



### A Few Reminders:

If you are wishing to use our transportation services provided on Wednesday and Friday please give **at least** 24 hour appointments for us to accommodate you.

If you are having guest for the Holiday meals please RSVP to Aaron or Darci as soon as possible with the number you are expecting.

We are all working on planning for new craft ideas and activities to get us through this winter weather season... if you have any ideas, suggestions, or donations please contact Darci or Kim.

Wishing everyone a safe and healthy fall!!!



## November 2011

### November Birthday's

Esther Riley 11-11-16

Dorothy Kralik 11-9-16

### Dates and Events

2- Beads of Love/Iowa Hospice

8 - SHIP from MMSC

11 - Veterans Day

16 - Taste of Home Cooking

22- Alzheimer Support Group

30- Iowa Hospice Memorial

*Hello from the Manager's office...*

*Another great month has passed at Glenwood Place! Hope this time of year finds everyone healthy and happy! I have a project that I need to get started working on...it's the Dare to Dream Program. The Dare to Dream is a program where residents share their long time dreams----things they may have always wanted to do but have not been able to accomplish. It could be something like a drive to their old homestead/farm to a hot air balloon ride, or even a night out at the Symphony. Everyone can help out by sharing what those dreams are with me. I would love to start helping make some of these dreams come true. If you know something your loved one has always wanted to do, but never been able to do--please stop in (or drop me a line) and let me know. Residents--you can also let me or one of the staff know what you would like to accomplish-----what is your **Dream?** Let's make Dreams come True for our residents at Glenwood Place.*

*Pamela*

**A Note From the Nurse:**

Deciding to accept hospice care can be a very difficult decision. Many people think that "hospice" equals the end. Hospice care is available to individuals who are no longer seeking curative treatment. Persons who have a limited life expectancy and who want to be comfortable during the last months, weeks, or even days of their life.

Hospice philosophy is to care for and provide expert and compassionate physical, emotional and spiritual support for their patients and families. By allowing hospice into your home and providing care for the individual you are allowing someone else to take some of the physical care, to make critical calls to the physician and bringing in someone to share your feelings with. This expert team will help to alleviate some burden from the individual and the family, allowing for time to heal old relationships, and to enjoy the moment.

Hospice care is not just for cancer patients they accept anyone with a terminal diagnosis. Patients on hospice care range from failure to thrive (not able to take in enough calories to sustain life) to persons with heart failure, to kidney failure, lung disease, end stage diabetes and many other diagnosis. A patient can talk to their doctor at any time about hospice care, and a referral for hospice can be made by anyone, there dose have to be the terminal diagnosis form a physician though.

Services provided by hospice range from weekly nursing visits by registered nurse, to visits several times per week by certified nursing assistance, to volunteers, social workers, and clergy. A hospice patient and their family are in control of what services are utilized and when they want the specialties to come on board.

Music therapy is also a service that may be provided by a volunteer that some patients really enjoy.

The Marshalltown area is served primarily by two hospice organization, although there are others available in the area. Iowa River Hospice now offers a hospice house where a person can transfer to when they are actively dying and the family can no longer provide the care needed in the home. Iowa Hospice is the other local hospice organization. The two of them offer the same basic services. When considering hospice the individual and the family are encouraged by me to invite both organizations in and visit with them. I have brochures available for both in my office. Your physician may also have a recommendation.

--Tracy Bell, RN



**A note From Kim:**

As you know, I've spent the past few weeks learning names, activities, and becoming familiar with Glenwood Place. I'm excited about next month's calendar. New to the calendar is Coffee and Chat Time on Monday mornings at 10:00. Also, I will be having a surprise guest or activity once a month.

It's exciting to have so many participants at fitness and I've been having fun creating some variety to the routine.

I encourage you to remind your family and friends about our Happy Hour and Black Jack.

I'm enjoying everyone's smiling faces!

Thanksgiving Blessings,  
Kim Slycord

**Thanksgiving Delights**

On Thanksgiving Day we're thankful for our blessings all year through, for family we dearly love, for good friends, old and new.

For sun to light and warm our days, for stars that glow at night, for trees of green and skies of blue, and puffy clouds of white.

We're grateful for our eyes that see the beauty all around, for arms to hug, and legs to walk, and ears to hear each sound.

The list of all we're grateful for would fill a great big book; our thankful hearts find new delights everywhere we look!

-- Joanna Fuchs

**A Note from the Kitchen:**

It is officially soup weather... We have just started our soup for the soul program and mother nature has been kind enough to bless us with appropriate weather.

Our recipe of the month is Potato and Corn Chowder. We used this recipe a couple of times last year and it was very popular. Special thanks to Helen Goecke for providing us with this recipe.

Potato & Corn Chowder (serves 4-5)

5 slices of bacon, 1 med onion, 1 1/2 cups diced potatoes, 1/2 cup water, 2 cups milk (we use whole milk), 1tsp seasoning salt, dash of fresh ground black pepper, 17oz can cream style corn, and butter.

Cook bacon until crisp. Set aside bacon and 3tbl spoons of bacon grease. Slice onion thinly, brown in bacon grease and a little butter. Add potatoes and water. Cook until potatoes are tender. (10-15 min) Add corn, milk, salt, and pepper. Cook until the mixture reaches 145 degrees and serve with crumbled bacon and a small tab of butter. (I like to brown the potatoes slightly with the onions to add a little extra flavor and texture) You can also garnish with a few slices of green onion to add color.

Thanksgiving is just around the corner... If you plan to dine with us please remember to RSVP by the 15 so we can plan accordingly. Thank You.

Have a Great November!!

-- Aaron Kendall



Residents and families if you would like to receive this Newsletter and calendar please fill out the form below and mail it to:

Glenwood Place  
2907 S, 6<sup>th</sup> Street  
Marshalltown, IA 50158

Thank you!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Or we can save a few trees and email it to you:

Email address: \_\_\_\_\_

*A representative from MMSC's SHIIP (Senior Health Insurance Information Program) office will be at Glenwood Place on November 8th at 10:00am to help with questions regarding the new Medicare part D changes. The meeting will take place in the Men's Lounge. Please invite friends and family.*

