Emery Place

JULY 2020 NEWSLETTER

SeniorAdvisor.com 2020 BEST OF - ASSISTED LIVING - as rated by families

Assisted Living & Memory Care | 901 S. Mentzer Rd., Robins, IA 52328 | 319-536-0045 | EmeryPlaceLiving.com

July Activity Highlights

Live 2B Healthy - Every Monday, Wednesday & Friday
See your weekly schedule for times.

July 3: 10:00AM - Stars and Stripes Party w/Flip Side Band
July 4: 11:30AM - Red, White and Brew
July 6: 2:00PM - Margarita Monday
July 7: 2:00PM - Strawberry Sundae Social
July 10: 2:00PM - Pina Colada Party
July 15: 2:00PM - Wine Tasting Wednesday
July 17: 10:00AM - Christmas in July
2:00PM - Get a FREE Lotto Ticket for National Lotto Day!
July 20: 2:00PM - Margarita Monday
July 21: 8:00AM - Dinosaurs and Doughnuts
July 24: 2:00PM - Fiesta for Nat. Tequila Day
July 29: 1:00PM - National Lipstick Day Craft
July 31: 2:00PM - Summer Olympics Party

DEMENTIA CAREGIVER SUPPORT GROUP
CONFERENCE CALL
Tuesday, July 7 @ 6:00PM
Call: (312) 874-7636
Then enter Conference ID#01894

HappyGRAM!

Send a (free) heartfelt note to your loved one by going to www.HappyGram.org. We will print and deliver a handheld letter to residents the next day (Monday through Friday)… it's that easy! Put a smile on their face today!

Administrative Assistant, Misty Cottrell, will be keeping up-to-date with photos and information on LifeShare. Please contact Misty at admin@emeryplaceliving.com with questions.

Contact Life Enrichment Coordinator, Laura Keuter, to help you set up an account for Skype or FaceTime and to schedule a time to video chat with your loved one. Contact her at email at lec@emeryplaceliving.com.

How come there's no "knock-knock" joke about America? Because freedom "rings!"

Manager, Debbie, stops by Alfie's apartment to say "hi!"

Linda loved Administrative Assistant, Misty's pink hair for flamingo day!

Administrative Assistant

Misty Cottrell

On July 4, 2020, the United States of America will be 244 years old! Enjoy some time outside on this special day. One of my favorite red, white and blue treats is a yogurt parfait layered with strawberries, blueberries, and granola! Everyone will have a chance to enjoy this treat on Friday, July 3rd at breakfast.

A special thank you to everyone that has participated in our "pink flamingo flocking" event! Residents have really enjoyed seeing the flamingos make their way around the outside of the community and we are getting closer to meeting our fundraising goal for the 2020 Alzheimer's Walk!

From Our Manager

Debbie Crosser

We have seen many changes over the past four months that our residents, team members and families have had to adjust to. We are currently living in a situation which impacts us all 24/7. We continue to follow guidelines based on the CDC, State and Linn County Health Department recommendations. We are following these guidelines to ensure the safety of all our residents and Emery Place team members. We are in Phase 2 which allows for the salon to re-open with the return of our beautician, Lori, and the most exciting for residents is the reopening of our dining room! Social distancing has become a daily routine between activities and even walking down the hall, it seems we are adapting to a new normal.

As we move through July, we hope to get to Phase 3 where we can begin to see some of our visitor restrictions slowly lift. The CDC and Iowa of Public Health Department have set new guidelines and recommendations as our state begins to re-open for assisted living communities. Each county and care center requirements are different for each location. We will not be able to move to phase 3 until Linn County has a continued downward trend in reported cases, so we are watching this very closely. Our time frame for Phase 3 is currently unknown. I pray it comes sooner rather than later for us as I know everyone is anxious to see their loved one. If at any time we report a positive case at Emery Place, it will set us back to the beginning and we start the process over from Phase 1. Our highest priority will always be the safety of our residents so we will move forward very cautiously within our community as we do not want to take steps backwards.

We have no dates or time frame as to when Phase 3 will begin for us, but some things to look forward to will be that it will allow for you to call and arrange by appointment only one visitor per resident on the patio with your loved one for a limited amount of time and limited visits per week. As always, mask and gown will be required for all visits. Some of Phase 3 guidelines are being adjusted to best fit the needs of Emery Place staff, residents and families so as we move forward I will keep you updated with information as it becomes available. This is based on our community staying safe and healthy.

