

...Assisted Living at its Best!



great work they are doing. All the staff have been working hard to support the residents and three individuals stood out. Tahchelle Thomas, Sheri Gruver and Laura Babinat were recognized most often by those filling out the Gem Cards. Thank you ladies.

January 1st brings updated state regulations for Assisted Living Communities. These changes are regulatory only and will not affect your fees or services. Tracy and I will be contacting you to go over the changes and to sign a new handbook and occupancy agreement so look for our letter or phone call.

On January 13th Glenwood Place will be hosting a Business After Hours with the Chamber of Commerce from 5-7 PM. This is a great opportunity for us to show off our building and staff. We will be serving refreshments so stop in and join us.

Sports update

The Hawkeye's and Cyclones continue to prepare for their bowl games. Basketball has started up in the meantime and the Cyclones are thinking NCAA tournament bid and the Hawkeye's are looking to build on a young team and an ailing coach. The Vikings and Saints both lost but Colts look nearly unbeatable at this point. The NFL playoff picture is taking shape!

Happy Holidays . Mike Cummings

From the office of the Manager...

The holidays are closing in and we have the decorations, entertainment and snow in abundance. We look forward to seeing everyone over the holidays and hope that you can enjoy the holiday entertainment that is lined up at Glenwood Place.

On Friday the 18th we had our wine and cheese potluck diner. What an event! It was the largest event since I became manager and I had a great time with Santa and all the families. At one point there was over 90 people in our front room and over 120 people came and enjoyed some great food, deserts and company. Thank you to all the staff and visitors that made this a great time.

I want to thank all the family members, residents and staff that filled out Gem Cards for our staff recognizing all the

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Ring out the old , ring in
the new,
Ring happy bells, across the
SNOW:
The year is going , let him

Employee Of The Month—Mike Cummings

We want to congratulate our January Employee of the month Mike Cummings!! Mike has worked here as manager for about 7 months. Thank you Mike for all that you do and congratulations on winning employee of the month!

I am originally from the Southern suburbs of Minneapolis, Savage to be exact, and relocated to Ankeny in September of 2007 from Indiana. My wife, Beth, is from Southeastern Iowa and we are excited to settle down and raise our two boys Dylan and Connor in Central Iowa.

I have a master's degree in community counseling and have worked as

a direct care staff, therapist, clinical director and administrator.

My wife Beth graduated from the University of Iowa with a Journalism and Mass Communication degree. She is the Client Partnership Coordinator for Cooperate Consulting in Clive.

My greatest interest these days has to be being the proud father of two great, and energetic, boys. Dylan has started school and loves to play soccer, baseball, fish and read about super heroes. Connor loves to do anything his older brother is doing and climb all over anything he can!

Thank you all for voting me employee of the month. This truly is a great honor!



*Congratulations
Mike Cummings on
being voted
employee of the
Month!*

Resident Birthdays

Bea Kendall 2nd
Betty Hundley 3rd
Marge Abood 22nd
Celeste Persinger 27th
Georgette Eaton 30th

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



Vitals Clinic

Vitals Clinic will be Tuesday January 5th 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



The Holiday Season is in full swing and winter has already let us know that it is the one that is in control. Thankfully we have not had much ice yet but I am sure it will rear it's ugly head sooner or later.

We almost set a single day accumulation record with the snow that fell in the first part of December. I would like to send out a special thank you to Sarah Kunch,

she is our lead cook and the only one to make it to work on our first big snow storm. She ran the kitchen by herself until 8am. Thanks again Sarah for all the wonderful things that you do for Glenwood Place.

Our Pot Luck Dinner was a tremendous success. We had at least 100 People here at any given time. Thank you to all who came and made it a worth while event. It is nice to see so many people involved in an event so close to the holidays.

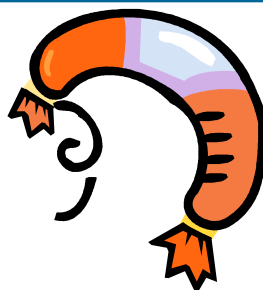
The kitchen is now serving restaurant style for all meals Monday through Friday with a shorter menu on the week-ends and for special events. Congratulations to all of the staff, it was not an easy transition but well worth it!

