**Directory of Information**

**Leadership Team**

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

**Assistant Manager:**
Ambika Sharma  
319.533.0397  
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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

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**Transportation Information:**

**Manager**: 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.

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**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 June 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.

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**Welcome Home**

Candi E.  
Lois K.  
Nancy N.  
Frances V.  
Ray W.

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**Facebook**

Did you know that Garnett Place has a Facebook page? Make sure to follow it to keep up to date with events, happenings, and photos. It's a great way for family members to keep up with everything as well.

[https://www.facebook.com/GarnettPlace/](https://www.facebook.com/GarnettPlace/)

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**Happy Birthday!**

**June 2**

Elayne G.

**June 7**

Rhoda M.

**June 10**

Edna T.

**June 28**

Dorris B.  
Joyce F.
Activities

June Highlights

June 4
Prairie Woods Tour

June 10
Country Steppers

June 11
Fishing Trip

June 12
Cedar Rapids Kernels Baseball game with lunch at the park

June 14
Father’s Day Beer & Bacon Party

June 17
Meet the Neighbors Ice-Cream Social

July 27
Annual Block Party

Snack and Learn with Music Speaks

Tuesday, June 25 at 2:00 p.m.

Leanne Shradel, board-certified music therapist with Music Speaks, will talk about what music therapy is and what the benefits are. Find out how music works with our brains and bodies, and why it is effective in therapeutic uses for a wide range of people and diagnoses. Learn about the goals of music therapy, and observe demonstrations of techniques a music therapist would use to work toward specific goals with a client.

Community Reminders

The walking trail is currently closed for construction. We’ll let you know as soon as it has been reopened.

Ask before weeding in the gardens. Our gardens are resident run, so we don’t want to remove anyone’s plantings on accident. Thank you.

Transportation Reminders

Construction season is upon us. Please remember to be on time for your drive appointments. The extra time is to make sure we get you there on time, especially with traffic and construction.

Continuing Education Series

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

TUESDAY, June 25th at 10:00AM

POINTILLISM
Dotting Our Eyes with Pure Color

Join AMANDA LENSSING, SLC Program Coordinator at the Stanley Museum of Art, for a PowerPoint presentation, discussion, and demonstration on Neo-Impressionism and the painting technique that made a point.

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

Rescheduled for June.
It feels like we have finally turned that corner and it’s time to start enjoying the outdoors again. It has been great to see some of you take advantage of the warmer weather and pass by my office to go outside for a walk around the community. I thought this would be an opportune time to share some tips with you that I found online from the Arthritis Foundation. Here are four easy stretches you can do before you head out for your walks.

1) **HAMSTRING AND ANKLE** - Sit on the edge of a chair with your right leg extended, right heel on floor. Flex right foot and keep toes pointed up. Lean forward gently from your hips to feel a stretch in the back of your thigh. Repeat with left leg.

2) **CALF STRETCH** - Stand up straight, holding on to a chair. Put left leg behind you, keeping left heel on the floor. Bend right knee and lean toward the chair. You should feel the stretch in the calf of the left leg. Repeat with right leg.

3) **GROIN STRETCH** - Stand with legs slightly wider than shoulder width and hold on to a chair. With left foot facing forward, point right foot to right 45 degrees then lunge in that direction without letting knee go past toes. Repeat move on left side.

4) **LEG SWINGS** - Stand up straight, holding on to a chair with your left hand for support. Standing to the side of the chair on your left leg, move your right leg to the front, side and back, tapping your toe at each point. Repeat with left leg.

Also, remember two things when you head out on warm sunny days.

1. Drink plenty of water and
2. Wear hats and long sleeves because many medications react to direct sunlight.

Chris Ruzicka,
Manager

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We are almost halfway through the year. It’s hard to believe it, isn’t it? June month brings not only the summer weather but also some holidays. Did you know the first day of summer is the 21st of June? This day is also known as the summer solstice. Since ancient times, the summer solstice has been marked on calendars with celebrations honoring the sun and as a way to mark the seasons. Two of the major holidays in this month are Flag Day, on the 14th and Father’s day, on the 16th. We are having our annual Father’s Day celebration on the June 14th with our residents and families. Please feel free to share these events with your loved ones and invite them over to Garnett Place from 4:30pm to 6pm. I look forward to meeting and celebrating the day with you all.

I am also excited for this month because my sister-in-law, Bandana, and our 11-month nephew, Yanish are coming to visit us. They will be flying from Seattle to Cedar Rapids and will stay with us for couple of weeks. Then they will fly to Virginia and stay there for a month. This will be the first trip for the little one. You can say they are in a full vacation mode.

If you need anything, please feel free to call me or stop by the front desk. Happy Summer to everyone!

Ambika Sharma,
Assistant Manager

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Your Resident Council Representatives
We’re here to represent you.

Shirley J.  Velda M.  Carol S.  Robert T.
Big Plans for June

Garnett Place welcomed Candi E., Nancy N., Lois K., Ray W., and Frances V., to our big family in May. Please extend a warm welcome by inviting them to join you for an activity or a meal together.

