

GARNETT PLACE
202—35TH ST DR SE
CEDAR RAPIDS, IA
52403

Garnett Gazette

Volume 2, Issue 9

September, 2011

Mission Statement

Garnett Place is committed to providing our residents with quality living that maintains high family values and services tailored to individual needs through a caring, friendly and team-oriented staff.

Inside this issue:

Welcome, Lyla	2
J.P.'s Morsels Birthdays	
Health Tips	3
Marketing Notes	
Activity Highlights	
Calendar	
Menus	
Puzzles	4

Assisted Living Week September

"I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him."

~ Abraham Lincoln

Because this year's National Assisted Living Week begins on the 10-year anniversary of 9/11, it was important for the theme to reflect the pride we feel as citizens and active members of the community. The events of 9/11 were tragic, but they also brought our country together.

We will be celebrating

the week in many ways;

Sunday, 9/11

Grandparent's Day

"Sundaes on Sunday"

Monday, 9/12

Patriotic Jingo Game

Tuesday, 9/13

Decorate Cookies

Wednesday, 9/14

Patriotic Piano and

Group Sing-Along

Thursday Activity

Care Packages for

Soldiers

(moved to 9/22 so the



Chrome Divas can join us for this activity)

Friday, 9/16

Quilt Show @
Hawkeye Downs

Sunday, 9/18

USO Dance
WMT Radio will broadcast live from Garnett Place from 2-7.

State Fair Week

Our weekly celebration of Iowa State Fair was a busy one for us all.

Milo Zacek was crowned King and Gladys McShane and Lucile Hoak were our queens.

Lynda Miller won the pie-baking contest with her Rhubarb Pie. All the other pies came in a close second.

We had homemade ice cream, sno cones, and a carnival complete with

tattoos.

The bread and butter pickles we made are all gone.

The quilt show was the perfect topper for the week. Thanks to all.

Welcome Lyla Erwin, Our New Manager



Our new manager comes to us from Windsor Manor in Grinnell, IA.

Our management company, Senior Housing, also manages Windsor Manor so the move to here was a natural one for all of us.

Lyla and her husband, are from Williamsburg

and have three children, all teenagers.

While moving from her office in Grinnell she was also in the process of moving into a new home in Williamsburg.

Lyla is warm and caring and has been busy getting to know all the residents and staff.

She has a lot of ideas for us and we are looking forward to the new and fresh ideas she brings to all of us.

Welcome, Lyla! All of us are glad you chose Garnett Place Retirement Community for your new home away from home.

J.P.'s Morsels

Tuesday, September 6th, at 2 pm we will be having a guest speaker at our monthly Resident food Meeting. She will be giving us tips about sodium and how it relates to the foods we eat. Sodium occurs naturally in foods; it is not always what we

Understanding Sodium in Our Diet

add as we prepare food.

I encourage family members to join us and I hope we have a big turnout.

This information will be good for anyone to learn about, so plan to join us.



September Birthdays

This month our Birthday Divas are.... a little drum roll, please.....

- 9-1 Edith Hembree
- 9-2 Wilma Skripsky
- 9-10 Lucile Hoak
- 9-17 Betty Kluber
- 9-20 Pat Sebastian

All females! Aren't they grand!

Where's Waldo?

Can you find Waldo in this newsletter? He's hiding out somewhere. The first five people who call Diane at 362-3630 @ extension 32 will win a goody bag of snacks. He looks like the picture above! Good luck!



Tips for Good Oral Health

Good oral health is important for seniors. Simply by brushing 2 x a day with fluoride toothpaste and flossing daily seniors can avoid mean oral health problems. Regular checkups and professional cleaning are also important.

As we age, subtle changes occur in the mouth. Dry mouth is a common com-

plaint. Often it is caused by some medications. Check with your doctor to see if that is a problem for you.

Many seniors suffer from arthritis which can make it difficult to brush and floss. Consider these tips:

1. Use a wide elastic band to attach the brush handle to your hand.

2. Consider using an electric toothbrush.
3. Tie the ends of floss together, making a circle before flossing.
4. Use a floss holder.

Keep your teeth healthy!



BE A SMART MOUTH

Marketing News from Cathy

Now that Our new manager Lyla is on board, Cathy is wearing one less hat!

She's back to Marketing full-time and enjoying the busy pace of showing new people around Garnett Place.

