



...Assisted Living at its Best!

From the office of the Manager...

Welcome to Fall! The weather is cooling off and the leaves are becoming a beautiful site. Glenwood Place will be offering some tours of the leaves and fall harvest so keep an eye out for information on these activities. Along with the change in seasons we want to be aware of the risk of flu and illness that can spread. Please be careful if you are experiencing any flu symptoms and help us minimize the risk of the flu season. Tracy will be setting up our yearly flu clinic in the near future. We have hand sanitizer throughout the building and will be sanitizing the community on a regular basis. Thank you for your cooperation.

Glenwood Place is participating in the Alzheimer's Memory Walk on October 2nd at 10 AM. Registration/check-in begins at 9:30. The walk will be held at the Cultural Center and Glenwood Place has several employees walking and family members are encouraged to join us. Help make this year's memory Walk a success by joining our

team.

I also wanted to update the community on the status of my hip. I will be needing another procedure on my right hip and will have some time out of the office starting the 13th of October. In my absence Tracy and Darci will be handling administrative issues and Melissa Sherrod from Senior Hosing will be stopping in a couple of times to support us.

Sports update:

The college football season is well underway and the Hawkeyes and Cyclones rebounded well in late September from early season losses. The Hawkeyes have some big games coming up which should give a good indication if they can make a run at the Big Ten Title. As baseball

season heads to the playoffs feel free to route for my Minnesota Twins – Winners of the American League Central. Also, join me in cheering against Jessica's Chicago Bears as they are already out in front of my Vikings.

Mike Cummings



Inside this issue:

Resident Birthday	2
Vitals Clinic	2
From the Kitchen	3
Activity Corner	5
Nurse's Notes	6
Photo Gallery	7



Trick or Treat Night is
 Sunday October 31st 5:30-7:00
 Please come to Glenwood for a
 safe and fun stop!

Employee Of The Month—Ashley Dvork

We want to congratulate our October Employee of the month Ashley!! Ashley is truly an asset to all of us here at Glenwood Place. Ashley is always willing to help when ever and where ever she can! All of us here at Glenwood Place just cant say enough about Ashley she is without a doubt one of a million! Thank you Ashley for all that you do!

From Ashley:

I went to school at Green Mountain, Garwin (GMG) I have stayed

in that area and currently live just outside of Garwin. When I am not here at Glenwood helping with the residents I enjoy spending time with my husband Luke. We have two children that keep our hands very full! Drayke who is two and Berkley who is 10 months. As you may know when your children are these ages you have very little time for anything else! But when I do get some time for myself I love to shop!

I want you all to know that I enjoy my job here at Glenwood Place and truly want to thank all of you for voting for me and for this honor!



*Congratulations
Ashley on being
voted
employee of the*

Resident Birthdays

27th Neva Dunham



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

Vitals Clinic

Vitals Clinic will be Wednesday October 6th 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



What a great time of year for outdoor activities... The leaves are turning, the crops are ready for harvest and the animals are starting to prepare for the long winter ahead. Has everyone started their fall prep chores? Before you know it we will be buried in snow and wishing for weather in the 60s again.

The Glenwood Place Formal Dinner was a great success. You can't really go wrong

with prime rib. For those of you that missed it you not only missed a great meal but you also your opportunity to see most of the Glenwood Place staff dressed in their Sunday best. Thanks to all of you that could make it to share in the fun and food.

We are planning a Halloween themed Wine and Cheese event for the 27th of October. Mark your calendars, this will be an event to remember!! We will be breaking out the fondue fountain again. Chocolate covered strawberries and angel food squares for all! This event is scheduled for 6:30pm so it should be a nicer fit (schedule wise) for those of us

that work day time hours. We are also in the midst of planning a quick service meal for Sunday the 31st so we will be able to enjoy all of the ghouls and goblins that come to visit us for trick or treat.

The Glenwood Place Cook Book is out if you would like a copy please stop and see Mike, Jessica or myself and we would be happy to get a copy for you. We will start featuring resident recipes on our menu soon.

Have a healthy, happy, and safe Halloween everyone!!!



Dog Days of Summer



**Marge Abood and
Chakka**



**Celeste Persinger
& Lucky**



**Inez Black
with Irish
Setter
Jasper**

Activity Corner - By Jessica Starn



I don't know about all of you but we are in my favorite season change. I am hoping for a very colorful fall this year, as it doesn't get much better than fall in Iowa if the foliage is just right! We have several opportunities available for residents to get out to see harvest and leaves this month so be on the look out for your chance to sign up to get out and witness a great 2010 fall harvest!

