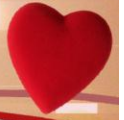


February
2012

Glenwood Gazette

Glenwood Place * 2907 South Sixth Street Marshalltown IA 50158 * 641-752-8410



February 2012

February Birthdays

Mary Schneider - 4th

Floyd Herzog - 27th

Special Events

3rd Wear Red Day

7th Iowa River Hospice

Devotions

*8th Marshalltown Christian
School Valentine Party*

9th Cliff Hayes Band

*14th Crowning of Glenwood
King & Queen and*

6:30 Music by Jeff Vibbard

16th Iowa Heart Program

21st Pancake Day

23rd Birthday Club

29th Music by Judy Mehlert



From the Manager.....

Random Acts of Kindness

Everyone know that Valentine's Day is on February 14th each year but did you know that the week of Valentine's Day is Random Acts of Kindness Week? For the past two years, the staff at Glenwood Place has been encouraged to perform Random Acts of Kindness during this week. It's amazing how the staff is encouraged and uplifted by performing the acts of kindness. I'm not sure who benefits more, the recipient or the giver. This February, we'd like to encourage all of you to participate in this week. The Random Acts of Kindness do not have to involve money. They can be shoveling a neighbor's driveway or taking the time to visit someone who isn't feeling well. A simple kind word or note. Maybe even letting someone go in front of you at the grocery store because they have a fussy little one and you remember what it was like to be in those shoes. It's the simple things that really make a difference. Go let your light shine and make a difference in someone's life this month.

Go Red Challenges Women

Too few women realize that heart disease is their No. 1 killer and they are not taking enough action to prevent it. The good news is there are things women can do. That's why the American Heart Association, together with the National Heart, Lung and Blood Institute (NHLBI), organized Go Red for Women--- "a passionate, emotional, social initiative designed raise awareness of the problem and empower women to take charge of their heart health." Go Red wants women to visit their healthcare provider for a checkup. According to their website, when women learn to love their hearts, it is a big plus for their health, their life style, and their loved ones.

Every February, women are also encouraged to "Go Red" with their fashions, wearing something red on National Wear Red Day--the first Friday in February. On this day women are telling other women to stand up to heart disease. So, whether it's visiting your healthcare provider, eating a healthier diet, exercising more, purchasing products that support the cause or wearing a red dress, women can take action to support the cause and love their hearts.

Happy Heart Month-Pamela

A Note From the Nurse.

So you think your memory is slipping? Want to prevent it from slipping more? Get out and move! That's right, get out of the easy chair and do something. Walk around the building, go to fitness with Kim, or even play the Wii.

Research has shown that the benefits of cardiovascular activity, anything that gets your heart pumping, increases blood flow to your brain, stimulating the creation of new brain cells. In a study with mice it was found that the ones that had aerobic exercise were able to learn new things as well as retain the old skills. Walking is the number one activity for the dual benefits that it provides; when walking you are also increasing bone density because of the weight bearing.

Along with cardiovascular activities it is a great idea to exercise your brain. Word search, writing letters, and doing puzzles are all great forms of intellectual gymnastic to help keep you sharp. Stay current on the news, pick up a paper and read it and then tell someone about the articles you read.

The bottom line in this is do not isolate yourself, get up and move, and keep your skills sharp. The size of the population with dementia is growing and will continue to grow as the baby boomers reach retirement age and beyond. I want to decrease my personal likely hood of developing dementia as much as possible, so if you see me walking the halls, yes I am busy, and have things to do, but I am also warding off memory slippage! Feel free to tag along when I am walking the halls, and when the weather is nice we can all go outside and walk.

Life Enrichment Message:

As you will see from the pictures we had a great time celebrating the coming of 2012! With the start of the new year we implemented a ticket program. Residents are receiving a ticket for any activity or event that they attend. They are collecting these tickets and on the last day of every month we will hold a ticket shopping time for them to purchase items with their tickets. These items will include similar things as what was on the bingo cart; pop, juice, snacks foods, candy, Kleenex, toilet paper, soap, puzzle books and variety of other small items. We encourage all the residents to come and enjoy the activities we offer at Glenwood Place.

February looks to be another busy month with more crafts, cooking, a walk n' fit time, reminiscing time, hand therapy and many other events.

Smiles, Kim



Helen Goecke and her son on Hat Day.

Another month gone by... where does the time go?

It is definitely winter, the snow and cold seem to be here to stay. We shouldn't complain though. I cannot remember such a mild winter. Even the cold days aren't that bad. I hope everyone has been staying warm and safe during the few cold and slippery days we have had.

We are featuring two recipes this month-both are very simple salads and also very popular here at Glenwood Place. The first is Strawberry Bananas... Defrost 1-2 pounds frozen strawberries, make sure you save the juice. Slice 6-8 ready to eat bananas and place them in bottom of a container with a lid that closes tightly. Pour strawberries and juice over bananas cover and let rest in the fridge for at least 24 hours. Stir or shake before serving. Our 2nd salad is called Tapioca Fruit Salad... You can use fruit cocktail or tropical fruit salad (we use the tropical because it has bigger fruit pieces). Make tapioca pudding and chill in fridge until it is almost completely set up, add drained fruit salad, chill again and serve. I suggest you top with a very small amount whipped cream and a cherry if you use the tropical fruit.

I hope you all try these this winter and enjoy them as much as we do.

Have a Happy Valentine's Day!

-Aaron Kendall

WELCOME.....

Arlene Goodman

George & Eldora Hagen

Freida & Mac McInroy

Marjorie Moore

We welcome you to the
Glenwood Place Family



Dorothy Kralik, Betty Arterbutrn with guest,
Grandma Myrt sharing memories at Coffee & Chat.



Be Kendall, Mary Hamblin, Marge Abood,
Georgette Eaton celebrating their January Birthdays.

Glenwood Place
Retirement Community
2907 South 6th Street
Marshalltown, IA 50158

Postage
Information



Happy New Year from Don Krumm,
Shirley & Jim Ziegenbusch.

Resident Referral Program

Know a friend or family member who may benefit from living at Glenwood Place? Tell them about your experience and invite them into find out more...If they move-in... You receive **ONE MONTH FREE RENT!**

Happy 2012!



Charming Bennethum