



## Glenwood Place Retirement Community

2907 South Sixth Street

Marshalltown, Iowa 50158

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www.glenwoodplaceal.net



Professionally managed by  
Jaybird Senior Living.



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

## May Birthdays!



Don Plahn is 88



Jim Benson is 93



Bert Schweiger is 88



Shirley Southard is 89



Alma is 95

Betty Collison (May 31st) will be pictured next month.

## June Birthdays



Diana Hanken .....June 2, 1930  
Norma Doty .....June 3, 1928  
Ralph Bender .....June 4, 1930  
Bettyann Allen .....June 5, 1929  
Jim Allen .....June 11, 1938  
Billie Boswell ..... June 13, 1928  
Jan More .....June 19, 1935  
Rhoda Bender ..... June 20, 1928  
Diane Richards .....June 20, 1949  
Meredith Halter .....June 24, 1922

June 2021

Glenwood  
Place

Glenwood Gazette

## Pamela's Post

I wrote this column in June in 2018, and my father passed away just a short month after this was published....I'll share it again as a tribute to my wonderful father as we approach Father's Day.

My dad grew up in Greenwald, Minnesota. His father was the town barber, and the shop was also located in their home. He had an older brother and a younger sister.

My father and mother grew up in the same town of about 500 people, she was a farm girl, and he was one of the town boys. They married shortly after my father enlisted in the US Army. Their first home was in San Francisco at the army base, but they made their way back to the Midwest and settled in Fridley, Minnesota where my father was an accountant for a firm in Roseville, Minnesota.

They quickly started a family and as many of you know and settled on a perfect dozen. The first 10 came very quickly... yearly in fact (nice Catholic family). There are 7 girls and 5 boys in our family. My father was quiet, very spiritual man with a very hands-on approach as well, you could find him any day making beds, hanging laundry out on the line, giving baths at night (one bathroom), baking cookies, teaching us how to drive, ride our bikes, baiting many hooks on our numerous camping trips to Lake Bemidji or camping along the Great Lakes.

One afternoon as I raced my brother home from the bus stop, we found him putting together bread, it had risen and spilled all over the counter, as he proudly announced that we had welcomed another brother to our family!

Weeknights were spent with trips to the local lakes with our picnic dinners and swimming throughout the summer months. Winter months were spent on the local ice rink playing hockey with the entire neighborhood. My dad built us a playhouse and with one of the numerous tornadoes that swept through Minnesota, it landed on its side and became a fort from that day forward. Many stories abound but one of my favorites is when us older children started driving, and daily he would tell us to SLOW DOWN when we drove into the driveway, "you're going to go right through the garage door to the other side someday" were his exact words. (I cannot imagine that would happen since the 15 -year -old Ford station wagon never went faster than 15mph!) So, on this very cold and icy night we were waiting as we usually did for my father to come home from work and as we saw the headlights against the garage door, we knew it was time to get the supper on the table. So as the older children gathered around the supper table, we heard this crash and so the story goes....my father came through the door and all he said was "not a word kids" and you know we never did discuss the garage door or the reason why my father's car went entirely through the garage door that late evening, but you know there were many hidden giggles at the dinner table that night.

My father was a great role model for us all, a quiet man with a sense of humor. He taught us to put God first and the rest will come.



Pamela & her dad,  
Al, at Cruise for a  
Cause 2018.



Pamela's sister's  
family, who lost their  
dad (pictured front  
right) in November.

I recently lost to very great men in our family, my brother-in-law Jim Condon, he was the father of 5, four sons and one daughter, and my brother, Patrick. Father of 6, 3 girls and 3 boys. They were great father's who I will remember and miss dearly this Father's Day.

Happy Father's Day to all the wonderful Father's everywhere!

