

## Directory of Information

### Leadership Team

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

**Assistant Manager:**  
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**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

## Marilyn B.

## Gloria K.



Garnett Gazette, April 2019

Volume 19, Issue 4

## Happy Birthday!

**April 1**  
Arlene W.

**April 4**  
Ted K.

**April 11**  
Ellen E.

**April 12**  
Frank J.

**April 16**  
Mary K.

**April 18**  
Lod N.

## Pen Pal Program

**W**e've been able to exchange some very special letters this winter with 3rd and 4th graders in the English as a Second Language class from the Hiawatha School district. Both the students and our residents have been very curious to meet their pen pals. We were able to do this over the internet by talking on a camera with the students. Everyone had a great time talking to each other and meeting their friends. Thank you Christine for making this special project happen!



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.garnettplace.net

## Activities

### April Activity Highlights

**April 8th**

Spring Cleaning:  
Walker and  
Wheelchair Wash

**April 12th**

Easter Egg Hunt

**April 12th**

Ding-A-Lings perform  
at City Hall

**April 15th**

Egg Derby

**April 22nd**

Czech Accordion Trio

**April 23rd**

Podiatrist  
(foot doctor) visits

### Snack and Learn with Cedar Rapids Hearing Center

“Hearing Health”

Rescheduled for  
Tuesday, April 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.

### Community Reminders

Garnett Place does not allow the burning of scented candles within our community for the safety of everyone.

### Transportation Reminders

For Community Outing and Ding-A-Ling drives we request that everyone **arrive five minutes before** the load time at the 208 entrance. If you are not there at this time it will be assumed you have decided not to attend the event.

We now have sign up sheets for store outings and scenic drives as well.

You can sign up with Steve or Kari, or outside their office.

## Continuing Education Series

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

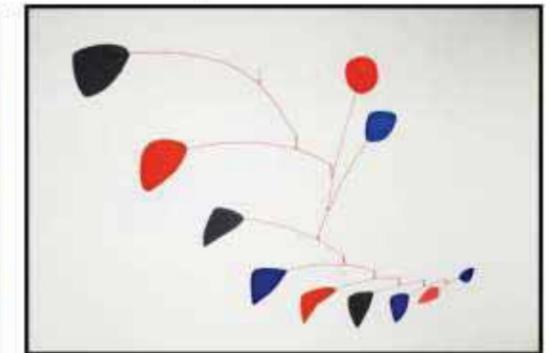
**TUESDAY, APRIL 23<sup>RD</sup> at 10:00AM**

Join **AMANDA LENSING**, SLC Program Coordinator at the Stanley Museum of Art, for a PowerPoint and discussion on...

### ALEXANDER CALDER The Man, His Mobiles, and More



Flamingo | 53 ft - painted steel sculpture - 1974 |  
Kluczynski Federal Building, Chicago



Red, Blue, and Black Cascade | 36 x 48 x 48 in –  
painted sheet metal and wire - 1974



Homage to the Sun | 29.5 x 43.25 in - lithograph - 1975

You may recognize  
his work...

**but do you know  
his name?**

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

Quilt Show



Lunch Bunch: Ox Yoke Inn



## Coordinator Greetings

### Welcome to April

April is here and that means that the deadline to file your taxes is approaching. Did you know that if the main reason for living in a retirement community is for medical care, then that cost is a deductible medical expense? Section 213 of Internal Revenue Code allows deductions for medical care for an individual, spouse or dependent if the expenses exceed 7.5% of the taxpayer's adjusted gross income. The monthly fee of a retirement community can be considered a medical expense. It further states that if a resident is living in a retirement community because of a medical condition which requires them to be there, and meals and lodging are furnished, then the cost is considered a medical care expense. Please consult your tax adviser on this rule if you feel this would apply to your situation.

If you need your 2018 transaction report for tax filing purposes, please stop by the front desk or my office or give myself or Ambika a call at 319-362-3630.

While we are talking "business"... a reminder, if you would like to do ACH (Electronic Funds Transfer) so that you don't have to write a check each month for your rent, just let me know and I can help you get signed up. Funds are pulled from your checking account on the 5<sup>th</sup> of each month.