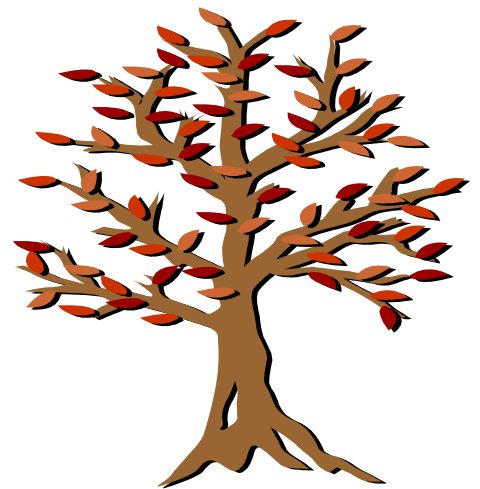
We will be making

some out and about trips this month as well. We are planning trips to the Apple Berry farm as well as Grimes farm. Both of these places are a favorite stop for a lot of our local residents and is a must see for anyone new to the area.

Our restaurant choice for this month is Joes Italian Grill located just west of Jax steak house on Lincoln Way in the old Memories building. I have some menus out at the welcome table if you want to get an idea of what is available and an idea of cost. Having been there myself I have to say that you may want to buddy

up because the portions are very large! We are all very happy that Judy Mehlert is returning this month to entertain us all! Her return is very anticipated and I am hoping for a big turnout. The Cliff Hayes Band will also be entertaining us with their great tunes sure to get your toes tapping!

Until Next Month
Sunshine and Smiles,
Jessica Starn



Nurse's Notes-Tracy Bell RN



There are many questions out there about the flu and the H1N1 (swine flu), we all want to stay healthy, and be well informed. I took some articles from the centers for disease control web site and thought that I'd share some of the information with you.

Swine flu came about in April 2009 and was referred to as the swine flu because under the microscope it first looked like the flu virus that is common in pigs in the United States. After further examination they have found that the virus actually contains genes from the flu virus of pigs in Europe and Asia, the bird flu or avian flu, and human influenza genes. Therefore the new and more specific name is H1N1.

The flu is spread from human to human through coughing or sneezing. Others may pick up the virus by transfer, touching a surface that an infected person has coughed or sneezed

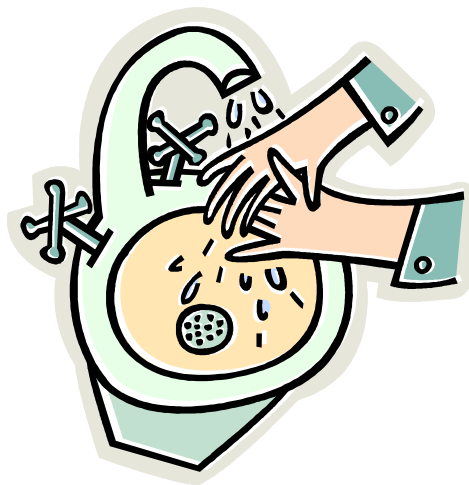
on, then touching their mouth or nose. If you have to sneeze or cough hold your arm up over your mouth and cough or sneeze into your elbow, if you use a tissue throw it away, and cleanse your hands. Many people are avoiding contact with others this flu season by not shaking hands, using hand sanitizer, washing hands and even wiping surfaces before touching them. Glenwood Place offers hand sanitizer at the front desk for visitors use upon arrival to the building and upon leaving.

Although cases of death and sever illness due to H1N1 have been reported in the media and majority of people who contract the virus do not become seriously ill or even have medical treatment for recovery. Symptoms of the illness are *fever, cough, sore throat, runny nose, body aches, headache, chills, and fatigue*. Very few people have reported vomiting and diarrhea with the flu. If you become ill with H1N1 or the seasonal flu stay home, decreasing contact with others will prevent the spread of the virus. The virus can spread anytime from one day prior to getting sick to 7 days after you become ill. If you do become sick drink plenty of fluids, get plenty of rest, take Tylenol like products for the aches and you can take over the counter cough medicine as needed.

The Center for Disease

Control has identified five *High Risk Groups* including pregnant women, people 6 months to 24 years, health care workers and emergency medical personnel and people 25-64 years old with chronic illness. However people over the age of 65 are NOT considered high risk. Studies indicate that the risk for infection in persons over 65 is less than that of younger age groups. Once the vaccine has been distributed to those individuals in the high risk category it will be available to the over 65 group.

Here at Glenwood Place we want to keep all of our resident's and staff healthy, we strive to provide quality care while allowing as much independence as possible. If you are ill or fear that you are becoming ill please do not visit. Remember wash your hands, wash your hands, wash your hands!



Door Stop crafters hard at it



Jim Burrell
And Bonnie
Weaver
working
together on
the lady bug
door stop.



Shirley
Ziegenbusch
and Neva
Dunham
show off their
completed
projects. I
think they did
great!



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



***Thelma Ericson
and our Glen-
wood nurse
Tracy Bell
having fun while
working on the
lady bug door
stop craft!***

