

Directory of Information

Leadership Team

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manager@garnettplace.net

Assistant Manager:
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**Community Relations
Coordinator:**
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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
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Maintenance Coordinator:
Chris Anderson
319.929.6890
maintenance@garnettplace.net

Transportation Information:

319.540.3630

Please inform transportation at least
48 hours in advance of drive needs.

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

**No transportation
on Tuesdays**

Tuesdays are reserved for trips.

Dining Room Hours of Operation:

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

Dinner (Lunch):
11:00 a.m. to 1:00 p.m.

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

Times will 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

Jerry B.

Joann O.



Garnett Gazette, September 2019

Volume 19, Issue 9

Happy Birthday!

September 6

Janice B.

Richard V.

September 14

Lois K.

September 15

Sarah B.

September 18

Helen P.

September 21

Blanche G.

September 28

Shirley T.

Save the Date!

Garnett Place's Annual **Flu Shot Clinic**

October 8th

Sweet Corn Festival

Our Ding-A-Lings have had quite the summer! This year we were invited to perform at St. Jude's Catholic Church Sweet Corn Festival. We were the opening act on Saturday morning as people were entering the festival. The music was played over the festival speakers for everyone to hear, and we received special requests from the crowd. We had a fantastic time helping St. Jude open up their festival. To watch a video of the performance check out Garnett's Facebook page at facebook.com/garnettplace We're thrilled to be the Cedar Rapids' oldest Senior Bell Choir. Thank you for supporting us!



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



319.362.3630
www.garnettplace.net



Professionally Managed by
Senior Housing Companies, Inc.



Activities

September Highlights

September 10
Foot Doctor Visits

September 13
Tailgating party for the Iowa vs Iowa State game in honor of Grandparents Day

September 23
La La Ladies Perform

September 20
Outing:
East Iowa Heirloom Quilters Guild Present
"Home Is Where the Heart Is" Quilt Show

October 1
Wilson's Apple Orchard Field Trip

October 8
Oktoberfest

Snack and Learn with Linn County Veteran Affairs

VA Aide and Attendance
Tuesday, September 24 at 2:00 p.m.

Jo Bridgewater with the Linn County VA will review the services that Linn County VA can provide, including Service Compensation, Non-Service Connected Disability Pension, Death Pension for Surviving Spouse, and Aid and Attendance for Nursing Home and Housebound Veterans, as well as State Benefits and our County Relief program.

Community Reminders

Flu Shot Clinic
Tuesday, October 8th
9:30 a.m.

Activity Rooms

Flu shots will be administered right away in the morning. Report to the activity room closets to your apartment.

Please let Lee (Nurse, Health Care Coordinator) know if you have received OR plan to receive your flu shot elsewhere before this date.

Foot Doctor Visits

September 10th
Visit with a health care specialist to get on the list.

Continuing Education Series

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

TUESDAY, SEPTEMBER 24TH at 10:00AM

POST OFFICE MURALS

Putting a Stamp on Art



MARION: *Communication by Mail*, Dan Rhodes (1939), fresco-secco

Join **AMANDA LENSING**,

SLC Program Coordinator at the Stanley Museum of Art, as she discusses the **New Deal Post Office Murals** – 1,400 murals were created in 1,300 cities from 1934-43.



AMES: *Evolution of Corn*, Lowell Hauser (1938), oil on canvas

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

University of Iowa
Stanley Museum of Art

SENIOR
LIVING
COMMUNITIES

Community News

Team Member Recognition

Happy Birthday

Linda, Logan,
Debbie

Happy Work Anniversary

Lilly, Morgan

Welcome to the team

Cindi, Logan,
Rylee, Alyssa,



Have a suggestion?

In our community news for this month, our suggestion box has been relocated. It is now located at the 208 Lobby (or entrance). It sits on top of the fireplace. There are comment cards and a pen on top for your convenience. Please feel free to leave us any suggestions, comments, or ideas. We recommend you take any concerns immediately to our Manager, Chris, to ensure they get handled sooner than later.

Thank you for making Garnett Place a fantastic place to live.

Coordinator Greetings

Get Walking!

September is here and I am excited to continue my summer series on the 10 health benefits of walking. The information was written by Tim Brewer for the website Uplifting Mobility: Identifying 10 Health Benefits of Walking for Seniors – Staying Strong and Fit. Mr. Brewer writes, “Walking may not seem as beneficial as other cardiovascular exercises like, running, biking or swimming, but there are a lot of health benefits to walking regularly. Especially for seniors.” This month I am going to continue with three additional benefits.

