

Glenwood Place Retirement Community

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Professionally managed by
Senior Housing Management.



Proud supporter of the Alzheimer's
Association of Greater Iowa.

Virtual Visits Coming Your Way!

Glenwood Place has a great app that allows us to create and send videos to loved ones of our residents! During the month of March, our resident's loved ones have had to stop visiting, all due to our vigilant efforts in keeping COVID-19 out of our community. A difficult lifestyle change, but everyone, residents and families, understand the seriousness of this and have been extremely supportive of our community, for that we thank you! To help connect families during this time, Brooke has been creating and sending video messages to families, especially those who live in our memory care who may not be able to initial a phone call. These "virtual visits" will be sent to family members via text or email, so watch for these to come through to you! Many of you have already received some. The goal being that every single resident makes and creates a video. Brooke has been able to create videos for about 1/3 of the community already! We encourage you to get creative on how you are connecting to your loved ones.

- Send mail, every resident loves to receive a card or letter.
- Send a video to our Facebook messenger, we can show it to your loved one.
- Schedule a time with staff to skype or FaceTime with your loved one.
- Visit at their apartment window!

This is just a small moment in time. This too, shall pass. Thank you to all of you who are doing their part in society to slow the spread. Life will return to normal, eventually. Until then, wash your hands and call your loved ones.



April 2020

Glenwood
Place

Glenwood Gazette



Pamela's Post



I want to say a big Thank You to my team at Glenwood Place for helping to keep our family here at Glenwood Place healthy and safe also to you, my residents and families, during this COVID-19 pandemic. Senior Housing Management has been a great support to us with up-to-date information, webinars, and open lines of communication; they've been a great help! Please call us with any questions you may have we are here to support you! Just an interesting article... Research shows that most of us touch our faces at least 16 times a day.

Why is that a problem?

Under normal circumstances, it wouldn't be that big of a deal to touch your face 16 times a day. But we are NOT living under normal circumstances right now! Think of your face as the onramp to your body. The mucous membranes on your face (eyes, nose, and mouth) are super-highways to your respiratory system. So, if the virus is on your hand when you touch your eyes, nose, or mouth (even once), it will surely hitch a ride to your lungs and make you sick. It's that simple.

It's a hard habit to break.

Most of us touch our faces throughout the day without even realizing it. We rub our tired eyes, itch our tickly noses, and bite off ragged fingernails without much thought at all. So, how do you break a habit that you are hardly aware you even do?

Here are a few tips you can use:

Wash your hands with soap and water often throughout the day. But keep in mind, this is not the ONLY solution. It's nearly impossible to keep your hands completely germ-free. As soon as you wash your hands, you will likely re-contaminate them by touching surfaces such as doorknobs, countertops, or light switches that may hold the virus.

Pay close attention to your urge to touch your face. Becoming more aware of the habit can help you catch yourself before you do it.

Tie a string around your finger. Remember the old trick of tying a string around your finger to help you remember something? It can help you break your face touching habit too. It doesn't have to be a string. You could put a rubber band on your wrist, wear a different ring, or even draw a heart on the back of your hand to remind you! Do whatever works for you.

Use a clean tissue. If you just can't fight the urge to scratch your itchy nose, grab a tissue to use as a barrier.

Use pleasant scents to remind you. Rub a pleasant-smelling lotion on your hands after washing them. When you bring your hand to your face, the scent will bring your awareness to what you are about to do.

With the promise of warmer weather, we've survived another Iowa winter you may think now what? The grass will soon need mowing and flowers will be in bloom, what about you?

Something simple that many can do is walk, it doesn't matter how few steps you take just slowly increase each and every day. Walking is a good activity, it's cheap, it's simple and it has a multitude of health benefits. It is never too late to start! It doesn't matter if you walk fast or slow there are still benefits. The more you walk the stronger your muscles will get and the easier it will become.

The recommended time is 30 minutes daily, two long studies have shown you get benefits from walking just 10 minutes at a time 3 times per day. Even if its only 5 minutes with time you'll work you way up to 30 minutes or more.

Walking has a cumulative effect, people who walk are less depressed, more active, diminished stress, help eliminate the fear of falling or losing your balance and over all sense of well being.

Walking is one of the single most important factors in allowing seniors to grow old gracefully.

There are lots of places to walk here at Glenwood Place, there are plenty of things to see, so get those walking shoes on.

Walking. It Does the Body Good!

What are some of the benefits of walking you might ask?

