



*Happy New Year*



## **DEBBIE CROSSER** - DIRECTOR

As we begin a new year it is a great time to reflect on all that we have accomplished and shared in the past year. We have welcomed new team members, residents, and their families. We have shared in the happiness of children, grandchildren and great-grandchildren being born which turns into a great reminiscing experience. Even on our darkest days there has been something to be thankful for. Reminiscing about the past is a pleasure, but even more importantly we must live looking forward to the future. What a year 2021 has been – The ongoing pandemic crisis, continued cleanup from the derecho, employment as well as political and financial uncertainty. It's hard to believe how fast 2021 seemed to fly by. It is a good time to reflect – to think about family and the wonderful memories we have had with those no longer with us and cherishing the new memories we will make in 2022 with family and friends still with us! As the year ends, we say good-bye to so many of our loved ones that we have shared loving memories with. This holiday season, I hope you are able to celebrate the special joys of the world, reflect on togetherness with family and friends and take a moment to celebrate the joys of you.

Well known author C.S. Lewis once said, "You are never too old to set another goal or to dream a new dream." Now that 2022 is here, it's a good time to reflect on what goals you want to accomplish this year and what dreams need to be fueled with more hope and motivation. And age should never be a factor!

As we transition to a new year, our commitment to excellence remains a top priority and we could not accomplish this without the tremendous team of employees at Emery Place that are committed to providing round-the-clock quality care. To our wonderful residents, we are so thankful for you! It is our joy to serve you and we look forward to creating new moments of joy and finding peace and strength in everything we encounter in 2022! May celebrating the New Year bring us rewarding opportunities and new challenges to fight through this horrible pandemic! Happy 2022 from our family to yours!



MEMORY CARE COORDINATOR

**BARB WITTENBURG**

LIFE ENRICHMENT COORDINATOR

**MICHAEL GUINANE**



Where did 2021 go!? It is crazy for me to believe that it is already January of 2022! One of our favorite memories made at Emery Place was reminding all about Cedar Rapids historic Danceland. It was a pleasure to hear some of your stories from your childhood. I would pay any amount of money to see some of you out on the dancefloor.

While January in Iowa typically brings cold weather, we thought it would be fun to bring take the party indoors this month. We will spend the month of January on a Disney Cruise! Decorating Mickey Mouse cookies, watching all our favorite Disney Classics, to even throwing a Disney party on the 19th! Who knows maybe we will even have a few tropical drinks (you know, those ones with the fancy umbrellas) while we play bingo!

I hope you all had a wonderful Christmas, and a very very happy new year. 2021 brought us countless memories and surprises, here is to hoping that 2022 does the same!



## **BENTLEY** - A VERY GOOD BOY



Merry Christmas! I am sad that we didn't get to have a white Christmas this year. I LOVE playing in the snow (Don't worry, I promise to wipe my paws off before I come indoors). I had several play dates with my human friends this month and you would not believe how many times they said I was a good boy! They even told me they liked my jingle bell collar that I proudly wore all month. One even offered to let me stay with them for the week! What a treat that would have been. My human friend, Beth, wanted to get a picture with me, and I boy was I happy to. She even put the picture on her fridge! I hope you all got lots of treats from Santa and we can't wait to visit again!





**DAWN RILEY** - COMMUNITY RELATIONS COORDINATOR

Happy New Year to all of you! It is true what they say, "time flies when you are having fun". It is hard to believe the year has come to an end, and I am excited to see what this new year brings for all of us. We have so much to reflect on, so much to be thankful for, and an open canvas to create a lot more memories. In my time here, each one of you have blessed me or have made a special imprint on my heart and for that I want to thank you for making this such a special year, and a wonderful place to work and live. Cheers to 2022!

For the month of January, I am asking for you to choose your neighbors. Not only do you get a chance to invite your friends/family into our home to live in the same community, but you get to share some amazing experiences with them and save yourself some money in the process. We are offering a discount towards your next month's rent following their move in for any new resident you refer to Emery Place.



**NIA CLARK-WILKINS** - ADMINISTRATIVE ASSISTANT

I hope you all had a great Christmas and had a blast when Santa came to town! It has been fun to see so many family members come in and visit and bringing in decorations. What a wonderful time of the year.

