## **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:** 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.

# Welcome Home

Patricia H.

Garnett Gazette, November 2019

# Happy **Birthday!**

November 1 Ruth S.

November 7

Carol S.

November 10 Nick L.

#### November 13

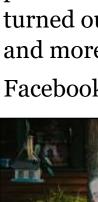
Diane A.

#### November 26

Celeste J.

November 26

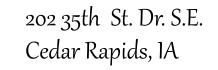
Catherine W.















Volume 19, Issue 11

#### Save the Date!

Garnett Place's Annual Friends and Family Thanksgiving

November 23rd

### **Senior Photoshoot**

hank you to all of the residents who participated in our senior photoshoot! Our residents had so much fun posing for pictures with a professional photographer. The pictures turned out great! Check out the photos below and more on our Facebook page:

Facebook.com/GarnettPlace





319.362.3630 www.garnettplace.net

## Activities

November **Highlights** 

November 1 **Dementia Education Series:** Holiday Tips

> November 5 **Election** Day

#### **November 14**

**Annual Pickle Toss** 

#### November 19

Ding-A-Lings preform at Northbrook Manor

#### **November 23**

**Annual Friend's and Family** Thanksgiving

#### November 26

Ding-A-Lings preform at **Five Seasons** 

#### November 26

Snack and Learn:

Clutter 911

## **Community Reminders**

## **Snack and Learn with One Place: Clutter 911 Tuesday, November 26** 2:00 p.m.

Is clutter encroaching on your life? Would you like to have a better understanding of how to manage your clutter? If so, this presentation will give you some basic strategies to tackle your clutter once and for all.

Learning Objective #1: Identify what is clutter and how it surfaces.

Learning Objective #2: Confront and conquer your clutter in a simple manner.

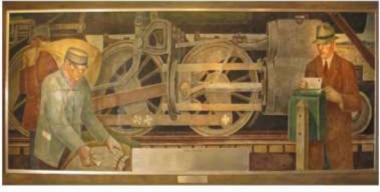
Learning Objective #3: Take the first step towards reducing the clutter stress and enjoying life.

# **Daylight Savings** Sunday, November 3rd

A reminder as we "fall back" an hour to adjust all of your clocks. If you would like assistance with this, please ask any Garnett Team member to help you.

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

# TUESDAY, NOVEMBER 26TH 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.



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

# Continuing Education Series

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



# *Community News*

Team Member **Recognition** 

## Happy **Birthday**

Mary, Delilah, Kiara, Sue

Happy Work Anniversary

> Rachel, Ambika, Martha

## Welcome to the team

Krystal, Kortney, Kiara

## **Elections**

## **Election Date: November 5**

**Combined City and School Election** Our polling location is at the Christ Episcopal Church. A bus will be provided twice on Election Day. Buses will be provided to our polling location at : <u>8:30 AM and 1:00 PM</u>. Please sign up in advance to help us determine if we need more bus times.

## LifeShare

We are welcoming a new program to keep families in touch with events around the community. It is an app called LifeShare. It'll give you updates on to what activities are coming up, as well as what the menu looks like—all right on your phone. Check out the flyer on how to download it today!

## Welcome November

can't believe that we are into the 11th month of the year already. Two of my favorite days of the year fall in ► November. The first is "fall back". the end of daylight saving time, on November 3rd, when we gain an hour of sleep! The second is of course Thanksgiving and all the food and family that make that day special. I am looking forward to seeing our residents and their family members at our Thanksgiving Dinner on Saturday, November 23rd.

will be my two year work anniversary on Just a reminder to our pet parents, please November 8th. I am indeed truly blessed and make sure that you are using the Dog grateful for the privilege of being part of a Waste Stations located at the main team that brightens and enriches the lives of entrance and in the courtvard. We provide our residents every day. the bags and the can for disposal. If an accident happens inside the building, I will be traveling to Dallas, Texas for few please inform a team member immediately. days to visit with my friends and family. I am so we can make sure to spot clean the very excited for this trip, as we will be carpet. Also, be careful when walking your meeting them after two years of separation. pets now that it is getting colder. We salt the sidewalks, but sometimes spots just Our annual Thanksgiving Dinner will be on stay slick. Use caution if you go out early the November 23rd. I can't wait to celebrate morning or in the evening. Please keep in the day with all of you. Wishing you all a very mind that your fur babies' paws may be happy Thanksgiving. May you all have a sensitive to the salt, and they may prefer to wonderful time with your loved ones. I walk in the grass or even snow.

Chris Ruzicka, Manager



Shirley J.

DeVota K.

## *Coordinator Greetings*

## **Happy Occasions**

ow! I can't believe that this year is almost coming to an end. November brings Thanksgiving, Veterans Day, and many more occasions. Though this month brings lots of celebration, it also brings us the shorter days and cold weather-which we are not ready for. Well, there is no choice, and we all have to deal with colder temperatures and snow, right? I am, also, excited about this month, because it

would, also, like to honor our veterans that have protected our country. Thank you to all of the vets out there for vour service.

Ambika Sharma. Assistant Manager



## **Your Resident Council Representatives**

We're here to represent you.

Carol S.

Robert T.

## Coordinator Greetings

## Drink up & Calm Down

aving a stressful day; need to calm down? Here are five drinks that can help.