6. WEIGHT LOSS: Weight gain is detrimental to a senior’s mobility. Walking increases the metabolism and helps to burn excess calories. This can lead to weight loss and an easier time maintaining weight.

7. JOINT SUPPORT: Walking, as opposed to running, is good for the joints. When you walk, you’re engaging in a low-impact exercise that promotes joint health.

8. WALKING MAKES YOU HAPPIER: Depression plagues a lot of people as they age. When seniors lose some of their mobility, they may even become depressed. Happiness and walking have been linked together. Cardiovascular exercise, such as walking, will help your body release endorphins. These endorphins are what make you happy and also increase your mental stability.

*Enjoy your walks,
and be happy!*

Chris Ruzicka,
Manager



Teej

September brings the last days of summer and the first days of fall. I can’t believe that the winter days are coming soon. I will be in Colorado from the 30th of August until the 4th of September. I am excited to celebrate our Nepalese festival called, “Teej” which is celebrated by only women. Teej is the most famous festival among Nepali women, which is celebrated over three days in Nepal. It is a festival of Hindu women who fast during day time and worship Lord Shiva for marital happiness, well-being of spouse and children and purification of your own body and soul. We sing songs and dance all day and night during the festival. Men will take care of the household chores and cook food for everyone so that women can enjoy the festival.

September 8th is the National Grandparents day. It is really nice that one day of the year is set to honor our grandparents here in the United States. I am fortunate that I am surrounded by many grandparents here in the community. Happy Grandparents Day to all the grandparents out there.

Just a reminder for everyone regarding ACH (Automatic Withdrawal) . Are you tired of writing checks every month? If so, you can sign up for ACH at the front desk. All you need to do is fill out the form and provide us the check that is voided. After the process, it will automatically withdraw the amount every month.

If you have any questions, please stop by at the front desk.

Ambika Sharma,
Assistant Manager



Your Resident Council Representatives

We’re here to represent you.

Shirley J.

Velda M.

Carol S.

Robert T.

Coordinator Greetings

Elevator Safety

This month I would like to re-address something that we all use daily, that being our elevators. Many times I have seen people stick their hands or an object into the elevator doorway as the door is closing, this can be a very dangerous practice. The elevator door will close with about 30 pounds of pressure, thus assuring that it closes tightly and latches. If you have your hand, leg, walker, or any other article in the doorway when it's closing, your appendage or device could be damaged. If the elevator door is closing, please allow it to close without trying to interrupt. This will make for a safer experience and nobody will have pinched fingers or crushed accessories. While waiting for the elevator, if the button has been pushed for up or down and the light is on, the elevator will be on its way to your floor as soon as it is available. I know at times people become impatient because the elevator does not come as fast as they think it should. Please realize that not everybody gets on or off the elevator as rapidly as you. Pushing the up and down buttons at the same time on the elevator will not speed up its approach, it will do just the opposite, it will actually confuse the elevator, so it's electronic brain does not know where to tell it to go first. If we all exercise a little patience we can have a safe experience using and utilizing our in-house elevators.

Special Note: Flu shots will be given October 8th, Tuesday morning starting at 9:30. Please check with your families to see if you will be getting your flu shot here or at your doctors office.



Lee Thoma, RN,
Health Care
Coordinator

Foot Care Doctor here
September 10th

A Sweet Farewell

Garrett Place welcomed Joann O. and Jerry B. to our big family last month. Please extend a warm welcome by inviting them to an activity or to join you for a meal.

Join us for our Dementia Education Series on September 6th at 12:00 p.m. A light lunch will be provided and you will learn about Understanding Behaviors 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. Also, look forward to the snack and learn on Tuesday, September 24 at 2:00 p.m. about VA Aid and Attendance presented by Jo Bridgewater with the Linn County VA.

A personal note of gratitude to you... Thank you so much for the opportunity to work as the Community Relations Coordinator for the past (almost) two years. I have greatly enjoyed and appreciated the opportunities I've had working with you all. I have learned so much about senior living, all of which I will take with me throughout my career. I can't thank you enough for all of the teachable moments and growth you have given me. I will always cherish every moment I had while working with the Coordinator Team, Senior Housing, residents and families. This is the reason I am who I am today. Thank you so much for putting your confidence and trust in me. It has been a pleasure to work with you and I will greatly miss you.



