



...Assisted Living at its Best!

From the office of the Manager...

Greetings from the Managers' Office! I'd like to introduce myself my name is Pamela Wells the new manager at Glenwood Place. I have been in various positions within the community of Marshalltown and come to you with over 12 years of management in the healthcare field. I have been a resident of Marshalltown for over 33 years. I am the second oldest of 12 children and my parents are also residents of Marshalltown. I am married to John Wells for 31 years. John works in the Marketing Communications Department at Emerson (Fisher Controls) for some 45 years. We live on a 10 acre farm north of Marshalltown. We are the very proud parents of 4 children. Kristin, our oldest graduated from the University of Iowa with a BSN in Nursing. She is a nurse at Denver Health in Denver, Colorado. She is a Tri-athlete and finished her first IRONMAN competition in Florida in 2009. She plans on doing another IRONMAN before her 30th birthday! My second child is Daniel and he is a graduate of Auburn University in Alabama. He received a running/academic scholarship. He graduated with a Finance degree and works for Regions Bank in Atlanta, Georgia. He has taken another position with Regions in New York City and will be relocating in April to the Big Apple! He too

is an avid runner and athlete and has competed in many marathons throughout the United States. He ran the Boston Marathon in 2009 and has been accepted to compete in the New York City marathon. Nicole our third child, graduated with a Dietetics degree from Iowa State. She is in Denver and living with her older sister awaiting her dietetic boards. She also is a marathon runner and is currently working towards running a marathon in every state of the United States. Jordan our youngest is currently attending MCC. He is very interested in the theatre and has been involved in Community Theater productions here in Marshalltown. He is currently rehearsing for the upcoming production of "The Small Theatre's Production of Shakespeare's Hamlet". As you may have noticed I am very proud of my children. I also enjoy gardening, reading, bicycling, hiking, movies, cooking and spending time with family and friends.



I am very excited to start my newest adventure here at

Glenwood Place. I hope that you will stop by and introduce yourself. I would also like to thank the residents and staff for the fabulous flowers that were on my desk my first day and to everyone for making me feel so welcome here at Glenwood Place. I look forward to getting to know each and every one of you soon. Thank you!

Pamela Wells, manager5

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April
Showers
bring May
Flowers!



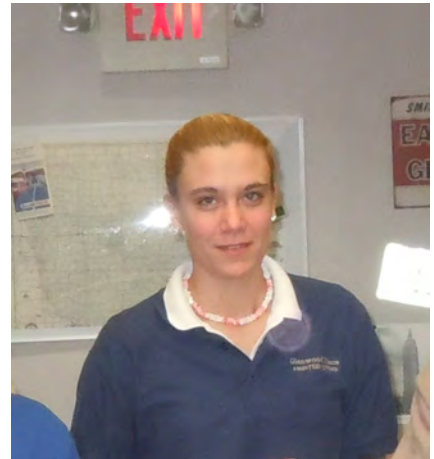
Employee Of The Month—Megan Nelson

We want to congratulate our April employee of the month Megan! Megan is truly an asset to all of us here at Glenwood Place. Megan is full of energy and smiles, she is really great at getting the job done! Megan is a lot of fun to work with and goes the extra mile in all that she does. All of us here at Glenwood Place just can't say enough about Megan, she is without a doubt one in a million! Thank you Megan for all that you do!

From Megan:

My name is Megan Nelson I'm 21 years old and grew up in Mar-

shalltown. I graduated high school in 2008 and then went to MCC for dental assisting. I have 4 sisters Danielle, Melissa, Michaela, and Melanie as well as a brother Carl. I enjoy working at Glenwood and getting the chance to meet and become friends with the residents. It is a great place to work and I intend to stay for a long time! I have learned so much and really like what I get to do. In my spare time I like to spend time with my two favorite little boys Gavin and Talon which are both 3 and keep me very busy!! Thank you to everybody that voted me as employee of the month it is much appreciated!



Congratulations Megan Nelson on being voted employee of the Month!

Resident Birthdays

2nd Darlene Orr

4th Shirley Ziegenbusch

7th Vivian Duncan

29th Doris Jay

30th Jerry Garmon

Happy Birthday
to all of our
Residents and
Staff
celebrating this
month!



Vitals Clinic

Vitals Clinic will be Wednesday April 6th at 9:00 in the Library. Just a reminder - Wear your pendant so that we may check them as well to ensure they are working properly.

ALSO bring your emergency packet for us to update any Information!!





It looks like March came in like a lamb, so if the saying is correct we should be expecting some real interesting weather for the next few weeks. It has been so nice lately I think we will have a hard time waiting for spring to get here. But maybe we will appreciate it more if we are a little uncomfortable for a week or 2 before the good weather is here to stay.

We had a great St. Patrick's day here at Glenwood Place. We served the traditional Corned Beef and Cabbage for lunch, with green as far as the eye could see. We

had pear Jell-O, 3 bean salad, Grasshopper Cake, Mint Choc. Chip ice cream, and even green milk or beer for those of us that wanted to go all out. All of the residents and staff were dressed for the occasion as well with hats, and beads. What a blast!!

