

Glenwood Place Retirement Community

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Professionally managed by
Senior Housing Management.



Proud supporter of the Alzheimer's
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Pamela's Post Continued

In celebration of Mother's Day, I thought I would share a few thoughts on my mother. She passed away on June 17th, 2015. She left behind her husband Al of 60 years (my dad passed in July 2018) 12 children, 41 grandchildren and 14 great grandchildren. Growing up in Minneapolis in a 3-bedroom ranch home with one bathroom was a challenge! She was the neighborhood mom, she cut everyone's hair, kissed their bumps and bruises, watched them when their parents were busy, neighborhood coffee was a morning ritual around the table at our house. She signed us older children to not only watch our younger siblings but to babysit neighbor children as early as 8 years old. She was told early on in her marriage with just 5 children at the time, from her mother-in-law that 5 children were enough! She was a very devout Catholic and as each baby arrived, she commented to me many times that God had given them another gift! She was an early riser and we were greeted with the smells of fresh bread and cinnamon rolls. She packed a lunch for us every day and at the local Catholic School, Kindergarten thru 8th grade at times there was a Barten child in every grade! She was a tremendous cook and baker and it seems that my brothers Patrick and Doug have followed in her baking footsteps. She taught us how to love God first, then family and friends. My brother Tom asked her one day if she loved Jesus more than dad! She was busy but always felt like she had time for all of us.

Celebrating all the wonderful mothers and others this May! Love you all!

Pamela.

May 2020

Glenwood Gazette



Pamela's Post

Just a quick timeline of what's been happening here at Glenwood Place!

March 10th -- first day we restricted all outside visitors at Glenwood Place including entertainers, Live2BHealthy, Music Speaks and Salon.
March 10th-Dining room dropped to paper and plastic to allow staff time to sanitize.
March 10th- Salad bar closed.
March 13th - Residents quarantined to apartments for 14 days whenever they leave the community.
March 13th—All visitors screened at front door, PT, Hospice and Physicians only allowed in.
March 13th—All staff screened each shift.
March 13th—Residents temperatures taken twice daily.
March 19th- Activities limited and social distancing put in place.
March 28th- All staff asked to wear uniforms and leave shoes at Glenwood Place.
April 1st -Residents dining in apartments – this is NOT April Fools!
April 13th – Mail delivery no longer allowed in building—staff deliver service!
April 13th- All packages placed at front desk and sprayed with sanitizer.
April 13th-All community infection control procedures put in place.

It's been a tough time for all of us. No hugs, social distancing ---it's been hard on everyone. We are in this together and we will get through this. Just thank you for all your understanding with all these precautions. Health and safety is our first concern!

Thanks to the great leadership that Senior Housing Management has provided to us here at Glenwood Place and my entire team for their support during this time.

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Mother's Day Making the Best of each Day

Normally, we would be planning our annual Mother's and Other's Day Tea party to honor the women of Glenwood Place. This tradition has been one of the most celebrated gatherings in our community, and this year we will truly miss being able to bring families together. Mother's Day will be different. What can we do to boost our moods? Here are a few ideas that I implement when feeling bored or blue.

- Sit in the sun and read — our library is open, so start a new book and find a rocking chair outside.
- Go for a walk, knock on your friends doors to say "hello" from a distance.
- Prop your apartment door open to wave at passer - byers
- Write letters to your kids and grandkids. Everyone likes snail mail!
- Call friends and family.



Staying Active

Our Life Enrichment Coordinator, Lisa, has been turning her creative wheels to come up with activities to engage residents during this time. We have implemented a few new things, and continue to encourage all of you to get out and about in the hallways and sunshine. While out and about in the community, remember to practice social distancing, this includes interactions with staff!! Staff is here to keep you safe, and we will be able to if we continue our distancing practices.

The calendar shows a few new activities:

Weekly Scavenger Hunt— fun, new prizes awarded! | Daily Bus Rides

Front Porch Sipping | Daily Snack Cart

Fun Packs: complete these each week to earn ticket to the Country Store



Loretta shows off her 1st place prize, a \$25 Visa Gift Card, for completing the scavenger hunt!

Resident Joke of the Month

Q: What kind of exercise do lazy people do?

A: Diddly Squats

Did you know?

What does May Day have to do with the international distress call, "Mayday, Mayday, Mayday"? Nothing, as it turns out. The code was invented in 1923 by an airport radio officer in London. Challenged to come up with a word that would be easily understood by pilots and ground staff in case of an emergency, Frederick Mockford coined the word "mayday" because it sounded like "m 'aider," a shortened version of the French term for "come and help me."

Water: Drink up for a Healthier Body

Warmer weather is finally here (I think) and it's time to focus on keeping healthy in the heat. One of the best things we can do for our bodies is to drink water. This article will aim to help you understand why water is so important. Did you know that your body is over half water (55 – 78% of your body size is actually water). Generally speaking 2/3 of your body is water – it's the main component of the human body. All your tissues and organs are made up mainly of water: Muscles 75% Brain 90% Bone 22% Blood 83%. Water helps our bodies do very important jobs that we don't often think about. Water does the following:

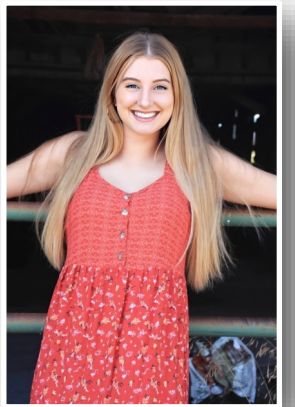
- Moisturizes the air in lungs
- Helps with metabolism
- Protects our vital organs
- Helps our organs to absorb nutrients
- Regulates body temperature
- Detoxifies
- Protects and moisturizes our joints
- Transports nutrients and oxygen into cells

Every cell in your body needs water from head to toe. That is why it is so important to drink enough fluid. Take for example, brain consists of 90% of water, if you do not supply enough water to your body, your brain cannot function well, and you will get headache or migraine. Hence, next time, if you feel fatigue and headache, it may be the sign of dehydration.

Water is available at every meal, and during the afternoon snack cart. Take advantage of a fresh cup every time we visit your apartment with meals or cares.

Meet our staff.... Gabby Himes

Hi, I'm Gabby Himes. I am a senior at Marshalltown High School. I participate in volleyball, basketball, track and softball. I will be attending Kirkwood Community College in the Fall to study animal science. I have been working at Glenwood Place for almost 7 months and it has been an amazing experience. I started as a dietary aide, and am working towards becoming a Resident Assistant.



Thank you, mask makers!

The overwhelming support we have received from family and friends of Glenwood Place during this time has been truly amazing. A special thank you to those who have made masks:

Cindy Bru

Susan Verhulst

Ashley Goble

Lori McCarville

Raymon-Donco