Enjoy the warmer weather everyone.

Chris Ruzicka,  
Manager



### Nepali New Year

I can't believe that April is here already. Time flies so fast, doesn't it? The first day of April is April Fools Day, when children and grownups play jokes on one another. When I was in Colorado, I used play lots of jokes and pranks on my friends on this day. The craziest and funniest one was when I sent them a picture of me with three packed luggage bags. I told them that I was moving back to Nepal for good. They were freaked out by the news and some of them even decided to meet me at the airport to stop me. When they found out it was a prank, I had to organize the party at home in order to make up for the prank. That was the last prank I did with my friends.

As most of you already know that I am from Nepal. Our Nepali New Year falls on the April 14th. There are a large group of Nepalese communities here in Cedar Rapids, Marion, and Iowa City. We usually celebrate our New Year with everyone by gathering in one place, eating food, and enjoying dance performances. I will be teaching Nepali and Bollywood dance to kids from the Cedar Rapids area for the New Year's celebration program which is going to be held on the April 20th in Iowa City. We have three weeks to get ready for the program so you can tell that I will be busy. It's always fun to be around kids and teach them our traditional dance and culture.

If you want to know more about the cultures, traditions, festivals, and dance forms of Nepal, please stop by at the desk. I will be more than happy to share some interesting facts and information about Nepal.

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

### April Flu Bugs?

The month of April is upon us and we are all hoping the flu bugs that we all experienced randomly here are long gone. The bad news is that there are always some stray bugs hiding, waiting to infect us. As we age we are better targets for flu and influenza because our immune systems are not as strong as they were when we were younger. For this reason please continue to take a few simple precautions for you and your fellow residents. Cover your mouth and nose when you sneeze or cough. Wash your hands with soap and water often especially after coughing or sneezing. If you're not around water, alcohol-based hand sanitizer will work. Avoid close contact with anyone who is already sick. Avoid touching your hands to your mouth or eyes, germs are very often spread in this manner. Lastly if you are sick or have symptoms stay in and have the staff order you in a sick tray. I feel we have kicked the bugs out for now, but they are sneaky and can find there way back any time we let our guard down. Have a healthy month, as we look forward to talking spring.

Lee Thoma, RN,  
Health Care  
Coordinator

The Foot Doctor (podiatrist) will be here April 23. Please let me know if you would like to be on his list.



### Dreams Coming True

Garnett Place welcomed Gloria K. and Marilyn B. to our big family in March. Extend the warm welcome by inviting them to join you for an activity or a meal.

Garnett Place and the Alzheimer's Association are proud to announce a seven part Dementia Education series hosted at Garnett Place the first Friday of each month at 12:00 p.m. You will learn how to better support yourself, and your loved ones, by attending this educational series while your loved one attends Music Speaks, Music Therapy. Some of the topics being discussed will be: 10 Signs of Dementia, Understanding Dementia, Effective Communication Pt. 1, Effective Communication Pt. 2, Understanding Behaviors, Dementia Conversations and Holiday Tips. This Dementia Education series will begin on Friday, May 3.

Don't forget to invite your family and friends to dine with you April 22-26 to fundraise for Waypoint May Baskets for the Homeless event. Your loved one can donate a non-perishable food item, brand new household items, or a monetary donation in exchange for a free meal. All donations will support individuals and families experiencing homelessness, domestic violence, or living in poverty.

In March, I had a great vacation to North Carolina with my best friend. I survived my first half-marathon and knocked my socks off with my goals! I completed the 13.1 miles in 2 hours and 19 minutes, I am still really excited about this and ready to run my next half-marathon. We also went to Pisgah National Forest and did a six mile hike to Looking Glass Rock. What an incredible view!

Taylor Westaby,  
Community Relations  
Coordinator



## A Look Back

### Bistro Baking: Fruit Pizzas



### Garnett Derby (Horse Racing)



## Severe Weather Reminder

April brings the start of our severe weather season here in Iowa. Garnett Place team members will monitor the situation and let you know what steps to take to be safe.

