

Glenwood Place Retirement Community

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Professionally managed by
Senior Housing Management.



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

15 Things to be Thankful for
this COVID Thanksgiving 2020

St Patrick's Day 2020: a day I will always remember. The Governor of Iowa closed bars on St. Patrick's Day; think of the irony! On that day, I never pictured 2020 panning out this way. 2020 has been HARD! But as we inch towards a holiday meant for thankfulness and family, I want to focus on some things I am thankful for, and maybe you are too. Rejoice with me, for life is still good, and I am THANKFUL!

- 1. FAMILY— no matter how far and few between we get to see and hug one another, a comfort falls over me when I think of my family.
- 2. HEALTH— With so many ill, I no longer take for granted my health.
- 3. WATER— I can walk to the sink and get clean, hot water. So many in the World cannot.
- 4. TECHNOLOGY— Can you imagine a pandemic without TV, facetime, zoom meetings, email, NETFLIX, or even a simple text?! I could do without Facebook, though. Whose with me?!
- 5. FOOD—again, so many in the World are without.
- 6. RELATIONSHIPS— my husband, my children, my parents, Glenwood Place residents, co-workers, friends.... All the people, old and new, I interact with each day. I am thankful for you.

- 7. LAUGHTER— They say it's good for you.
- 8. MUSIC— Because I see the magic of music with our memory care residents. It truly is amazing!
- 9. FAITH— Fear of the unknown has overcome me often lately, so I keep reminding myself to trust in God.
- 10. A HOME— I have a safe, warm place to lay down each night, how lucky!
- 11. SUPPORT— Everyway I turn, I am supported by some pretty amazing people.
- 12. MY JOB— Endlessly grateful for Glenwood Place.
- 13. FREEDOM— to vote, speak, work and live.
- 14. THE ARTS—movies, books, tv shows. Thankful for those who create so we can tune out the news.
- 15. COFFEE & WINE—sometimes you need to "coffee until cocktails".

Thanksgiving is different this year, for everyone, but I still feel just as grateful! Happy Thanksgiving to you all.
- Brooke Davis, Community Relations

November 2020

Glenwood Gazette



Pamela's Post

Fall is my favorite time of the year. Leaves changing and the hot summer nights are replaced with cool ones. This early snow will hopefully be gone and allow us some nice Fall weather!

SHIIP—I have dropped off your items for Ann and Bobbi to start working on them. They will call or set up an appointment when they have your accounts ready.

Flu shots have been given to all the residents who requested them on October 19th.

Please send your emails or call them in so that we can better communicate with you and your loved ones. Your email addresses can be sent to Brooke at communityrelations@glenwoodplaceal.net.

I feel so blessed to be a part of this wonderful community and I am so thankful that you have chosen Glenwood Place as your new home. I have enjoyed taking care of all of you over the years. Thank you for enriching my life. I hope this Thanksgiving Day brings you much joy and happiness and please make your appointments with your family during this holiday time, share a meal or visit. These visits will last as long as our county is under 10% positive COVID. We get updates from our Management team every Monday.

Please call anytime if you have questions. Thank you.

Pamela Wells, Manager



Left: first snow in October 2020 dusted the pumpkins and mums.

Right: Harvest sunrise taken from Pamela's office early in the morning.



Coordinator Team

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Marciela Rosales,
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Winter weather presents many challenges, but one of the more serious for our elderly population are falls. Age, poor vision and a previous fall increase fall risk substantially. We want to remind our friends and family members to be overly cautious when walking outside in winter weather. Many falls can be prevented by following a few easy tips.

- Always wear sensible, well-fitting shoes.
- Never underestimate what might be underfoot.
- Do not go out in inclement weather unless it is necessary.
- Ask a neighbor or family member to get the mail from the mailbox, pick up groceries or clear a driveway or sidewalk if needed.
- Avoid carrying items while ambulating.
- Be sure to plan for extra time to get where you are going.
- Most important of all, please do not hesitate to ask for help!

The staff at Glenwood Place want you to be safe, warm and healthy this Winter!



Residents

- Anne FiscusNovember 5, 1939
- Laloni KailNovember 10, 1960
- Dean Baker November 17, 1926
- Dorothy Mandsager ...November 20, 1924
- Rachel RitlandNovember 22, 1929

Staff

- Sharon Claypool November 6
- Rosa Estrada November 10
- Maricela Rosales November 14
- Jerry Wheeler November 17
- Becca Wunch November 19

Message from Mandi, R.N.