The Holidays always remind me of family traditions. In my family we have several that we practice every year. One of these is our Christ-

mas breakfast, Fresh Rye Bread, Scrambled Eggs, and two kinds of authentic Kabasa (Polish Sausage as it is known around here). I was able to have my Grandmother from Chicago bring me enough Fresh Kabasa to share with my family at Glenwood Place. As I have not seen any fresh around here or find anyone that had even herd of it I thought it would be a nice treat. We will be having a special breakfast shortly after the new year.

Hope everyone had a safe and happy holiday. Good luck with those New Year Resolutions.

Have a Great 2010!!



a~ron

Staff Christmas Party



Sheri Gruver C.N.A. on 3rd

Darci Wolf
Not sure
what' going
on here!
Assistant
Manager



Sarah Kunch 1st Cook in Kitchen
Stephanie Kunch Head of housekeeping



Tonya Castillo C.N.A. on 2nd
Tahchelle Thomas C.N.A. 1st



Garrett Halsted Kitchen Aide
Cordell Halsted C.N.A. on 3rd



Pam Pilkington Cook & Aide Kitchen
Rose Tough Housekeeping
David Babinat Cook Kitchen

Activity Corner - By Jessica Starn

Hello 2010!! I am so excited to be entering this new decade. I always find it fun turn a new decade over! I know that I have not been around for as many as you but I know that the turn of the millennium was probably the biggest deal of a new year that any of us ever witnessed! When I think back on all of that commotion and paranoia it chuckle a little! I guess I was a little nervous too because I sure did stock up on groceries!

We have a new entertainment group coming in this month. Their name is Press On, they are a gospel group that was referred to us by the West Town Apartments. They really seemed like they enjoyed them



and they came highly recommended. We will also have some of our favorites in this month as well. Judy Mehlert will be here on Thursday January 14th, she is certainly a favorite here at Glenwood Place! The Cliff Hayes Band hopes to make another visit on Tuesday

January 26th. Cliff expressed **some concerns for Wayne's** (Piano player) mobility in the winter months. So we can all keep Wayne in in our prayers and hope he gets along well this winter so they can all be back in full swing in the early spring months!

Until next Month,
Sunshine and Smiles
Jessica Starn

A decorative banner for the month of January. The word "January" is written in a large, white, cursive font across the center. The background is light blue with a white sunburst pattern radiating from behind the text. Several white snowflake icons are scattered around the banner.

January

Nurse's Notes-Tracy Bell RN



What is the ISP and why is it important anyway? The ISP is the Individual Service Plan, and it is important because it tells the staff how you want to be cared for, and what your usual and customary behavior is. The ISP describes for the staff or universal workers how much independence you want and how much assistance you need.

Areas covered include bathing, dressing and undressing, shopping and transportation, code status, and where you want to go in case of a storm. It also discusses

your mobility, medication management and food preferences. Detailing to the universal workers what your desire is some are very general other areas are very specific.

The ISP is updated annually based on when you moved to Glenwood Place and whenever there is a change in your cognitive, functional or health status. I will come around and discuss with you if you are getting the care you feel you need and the way you want it. I all so discuss with the universal workers what they are doing for you, and how long it takes for the service to be performed. Based on the amount of time that is being spent with an individual there are service charges. By processing the charges Glenwood Place is able to balance the number of staff to the care provided.

The ISP must be signed when completed, and

the State of Iowa inspectors will look at the ISP and see that either the resident or the designated family member has signed. If the resident is not able to sign for themselves than I may call the family to stop by and sign or I may mail a sheet to be signed and mailed back. It is highly important that the ISP is signed.

Informal care conferences were held in November and that gave great insight too what individual residents want and what the family expects. Michael and I are planning to do another set of care conferences in the spring. Please do not wait until then if you have something you would like to talk to us about, good or bad. Thank you to all the families that was able to attend. Have a Happy New Year.

Resident Family Christmas Potluck



Hank & Joyce Price with Santa



Vivian Duncan with her granddaughter Pat & Santa



Bill Buchwald and family



Jim Burresh with daughter and Santa



Bea Kendall with Lauren Bell our Nurse Tracy's daughter



Katherine Coulter with Santa



GLENWOOD PLACE RETIREMENT COMMUNITY

South 6th Street
Marshalltown, IA 50158

Phone: 641-752-8410
Fax: 641-752-8515
Www.glenwoodplace.avenet.com

...Assisted Living at its Best!!

Check us out on the web:
www.glenwoodplace.avenet.net



Earl and Helen Goecke
with Santa Clause. Earl and
Helen celebrated their 74th
wedding anniversary on
December 25th,
Christmas Day!
Congrats to the both of
them on this great
occasion!