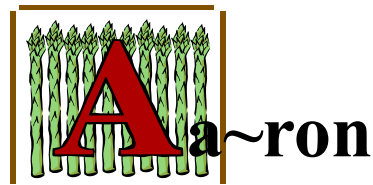
Congratulations Megan Nelson!! The Glenwood Place employee of the month, keep up the good work. We also have a new Manager at Glenwood Place. Welcome to the Glenwood family, Pamela Wells.

Easter is just around the corner. We will be serving the traditional Ham dinner with baked Sweet Potatoes. This year we will use a fruit glaze for the ham which should be a nice change from the usual. Please remember to RSVP at least 10 days in advance if you plan to attend this special meal with your family. This will help us plan seating and

enable us to make sure it is a memorable meal for all who attend.

Grilling Season is just a few weeks away! All this beautiful weather has prompted me to dust off the grill at home a little earlier this year. Has anyone else been tempted to fire up the grill for a early taste of summer? As per usual we will be having a monthly Pot Luck lunch at Glenwood Place. If the weather continues to stay as nice as it has been recently we will probably start this event a little earlier this year. It has been scheduled to start in May but if it is possible we may have one in May this year.

Have a Great April!



Some of our residents having fun!



Jim Burresh
showing off his
green St. Patrick's
Day tongue!

**Donald and
Hazel Jansen
enjoying the
St. Pats Party**



Activity Corner - By Jessica Starn

I am so excited to finally be into spring! April brings in the green grass and all of the spring flowers will be well on their way by the end of the month! I am already getting flower suggestions for planting around Glenwood Place, so it is very nice to know that I am not the only one with Spring fever.

We will host our annual Easter Egg Hunt this year on Wednesday the 20th around 9:30 in the morning. We have invited St. Henry's preschool class to attend and hope that family and friends can also attend and enjoy. We hope to have a lot of children ages 2-6 come and enjoy!

I am asking for local businesses to donate some toys and gift certificates for the children to make it a lot fun for them!

I would like to take a minute to let everyone know that very soon at Glenwood Place we will have our very own television broadcasting system! The residents will choose

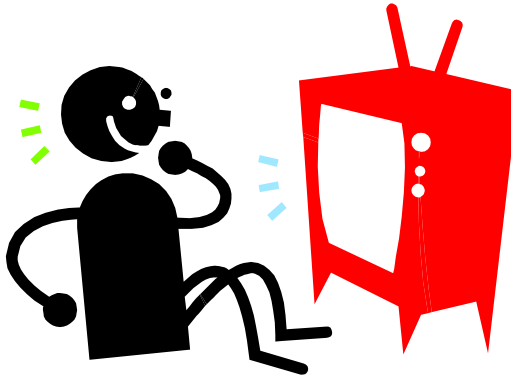
35 channels from a list of options. We will keep our local channels such as 13, 8, 11, 5, as well as Marshalltown's local channel. We will also be adding a "Sirius" music channel. The most exciting and new channel will be the Glenwood Channel!

Available on the Glenwood Channel will be a posting of daily activities, meals, and a whole lot of Glenwood Place exclusive information! I know that we will need everyone on board to make the transition a success! We are hoping to have this all up and running by May 1st!

I would like to send out a big welcome to our new manager Pamela Wells. I know that we are all looking forward to getting to know her. I know that she is going to be a great addition here at Glenwood Place!

**Until Next Month
Sunshine and Smiles!**

Jessica Starn





April is national humor month! The benefits of humor are improved health, a boost to moral, increased communication skills, and enriching the quality of one's life. A good belly laugh releases endorphins which are hormones responsible for making us feel good!

Laughter is likened with internal jogging; it is exercise for the

diaphragm and increases the body's ability to use oxygen. Increased oxygen to the cells increases the ability to heal, and increases the efficiency of the work that our internal organs do. Laughter activates the immune system and decreases stress hormones!

The best benefit of laughter is: *It's free and there are no side effects to it!!!* So let's get out there and tell a good joke every day, improve our attitudes and our health.

An old woman saves a fairies life. To repay the favor the fairy grants the old woman 3 wishes. First the old woman wishes to be young and

beautiful again-Poof she is young and beautiful. The second wish she wishes to be the richest woman in the world. Poof she is the richest woman in the world. Young, beautiful and rich the woman looks at her old cat and tells the fairy for her third wish she wishes that the cat were a young, handsome man. Poof the cat becomes a young, handsome man. The young man looks at the woman and says, "Don't you regret having me neutered?"!

So don't let the humor of April be only spent on all fools day, April 1st. Spread the joy and laughter throughout the month!

Wine and Cheese Party

Be Kendall
with daughter
Pam and
son in law
Pat
Gulbranson



Georgette
Eaton with
son Tom
and Daugh-
ter in law
Jill Eaton





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...Assisted Living at its Best!!

Check us out on the web:
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*All
Smiles!
Virgil and
Zaida
Haight*

