



...Assisted Living at its Best!



From the office of the Manager...

Well May is here and the weather is getting better all the time. I know we are all looking forward to being able to open our windows, get outside or just enjoy the sunshine and green grass.

I want to thank everyone for the kind words, support and understanding while I was out. I am back full time as of May and am feeling good and looking forward

to catching up with everyone soon.

I want to mention that June 19th Glenwood Place will be having a celebration to honor 10 years of great service and commitment to our mission statement. We are starting to plan the anniversary celebration so details will follow shortly.

Glenwood Place Mission Statement:

Promoting dignity, choices, and individuality through excellence in service and loving care.

Manager,

Mike Cummings

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Bring on
the
May



Employee Of The Month—Deb Randall

We want to congratulate our May Employee of the month Deb Randall!!! Deb is truly an asset to all of us here at Glenwood Place. Deb really can do it all, from being a C.N.A., to activities, and heading up transportation and shopping she is always willing to help when ever and where ever she can! All of us here at Glenwood Place just cant say enough about Deb she is without a doubt one of a million! Thank you Deb for all that you do!

From Deb:

Thank you all for all of your votes for May employee of the month, I am honored! I was born in New Hampton IA while my dad was in the service, my parents always told me that I only cost them 5 dollars!

I went to Marshalltown commu-

nity school system and graduated from Dental assistant program. I started working in healthcare due to scheduling difficulties with my spouse and have been working in the field ever since.

I have one son, Matt who is 25 and spending his energy on the race car modified division circuit, being a member of the pit crew. I told him to chase his dream while he is young!

I spend my leisure time quilting, gardening, and of course doing a lot of retail therapy. (shopping!)

And again thank you for this honor!



Congratulations Deb Randall on being voted employee of the Month!

Resident Birthdays

3rd Thelma Erickson
13th Ken King
16th Carol Squires
31st John "Tiny" Jay

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



Vitals Clinic

Vitals Clinic will be Tuesday May 4th 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 grass is green the trees are in bloom and the birds are serenading me every morning as I head off to work. Does anyone know what this means? **Grill season is in full swing!**

We broke out the grill at Glenwood Place a week or so ago. This means we will be starting our Glenwood Employee Pot Lusk Lunches very soon. In fact we have already set the date for our first one, it will be scheduled for Friday, May 14th. We had grilled chicken a for our first meal of the season to test out the grill and make sure everything is in good

working order. It went really well. I think everyone missed the grilled food over the winter.

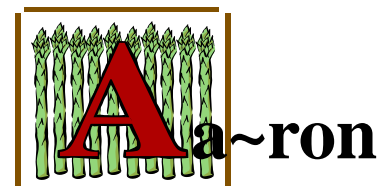
In an effort to accommodate all of our friends and family please remember to RSVP at least 24 hours before you plan to join your family member/s for a meal. We will gladly set a place for you. Our building is full now and we may need a little extra time to plan seating so everyone has a comfortable dining experience. We also request a RSVP of at least 10 days in advance for larger groups (4 or more guests) this will help ensure we have enough for everyone to enjoy.

We have some new staff members to welcome to the Glenwood Place Food Service Team. One of our new team members (Kacie Matheren) is returning from Ellsworth Community Collage for the summer. Kyle Andrews has recently joined

the kitchen team and has proved himself a valuable team member already. He is quite the golfer I hear. Cory Bacon (a Central Collage student) will be joining us in the kitchen as soon as the school year is over. We would like to wish you all a warm Glenwood Place Welcome.

Plans are moving forward for our 10th anniversary Party and all of the staff at Glenwood Place are very excited. Remember to put the date in your calendar so you won't miss out on all of the fun and great food we will have on the 19th of June.

Have a great month and remember to look for those May flowers!!



Glenwood Place needs your help!!



Help!!! We are looking for any mismatched tea cups and saucers that I know that we all have laying around. We would like to have an afternoon tea here at Glenwood Place a couple times a month, and

in order to begin this fun activity we need some tea sets. We do not want anything valuable or any heirloom sets. My goal is to have a rotation of lady residents to host each tea and have the opportunity to invite the ladies of their family to join in to really make it a special tea party for them on their turn! While you are looking for those saucers and cups please take a moment to look for those little white gloves and beautiful hats that may still be stored away. I really feel like these extras can make these tea parties a whole lot of fun for us all! Who doesn't remember owning one of those sets, or even seeing our mothers and grandmothers adorn themselves with those hats and gloves for a special day or even every Sunday! So please take a look for Tea cups, saucers, hats, and little white gloves!

