

Directory of Information

Leadership Team

Manager:
Chris Ruzicka
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manager@garnettplace.net

Assistant Manager:
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Health Care Coordinator:
Lee Thoma, RN
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Community Relations Coordinator:
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Life Enrichment Coordinator:
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319.533.0441
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Culinary Coordinator:
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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

Volume 19, Issue 11

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.

Save the Date!

Garnett Place's Annual **Friends and Family Thanksgiving**

November 23rd

Senior Photoshoot

Thank 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



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



319.362.3630
www.garnettplace.net



Professionally Managed by
Senior Housing Companies, Inc.



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.

Continuing Education Series

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.



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

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 : 8:30 AM and 1:00 PM. 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!

Coordinator Greetings

Welcome November

I 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.

Just a reminder to our pet parents, please make sure that you are using the Dog Waste Stations located at the main entrance and in the courtyard. We provide the bags and the can for disposal. If an accident happens inside the building, please inform a team member immediately, so we can make sure to spot clean the carpet. Also, be careful when walking your pets now that it is getting colder. We salt the sidewalks, but sometimes spots just stay slick. Use caution if you go out early morning or in the evening. Please keep in mind that your fur babies' paws may be sensitive to the salt, and they may prefer to walk in the grass or even snow.

Chris Ruzicka,
Manager



Happy Occasions

Wow! 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 will be my two year work anniversary on November 8th. I am indeed truly blessed and grateful for the privilege of being part of a team that brightens and enriches the lives of our residents every day.

I will be traveling to Dallas, Texas for few days to visit with my friends and family. I am very excited for this trip, as we will be meeting them after two years of separation.

Our annual Thanksgiving Dinner will be on the November 23rd. I can't wait to celebrate the day with all of you. Wishing you all a very happy Thanksgiving. May you all have a wonderful time with your loved ones. I would, also, like to honor our veterans that have protected our country. Thank you to all of the vets out there for your service.

Ambika Sharma,
Assistant Manager



Your Resident Council Representatives

We're here to represent you.

Shirley J.

DeVota K.

Carol S.

Robert T.

Coordinator Greetings

Drink up & Calm Down

Having 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

The 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 yet.

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

The 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, and have everyone RSVP to the one invitation. This helps us keep everything organized and prevents duplications. You can tell that all of the coordinators are excited for this time to gather together, as most of us have mentioned it in our articles.

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 way for your family and friends to stay connected to the community. We are now using an app called Life Share. It will provide real-time updates on activities, announcements, 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

Can 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 spots, especially in the mornings, as we get closer to freezing temps. We will do our best to monitor sidewalks and entrances to keep them safe and clear.

Chris Anderson,
Maintenance
Coordinator



Soups and Fall Menus

November 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, let me know, and I will see if I can get it added. I will be doing more soups as it gets colder. I am looking for soup recommendations, so if there is one you'd like to see, please let me know. I want to make sure you're getting the soups you like—to keep you warm through the upcoming chilly weather. Thank you all for your help.

Jeremy Curl,
Culinary





FAMILY
MOBILE APP

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



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

Walk to End Alzheimer's



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.

