



Home Bound Books

IL residents are gearing up for their new library! In the meantime, please feel free to come to AL and enjoy our books. There is no check out system in place, just enjoy! Also, we partner with the CB Public Library on receiving home bound books. If you wish to receive books from the Council Bluffs Library, there is a short form to fill out. Simply see Melissa or Molly for the form.



Spring Cleaning and Swap Meet

Keeping with the theme of Spring, we just completed a Swap Meet in AL and IL. Residents were invited to bring unwanted belongings to the dining room. After the trading and swapping was completed, the Fox Run team donated the left over good to Sequels where families in need can purchase items at a fraction of the cost of a store. Thank you to everyone who assisted with this event!

Fun at Fox Run



Heritage Happenings

Volume 3



Improvements to Fox Run

We are happy to say that we have completed the remodel of Assisted Living. The Movie Theater and Beauty Shop are now better than ever! The next additions to all 3 communities will be the planting of our flower beds. If the weather holds out for us, we invite everyone to help us plant your perspective community on Friday, May 3rd. That way, our flower beds will look beautiful for Mother's Day!

Allergy Relief in the Spring

Spring time brings us the opportunity to get outside and enjoy all of the gifts that Spring brings. For some people, Spring can bring the unwanted gift of allergies.

Quick Tips to Help with Allergies

1. Take allergy medications BEFORE your allergies kick in.
2. Limit pollen exposure.
3. Ban allergy triggers from your home.
4. Rinse out your nose.
5. Try a new medication if yours is not working.

Mother's Day Party

On Friday, May 10th, we will be celebrating Mother's Day with music from Rich Patton. Refreshments will be served as well. We invite you, your family and any other loved ones to come to Fox Run for an afternoon of laughs and socializing. The AL party will begin at 1:30 in the Coffee Shop and the IL/MS party will begin at 3:30 in the IL Dining Room.

"My mother told me to be a lady, and for her, that meant to be your own person and be independent."- Ruth Bader Ginsburg



Executive Director-John Lynch

Director of Nursing-Tomas BeVirt

IL Director-Melissa Tietsort

MSD-Sarah Bellows

DSD-Jose Moyetone

Office Director-Diann Owens

Director of Sales-Kim Grier

Life Enrichment Director-Molly Gorge

ESD-Abby Wilson

IMD-Darrel Harris