Activity Corner - By Jessica Starn

Happy May Day!!! am so excited that we are already into the month of May! We are looking forward to Mothers Day on Sunday May 9th so that we can celebrate all of our Mothers and Grandmothers for all that they do for us all! I would also like to inform everyone of Jerry **and Ruth Garmon's Garage sale** in the rear Garages of Glenwood Place on Friday and Saturday, May 7th and 8th!

Our entertainers scheduled for May are as follows:

*Tuesday May 11th 10:00- Pets show with Jason (Lizards!!)

*Thurs May 13th at 2:00- Cliff Hayes and the Party Time Players

*Saturday May 15th 6:30
Cowboy Jim

*Tuesday May 18th-Troy Harris

*Tuesday May 25th-Don and Kathy

As per continued request we will be offering graveside transportation and escort on Memorial Day at both Rose Hill and Riverside Cemeteries.

There will be a sign up sheet for these departures along with times at a later date. We will also attend the Rose Hill memorial Day program this morning, so be on the look out for a sign up sheet for this as well.

The Pella Tulip Festival is May 6th—8th, the residents of Glenwood have chosen to simply take a drive to see the tulips **and try to avoid all of the "hub-bub."** So we have scheduled our scenic tour on Monday May 10th. Depending on demand and sign up we may have morning and afternoon trips. Please be on the look out for this sign up as well!

Until next month

Sunshine and Smiles, Jessica



Nurse's Notes-Tracy Bell RN



Relaxation is a key component to health and well being. Relaxation is an antidote to stress and experts believe that upwards of 90% of disease is stress related. Relaxation decreases the resting heart rate, decreases blood pressure, and decreases respiratory rate which decreases oxygen demand. Relaxation also increases blood flow to the muscles which decreases muscle tension.

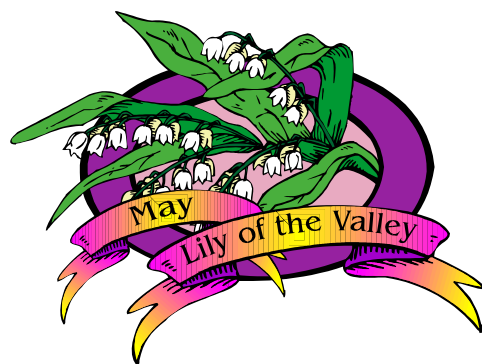
There are many ways to relax, but first you must allow yourself the

time to relax. Take a relaxation break and simply do nothing. Now concentrate on your breathing. When we are tense our breathing is shallow and infrequent increasing muscle tension. Take a Great Big breath, really deep all the way to your belly, now let it out slowly. Repeat this 3 times. You can listen to relaxing music, or just lie down. A short 5 minute rest can be quite refreshing.

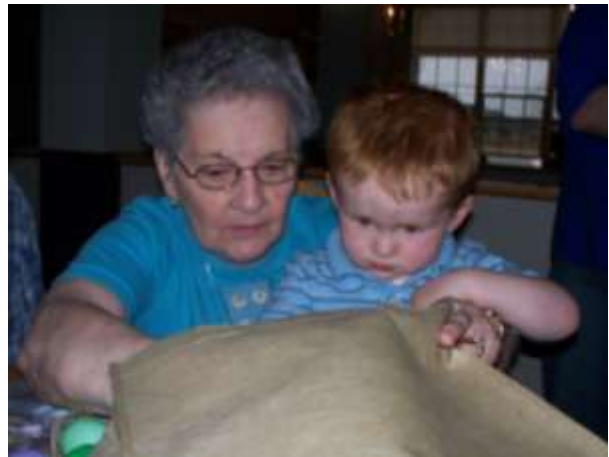
Message therapy can be very relaxing also. Other benefits of message are enhanced immunity due to the stimulation of lymph flow-the bodies natural defense system. Message can exercise and stretch weak, tight or atrophied muscles. It improves the condition of skin, increases joint flexibility, improves circulation and can give you an overall sense of well being.

Glenwood Place is sponsoring a message therapist to come into the community once per month. There is no charge to residents for this special service, simply let someone on staff know that you are interested and then check your monthly calendar for the date and time. She will be setting up in the beauty shop on the North side of the community. I encourage all of our residents to give it a try and let us know how you like it and if you would like to have this service continue.

Tracy Bell, RN



Glenwood Place Easter egg Hunt is a Hit!





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...Assisted Living at its Best!!

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



Cordell Halsted and his daughter Keira at the Glenwood Place Easter Egg hunt. All though the weather did not cooperate the indoor egg hunt was a great success with 18 children attending.