Here are some things you can do to help

- ◆ **The safest place in your apartment is in your bathroom**
- ◆ If you cannot get to the bathroom safely, cover yourself with a heavy blanket
  - ◆ Listen to staff instructions
  - ◆ Stay away from windows
- ◆ In the 202 Dining Room: go by the elevator or near the salad bar
- ◆ 208 Lower Level Dining room: go into the hallway by the offices, away from windows
  - ◆ Activity Rooms: go into the bistro or down a hallway, away from windows
    - ◆ Staff will close any drapes or blinds
- ◆ Take any visitors or guests to these locations with you

**A team member will notify you when the event is over.**

## Coordinator Greetings

### Spring Cleaning and Changes

I've seen a robin outside my office. Red-winged blackbirds have begun making their nests alongside roads. Hosta, daffodils, and tulips are starting to push through the earth. I think we're safe to say spring is here. With the warmer weather that means we'll be doing more traveling and community outings. We ask that you arrive at the 208 entrance for all outings (community or Ding-A-Lings) no later than five minutes before the posted loading time. If you are not there five minutes beforehand, we will assume that you have opted to not attend. We have to do this because the bus holds a limited quantity, so we need to know if your seat can be given to another person who would like to attend.

For the month of April we are moving manicures to a new date and time until Danae returns. Manicures will now be on Tuesdays at 2:00 p.m. Kelsie will also be offering manicures on Saturday afternoons.

In exciting news for me, I have been accepted as a presenter at the Iowa Inclusive Therapeutic Recreation Association's annual conference. I look forward to this conference every year. I always come back with great ideas on new things for us to try.

I look forward to all of our fun and crazy April adventures.

Kari Santos, MA,  
CTRS  
Life Enrichment  
Coordinator



### 274 Days Until the Year End

As we enter April, I would just like to remind everyone to be mindful when walking outside. The ground will be very soft and mud can make for slippery conditions. Also, as there is still a chance for below freezing temps at night, melting snow can refreeze and cause slick spots on the sidewalks and driveways. Also, as you begin to run your air conditioning, please let me know if you discover any problems. The sooner they are found, the sooner we can get them resolved before the hot weather hits.

Chris Anderson,  
Maintenance  
Coordinator



### April Changes

March finally warmed up and snow is melting and water is everywhere. I hope with the weather getting nicer you all can get out and enjoy it. April should have a brand new menu so I hope you all enjoy it and please give me feedback on it so I can make any changes to things that don't go over very well. I took spring break off to spend time with my family and also went to Minnesota to help my sister and her family move. My sister in law just got two yellow lab puppies and my kids are in love with them. If you ever have and questions or concerns please feel free to speak with me thanks.

Jeremy Curl,  
Culinary  
Coordinator



202 35TH ST DR SE  
CEDAR RAPIDS, IA 52403



319-362-3630  
GARNETTPLACE.NET

## May Baskets for the Homeless

# WAYPOINT

Invite your family and friends April 22-26  
for a meal with you at Garnett Place.

Donate a non-perishable food, brand new household items, or monetary donation and your loved one will receive a free meal in our dining room in exchange for the donation. Please RSVP for your guest 24 hours in advance.

Non-perishable food items  
Bedding (twin or queen)  
Blankets/Pillows  
Laundry detergent  
Pots & pans  
Dishes/Glasses/Silverware

Shower curtains & shower curtain rings  
Garbage cans  
Toilet paper/Paper towels  
Bath towels  
Bus passes  
Gas station gift cards/gas cards

Garnett Place will take all of the collected items to Waypoint on Tuesday, May 1st for their Stuff the Bus – May Baskets for the Homeless Event. Thank you for your help to support individuals and families experiencing homelessness, domestic violence, or living in poverty.

GARNETT PLACE PRESENTS

# ANNUAL EASTER EGG HUNT 2019

COME AND JOIN THE FUN  
WITH THE WHOLE FAMILY!

FRIDAY, APRIL 12

4 PM PARTY BEGINS  
4:30 PM EASTER EGG HUNT  
STARTS DIVIDED BY AGES