



February 10<sup>th</sup> at 4:30 Tracy and I are will be going over the Iowa regulation changes with the residents and families who were unable to make our first meeting. The meeting should take about 1 hour. The purpose is to go over the changes in the Occupancy Agreement and Resident Handbook. For those unable to make it we will need to set up an individual appointment to go over the changes and sign the new forms.

### Sports update

My Viking could not quite pull it off against the Saints so the Saints will be going to the Super Bowl. It was a very exciting game that went into overtime. As it turned out the Vikings even tried to add 12<sup>th</sup> player for help but they got caught and received a 5 yard penalty putting them out of range of a game winning field goal. Enjoy the Super Bowl on February 7<sup>th</sup> between the Colts and the Saints.

The Iowa football teams both won their bowl games to have a strong finish to two great seasons. Basketball teams continue to have up and down weeks but the Hawkeye's are showing good effort and the Cyclones had a good showing in a losing effort after one of the starting five left for Germany. Never a dull moment in the season so far!

Mike Cummings

## From the office of the Manager...

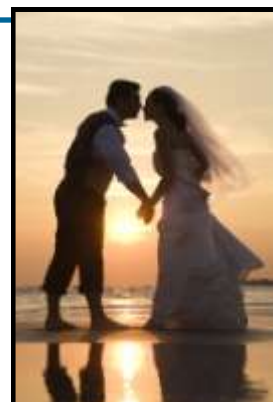
Winter is in full force and there had been little relief in the last several weeks. The forecast talks of more sunshine and I know we are all looking forward to brighter days. With the holidays behind us now we can get back into the routine of every day living. In February we have Valentines Day to look forward to and the regular great activities that Jessica and Deb put together.

As most of you know I had a car accident in early January. I just wanted to thank everyone for the kind words and support for me and my family. I am feeling better all the time.

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Love may not make the world go round, but I must admit that it makes



## Employee Of The Month—Aaron Kendall

We want to congratulate our February Employee of the month Aaron Kendall!!! Aaron has been the Dietary Supervising Manager since January of 2009. He has lead our kitchen team through a lot of changes over the past year. He has done a really great job and added a lot of variety to our menu with the support of a great staff that Aaron is proud to lead! Thank you Aaron for all that you do and congratulations on winning employee of the month!

From Aaron :

I have been working here at Glenwood Place for about eighteen months. I started in July of 2008 working on the floor as an Aide, which is very helpful in my current position. In January of 2009 I moved into the kitchen. There have been many changes there in the past year, some new equipment, a new dining room addition and converting to Restaurant Style Dinning. All of which helps us serve our residents better.

In my spare time I really enjoy spending time with my family and pets. I have one daughter who is 10 (Chandler), my wife of 8 years (Sarah), two dogs (Brutis & Jasper), and a cat (Skeeter). My daughter and I enjoy spending time together camping and playing in the mud or climbing trails with our 4x4s. We have lived in Liscomb for about 9 years and love the small town atmosphere.



*Congratulations  
Aaron Kendall on  
being voted  
employee of the  
Month!*

### Resident Birthdays

**4th Mary Schnieder**  
**6th Melvin Schooley**  
**27th Floyd Herzog**

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



### Vitals Clinic

Vitals Clinic will be Tuesday February 2nd 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!!*



## From the Chef - Aaron Kendall



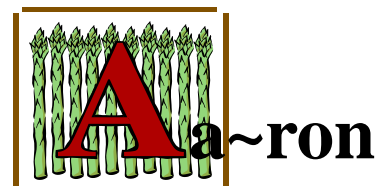
Welcome to 2010. A new year brings new hopes for a better year, at least as far as the economy and weather go. I am sure everyone is tired of the cold weather and ice. I am hopping the snow will stick around for a little while longer so I can do some ice fishing on my annual winter camping trip.

# WELCOME

We have two new staff members to welcome to the Glenwood Place kitchen family. Josh Lanfier and Dylan Kensler. Both have experience in the restaurant business, which will be very helpful with our Restaurant Style Dinning. Josh is from Iowa City and just recently moved to Marshalltown. He Played Football for Weber State University in Ogden Utah where he received a degree in Business. He has 3 boys, 10, 7, and 2. Dylan is a Senior at Marshalltown High School and an expecting father. He will be attending Marshalltown Community Collage

next year to become a Probation Officer. Welcome to the Glenwood Place Family Guys!!