- Lowers Blood Pressure
- Increases Good Cholesterol
- Decreases Blood Sugar
- Improves oxygen to the Body
- Provides for a healthier heart
- Improves Balance and Coordination
- Gives Your Body Greater Mobility
- Eliminates fluid build up in your tissues
- Makes motion more fluid in your joints
- Burns fat and helps you fight weight gain

Happy Easter!

Many Christians celebrate Easter Sunday as the day of Jesus Christ's resurrection, which is written in the New Testament of the Christian bible. According to the Gospel of John in the New Testament, Mary Magdalene came to the tomb where Jesus was buried and found it empty. An angel told her that Jesus had risen. Christians worldwide have celebrated Easter for centuries.

The Easter date depends on the ecclesiastical approximation of the March equinox. In 325CE the Council of Nicaea decided that the Easter date would be the first Sunday after the first full moon occurring on or after the March equinox. Easter is therefore delayed one week if the full moon is on Sunday, which lessens the likelihood of it falling on the same day as the Jewish Passover. Eastern Orthodox churches in many countries such as Greece still figure their Easter date based on the Julian calendar.



Staying Active

This past month, our World has changed dramatically. We are adapting to a new "normal" to maintain the safety and health of our Glenwood Place family. We want to encourage every resident to live an active lifestyle while we ride out the quarantine wave. We will continue to provide activities to you each day, so please get out and get moving, we promise it will boost your mood! Some new things we have implemented during this time:

- Daily Bus Trips at 3:00 pm — get out and go for a sight seeing ride! 7 can ride at a time for distancing purposes.
- Ordering In Meals — We want to support our local eateries by ordering take out a few nights per month!
- More Movie Nights

Regular activities are still happening too! BINGO, fitness, bible studies, manicures, puzzles and games! Stay active, or now is the best time to start a new routine!

Meet our Resident... Hildred Spence

Hildred Spence recently celebrated her 100th birthday, however it wasn't how the family planned it. A family gathering was planned, but had to be cancelled due to social distancing efforts. We wish to honor Hildred in our newsletter for her 100th birthday. here is a little bit about her 100 years.

Hildred was born on the farm north of Collins, IA to her parents Orva and William Shinkle. Her family has deep ties to Collins, for her great grandparents first settled there, traveling in a covered wagon from Ohio. There was always someone to play with for she had 11 siblings! She remembers her parents being protective but never raising their voices. As a child, her favorite treasure was a double decker pencil box. School wasn't a highlight to Hildred, as she described it as "just something you did.", and walked 1.5 miles to and from school each day. One cold, January day her school house caught fire, losing her pencil box with it. In 1939, Hildred met her husband, Edwin. Together they had three children: Donald, Sheryll, and Pamela. From them she has welcomed 7 grandchildren, 10 great grandchildren and 3 great-great grandchildren. Hildred's apartment at Glenwood Place is beautifully furnished. She worked many years in home furnishings, and it shows! She also spent years as an antique dealer and collector. She also has collected hundreds of elephant items — which all started from an elephant pendant she received from a co-worker.



Meet our Staff... Maggie Augustine

My name is Maggie Augustine. I am a junior at Marshalltown High School. At school I'm involved in softball, cross country, wrestling cheer, student senate, National Honor Society and a group called Students Making A Difference (drug and alcohol prevention). Outside of school, I enjoy attending church, dancing (Dance Konnection) spending time with my friends and family, working out, going to concerts and ISU football games.

I have been working as a dietary aid at Glenwood Place for about 3 months. But lately, I have been taking on additional jobs here at Glenwood due to my crazy amount of free time (COVID-19). I love working here at Glenwood Place and it makes it easier because the staff and residents are so welcoming!!

The Funnies

We can all use a bit of laughter right now. Enjoy!

Hearing Aid Missing

The old man was sitting on the examining table in the doctor's office having his hearing checked. The doctor poked his light scope in the old man's ear and said, "Hey, you have a suppository in your ear!"

"Rats," said the old man. "Now I know where my hearing aid went."

Out for a Walk

A grandma and a grandpa are going out for their daily health walk and grandma can't decide. "I don't know, Joe, should I wear my bra do you think?"

"Yeah, Rosie, you better, it's quite muddy out."

Research shows...

American psychologists have isolated two fundamental reasons why men frequent bars.

1) They don't have a woman.

2) They have a woman.

Marriage Counseling

We've had some problems and after a while decided to go for marriage counseling. And despite my initial reservations, I must say we got some excellent advice. Like, I should treat my wife as I did when we started dating.

So last week I took her to the cinema. Then I dropped her off at her parents!

What Women Want... we think.

American scientists have finally found out what a woman wants. Unfortunately, she changed her mind since then.

Exercising

A woman on the phone to her friend: "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over."