My new year's resolution is to continue to save money because my family is aiming for buying a new home. I am excited to start this year working at Emery Place so I can experience a full year of activities that Barb and Michael do such a great job of putting on! Happy New Year to you all!



**JENI FETTER** - ASSISTANT HEALTHCARE COORDINATOR

HAPPY HOLDIDAYS! As we go into the new year, I am looking forward to the upcoming warm weather, even though we haven't quite had a winter yet. Every year I look forward to my annual "girl's Trip" that I go on. My daughter, and her kids, my best friend and her family, all meet up in Kure Beach, North Carolina. We stay at the same little beachfront everytime and this will be our 6th year! While we're there, we take a ferry over to South Port NC and shop in all the cute little locally owned stores, my favorite being "The Christmas House" They have every ornament that you can imagine, a lot of them handmade by the owners! We always enjoy lunch at one of the waterfront seafood!

Anyway, back to the reality that it's only December, and I have a few months before our trip, I wish you all a very Merry Christmas, Happy New Year, and good health! Make sure to take extra precautions when dealing with the ice and snow that will be here soon!



**LUCINDA ALEXNADER** - CULINARY COORDINATOR

Happy New Year to you all from the Culinary Team! I hope you all ended 2021 on a high note as we step into 2022! We are excited to welcome new members to our team. Thank you for being so welcoming new staff! A new recipe for January is a Pork Vegetable Soup! Let me know what you guys think of it! Like always, if you have any suggestions or feedback my door is always open!

I am beyond grateful to see another year of my life full of great health. During the year 2022 I hope to travel with my family and friends. If you all have any suggestions on destinations let me know! My personal new years resolutions are to shop less, save more, and hopefully purchase a truck. Here is to a great year at Emery Place!





# Oh Deer! It's Reindeer Season at Emery Place

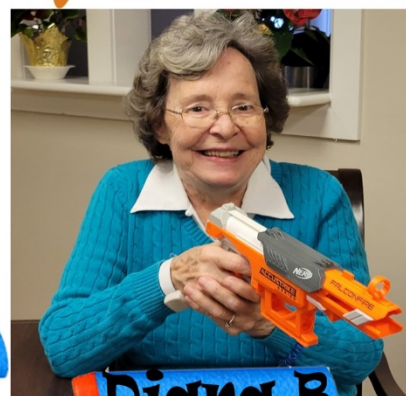


Beth H.



Doug S.

Jan D.



Diana B.



Jeanette H.



Ann S.



Pat O.



Linda S.



Bill T.



Rita C.



Jocile W.

## It's The Most Wonderful Time Of The Year!



Karen H.



Jan D.



Leora W.



Evelyn D.



Pauline R.



Diana B.



Ralph B.



Ann S.

Darleen B.

Linda S.

Michael G.

Eva T.

Marilyn S.

Barb W.

Leroy W.





# Santa Claus Is Coming To Town!





# HOLIDAY LIGHT TOUR

# Bring out the Reindeer Games!

MARILYN ANN TWILA



JANE E

JOANNE

DARLEEN

BETTY

JAN

ALFIE LINDA



LEROY

RITA

EVA



LEORA

BONNIE



THERESE

BETTY



Diana B.



Betty K.

Beth H.



Ellen T.



Marian D.



Beth H.

Pauline R.

Ellen T.

Amanda C.

Therese M.

Leora W.





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Iowa Assisted  
Living Association



Emery Place  
Assisted Living  
and Memory  
Care



alzheimer's association®



SHARE



**MAINTENANCE COORDINATOR**

**GREG JOHNSON**

Maintenance Tid Bits  
With Greg



**Happy New Year Everyone! Hope your Holidays were full of joy and happiness! I think it is safe to say that it is officially winter and with winter comes winter weather. During the winter months, ice, snow, and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses--especially for seniors. Avoid slipping on ice. Icy, snowy roads and sidewalks make it easy to slip and fall. Make sure to wear shoes with good traction and non-skid soles and stay inside until the roads are clear. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside. Dress for warmth. Cold temperatures can lead to frostbite and hypothermia. According to the CDC, more than half of hypothermia-related deaths were of people over the age of 65. If you go out, dress in layers! Wear warm socks, a heavy coat, a warm hat, gloves, and a scarf. Stay Warm!**



**Mark Your Calendars!**



*Emery Place*



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**JANUARY 2022**



**EMERY PLACE'S**



**Smile Of The Month!**