It is always helpful to

her if all of us support her by welcoming guests—who may be potential residents—when they are touring. All of you do such a good job of that and he appreciates that.

Think back to your first visit. How did you feel?

What did you like? Do you remember anyone you met? How excited were you?

Look back on your visit and move and help the next person enjoy the experience. They might be your new neighbor or next best friend!

"Garnett Place is the absolute best.

I love showing new people around. I'm proud of what we have"

~ Cathy Hulbert

Activities—Games

Getting everyone involved in activities is our goal. Each month we plan activities and events for a wide range of people who have differing interests. U We like to introduce you to various activities that can be enjoyed throughout the week.

This month we are highlighting new games. Left, Center, Right is an easy dice game that a small group can play. It is easy and enjoyable.

Dominoes is an old game with new and colorful tiles. We have two new sets: one is a

Six-Tile game with dots and the new Nine-Tile uses large numbers. It is very easy to see and you don't have to "count the dots."

Check the calendar and join us for a game of Left Center Right or fancy new Dominoes.



Lunch Menu for September 1 - 17

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Sep Meatballs with Marinara, Smoked Sausage, Red Cabbage, O'brien Potatoes, Resident Dessert	2-Sep "Grillin Day"	3-Sep Chicken Stir Fry, Casserole Italiano, Broccoli with Cheese Sauce, Corn Casserole, Gingerbread
4-Sep Baked Ham, Green Bean Casserole, Oven Roasted Potatoes, Cornbread, Pumpkin Pie	5-Sep Fried Chicken, Salisbury Steak, Dilled Carrots, Baked Beans, Banana Nut Cake	6-Sep Pork Loin, Shrimp, Tossed Salad, Fried Rice, Chess Pie	7-Sep Chicken Fried Steak, Swedish Meatballs, Joanne's Veggies, Mini Baked Potatoes, Bread Pudding	8-Sep Meatloaf, Hot Beef Sandwich, Brussel Sprouts, Mashed Potatoes, Strawberry Shortcake	9-Sep "Grillin Day"	10-Sep Roast Turkey, Smothered Pork Chop, Asparagus, Mashed Potatoes with Sour Cream and Chives, Resident Dessert
11-Sep Rice Krispie Chicken, Stewed Tomatoes, Baked Beans, Dinner Roll, Strawberry Rhubarb Pie	12-Sep BBQ Pork Shank, German Meatballs, Baby Carrots, Cheesy Potatoes, Banana Split Dessert	13-Sep Liver & Onions, Chicken Cacciatore, 7 Layer Salad, Sweet Potato Puffs, Sue's Apple Cake	14-Sep Corned Beef, Western Baked Steak, Cabbage, German Potato Salad, Black Forrest Cake	15-Sep Roast Beef, Chicken Cordon Bleu, Cozumel Blend Veg, Mashed Potatoes with SC and Chives, Red Velvet Cake	16-Sep "Grillin Day"	17-Sep Veal Parmesan, Baked Ham, Peas & Onions, Sweet Potatoes, Resident Dessert

Sandwich of Choice offered as alternative: Please see table tents for options

***Menu's subject to change.

Supper Menu for September 1 - 17

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Sep Grilled Cheese & Tomato Soup, Sandwich of Choice, Cheesecake	2-Sep Southwest Turkey Wrap, Soup, Sandwich of Choice, Brownies	3-Sep Potato Bar, Soup, Sandwich of Choice, Rice Krispie Treats
4-Sep Chicken Noodle Soup, Sandwich of Choice, German Chocolate Upside Down Cake	5-Sep Sliders, Soup, Sandwich of Choice, Pumpkin Bars	6-Sep Mini Corn Dogs, Soup, Sandwich of Choice, Cinnamon Sticks	7-Sep Chef Salad, Soup, Sandwich of Choice, Homemade Ice Cream Sandwich	8-Sep Calico Bean Casserole, Soup, Sandwich of Choice, Tapioca Pudding	9-Sep Hot Ham & Cheese Sandwich, Soup, Sandwich of Choice, Tart Cherry Walnut Cake	10-Sep Beef & Noodles, Soup, Sandwich of Choice, Custard Pie
11-Sep Bean & Ham Soup, Sandwich of Choice, Brownie Sundae	12-Sep Chicken Caesar Salad, Soup, Sandwich of Choice, Sue's Cherry Slices	13-Sep Shepard's Pie, Soup, Sandwich of Choice, Turnovers	14-Sep Pizza Burger, Soup, Sandwich of Choice, Raisin Nutty Spice Bars	15-Sep Maid Rite Sandwich, Soup, Sandwich of Choice, Cake Balls	16-Sep Chipped Beef on Toast, Soup, Sandwich of Choice, Tiramisu	17-Sep Tater Tot Casserole, Soup, Sandwich of Choice, Pineapple Upside Down Cake