Healthcare Coordinator



Resident Spotlight

Arlene Stalzer



Arlene (Knoll) Stalzer was born and raised in Haverhill, IA to Leona and Lenard Knoll. She had two younger brothers, Earl & Clyde. Her parents raised her and her brothers to mind, but also weren't too strict. Chores were before and after school. Her least favorite was, "getting those stupid chicken eggs!". As that chore got passed to her daughters, they too hated getting the chicken eggs.

When Arlene was in 8th grade, letters started being delivered to her from a boy named Lester, who was 3 years older and in high school. Well the letters worked, and Arlene and Lester began dating shortly after. The two were married in a big, Catholic wedding at Haverhill church in 1948. The wedding was at 9am, so the family hosted lunch and dinner, then to Forest Park for a dance. After high school, Arlene worked briefly at Marshalltown hospital on the switchboard, at Ideal Bakery and finally at Marshalltown Manufacturing. In 1952, Lester and Arlene moved to her grandmother's farm in Haverhill and took over the farming operations. From their marriage came 6 children: Philip, Kevin, Daryl, Debra, Deanna and Craig. Arlene has 10 grandchildren and 11 great grandchildren. Arlene is known by friends and family for being a fun person, and loves to bake custard and pecan pies. When you see Arlene make sure to say hello, and welcome to your new home at Glenwood Place!



Trick or treat, smell my... flowers. A special Halloween delivery of flowers and candy from resident, Betty to staff. And Betty received her own arrangement from her girls. Everyone is feeling loved and appreciated by these simple acts of kindness!

Life Enrichment Update

Araceli Pecina will be sliding into the role of Life Enrichment Coordinator. We are so excited to have Araceli take on this role, as she is a veteran staffer at Glenwood Place and is very familiar with our residents, the community and our activity needs. We look forward to her boosting our activity schedule and routines in booth memory care and assisted living.

Also, the Marshalltown public library has reached out to us and would like to provide personalized library services to our residents. They would chat with you about book interests and deliver new books monthly. Anyone interested in this service please let us know, and we would be happy to arrange this service for you!



Glenwood Place celebrated Pamela during the month of October for Boss's Day and her birthday! We are so thankful for her leadership, commitment and compassion to our community!

In-Person Visits

As the temps drop outdoors, we are happy to announce we now are allowing in-person family visits in our Library. A few rules for our visits to ensure everyone's safety:

- Visit's must be scheduled with Glenwood Place ahead of time. This allows us to make sure there is no overlap and the library can be properly sanitized after each visit.
- Visits are limited to family only at this time.
- Maximum of 4 guests per resident per visit.
- Visits are limited to one hour sessions.
- Masks required
- Press doorbell at main entrance to alert staff; staff will screen in.
- If you have recently been to a large social gathering such as a wedding, please abstain from visiting for 14 days.

This is such a wonderful moment in time to be able to visit our loved ones in person. Thank you for your continued support in keeping our community safe!

Senior Housing Management being Rebranded

As many of you know, and some do not know, the Glenwood Place community falls under the Senior Housing Management umbrella. Senior Housing is a Midwest grown senior living management company, with the home office based in Cedar Rapids, IA. Senior Housing is instrumental in our operations, as they provide around the clock support to our community staff; providing nurse training, clinical quality assurance and general support to our Glenwood Place team. Kevin Russell, chairman of Senior Housing Management has announced a re-branding to the company.

A message from our chairman, Kevin Russell: " As of November 2, 2020, we will officially be rebranding Senior Housing Management. The "SHM" brand is strong, however, to be successful in this rapidly changing environment we must also have a brand that is timeless. I am excited to announce that we will be rebranding the company as Jaybird Senior Living (JSL). "Jaybird" was my mother's nickname. For me, the Jaybird brand is a reminder that we are taking care of someone's mother or father. To be sure, it is a tremendous responsibility and a privilege, and I know it is one we all take seriously. November 2nd, we will unveil our new website, whose domain name will be www.jaybirdSL.com. The "Jaybird" brand is a reminder of those values that my mother worked so hard to instill in me. First, good things come from hard work, modesty and discipline. Second, integrity is the engine that drives all good outcomes. Finally, and perhaps most importantly, we must treat everyone with respect. Respect is fundamental to our Red Carpet philosophy, which is inherent in all we do."

The re-brand will not disturb or change anything whatsoever to the Glenwood Place name/brand. We just wanted to formally introduce this new "Jaybird" name to you all, so there is no confusion during this re-branding transition.