I would like to thank the residents and families for being flexible, as we try and maintain the safety standards, at times it may feel like an imposition to you. You are all amazing by going with the flow and learning right alongside of our team and offering helpful suggestions. Thank you to Senior Housing Management and our owners for your continued support and guidance, staying on top of all the new regulations and rulings that need to be followed. To my team at Emery Place, you are true HEROES, to me and our residents. Thank you for your versatility, flexibility and determination to provide the best care possible for our residents, you are amazing! Stay strong, stay safe, and we will get through this

Health Care Coordinator
Melissa Bronemann BSN, RN

Happy Summer to Everyone!!! With summer here and the sun shining, I want to remind everyone how important it is for our mental and physical wellbeing to get out and enjoy the sunshine and warm weather. This could be outside on the patios or just coming near the bigger windows in the front of the building. Participation should be for 10 minutes or longer.

Over the last couple of months things have been very different for each one of us. With the CDC recommendations that were put in place for residents to eat in their apartments and the reduction in activities, we have noticed that many of our residents have lost some of the strength they once had. It is important for each of you to start coming out to activities as well as to meals. This will help you start to regain your strength with walking, as well as to increase your over-all mood and help maintain good mental health.

As family members, it is important for you to provide encouragement and support to your loved ones to come to the dining room for meals and participation in activities. If you feel that your loved one is not participating due to inability to walk that far, please contact me and we can investigate physical therapy to help regain those functions again.

I look forward to the day when I get to meet each residents' family.

Assistant Health Care Coordinator
Elizabeth Pierce, RN

I wanted to start off by saying "Happy Belated Father's Day!" to all the wonderful Dads out there! I also wanted to thank you all for welcoming me into this position with open arms and being understanding while I am still learning about your loved ones.

I am so excited that our community came back negative in all tests! We continue to practice social distancing and are wearing our very stylish PPE! We are so glad to officially be in phase 2 of reopening stages and it truly has been a joy being able to see your loved ones outside of their individual apartments. Crossing my fingers, and my toes, that we are able to continue to move forward with reopening soon!

This past month, I have learned a wealth of knowledge about this community and all who support it! We cannot thank you all enough for being so supportive and understanding during this difficult time. I so look forward to the day when we are able to meet and get to know one another face to face, however, until then I will be the one smiling behind my mask continuing on with my positive attitude!

Health Care Coordinator, Melissa, made a fun day for all when she and other staff dressed up as "Toy Story" characters and delivered treats to Therese and other residents along with "You've Got a Friend in Me!" music.

2020 WALK TO END ALZHEIMER'S EMERY PLACE FUNDRAISER

It's Flocking Season

For any donation to the Emery Place Team and the Walk to End Alzheimer's, we will place a flock of pink flamingos outside the window of your loved one and hand deliver a note explaining our feathered friends and that they have been "flocked!" by you. The flock will nest outside their window all day and the next morning they will migrate to another person's window!

WALK TO END ALZHEIMER'S
alzheimer's association

CONTACT SARAH OR MISTY TO DONATE AND SEND A FLOCK!

Assistant Health Care Coordinator, Elizabeth, stops by to say "hi!" to Marcia and smile for a picture together.

Root Beer Floats, Car Parade and Dinosaurs!

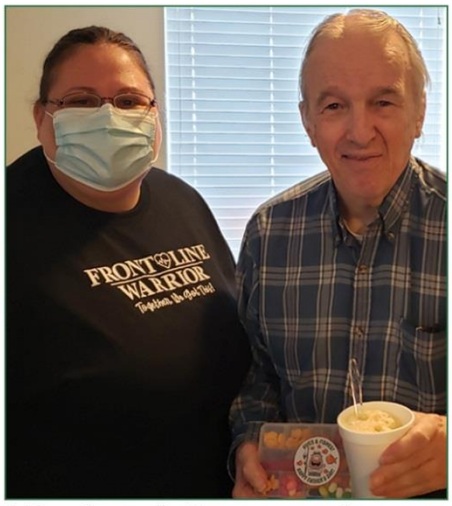
Ardele is happy to see beautician, Lori! Call 319-261-0029 for appt.

