

Glenwood Place Retirement Community

2907 South Sixth Street

Marshalltown, Iowa 50158

Phone: 641-752-8410 Fax: 641-752-8515

Www.glenwoodplaceal.net



Professionally managed by
Senior Housing Management.



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



May 2021

Glenwood Gazette



A Message from Pamela

Can you believe we are almost halfway through 2021—time really flies! Another wonderful month here at Glenwood Place Retirement Community. Looking over the May calendar we have many fun events planned so please be sure and check it out!

Our Community family has remained so healthy due to everyone; residents, visitors and staff all adhering to our guidelines; hand washing, sanitizing, social distancing, masks and gloves. I truly appreciate everyone who is helping us all stay healthy. We have had no outbreaks of flu, bronchitis, or any other illness. Our guidelines are changing so quickly and we are enjoying living a “new normal” as residents are able to visit with friends and family again.

We will be traveling to the Isle of Green to start our planting season around the community. We sponsor the cleanup of Glenwood Park and Lake just north of our community. We hope to make this a resident, staff and neighborhood collaboration so please watch the calendar for updates on this project.

Don't forget to look at the calendar for Resident Council ---it's the place for you to choose what's going on around Glenwood Place, so please join us every month!

10 Principals of Healthy Living

- Breathe deeply.
- Drink water.
- Sleep peacefully.
- Eat nutritionally.
- Enjoy activity.
- Give and receive love.
- Be forgiving.
- Practice gratitude.
- Develop acceptance.
- Nurture your spiritual side.

Have a great May and please call or stop by anytime.

Pamela.



Coordinator Team

Pamela Wells, Director
director@glenwoodplaceal.net

Lisa Hall, Asst. Director
assistantdirector@glenwoodplaceal.net

Mandi Beeghly, R.N.
Health Care Coordinator
nurse1@glenwoodplaceal.net

Fabiola Cervantes, R.N.
Memory Care Coordinator
nurse2@glenwoodplaceal.net

Brooke Davis, Community Relations
communityrelations@glenwoodplaceal.net

Dennis Plaehn,
Maintenance Coordinator

Marciela Rosales,
Environmental Coordinator

Mother's & Other's Day Tea

Friday, May 7th 3:00 p.m.

Calling all the ladies of Glenwood Place! You are cordially invited to the Glenwood Place Mother's and Other's Day Tea. A social event with all the table settings of a classic tea party! Join us in the Gathering Room for fun, laughter and friendship. No men allowed! We are excited to bring back this fun event, however we cannot yet invite families in to join in the fun. This event will be open to residents only. Ladies, remember to dress in your best. Prizes for best dressed, best hat, and more! Entertainment by Alan Mullikin.

2021 Mother's Day is going to be joy-filled as our residents will now be able to celebrate with their families! Happy Mother's Day to you all!



Welcome New Residents

Eldon Brittain
Betty Collison
Rochelle McCormack



Jim Benson.....May 1, 1928
Shirley SouthardMay 11, 1932
Alma Hopp.....May 15, 1926
Don PlahnMay 18, 1933
Bert Schweiger.....May 20, 1933
Betty CollisonMay 31, 1923

Happy Hour Cocktail of the Week

Join us every Friday at 4pm for Happy Hour in the Gathering Room! Take a peek at the specialty cocktails on tap for the month of May.

May 7 Margaritas—chips, salsa, guac
May 14 Pina Coladas—fresh fruit, cheese
May 21 Moscow Mules— Meat, cheese, crackers
May 28 White Wine Spritzers— cheese, nuts, grapes



A little something funny...

Do you listen to Kyle Martin the mornings on KFJB? If so, you may hear Brooke on Wednesday mornings share a joke and a bit about Glenwood Place. Enjoy a few jokes Brooke has shared with her listeners!

What do you call a short cow in tall grass? Utterly tickled.

Why do sharks not eat clown fish? They taste funny.

What is the best thing about Switzerland? I don't know, but the flag is a big plus.

A pastor giving a sermon on vestments asked the little boy, "Why do you think I wear this collar?" The little boy answered, because it kills fleas and ticks for up to 90 days.

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."

A Message from Mandi

In an effort to not overindulge at home, I brought some snack mix to work to share. Evidently it was a happy hour hit! Here is the recipe as requested by several residents!

Sweet Chex Mix

6 cups rice chex 1 cup butter
6 cups corn chex 2 cups brown sugar
2 cups nuts 1/2 cup corn syrup
2 cups cheerios 1/2 tsp. baking soda

(For the batch I made, I used chocolate Chex)

Heat oven to 250 degrees. Spray a large roaster with non stick cooking spray. Add the dry ingredients to pan and stir.

In a sauce pan, stir brown sugar, corn syrup and butter for about 9 minutes. When it begins to boil, stir constantly for one minute. Remove from heat and stir in baking soda. Pour the mixture over the cereal and stir to distribute evenly. Bake 45 minutes, stirring the mixture every 15 minutes. Spread on wax paper to cool. Enjoy!

Shop the Country Store!



Join us for activities and earn tickets, then go shopping at the Country Store every Monday at 2pm. The tickets you earn are traded for common goods and other fun items that are "for sale". Check out our merchandise below.

Toilet Paper	50
Paper Towels	75
Kleenex (travel 50)	
(cube 100) (large box 150)	
Greeting cards	50
Chamber Bucks (\$20)..	675
ZipLock Quart Bags	75
Poise Pads	450
Poise Liners	250
Depends (18pk) 500 (30-32pk)	650
Bar Soap	75
Liquid Hand Soap	175
Dental Floss	50
Tooth Paste	200
Poligrip	200
Denture Cleaner	250
Cough Drops	100
Individual Candy Bars	50
Can of Pop	50
Vapor Rub	150
Air Freshener Spray	150
Foaming Hand Soap ...	175
Body Wash	275
Lotion	300
Face Lotion	150
Sunscreen	150
Baby Oil or Powder	200
Shampoo/Conditioner ..	250
Hairspray	200
Hair Brush	200
Comb....(150 pk / 25 single)	
Shaving Cream	175
Deodorant	250
Chapstick	50
Mouthwash	275
Tooth Brush	200



Homemade Cards Donation

Cheryl LaVille, daughter to residents Don and Jan Plahn, made a donation of homemade cards to the Country Store at Glenwood Place. Thank you, Cheryl!

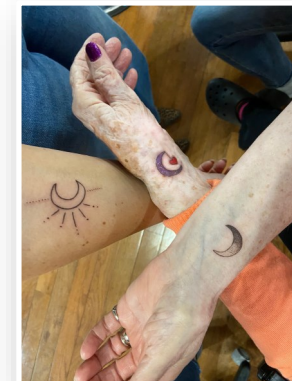


Golf Cart Cruisin'



The Plahn's added to their vehicle collection. Traveling from townhome to the main building for meals and activities just got a lot more fun! Golf cart not advised for coming and going from happy hour. Ha!

91st Birthday Tattoo



When quarantine started in 2020, Lenora Brown said to her kids, when this is over I want a good steak and a tattoo. Well, to celebrate her 91st birthday in March, they did just that. Steak at Rube's and Lenora, her daughter, Cindy, and granddaughter, Leah, all got crescent moons - Lenora's late husband would often sing a song about the moon. Love you to the moon and back.

Congratulations Class of 2021!

The Glenwood Place family congratulates our graduating seniors! We are so proud of you!

Denice Vega Ashley Soto Jessica Rangel
Ana Valdez Jackie Gomez