- 1. Drink a glass of milk. It contains tryptophan, which as it is metabolized, it is converted to a mood-boosting serotonin. In addition, its calcium, magnesium, and potassium content may help keep blood pressure down.
- 2. Drink hot cocoa. Warm liquids raise your body temperature-a feeling we associate with comfort, so it triggers a similar response in our brains.
- 3. Order black tea instead of coffee. A study by University College of London shows that drinking black tea four times a day, for six weeks, lowered the stress hormone, cortisol, after a stressful event.
- 4. Drink green tea. This is packed with Theanine, which increases the brain's output of relaxation-inducing alpha waves and reduces the output of tension producing beta waves.
- 5. Drink a glass of cold water, then go for a walk. The water gets your blood moving, and fresh air is invigorating by stimulating the endorphins that de-stress you.

Lee Thoma, RN, Health Care Coordinator



# Happy Fall Everyone

he chilly weather has officially arrived and I, for one, am loving it. The upcoming holiday season is my favorite time of year and, after a long summer, I am looking forward to Thanksgiving, snow, comfy sweaters, and putting up the Christmas tree. I am, also, excited for all the fun activities we have planned at Garnett Place in the coming months, especially our annual Thanksgiving dinner.

As we enter the holiday season, we will be continuing the monthly gifts for your healthcare providers. We are very grateful to those who take such good care of you and enjoy getting to show our appreciation with a gift. Stop by my office before you leave for an appointment or ask Steve for the gift when he drops you off. Gifts are available when you visit your doctor, dentist, chiropractor, etc. If you have any questions about this, just ask!

Beginning next month, we are going to start featuring one resident and one staff member in our monthly newsletters and on Facebook. I'll be reaching out to you individually to see if this is something you would be interested in. If you agree to be featured, all I will need are some fun facts about you and a picture to go with your resident/staff spotlight. Stay tuned for more information.

I'd like to wrap up this month's article with a thank you. Everyone has been so welcoming to me throughout my first month in the community. I hope to keep getting out of my office to

participate in more activities and introduce myself to residents, staff, and family members that I haven't met vet.

Meg Harper, Community Relations Coordinator



# A Look Back

## Wilson's Apple Orchard, Garnett Derby, Colony Pumpkin Patch







## Congratulations



## **Steve wins Rock Star** of the Year!

Congratulations to Steve, our Transportation Specialist, for winning Garnett Place's Rock Star of the Year! Rock Stars are team members who go above and beyond to make our residents' lives special. Steve gives them the full red carpet service by walking our residents from the car to the door and helping them hang up their coats. He's always flexible and ensures he'll get anyone to their appointment even if he gets a last minute call. He's even helped pick up some last-minute/emergency shopping items.

It's so much more than

what Steve does; it's really who Steve is. He continually brings light and laughter into the community. He has inside jokes with every single resident here, and he listens when they need someone to talk to. He, also, brings this light and joy to our team. He's always there for his fellow team members, often sharing a good inside joke with them as well.

Thank you Steve for being a Rock Star every single day, and for being part of the Garnett Family. Photo was taken at the Senior Housing meeting where Chris, Garnett's Manager, was able to recognize Steve in front of all of the Senior Housing communities.

## Coordinator Greetings

#### The Holidays Are Here

he holiday season is here! Invitations will be going out soon for our annual Thanksgiving Dinner. This year, it'll be on November 23rd. We send one invitation out, per family, to the primary contact for the resident. Please make sure to communicate with your family and friends, spots, especially in the and have everyone RSVP to the one mornings, as we get invitation. This helps us keep everything closer to freezing organized and prevents duplications. You temps. We will do our can tell that all of the coordinators are best to monitor sidewalks excited for this time to gather together, as and entrances to keep most of us have mentioned it in our articles. them safe and clear.

The Ding-A-Lings are, also, beginning their holiday tour in November. Their schedule is packed to the max as they are traveling around town to bring holiday cheer.

Elections, also, occur in November. Throughout the month of October, we've been providing clinics to help people fill out absentee ballot requests. In addition to this, our bus will be making trips to our polling locations the day of the elections. We ask that you please register for a time slot in advance, so we can ensure we have enough trips to get everyone to the polls who would like to go.

This month we are, also, introducing a new let me know, and I will see if I can get it way for your family and friends to stay added. I will be doing more soups as it gets connected to the community. We are now colder. I am looking for soup using an app called Life Share. It will recommendations, so if there is one you'd like provide real-time updates on activities, to see, please let me announcements, know. I want to make

menu, and more. You can download it onto your phones or tablets from your app store.

Kari Santos, MA, CTRS Life Enrichment Coordinator



#### 60 Days Until the Year End

an it really be November already? The cool mornings remind us that winter is just around the corner. As it comes time to switch off the air conditioning and turn on the heat, let me know if you need help or if you think something may be wrong with your furnace. Also, please watch for slick

Chris Anderson, Maintenance Coordinator



#### Soups and Fall Menus

ovember is here, which means we are now a month through the new fall menu. So, please let me know if there are certain things that you are liking or not liking, so that I can make changes to the menu accordingly. If there is something you would like to see on the menu,

sure you're getting the soups you like-to keep you warm through the upcoming chilly weather. Thank you all for you help.

Jeremy Curl, Culinary



# FAMILY MOBILE APP

# How to Access Community Information on the LifeShare Family Mobile App for

TECHNOLOGIES

powered by 🌔 Spectrio



1. Download the LifeShare Mobile App by searching "LifeShare Family" in the App Store. Click "Download" and then "Open" when the App has finished downloading.



2. Click the "I have a Community Access Pin" button.

3. Enter "0202" and click "Sign In."

4. Stay informed of the campus activities, menus, announcements, and pictures!

Garnett Place 202 35th Street Drive SE, Cedar Rapids, IA 52403 (319) 362-3630





Thank you to Advance Systems, Inc. for partnering with us in the Walk to end Alzheimer's. Your partnership and dedication to our community has been fantastic. Thank you for helping us achieve our Walk goals.



# Walk to End Alzheimer's