Please join us for part two of the Dementia Education Series on June 7 at 12:00 p.m. A light lunch will be provided and you will learn about Understanding Dementia from Alzheimer's Association volunteer and Care Initiatives Hospice Social Worker, Teri Skoog. Please feel free to invite any family or friends that would benefit from this educational piece.

Our Snack and Learn for June is about Music Speaks, you will learn what music therapy is and its benefits. Garnett Place offers Music Speaks, Music Therapy on Tuesdays and Fridays at 9:30 a.m. in Memory Care and Fridays at 12:00 p.m. near the 202 Activity Room. If you are interested in joining one of these groups contact me or Kari, we will fit you in the group most beneficial to you! If you would just like to observe a group to see if that is something you are interested in, you may do that as well.

Exciting news: Garnett Place now has a Facebook page. If you or your family have a Facebook, please like our page. We will be posting photos from activities and upcoming events to help keep your loved ones involved in our community.

Taylor Westaby,
Community Relations Coordinator

Elevator Safety

June is approaching us and I hope everybody can get outside safely and enjoy the summer. My topic for this month is elevator safety. We have had a small number of people get their fingers and hands pinched when the elevator doors are closing. It is not a good idea for people to try to stop the door of the elevator when it’s closing as it does close with 35 pounds of pressure and can easily trap your arm, hand, or fingers. If the elevator door is closing please let it close and push the button again to have the door reopen or if it does close push the button to summon the elevator back to your floor. A little patience can go a long way and can save pinched fingers and hands. If we all practice these safety measures we should get by without any injury to our hands or fingers. The elevator doors are unforgiving and do not differentiate between body parts and/or inanimate objects. Be safe and enjoy your summer.

The next foot Doctor visit is July 2nd.

Lee Thoma, RN, Health Care Coordinator

Podiatrist (foot doctor) will be visiting on July 2.

A Look Back

Gardening in Memory Care

Garnett Derby
Wilma’s Popcorn Adventure

Wilma loves popcorn, it’s one of her favorite snacks. Our team member Izzy realized how much Wilma loved popcorn and got a great idea. Why not go on a special trip to Corn Fusion, a specialty popcorn and snacks store? Upon arrival the staff were fantastic and let Wilma try a little bit of everything (and we mean everything, lots of sampling happened)! The team at Corn Fusion were even kind of enough to send Wilma home with an extra little gift. She picked out her favorites and was able to take them home with her. What a fantastic day out, thank you Corn Fusion for making her day.

Summer Fun

It’s hard to believe that June is here, and will be over before we know it. The month is going to fly by with all the different activities we have planned.

- June 4—Touring Prairie Woods
- June 10—Country Steppers (Dancing)
- June 11—Fishing Trip
- June 12—Kernels Baseball Game
- June 14—Father’s Day Party
- June 17—Meet the neighbors social
- June 18—Ding-A-Lings Performance
- June 25—Riverside Casino
- June 26—Massage Therapist Visits

That’s just a small tidbit of all the crazy things we’ll be getting into. I’m looking forward to a very fast paced and fun June.

Please make sure you sign up in advance for these various field trips, as they fill up quickly.

Perhaps the biggest party I am looking forward to is our Annual Block Party, on Sunday July 27th I can’t wait to hear the Ding-A-Lings perform patriotic selections. Eat lots of delicious picnic foods, and celebrate with all of your friends and family.

Here’s to a wonderful summer together.

Kari Santos, MA, CTRS
Life Enrichment Coordinator

213 Days Until the Year End

June is here. Almost halfway through 2019 already. Get outside and enjoy the warm weather while we have it. We have lots of new flowers planted around the building and will be moving others around to make the property more colorful. As usual, if there are any issues with air conditioners, please let me know as soon as possible. Also, we will be changing air filters again this month. I hope everyone has a great month and I look forward to a great summer.

Chris Anderson, Maintenance Coordinator

June Changes

May was an up and down weather month. I am looking forward to some consistency in the weather so we can enjoy being outside. I want to thank everyone for their feedback on the menu. I will be making some changes to the menu so keep an eye out for those. Still if you have any suggestions for things you would like to see on the menu let me know. My two oldest girls were able to come to work with me on Sunday and help Kelsey out with activities. They had a blast and loved it, so I hope you enjoyed having them here.

Jeremy Curl, Culinary Coordinator

Dare to Dream
Live 2B Healthy

Congratulations to our Live 2B Healthy Stand-Out Performances

Left: The Live 2B Health Class, as a whole improved 30% in Balance, 40% in Upper Body, 85% in Lower Body and 1.9 inches in Flexibility from baseline.
Right: Elizabeth won Best Attendance and Most Improved Balance.

Left: Kathy won Most Improved Upper Body and Lower Body Strength.
Right: Marge won Most Improved Flexibility by 2 inches.

WE ARE PROUD TO PRESENT

Garnett Place's Annual Block Party

A festival of food & fun all celebrated under the sun
JULY 27, 2019 | 11:00 A.M. TO 1:00 P.M.
PICNIC LUNCH WILL BE SERVED

Celebrate an epic summer season with a fantastic party that’s perfect for you, your family & friends, and the whole community!