Yvonne has a big smile on her face during a game of balloon ball.

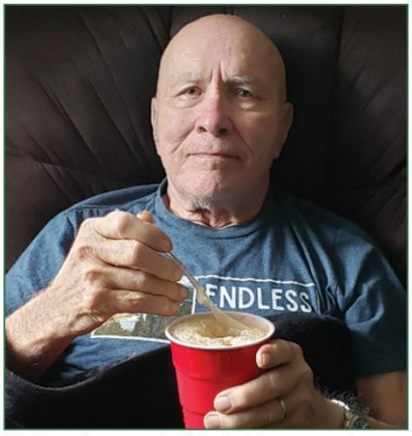
Karen is enjoying Emery Place's 5th Anniversary Car Parade.

Doris peaks into the dinosaur costume to see who's in there!

Maintenance Coordinator, Greg, stops by to see how Dale and Mary Ann are liking the 5th Anniversary Car Parade; as Leroy and Theresa look on.



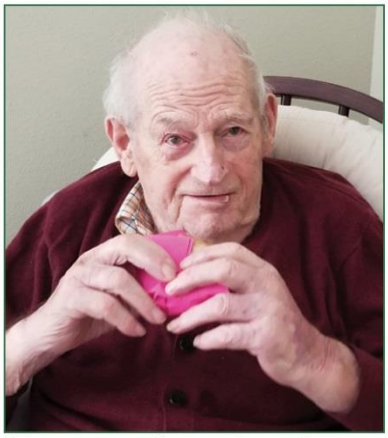
Misty brought Larry a root beer float and a Father's Day gift.



Bob enjoys a Father's Day root beer float in his comfy chair.

Laurine has a good time playing Bingo! and getting prizes.

Graduates, Car Parades, Sunshine & Fun!



Max gets ready to enjoy a donut with frosting for a morning snack!

Marge enjoys an afternoon popcorn snack in her apartment.

Residents, Karen, Ruth, Marian, Rosa and Pauline help to celebrate the recent graduations with Resident Assistants, Kayla, Leslie, Sonia and Izzy.

Friends, Twila and Jeanette, enjoy a fudge bar during Emery Place's 5th Anniversary Car Parade and the sunshine is nice too!

Jeanette found a cute hat to wear in the sunshine during the car parade.

JoJane gets a giggle out of Life Enrichment Coordinator, Laura's groovy outfit.

Ila Mae enjoys getting outdoors and the sunshine during the car parade.

Beauty Shop, Car Parade, Crafts and Donuts!

John looks like he is enjoying a blueberry donut and for breakfast.

Julie is happy about donuts for breakfast, who wouldn't be?

Sally picked out a blueberry donut for a sweet treat.

Ruth is happy, and looking pretty, after beautician, Lori fixed her hair.

Residents, Pat, Jane, Alfie, Max, Carol, Marge, Marilyn, Laurine and Bob enjoyed the sunshine and Emery's 5th Anniversary Car Parade.

Jocile shows off her really cute patriotic wreath that she made.

Chang is looking pretty in purple and ready for some lunch.

Darleen was surprised for a root beer float on a Sunday afternoon.

Flamingos, Treats, Crafts and Toy Story Fun!

Beverly thought it was great to get a donut before breakfast!

Irene was happy to get a root beer float on a Sunday afternoon.

Doug was surprised to see characters from the movie "Toy Story" stop by with a morning treat. T-Rex is Life Enrichment Assistant, Barb; Maintenance Coordinator, Greg; Health Care Coordinator, Melissa; (Doug); Culinary Cook, Ricky; and Life Enrichment Coordinator, Laura.

Linda enjoys an afternoon popcorn snack.

Alfie smiles for the camera and enjoyed some popcorn too.

Pat made this pretty patriotic wreath with Life Enrichment Assistant, Barb.

Therese is "tickled pink" that the flock of flamingos were outside her window.

Bonnie looks like she is enjoying the sunshine and the car parade.

Grillin' & Chillin', Fudge Bars and Toy Story Fun!

Dick looks like approves of the fudge bars during the car parade!

Lorene is looking forward to a grilled burger for lunch.

Rosa must really love sprinkles on her morning donut!

