



Directory of Information



Leadership Team

Manager:
Ambika Sharma
319.929.6894
manager@garnettplace.net

Assistant Manager:
319.533.0397
assistantmanaer@garnettplace.net

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

Community Relations Coordinator:
Meg Harper
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

Facebook.com/GarnettPlace

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.

Community Programs

Live 2B Healthy

M,W,F at 10:15 a.m.

A senior focused exercise program, free to those 55+ (Class does not meet on holidays)

Music Therapy With Music Speaks

Friday, 12:00 p.m.

This group requires registration, as class sizes are small. Contact Kari at 316-362-3630 if you are interested in joining.



Professionally Managed by
Senior Housing, INC.



Garnett Gazette,
March, 2020

Volume 20,
Issue 3

Happy Birthday!

March 3
Gerald H.

March 3
Nancy N.

March 7
Maxine W.

March 9
Charles G.

March 11
Carolyn K.

March 15
Ronald H.

March 31
Barbara G.

Daylight Saving Time Begins March 8th

“Spring” your clock forward one hour. If you need assistance with this ask any Garnett Team Member to help.

Red For Heart Health

February celebrates healthy hearts. Garnett Place participated in the “Wear Red” campaign. Everyone wore the color red to bring awareness to heart disease. Then everyone participated in a Live 2B Healthy fitness class. What better way to get a healthy heart than through exercise!



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Cedar Rapids, IA



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Activities

March Highlights

March 8

Daylight Saving Time Begins—Spring your clocks forward

March 16

McKenna's Internship Project: Kick Off to Spring Break Party!

March 17

Ding-A-Lings perform in the St. Patrick's Day Parade!

March 20

Country Steppers Dance Performance

March 30

Trinity Lutheran Second Graders Spring Concert

Parkinson's Series

Garnett Place and Linn County ISU Extension & Outreach are proud to announce a three-part Parkinson's education series beginning in April. The presentation, *A Journey Through Parkinson's*, will be hosted at Garnett Place on April 14, April 21, and April 28 at 2:00 p.m. The interactive program is designed to help participants recognize the symptoms of Parkinson's Disease, understand what causes Parkinson's Disease, and learn about therapeutic activities that can be done in the home.

Townhome Meetings

Residents of our Townhomes are encouraged to attend their own special monthly meeting. The first Tuesday of the month is your opportunity to speak with management about any questions or concerns you have. This is also a great opportunity to connect with and meet your neighbors.

First Tuesday of the month, 10:00 am

Visit us at GarnettPlace.Net or Facebook.com/GarnettPlace



Continuing Education Series



Senior Living Communities (SLC) Program

TUESDAY, MARCH 24TH at 10:00AM

FRENEMIES friend-enemies Picasso and Matisse



Flower Vase on a Table
Pablo Picasso (1942)
oil on canvas - 38 1/16 x 51 1/4 in.
Stanley Museum of Art

Not all friendships are created equal. Frenemies have the outward appearance of friendship, but they can also feel intense rivalry or even hatred for each other.

Join **AMANDA LENSING**, SLC Program Coordinator, as she leads a discussion on two of the biggest names in Modern Art...

Pablo Picasso
and **Henri Matisse**,
their friendship
and their competition.



Blue Interior with Two Girls
Henri Matisse (1947)
oil on canvas - 21 1/4 x 23 1/4 in.
Stanley Museum of Art

Funding for the SLC Program is provided by



through the



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Community News

Team Member Recognition

Happy Birthday

Rachel, Jeremy, Meg, Tim, Rosan, Vivian, Martha, Teepeu, Theresa

Happy Work Anniversary

Rosan, Lynda, Diana, Debbie, Holly

Welcome to the Team

Sara

Transportation Reminders

Please remember to schedule all transportation appointments 48 hours in advance. We offer rides Monday, Wednesday, Thursday, and Friday from 8:30 a.m. to 4:00 p.m.

Please schedule appointments no later than 3:00 p.m. Transportation does not offer Tuesday rides due to community outings scheduled for that day.

Resident Council

Garnett Place is seeking residents to be part of our Resident Council team. If you are interested in joining, please speak to Ambika or Kari.

Your Resident Council Representatives

We're here to represent you.

Elayne G. Dave H. Shirley J. Carol S. Robert T.



Visit us at GarnettPlace.Net or Facebook.com/GarnettPlace

Coordinator Greetings

Spring Equinox

I can't believe its March already. The first day of spring begins on March 19th in the Northern Hemisphere. I hope that the weather gets warmer, and we will be able to go for walks outside, breathe in fresh air, and get some sun soon. There is also daylight saving. Don't forget to set your clocks an hour ahead on March 8th.

Just a friendly reminder about our Guest Meal Policy. If you are going to have guests 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 or check to me, Meg, or any of the coordinators. I can also add the charge in your monthly statement. I thank you all in advance for following this policy to help us deliver the best possible service to you all and your guests.

Another reminder: since it is tax season, please let me or Meg know if you need a report showing what was billed and how much was paid in 2019 for tax purposes. Happy Spring, everyone!

Ambika Sharma,
Manager



Resident Specials

Spring is almost upon us! As a celebration of the warmer weather we are anticipating, Garnett Place will be offering a \$2,000 credit toward resident referrals. Our residents and families are the best advocates for Garnett Place, so if you know a friend or family member that would be a good fit for our community, please let me or Ambika know.

A big thank you to everyone who donated to the Share the Love Food Drive in February. As a result of your compassion and generosity, Garnett Place residents, families, and staff donated over 200 items to the Linn County Food Bank. We are so appreciative to all who contributed!