Taylor Westaby,
Community
Relations
Coordinator

A Look Back

State Fair Week Fun



Congratulations



Garnett Place Retirement Community's 12th Consecutive Year of Being Regulatory Insufficiency-Free, Following 6 Successful State Inspections

Garnett Place received letters of recognition from the Iowa Department of Inspections and Appeals (DIA) for deficiency-free and Regulatory Insufficiency-free inspections. Garnett Place has been Regulatory Insufficiency Free for 12 consecutive years under the guidance of Healthcare Coordinator, Lee Thoma. Garnett Place passed inspection without any identified health care or service issues, and all programs were found to be in substantial compliance.

Coordinator Greetings

Falling Into Place

September, the kids are going back to school. The weather is turning cooler (supposedly), and the leaves are beginning to turn. While most people are beginning to think about bringing out their fall items, I've been ready to celebrate fall since the end of August. We'll start off with some of our fall favorites, our first Fall Leaves Scenic Drive will be September 30th. That also happens to be National Mulled Cider Day, so we'll have to enjoy that lovely warm beverage. Then the very next day (October 1st) we're going to head down to Wilson's Orchard for our annual apple taste testing, history lesson, shopping spree, and picnic of apple cider with warm apple turnovers. Please make sure to register for this one in advance, as this field trip fills up quickly.

October 8th is going to be a very busy day around here. You'll get your flu shots in the morning. Then in the afternoon we'll celebrate Oktoberfest in style. With a dancing demonstration (with costumes) from Tim and Kathy, and some of our favorite Oktoberfest treats and drinks. You could really say this calendar is "falling" into place.

I also want to introduce Holly. Holly is my intern from the University of Iowa, Therapeutic Recreation Department. She's here to complete her degree and learn how to be a Therapeutic Recreation Specialist, like me. When you run into her please give her a big Garnett welcome.

Kari Santos, MA,
CTRS
Life Enrichment
Coordinator



121 Days Until the Year End

Is it really September already? Hopefully it brings cooler nights and fresh air along with it. Open windows and air out your apartments before the weather turns cold and the heat turns on. September also brings us the anniversary of the 9/11/2001 attacks. Remember to keep those who died, those who lost loved ones, those who survived, and all the first responders in your thoughts and prayers.

Chris Anderson,
Maintenance
Coordinator



Fall Greetings

August has been a pretty good month. We have started doing the grilling on Fridays again, so I hope you have been enjoying those. With the new fall/winter menu approaching, if there is anything you would like to see on it please let me know and I will see what I can do. We had some beautiful weather so make sure you are getting out to enjoy it while we still can. My family and I just got back from our summer vacation where we went back to Des Moines to see my family. While there we went to Adventureland amusement park, the Iowa State fair, & Blank Park Zoo. My middle child celebrated her 6th birthday, my wife and I celebrated 13 years of marriage during that time as well. The kids start back to school and are excited and sad about that at the same time. Well I hope you all enjoyed the last month, and I look forward to see what the next couple bring us.

Jeremy Curl,
Culinary
Coordinator



Walk to End Alzheimer's

Help us fundraise by purchasing a Garnett Place t-shirt for the Walk to End Alzheimer's. It's \$10 to purchase a t-shirt and all proceeds go to the Alzheimer's Association Walk to End Alzheimer's. The deadline to order a t-shirt is Sunday, September 1. The t-shirts will arrive the week prior to the Cedar Rapids Walk to End Alzheimer's.

Alzheimer's is a disease that affects memory, thinking and behaviors. It goes far beyond memory loss that comes from natural aging process which affects individuals' daily lives and quality of life. Every 68 seconds someone is diagnosed with Alzheimer's. Over 5 million Americans are living with this disease and it is the 6th leading cause of death. At Garnett Place Retirement Community, we see first-hand the effects of Alzheimer's, not only with residents, but we rely on their families, friends, and the Cedar Rapids Community.

The Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support, and research. The Cedar Rapids community is coming together on September 29 at 8:30 a.m. at the McGrath Amphitheatre. Garnett Place is walking to End Alzheimer's and we need your help!

We invite you to join the Garnett Gems Walk to End Alzheimer's team by registering at the front desk or online at www.act.alz.org/goto/GarnettPlace. Registration is free!

Help us support healthy brains everywhere by purchasing a t-shirt, making a donation or joining our team.

On the page after the calendars are Garnett Place's 2019 t-shirt design. Check them out



Walk to End Alzheimer's



Front



Back

Help us support healthy brains everywhere by purchasing a Garnett Place Walk to End Alzheimer's t-shirt, making a donation or joining our team. Stop by the front desk or visit www.act.alz.org/goto/GarnettPlace. For more information.