Pamela



# 4th Annual Cruise for A Cause



A Fundraiser for the  
**alzheimer's association®**

Thursday, June 17th—5:30pm

2907 S. 6th Street, Marshalltown



Our biggest Alzheimer's fundraiser we host each year is on the horizon! Family and friends of Glenwood Place, drive-in and grab a meal prepared by Glenwood Place. A burger, chips, cookie and beverage will be provided to all guests. A free-will donation is encouraged as we raise money for the research on Alzheimer's Disease. Please bring a lawn chair to enjoy the nice weather we are ordering!

If it rains, we will postpone to a later date.

100% of the proceeds will go directly to the Alzheimer's Association.

GOAL \$3000

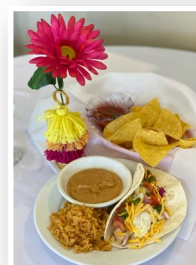
2021	
2020	\$2137
2019	\$1,600
2018	\$1,100

## Out of Town Transportation

Glenwood Place is proud to offer out of town transportation to our residents, however do require a fee of \$40 per hour. In town transportation Monday through Friday is complementary.



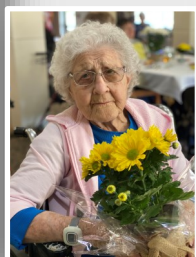
The Animal Rescue League partnered with Be Unique to deliver Mother's Day arrangements. Marilyn's family surprised her with this beautiful bouquet delivered by Jake the dog. Jake is up for adoption. Please reach out to the ARL if you can help Jake find his forever home.



Cinco De Mayo leftovers; beans, rice, chips and salsa were donated to the House of Compassion.



Our staff and resident nurse's were honor during National Nurse's Week, May 6-12. Right to left: Mandi, Fabio, Shirley, Jackie and Jan.



May Day Baskets abound at Glenwood Place! Thank you to those who delivered these fun treats to our residents.



## Happy Hour Cocktail of the Week

Join us every Friday at 4pm for Happy Hour! This is a great time to mingle and meet new friends, or reminisce with old ones.

June 4th — Orange Suckles served with Chex Mix and Pub Mix

June 11th — Margaritas served with chips, salsa and guacamole

*Sing-a-long with Felicia*

June 18th — White Peach Sangria served with cheese and crackers

June 25th — Spiked Root Beer Floats served with pretzels and pub mix

*Sing-a-long with Felicia*



## In loving memory of the beautiful life of Bonnie Urhammer...

In honor of the life of Bonnie Urhammer, Wayne and Mary Bracy (Bonnie's niece) built a raised garden bed in honor of Bonnie, and graciously donated it to the Glenwood Garden's courtyard. Our residents will enjoy tending to and harvesting the herbs and tomatoes, all thanks to Wayne and Mary's time and talent. Bonnie was a dear resident, and we feel blessed to have been apart of the last few years of her life.

Pictured left to right— Wayne, Mary, Sadie the dog, Harold Urhammer, and Bonnie and Harold's daughter's Linda and Lori.

Harold and Sadie not only visit but dedicate hours of work to the Glenwood Place community and grounds. This family is a true blessing to Glenwood Place.



## A Trip to Tulip Time



## A Message from Your Nurses

Staying properly hydrated is important all year round, however with the Summer heat it is vital we are drinking the appropriate amount of water each day. Health experts say to aim for half your body weight in ounces of water each day. That means if you weigh 160 pounds, you should set a goal to drink 80 ounces of water in a 24 period. Now, we know it is much more difficult to obtain as a senior citizen. Frequent restroom breaks may deter you from wanting to hydrate. So, focus on the perks of hydrating: more energy, helps organ function, boosts brain function, and maintains urinary and digestive health. Our hydration stations are available again, and can be found throughout the community. Glenwood Place has water bottles on hand to make drinking on the go a bit easier. Keeping a water bottle with you at all times will tempt you to drink more and more often. Stay well!!

Mandi Beeghly, R.N.

Health Care Coordinator



Fabiola Cervantes, R.N.

Memory Care Coordinator