



■ THE GRAND TIMES ■

FROM THE MANAGER—

Did you ever roll over, look at the clock and think you didn't want to get out of bed? Sometimes you have to push yourself through the motions.

Attitude of Gratitude!

I am lucky. When I walk out the door and head to my job, I am soon surrounded by great people who work and reside at Grand Haven. These special people make going to work fun. They never fail to brighten any day, to lighten any load, to make me laugh, to fill me with awe for the work they do. They move me to tears with the care and compassion they give you each day. It fills me with an "attitude of gratitude." Come with me...

When I walk through the parking lot, many mornings, bright and early, Lloyd is busy on the Bobcat pushing or shoveling snow and spreading salt. He does an awesome job keeping the property clean and safe for all. It's hard work but when he comes indoors, he always has time to check a thermostat or change a light bulb.

Entering the building, I see Marlene and Betsy at work keeping our building spotless. No small task given the size of the place. Cleaning day is something that each resident looks forward to. These ladies take great pride in their work, keeping a watchful eye on what needs to be done. They make this place shine!

Ummm...the smell of breakfast cooking. How about that Meg? I think she is mighty Meg. In that tiny package is a person who isn't afraid of a challenge and will do anything for our people—even acquiring a third dog as a last request from a resident. She leads the kitchen with love and together with her talented staff, feeds your body and soul. How many Michelle's are there?

I walk through the dining room and am greeted by the early risers—the men at their breakfast table. We talk weather and I am tickled by their genuine warmth and affection. The girls (in bright aprons made by Maureen) joke with the guys as they take their orders. Laughter echoes through the grand hall. Not a bad way to start a day!

Oh, there is Patti. I hear the latch unlock and the slide of her window as she opens for business. It is one of the few moments all day when she isn't running doing everything—getting a car for a resident, pitching in

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MARCH MATTERS

- ☐ **March 3 & 10**
4 P.M.
N.S.H.S. Speech Team
- ☐ **March 5**
3 P.M.
March Birthdays & New Resident Party
- ☐ **March 11**
10 A.M.
Senior Expo & Lunch at Bishops
- ☐ **March 16**
3 P.M.
Happy Hour
Sponsored by First Central
- ☐ **March 18**
11 A.M.
Casino with Dan
- ☐ **March 19**
1:30 P.M.
Silvertones & Pie
- ☐ **March 22**
3:30 P.M.
Accordion Music
- ☐ **March 23**
5 P.M.
Buzzy's Restaurant
- ☐ **March 26**
10 A.M.
Heritage Christian School Singing

FROM THE DESK OF HAPPY DAN

Respite Care is temporary 24-hour care. What you may not realize is that your loved one benefits because it is a break in their normal routine—a new stimulus, the chance to interact with new people, to share new and different experiences. You may also wish to use Respite Care as a “trial period” that will be very helpful in making a longer term decision. What better opportunity could you have to take a closer look at assisted living and be satisfied that it provides the atmosphere, the expertise and the caring staff members that you are looking for?

Respite Care is flexible, and can be tailored to meet your needs. Families can use Respite Care for as little as three days and for as long as a month.

The daily charge covers accommodations in a safe, secure setting, meals, 24-hour care, and participation in activities programs. Families find that the cost of Respite Care compares favorably with in-home temporary care, without the hassle of arranging home care or the worries of reliability. Grand Haven has two respite rooms and the cost is \$125 per day.

Just call me (Dan Collins) at Grand Haven at (563) 285-4900 and I can help you decide what works for everyone involved.

Dan—Director of Fun

P.S. Our Guy's Lunch at Applebee's was successful—as you can see, everybody's happy when you are with Happy Dan!

— ATTITUDE OF GRATITUDE CONTINUED

by washing dishes, doing payroll. I take a moment to bid her good morning. She is truly my right hand.

The Universal Workers are busy passing meds, helping residents dress or bathe, assisting others to the dining room. They are the first face seen each morning and the last each evening. Their help assists people in their quest to remain independent. Often, they are helping with tasks that residents wouldn't want their own family to do. They genuinely love the people—YOU, our residents! Name them in your hearts, each one special...

I peek my head in the Activities Office (aka “The Closet”). I am greeted by enthusiasm from the talented duo of Hen and Lanette. The place bursts at the seams with notes, files, pieces of projects, schedules and so many ideas! *Mamma Mia* plays in the background. Can Hen drive that bus or what? It's never too late to join Lanette's Move'n to Music. They are simply the best activity duo around!

The nurse's office is already in all out momentum that won't stop all day and goes well into the evening. Jane and Jennifer share their expertise and experience with all of you. They calm fears, monitor medications and doctor's orders and coordinate care plans at a breakneck pace. In between, there are countless calls from outside sources, assessments and piles of paperwork. Thank them often, appreciate their efforts. Their job isn't easy...yet still, laughter bubbles through their doorway.