**Valentine's Day** is just around **the corner... I can** see the price of roses rising already. We will be having special treats for breakfast on **Valentine's Day to help** celebrate.



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## Valentine Carnation order forms

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We will be having our Annual Valentine's Day celebration again this, where you and your loved one's will be able to order PINK or RED carnations for one another. The cost is \$1.00 each. If you are interested please see Darci or Jessica by February 3rd. All orders must be in by that date and pre-paid, as we have to place the order to receive the flowers in time! Thank you for participating and have a Happy Valentines Day!!!!

Name of recipient	# of Red	# of Pink
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Your Name Here _____
Phone orders can call (641) 752-8410

# Activity Corner - By Jessica Starn

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Wow I can not believe that it is already February! I will be celebrating my 32nd Birthday this month! I believe it when I hear that it all goes by so fast! My Birthday is February 6th and will be celebrating with my families annual ice fishing trip, wish us luck I am sure that we will need it!

Who will you be rooting for Super bowl this year? I am going for the New Orleans Saints! Your other option is the Indianapolis Colts. I am choosing the Saints because I really believe that New Orleans could use that kind of boost of spirits, especially before Marti Gras!

We have also received all of our Valentines Day King and Queen nominations for this year and the are as fallows in no particular order:

- 1.Ken and Leona King
  - 2.Frank and Carol Squires
  - 3.Jim and Shirley Ziegenbusch
  - 4.Earl and Helen Goecke
  - 5.Don Krumm & Betty Butler
  - 6.Jim Buresh & Charming Bennatham
  - 7.Tom Goecke & Inez Badger
- We will cast our votes for King and Queen of Valentines Day on Wednesday February 3rd.

Please be sure to get your flower orders in as soon as possible!

Until next Month,  
Sunshine and  
Smiles  
Jessica Starn



## Nurse's Notes-Tracy Bell RN

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February is national heart health awareness month. On February 5<sup>th</sup> people everywhere are encouraged to *Wear Red for Women*, to help raise awareness of women and heart disease. On this day, staff who donated to the American Heart Association will be allowed to wear jeans to work and a red top. Residents of Glenwood Place are also encouraged to participate in wearing red on this day. Heart disease is the leading killer of women in America, mostly because it is the least thought of disease. Women charac-

teristically are busy taking care of others in their lives. Women ignore the signs, thinking that it is nothing more than indigestion. Men will experience *classic signs* of heart disease: left chest and arm pain, jaw pain, shortness of breath, where as women tend to have pain that manifests itself in the back or under the breast. Heart attacks are caused when the small blood vessels of the heart become diseased, plaque builds up on the lining of these vessels, and like rust in water pipes the plaque continues to build up and forms a clog. Blood is no longer able to supply the cardiac muscle with the nutrients and oxygen that it needs and a small area of the heart muscle dies. The lack of oxygen to that area of the muscle causes pain, and shortness of breath. Nitroglycerine tablets can be taken to alleviate the pain, and stop the damage

to the heart muscle. The nitro acts as a relaxant to all the blood vessels, thus making them larger, allowing more blood flow to the heart muscle and other areas of the body. This relaxation of the vessels and increased blood flow account for the headache some have when they take nitroglycerine, and also the associated dizziness.

Right Now is the best time to start making changes for better heart health, in other words it is never too late. Make small changes in your eating habits, eat smaller portions, limit fat intake, and increase fiber. Your Sweetheart will thank you for this in the long run. Share this information with those you love.

Tracy Bell, RN

# Valentines information board



**Call in your votes for your  
choice for 2010 Valentines  
King and Queen!!  
(641) 752-8410**

King and Queen nominees are:  
Ken and Leona King  
Frank & Carol Squires  
Jim and Shirley Ziegenbusch  
Earl & Helen Goecke  
Don Krumm & Betty Butler  
Jim Buresh & Charming Ben-



***Don't forget to vote  
for Valentines King  
and Queen!***



2009 King and Queen Jim  
and Doris Buresh. Oh how



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This is the snowman  
that Marge Abood  
and Jessica Starn  
built one snow filled  
afternoon here at  
Glenwood Place!