**Sandwich of Choice offered as alternative: Please see table tents for options
Soups offered as alternative.**

***Menu's subject to change.

Lunch Menu for September 18 - 30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18-Sep Roast Turkey, Harvard Beets, Mashed Potatoes, Cornbread, Dutch Apple Pie	19-Sep Stuffed Peppers, Baked Cod, Asparagus, Corn Casserole, Ice Cream Cake	20-Sep Chicken Fried Steak, Gumbo Pork Chop, Dilled Carrots, Baked Potato, Resident Dessert	21-Sep Turkey Pot Pie, Baked Fish Filet, Brussel Sprouts, Herbed Rice, Cherry Pie	22-Sep BBQ Ribs, Pepper Steak, Tossed Salad, Scalloped Potatoes, Sugar Free Raisin Cream Pie	23-Sep "Grillin Day"	24-Sep Pork Loin, Meatloaf, Green Beans Almondine, Baked Beans, Angel Food Cake
25-Sep Roast Beef, Baby Carrots, Mashed Potatoes, Dinner Roll, Pecan Pie	26-Sep Salmon Loaf, Polish Sausage, Wax Beans, Creamed Peas & Potatoes, Boston Cream Pie	27-Sep Beer Battered Fish, Beef Stroganoff, Pickled Beets, Butter Beans, Jell-o Cake	28-Sep Lasagna, Cranberry Chicken, Roasted Red Potatoes, Cauliflower Salad, Jimmy Carter Dessert	29-Sep Oven Roasted Chicken, Swiss Steak, 7 Layer Salad, Potato Salad, Sugar Free Coconut Cream Pie	30-Sep "Grillin Day"	

Sandwich of Choice offered as alternative: Please see table tents for options

***Menu's subject to change.

Supper Menu for September 18 - 30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18-Sep Split Pea Soup, Sandwich of Choice, Carrot Cake	19-Sep BBQ Rib Patty Sandwich, Soup, Sandwich of Choice, Butterscotch Pudding	20-Sep Pork Tenderloin Sandwich, Soup, Sandwich of Choice, Peanut Butter Pie	21-Sep Cobb Salad, Soup, Sandwich of Choice, Ambrosia	22-Sep Chicken Salad in Pita Bread, Soup, Sandwich of Choice, Zucchini Chocolate Cake	23-Sep Fish & Chips, Soup, Sandwich of Choice, Custard	24-Sep Spaghetti & Garlic Bread, Soup, Sandwich of Choice, Coffee Cake
25-Sep Oyster Soup, Sandwich of Choice, Gingerbread	26-Sep BBQ Pork Sandwich, Soup, Sandwich of Choice, Funnel Cakes	27-Sep Sloppy Joes, Soup, Sandwich of Choice, Chess Pie	28-Sep French Dip, Soup, Sandwich of Choice, Baked Apples	29-Sep America's Best Buffet Casserole, Soup, Sandwich of Choice, Cookies	30-Sep Taco Salad, Soup, Sandwich of Choice, Chocolate Banana Dessert	

**Sandwich of Choice offered as alternative: Please see table tents for options
Soups offered as alternative.**

***Menu's subject to change.

TRIVIA PLUS

YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

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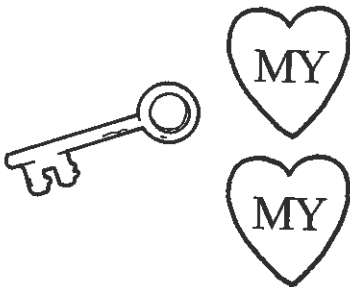
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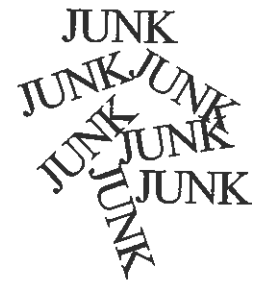
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