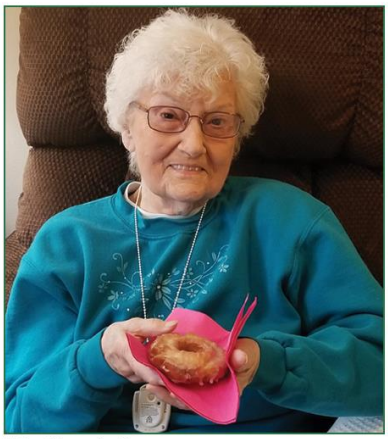
Carol doesn't seem afraid of T-Rex, probably because Barb is inside it!

Evelyn is surrounded by friends from the "Toy Story" movie: Laura as Bopeep, Ricky as Woody, Greg as Buzz Lightyear, Barb as T-Rex and Melissa as Jesse.

Pauline looks like she is enjoying the 5th Anniversary Car Parade!

Suzie and Mike await the arrival of their grilled hamburgers for a pre-Father's Day celebration lunch.

Flamingo Day, Treats, Beauty Shop and Sun!



Nadine is happy to get a sweet treat and a morning donut.

Marilyn enjoyed receiving an afternoon treat of popcorn

Life Enrichment Coordinator, Laura, stopped by to treat Darleen, JoJane, Life Enrichment Assistant, Barb, and Jocile on "Flamingo Day."

Leroy and Theresa enjoy the sunshine and seeing all the decorated cars and families during Emery Place's 5th Anniversary Car Parade.

Life Enrichment Coordinator, Laura, stops by Jane's apartment with "peace, love and treats!"

Dale enjoyed helping to fill the bird feeders and the sunshine on the patio.

Marian is looking pretty after getting her hair done by beautician, Lori.

DARE TO Dream

Emery Place staff works closely with residents' and families to fulfill meaningful dreams for each resident. The dreams can be as small as country drives to visit a childhood farm or to taking piano lessons for the first time. Or as big as taking a hot air balloon ride, flying above the clouds in an airplane, or driving that tractor or crane one more time.

Our community works together with families and our residents to learn what their dream is and we work together to accomplish this. It's our dream to make those dreams a reality and watch the pleasure that it brings to our residents, their families and loved ones.

PLEASE CONTACT:

Laura Keuter, Life Enrichment Coordinator, Misty Cottrell, Administrative Assistant or Sarah Zimmerman, Community Relations Coordinator with "Dare to Dream" ideas for your loved one!

GO TO:
emeryplaceliving.com
to see past Dare to Dreams at Emery Place!

Thank You, Ralph! We Love Captain Crunch!

When thinking of a Dare to Dream for Ralph, we immediately thought about Captain Crunch!

Ralph worked at Quaker Oats for 25 years, and still eats Quaker Oats oatmeal every morning for breakfast.

One afternoon, Ralph and Resident Assistant, Day, were talking about what Ralph did while working for Quaker Oats and he shared that he helped create Captain Crunch cereal, and remembered the recipe for how to make the cereal!

Day surprised Ralph with some original Captain Crunch cereal and a certificate to commemorate his accomplishments while working at Quaker Oats!

Ralph was all smiles that afternoon and the other residents were able to listen to Ralph as he talked about the process of making Captain Crunch, while enjoying their own bowl! Yum!

Emery's 5th Anniversary... Celebrating COVID19 in Style!

Emery Place celebrated this year with a car parade for residents and their families blessed our socks off with their love!

Community Relations Coordinator

Sarah Zimmerman

Happy Fourth of July! I hope that you get out on the patios for some sunshine and fellowship with others. I know that a little "vitamin D" from the sun can help me to feel re-energized! Be sure to protect yourself from the rays though, wear a hat and if you need some sunscreen, just let us know.

Thank you to all who are supporting our efforts to fundraise for the 2020 Walk to End Alzheimer's. Our "pink flamingo flocking" for our residents has been quite successful and at the time of the printing of our newsletter, we have raised $720 and 11 residents have enjoyed our "feathered friends" visit to their apartment windows! To date, the Emery Place Team have raised $2,925 out of our $6000 goal this year with 11 members on our team. We are also competing for the most members on our team for a special award from Senior Housing Management... so if you are willing, join our team and start fundraising today! Every dollar counts to support such a great organization to fight to end Alzheimer's and related Dementias.

We currently have a few assisted living apartments available. Just let me know if you have a friend or family member looking to join us here at Emery Place. I would love to give you a free month's rent for your referral!

