

## In Loving Memory of...



Ruth Logue



Ellen Hazen

### Glenwood Place Retirement Community

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Marshalltown, Iowa 50158

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www.glenwoodplaceal.net



Professionally managed by  
Senior Housing Management.



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

## Upcoming Highlights

Check your calendars for the fun planned in February!



Super Bowl  
Movie Matinees  
Lunch out to Wayward Social  
Dinner out to Zeno's  
Valentine's Day Dinner  
Valentine's Movie Matinee  
Mardi Gras  
Ash Wednesday

There is always something to do at Glenwood Place,  
make sure to check our daily calendars and LifeShare for  
events and menus!



## Pamela's Post

February is great month to talk about your heart and your love of family and friends. As a child growing up with 11 other siblings we had our share of love. My parents showed their love for each other daily with a good-bye kiss and a welcome home hug and kiss. They taught us to love and respect each other and instilled in all of us a deep faith in God. We felt sure we were unconditionally loved every day (even though some of us were in the dog house at times). It taught me to live every day to the fullest, hug often, give praise generously, find something you love and do it well. So, as we are building a new team and family at Glenwood Place I try to instill in my staff this love and respect of each other and YOU residents too, so thank you to all my staff and residents for helping me build this team we all call Glenwood Place!

### Tax Information for Residents and Families

Did you know that the IRS allows deductions for medical care for an individual, spouse, or dependent if the expense exceeds 7.5% of the taxpayer's adjusted gross income? The monthly fee of an Assisted Living Community is a medical expense. The code further states that if a resident is living in an Assisted Living Community because of a medical condition which requires them to be there, and meals and lodging are furnished, then the cost is considered medical care expense.

**A BIG THANK YOU** goes out to Bobbi Brandenburg from SHIP for meeting with my residents and families regarding their Medicare part D renewal. It was so wonderful that my residents did not have to venture out of the community. She saved Glenwood Place residents between \$50,000 and \$60,000, and the people of Marshall County over \$800,000. Again, many thanks to Bobbi!

Don't forget to give us your new Medicare card so we can put it in our system. Just have one of the coordinators make a copy for you!

Thank you for all your support as always,  
Pamela.



# Save the Date Valentine's Day Dinner

Join us for an afternoon of good food and fun to celebrate Valentine's Day.

**Friday, February 14th | 11:30 am Dinner**

## *menu*

### *First Course*

Italian Garden Salad

### *Main Course*

Italian Chicken Breast On a Bed of Alfredo Pasta, Parmesan Green Beans, Garlic Knot

### *Dessert*

Red Velvet Mousse Dessert

**Valentine's Movie Matinee | 1:30 PM in the Glenwood Gathering Room**



Helen Knoll.....Feb. 1, 1932  
 George Brandmayr.....Feb. 12, 1946  
 Marilyn Jensen.....Feb. 13, 1933  
 Gary Rubenbauer..... Feb. 21, 1952  
 Fran Anderson.....Feb. 23, 1924  
 Betty Speas.....Feb. 25, 1923  
 Mildred Lathrop.....Feb. 28, 1926  
 Jaqueline Steveson.....Feb. 29, 1936

## Is High Blood Pressure a big deal?

**YES** – blood pressure is the measurement of blood force against your arteries. When the pressure is high it causes the arteries to become hard making the heart work even harder.

There are two numbers and both are equally important. The first (or top) number is called the systolic. It measures the pressure needed to get the blood out of your heart and into your body. The second (or bottom) number is called the diastolic and measures your heart at rest refilling for the next time your heart beats and sends blood back into circulation.

High Blood Pressure is often called the “silent killer” because often there are no symptoms. It is estimated that 1 in 3 people have high blood pressure but don’t know.

What can high blood pressure do to my body?

- Cause heart to enlarge and pump ineffectively – heart failure, fluid in the lungs
- Cause bulges in blood vessels – aneurysms
- Narrowing of blood vessels to kidneys – Kidney Failure
- Arteries harden faster – Heart Attack, Stroke
- Blood vessels in the eyes burst/bleed – vision changes, blindness

Blood Pressure Category	Systolic (top number)	Diastolic (bottom number)
Normal	Less than 120	Less than 80
Prehypertension	120-139	80-89
High Blood Pressure (Hypertension) Stage 1	140-159	90-99
High Blood Pressure (Hypertension) Stage 2	160 or higher	100 or higher
<b>Hypertensive Crisis (Emergency Care needed)</b>	Higher than 180	Higher than 110

The good news – Hypertension (High Blood Pressure) is treatable. Knowing your blood pressure is very important and measuring your blood pressure provides very valuable information and can help you and your doctor manage your hypertension. Usually medications are prescribed to control hypertension and prevent problems.

The monthly vitals clinic is an excellent time to check your blood pressure and make sure it is okay. We look forward to seeing you at the next vitals clinic.

Your Nursing Team,  
 Lisa and Sarah

## Meet our Resident... Betty Christerson

Betty was born in Whitmore, IA to Louise and Werner ???. As a child she remembers her mother worked, and her dad served during the war. After returning from the service, he was a butcher. Betty remembers when her dad came home from the service, she got a big hug from him. Betty grew up with 5 siblings, 4 sisters and a brother. She got along with her sisters great and remembers helping raise the two youngest. Betty met her husband, Bill Christerson, in high school. He asked her to a softball game, and it was a homerun. Together they had three daughters: Jackie, Jamie and Julie. Betty spent much of her working life as a bank teller at the old Security Savings Bank. She is known by her friends and family as being social; to this day she loves to visit with old friends from high school and the bank. Betty also loves to read a good book in the sun, enjoys diet coke, playing BINGO and being with her girls. Please say hello to Betty next time you see her!



## Meet our Resident... Phyllis Funk

Phyllis was born in Des Moines, IA to parents Leona and Bert Thomas. The family, her parents and a brother, Bert Jr. remained in Des Moines, as Phyllis attended school graduating from North High School. She was an excellent student and continued her studies at Drake University, majoring in Biology. She was a Phi Beta Kappa Honor Society member, and excelled in math and science. Her main interest was physical therapy. Phyllis met her husband, George Funk, at Drake. They married on June 6, 1956, a week after their college graduation. In their early marriage, George was in the Air Force, which allowed them to live in Texas, Georgia, Florida and Minnesota before they returned to Des Moines. They moved to Marshalltown in 1963, and together had three children, Diane, Lori and Steve. Phyllis worked as a paraprofessional at Anson and Lenihan schools while her children were young, and later earned her real estate license and practiced until retirement. Phyllis was a loyal fan of the Bobcats as she followed George to many games. They enjoyed traveling in retirement. Say hello to Phyllis next time you see her!



## Brock and Becca Bring Home Hardware



Brock and Becca both participated in the 2020 Special Olympics Winter Games a few weeks ago in Dubuque.

Brock participated in two cross country skiing events. This was Becca's first winter games and first time ever skiing! She brought home two gold medals! Congratulations to both of them on their accomplishments!

## Meet our Staff ... Becca Wunch



Becca started volunteering at Glenwood Place in June of 2019. She was able to start working in October 2019. She helps with many things at Glenwood Place, mainly in the Garden's doing housekeeping and activities. She says, "I love being around elderly people because they loving seeing me and it makes their day a lot. I like helping them and making a difference in their life. We are excited to have Becca apart of the Glenwood Place family!"



## New Year's Eve and January Fun

