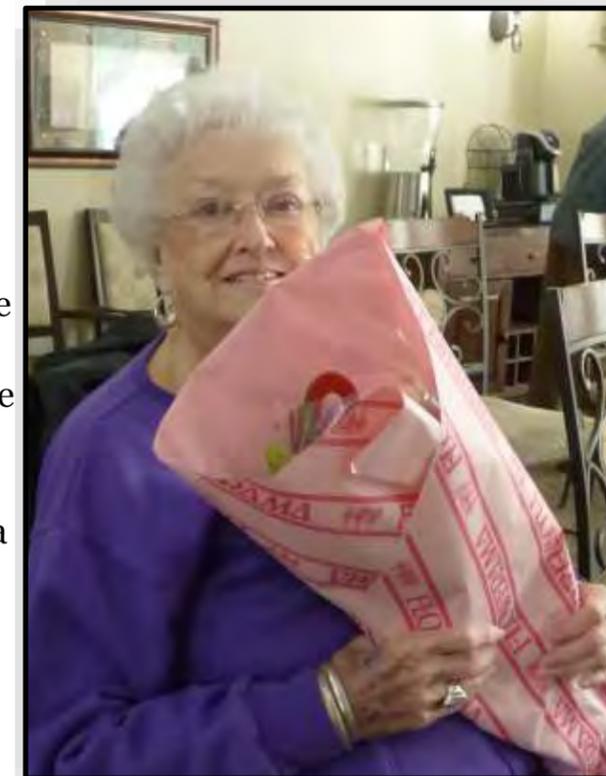
Taylor Westaby,  
Community Relations  
Coordinator



## Dare to Dream



**G**arnett Place would like to thank the members of the Timeless Quartet, many of whom belong to the Harmony Hawks for making Valentine's Day special for Verna. Verna's husband Bob was a member of the Harmony Hawks for many years, and every Valentine's Day he'd get the guys over to serenade her. Since Bob passed away, the Harmony Hawks still take good care of Verna. This year we wanted to make it an extra special surprise. We contacted Bob's good friend Cal, the leader of the Timeless Quartet, and asked how we could surprise Verna with a performance. With the help of her daughter we were able get everything in place. Verna was shocked to see Cal and the guys. She had the seat of honor for the performance, and was given a bouquet of flowers. It was an extra special Valentine's Day to be surrounded by such good friends.



## Sweetheart Dance



## Coordinator Greetings

### Marching Towards Spring

**D**o you suppose if I keep thinking about spring, it'll get here faster? As I watch more snow fall, I think I'll keep telling myself that. March is shaping up to be a very busy month. Right away on March 6th we have St. Matthew's Catholic Church coming in to do a special Ash Wednesday service. Any Christian is welcome to attend the service and receive ashes, and communion will be offered to Catholics. This also means Mardi Gras festivities will be upon us before we begin lent. Later in the month we look forward to the Ding-A-Ling's performing in the SaPaDaPaSo (Cedar Rapid's annual St. Patrick's Day Parade).

Our trip to the Ox Yoke Inn is rescheduled for March 19th. Please make sure you sign up in advance if you'd like to join the lunch bunch on this outing. I'm also happy to announce we'll be traveling out to Indian Creek Nature Center on the 26th to attend a program about making maple syrup. We'll learn how they tap the trees and process the sap to make syrup. We may even get to try a little ourselves if we're lucky.

Please remember that due to the popularity of certain programs we cannot allow you to save seats for anyone. We are always happy to bring in more chairs when we get a good crowd. If you'd like to sit together though, I'd recommend arriving at the same time. If you have any questions about this please don't hesitate to come and talk with me.

Think spring everyone!

Kari Santos, MA,  
CTRS  
Life Enrichment  
Coordinator



### 306 Days Until the Year End

**I**t's been a great winter as we have gotten over 48 inches of snow since the first of the year.

I am ready for sunshine and warmer days so I can better enjoy the great outdoors.

If you need your heater fixed or have other maintenance issues let me know!

Thanks and keep warm,

Chris Anderson,  
Maintenance



### Menu Update

**I**t has been a weather crazy February. I hope you all stayed warm and safe. I was hoping to get the new menu out by March but Martin Brother's doesn't have the spring menu ready. I will be making changes to the current one to add some different options to change it up from last month. With March coming that means St. Patrick's day is near, look for there to be a special meal that day. Lent also starts in March so if there isn't fish on the menu I plan to have some as an option, make sure you are asking for that. On the family update there have been a lot of cancelled school days which means my wife has had the kids home a lot. She is ready for spring so the kids can have a little bit of normality and not drive her crazy. Well, I hope you all have a great month and can't wait for the nice weather to start.

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](mailto:enrichlife@garnettplace.net), or 319-533-0441.

Name:

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Suggestion:

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202 35TH ST DR SE  
CEDAR RAPIDS, IA 52403



319-362-3630  
GARNETTPLACE.NET



Save the Date

### **Easter Egg Hunt Friday, April 14**

Enjoy sweet treats at  
4:00 PM & the hunt  
begins promptly at  
4:30 PM.