As a reminder, Garnett Place and Linn County ISU Extension & Outreach will present a Parkinson's education series beginning in April. The presentation, *A Journey Through Parkinson's*, will be hosted at Garnett Place on April 14, April 21, and April 28 at 2:00 p.m. The interactive program is designed to help participants recognize the symptoms of Parkinson's Disease, understand what causes Parkinson's Disease, and learn about therapeutic activities that can be done in the home.

As always, if you need anything, my door is always open. Have a great month!

Meg Harper,
Community Relations
Coordinator



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Coordinator Greetings

Appointments

On average doctor appointments last about 15 minutes. How you as a patient use this time can make the difference in how well informed you are about your diagnosis or problem.

1. Be prepared when you go to the Doctor. Make a list, write down your symptoms so you can relate them to your physician without forgetting important facts.
2. Set an agenda so you can clarify what your visit is about. Tell your physician what you want to accomplish and ask if they agree. You might say, "Today I would like to review my test results and tell you about my hip pain, would that be ok?"
3. Be direct; tell the doctor what's on your mind. Make it easy for them to inquire about your problem.
4. Have a **copy of your medications** for the Doctor to review. Include blood glucose readings if you're diabetic—it saves time for the Doctor and staff.
5. Summarize your visit. Re-state what you understand should happen next. If understanding is a problem, bring a relative or friend along to aid in understanding.
6. Be sure and have the Doctor sign the Physician's Report/Order Sheet that is sent with you to all appointments. This will make the sheet a written order if medications are to be changed and can be sent directly to pharmacy.

By approaching your Doctor visit with these initiatives in mind you will be better prepared to communicate and receive information. This approach will go a long way toward preventing misunderstandings.

Lee Thoma, RN,
Health Care
Coordinator



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A Look Back

Continuing Education Series: American Prosthetic and Orthotic



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Dare to Dream

Dreams Coming True

Ever since Elizabeth was a little girl, she dreamed about getting the opportunity to take a ride in a horse drawn sleigh, over a field covered in fresh winter snow. This January we were able to make that dream come true with the help of Blue Moon Carriage out of Central City. Elizabeth was joined by activity assistant, Holly, and intern, McKenna. They sipped hot cocoa to keep them warm, but being snuggled in under all those blankets sure helped too. KCRG-TV 9 made this moment extra special by interviewing Elizabeth. She was thrilled with her adventure of a lifetime. She was so surprised. Once we got home she made sure to tell all her family and friends about her big day.



Coordinator Greetings

Maple, Green, and Spring

Will March come in like a lion, or will it be like a lamb? I'm hopeful we get the "lion" weather out of the way right away so we can have an enjoyable end of the month. The big reason I want the end of the month to be enjoyable, is because we have a field trip scheduled to Indian Creek Nature Center. We're going to go check out how they tap maple trees to make maple syrup, learn how they process the syrup, and try a little of the maple syrup they make. It's a fantastic field trip that's incredibly interesting, but it definitely is better in warmer weather.

We're also off to be part of the Saint Patrick's Day Parade this year! The Ding-A-Lings will once again be performing in the parade. Everyone better start memorizing the lyrics to "My Wild Irish Rose", as we'll be hearing a lot of that this month. Don't forget to wear your green for good luck!

There is an extra special treat this month. Our very own Elayne will be demonstrating her ballroom dancing moves on March 27th. We'll be taking a bus down to the studio to watch the performance. I can't wait to see what her gorgeous gowns look like this year. I always love watching them twirl and glitter in the lights.

March also brings us Spring Break week. I hope you'll all join us for McKenna's special internship project. She's hosting a "Kickoff to Spring Break" party. She has lots of fun activities and treats planned for this event. Maybe she'll even be able to transport all of us to the beach for the day. Wouldn't that be nice? We better get the sunblock and beach blankets ready.

Welcome spring!

**Kari Santos, MA,
CTRS
Life Enrichment
Coordinator**



Warmer Weather

March is here and hopefully warmer weather is coming along with it. This is the time of year that we will start seeing ants and other little bugs coming back. If you see them, please let me know. March also presents a unique risk for slick sidewalks as snow melts during the day and the water freezes overnight. Please make sure you take care when going outside and let someone know if you find a slick spot on a sidewalk or parking lot.

**Chris Anderson,
Maintenance
Coordinator**



Thinking Spring

Hello, everyone. As we are entering into March and April I am looking forward to the spring menu being released soon. What are some of your favorite meals to enjoy in the spring? If there is anything you want to see on the menu, please let me know. Hopefully the weather will start warming up, so we can all get outside and enjoy the outdoors again. A couple of months ago my family got a new husky. This month we decided to get another puppy. We now have an 8-week old "Chug," which is a Chihuahua and pug mix. The kids cannot leave it alone because they love it so much. Now the household is full with three kids and three dogs – so it can get a little crazy, but we wouldn't want anything different.

**Jeremy Curl,
Culinary Coordinator**



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Upcoming Events

Ballroom Dancing Show

Hosted by Garnett Place Retirement Community

Friday, March 27 | 2:00 p.m.
at Cannon Studio. Doors open at 1:45 p.m.



Directions to Cannon Studio:

260 33rd Ave. SW, Suite G
(upstairs, elevator available)
Cedar Rapids, IA, 52404

Free to the public, R.S.V.P. by March 13 with **Kari Santos** at 319-533-0441 or enrichlife@garnettplace.net to ensure a seat.

We ask that guests bring a sweater with them, as the studio can get chilly.

Sweetheart Dance



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