Community Relations Coordinator, Sarah, presents Helen with the first "pink flamingo flocking!" Thanks to her daughter for the donation!

Life Enrichment Coordinator

Laura Keuter

Summer has been flying by! I am loving this great weather, and spending a lot of time outside! You can spend time outside on the patios and if you need the cushions out make sure to let a staff member know! July is a yummy month! This month we will be celebrating National Sugar Cookie Day, National Junk Food Day, International French Fry Day and National Cheesecake Day! Be prepared for some delicious snacks this month!

We have lots of fun activities coming up in July! On July 3rd, we will have a 'Stars and Stripes' party at 10AM on the patio to celebrate the Fourth of July and the musical group "Flip Side" will be performing to help us celebrate! This month we will continue to have "Fun Cart Fridays" with different themes! I am personally looking forward to July 24th because we will be celebrating National Tequila Day with some margaritas, chips and salsa!

In July, we will also be having an attendance competition for Live 2B Healthy! During the month of July, we will be taking attendance for the class and the residents that attend the most classes will receive prizes! There will be prizes for first, second and third places! Make sure to come to Live 2B Healthy every Monday, Wednesday, and Friday for a chance to win!

I'm looking forward to another great month here at Emery Place!

Life Enrichment Assistant, Barb, and Dave fill bird feeders on the patio.

Life Enrichment Coordinator, Laura, along with Culinary Cook, Ricky, had fun dressing up as "Toy Story" characters and delivering treats to Rosa and other residents at Emery.

Professionally Managed By:

Senior Housing — Rolling Out The Red Carpet For YOU!

Emery Place Coordinators:

Manager
Debbie Crosser
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Health Care Coordinator
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Assistant Health Care Coordinator
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Community Relations Coordinator
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Administrative Assistant
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Life Enrichment Coordinator
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Culinary Coordinator
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Maintenance Coordinator
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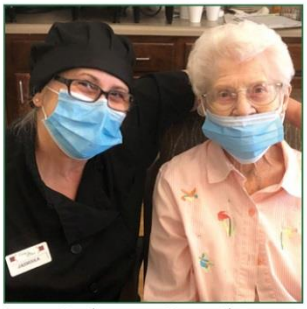
"Embracing Every Moment!"

Iowa Assisted Living Association · Emery Place Assisted Living and Memory Care · Music Speaks · Live2B Healthy · LifeShare Technologies · alzheimer's association

Culinary Coordinator
Jasminka Sarajlic



Culinary Coordinator, Jazz, stops by to introduce herself to new resident, JoJane during lunch and to see how she liked it.

Hello, everyone! All of the recent sunshine has my garden growing well! I am excited to have fresh vegetables for saladd this summer. My garden inspired me to come up with a few new recipes for Emery Place too! We will be having a new cucumber, tomato and onion salad as well as a new mandarin fluff salad.

I hope everyone has been enjoying the grilled menu items, it's a pleasure to make these for you. If you have any summer recipes that you would like us to make just let us know.

Lastly, it is so nice to be serving everyone in the dining spaces again. It sure is nice to have coffee from a mug!!!

Maintenance Coordinator
Greg Johnson

Maintenance Coordinator, Greg, gave Richard a fun surprise when he visited him as "Buzz Lightyear" from "Toy Story!"

Greetings from the Maintenance Desk!

Please take time to relax and enjoy an afternoon out in the Butterfly garden area. The garden is so peaceful, the plants are in full bloom they look wonderful! Don't forget to take a look at the other planters around the community as they are in full bloom too! Summer is my favorite time of year!

JULY FUN FACTS:

- The birthstone for July is the ruby, which is said to arouse the senses, stir the imagination, and guarantee health, wisdom, wealth and success in love.
- The traditional flower of the month of July is the water lily, symbolizing joyfulness, fickleness and sweetness.
- Special holidays in July include the 4th of July celebration of United States' Independence, (14th of July) - Bastille Day in France, (July 1st) - Canada Day.

INTERESTING FACTS ABOUT JULY 4TH:

- John Hancock and Charles Thompson were the only 2 men that actually signed the Declaration of Independence on July 4, 1776. The other 54 delegates signed over the course of the next month.
- The 4th of July was not declared a national holiday until 1941.