Happy Dan...no explanation needed. Just saying it brings a smile. He walks into the building each morning saying, “Hello Sunshine!” Always ready to assist a resident because he wants to, he truly enjoys each and every one of you. Dan is a problem solver who is often called upon to fix anything from the TV remote to an icemaker in the kitchen. He's a first responder Medic often on the scene if we call 9-1-1. His presence brings comfort to distraught residents. He makes all of us smile.

To all the wonderful people who do a multitude of wonderful tasks each and every day, who go above and beyond, who bring things from home to share, who leave gifts and cards, who cry over some, who laugh with others, who make this place work...to each of them I owe my undying gratitude. My walk into the building has filled my heart and soul with an attitude of gratitude.

Joni—Grand Haven Manager



Earlier in February, Rudy Vallejo (member of the Kickapoo tribe) visited Grand Haven. Pictured above is Barb Mohr in full head dress.



SOS—SPOTLIGHT ON SENIORS

Genevieve Brus

Genevieve Brus is our featured senior for March. Genevieve was born August 24, 1917 and grew up on a farm just off of LeClaire Road between Eldridge and Argo. Her parents, George and Loretta Hirl, were farmers. Gen had four brothers and two sisters. She was the oldest daughter and therefore kept busy helping her younger siblings. They lived in a very small house with only three very small rooms so they spent a lot of time playing outside with each other and the neighbor children. She went to a rural school (Westview School) near Eldridge. She remembers walking two miles to school every day.

After finishing school, Gen worked for Von Maur. She met her husband, John, while she was working for his sister, Marie, helping care for the children. John worked at Superior Dairy in Davenport, but he also helped Marie's husband occasionally on the farm. They met, married and lived on a farm near Pleasant Prairie, then moved to a farm near Blue Grass, then moved to a farm near Argo and lived there until retiring to a home in Davenport. They farmed all their lives.

Gen and John had eight children. John (Fran) Brus lives in Morning Sun, Iowa. Jim (Joyce) Brus lives in Bennett, Iowa. Pat (Jim) Slavish lives in Matherville, Illinois. Mary (Ron) Arp lives in Long Grove, Iowa. Sally (Jim) Wolfe lives in LeClaire, Iowa. Dorothy (Jeff) Brisley lives in Carmel, Indiana. Their son Don (Darlene) Brus of Davenport, Iowa passed away at the age of 53 and their daughter Gloria Brus passed away at nine months old. She has 20 grandchildren and 30 great grandchildren with another due this month. Her family said she is a wonderful mother and was a wonderful caring wife.

Genevieve is a member of St. Paul's Catholic Church in Davenport and enjoys listening to music and visiting with her family and friends. In her earlier years, she enjoyed traveling, dancing and gardening.

Gen is known for being sweet and kind to everyone she meets. She always has a smile and a positive attitude. She moved to Grand Haven two years ago and one of her favorite things to do here is play Bingo.



NOTES FROM THE NURSE

Years of wear and tear can be hard on our feet. So can disease, poor circulation, improperly trimmed toenails and wearing shoes that don't fit properly. Problems with our feet can be the first sign of more serious medical conditions such as arthritis, diabetes and nerve and circulatory disorders.

Practice good foot care. Check your feet regularly, or have a member of your family check them. Podiatrists and primary care doctors are qualified to treat most foot problems.

It also helps to keep blood circulating to your feet as much as possible. Do this by putting your feet up when you are sitting or lying down, stretching if you've had to sit for a long while, walking, having a gentle foot massage, or taking a warm foot bath. Try to avoid pressure from shoes that don't fit right. Try not to expose your feet to cold temperatures. Don't sit for long periods of time (especially with legs crossed). Don't smoke.

March is Foot Health Month!

*Jennifer and Jane
— Health Care*



Janice Kroeger and Maxine Runge show off their Mardi Gras masks at Grand Haven's Fat Tuesday party.



MARCH BIRTHDAYS

If you were born from Feb. 19-Mar. 20, you are a Pisces. Mysterious and alluring individuals, most Pisces are extremely talented and gifted. Your life pursuit is to avoid feeling alone and instead feel connected to others.

If you were born from Mar. 21-Apr. 19, you are an Aries. This person is adventurous and energetic. Their pioneering attitude leads them into places others would fear to tread. Others love to be around them because of their quick wit and dynamic personalities.

Betty Freund	March 4, 1921
Rob Reiner	March 6, 1945
Fran Lenton	March 6, 1915
Bix Beiderbecke	March 10, 1903
Charlotte Shollenberg	March 13, 1922
Billy Crystal	March 14, 1947
Marian Hamann	March 16, 1925
Jerry Lewis	March 16, 1926
Elaine Meyer	March 27, 1926
Shirley Jones	March 31, 1934

WHO'S NEW?

We would like to welcome the new residents joining our Grand Haven family.

Delmar Diedrick

Allene Gwinn

We are delighted to have you all with us and hope you feel right at home.

Our sympathies to the families of those who recently passed away

Harold Holdorf Lillian Bell

(Flowers in Grand Haven lobby are from Lillian's funeral.)

THIS MONTH'S FIRE DRILL IS
TUESDAY, MARCH 30
 AT 2:00 P.M.



201 East Franklin Street
 Eldridge, Iowa 52748