



...Assisted Living at its Best!



So far we have held off the winter colds and flu pretty well. Please remember that March can still be a flu season so keep up the good work with hand washing, sanitizing and overall cleaning. We will continue to have sanitizer out in the community and will continue to clean the common areas to keep the germs away. Let us know if you need anything and if you do have flu like symptoms please let Tracy, or the staff know.

Sports update

March Madness is heating up for college basketball. It looks like the UNI men, ISU women and maybe the U of I women may make the tournament. With that in mind the big events are the Olympic games in Vancouver. It is always great to see the hard work and determination of amateur, and professional, athletes compete for their county. If you enjoy baseball spring training is starting up very soon and games will be played before you know it.

Michael Cummings

From the office of the Manager...

With more winter weather in February it is now time to look forward to more moderate weather. As I am writing this there is a lot of sun in the forecast with temperatures getting into the mid 30's. I can take that any day in February. March is near and relief has to be coming soon. We have some very exciting events coming in March. St. Patrick's Day is sure to be a good time for all the Irish, and Irish pretenders out there. We also have some big birthdays coming up so look for Jessica's announcements and activity schedule to celebrate them.

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Luck is all in how we perceive it: Is the glass half empty or



Employee Of The Month—Tracy Bell

We want to congratulate our March Employee of the month Tracy Bell!! Tracy has been a great nurse here at Glenwood Place. She has lead our staff through a lot of great improvements in her time here at Glenwood as our Director of Nursing. She has done a really great job and added a lot of wonderful support to our residents and a great staff that Tracy is proud to lead! Thank you Tracy for all that you do and congratulations on winning employee of the month!

From Tracy:

First of all I want to thank all of you who voted for me and am very happy to have been chosen by the residents of Glenwood Place for this great honor!

I am the proud mother of two little girls, Madoline who is three and Lauren who is two. I have been married to my husband Wally Bell for about 13 years. In my spare time I enjoy bowling, shopping, camping, and most of all spending time with my family. Once again thank you so much for this honor!



Congratulations Traci Bell ac on being voted employee of the Month!

Resident Birthdays

10th Jim Buresh
19th Mabel Bryant
27th Josephine Gooding
31st Katherine Coultier

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



Vitals Clinic

Vitals Clinic will be Tuesday March 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!!





Burrrrr, Man is it cold!!

This is perfect soup and sandwich weather. You can tell by the amount of soup we go through each day. We have been going through at least 1 gallon per day, on the light days, and up to 3 gallons on those really cold days. Hot chocolate has also been really popular for the past few months. We would like to invite everyone to stop in for a visit and warm up with a bowl of our soup for



the soul and a cup of hot chocolate.

We have already started planning for our warmer weather activities. In just a few short months we will be holding our monthly Pot Luck Lunch here at Glenwood Place where we will be grilling out. I am really looking forward to spending mornings outside prepping the grill and cooking lunch. We have also started brain storming for Glenwood Place's 10th anniversary party. This is one we are all looking forward to. We haven't set a date yet but are looking at sometime in June.

St. Patrick's Day is just around the corner. We will be serving the traditional corned beef and cabbage. We will also have one of our newest desserts, Grasshopper Cake. This is a recipe from one of our

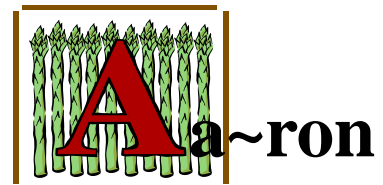


Glenwood Place employees, thanks

for the great idea Deb!

Dylan is seconds away from being a daddy for the first time. Congratulations Dylan!!! We all wish you the best of luck, especially for those first few months without sleep. Hope you have plenty of diapers, you know you can never have enough.

I would like to personally thank all of the kitchen staff for picking up extra hours during the past month. Great teamwork everyone, keep up the good work, and thanks again.





HAPPY BIRTHDAY

This month marks some great Birthday celebrations
here at

Glenwood Place!

Please consider attending to any or one of the following
birthday parties scheduled here at

Glenwood Place!

Friday March 19th Mabel Bryant will be 106!

Her life celebration is scheduled for 2:00 on that day

Saturday March 27th Jo Gooding will be 95!

Her life celebration is scheduled for 3:00 on that day!

**Wednesday March 31st Katherine Coultier will be
100!**

Her life celebration is scheduled for 1:30-3:30 on that
day!

Activity Corner - By Jessica Starn

We are really plugging away at the cold months now! Here it is March already! March commemorates so many things that is sure to bring in spring! Like the first day of Spring! This long awaited day is Saturday March 20th! We will truly be looking forward to this landmark day! Another reason to mark your calendars is for daylight savings time on Sunday March 14th. It is time to spring ahead 1 hour, I will be looking forward to some sunshine at the end of my working day! We will also be adding some out to lunch outings on our calendar this month in attempt to start getting out and about a bit more some of the restaurant suggestions are Stones, Taylors Maid Rite, and Culvers. So be on the look out for these sign up sheets located at the round table in the front com-

mon area. They will also be announced to assist in communication and awareness of these outings.

Cooks corner will begin making a soup of the week to be served at supper with a kitchen alternative soup. We are very excited to begin this and will offer this as a supper menu item on Tuesdays.

I am also looking for some warmer weather activity ideas for spring, and am always open for ideas and suggestions. A great time to bring these to my attention is at the monthly Activity meeting but am always ready for your thoughts!

Until Next Month,
Sunshine and Smiles!
Jessica Starn



Nurse's Notes-Tracy Bell RN



Have you ever heard of someone going into the hospital and having the wrong procedure done? Or the wrong limb amputated? How about receiving the wrong medication? It can and does happen.

Hospitals are helping to prevent these erroneous errors by making the nurses double check the orders and by asking the patient many questions. When you are hospitalized expect to repeat your name and date of birth at least 9 times per day.

This is to verify that you are the right patient in the right bed, and they may even ask why you are in the hospital. To help reduce the risk of error we must all be *in-*

formed consumers of health care.

Residents should also know the top 3 medical diagnosis they have and ask questions about it when they see their doctor. Ask your doctor about your condition, is it getting better, worse or about the same. Ask about new treatments, or testing that may be associated with the diagnosis. No one should just accept that the doctor ordered it so it must be good for me. You are never too old to learn, so ask questions your health and well being may depend upon it.

Family members are encouraged to be advocates for their loved ones when someone sees the doctor or goes to the hospital. If you do not understand what the doctor or nurse is saying, ask them to explain it again. Ask for information in writing, so that you can look it over later. Individuals play a large role in preventing medical errors simply by

asking questions.

I challenge the residents of Glenwood Place to ask questions about your medication, “what is it, and what is it for”. The universal workers (the girls) may not know what it is for but should be able to tell you the name of the medication, and they should know that they can look it up in the drug book. The staff and the residents are encouraged to ask me about their medications too. Residents should know at a minimum the number of pills they are taking per day, and how many are in the morning and how many in the evening.

Tracy Bell, RN



Valentines King and Queen



Our Valentines King and Queen for 2010 winners are Earl and Helen Goecke!



Second Place King and Queen are Inez Badger and Tom Goecke!



Third Place King and Queen are Jim and Shirley Ziegenbusch!



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Check us out on the web:
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**Congratulations
to Earl and Helen
Goecke on being
voted 2010 Valen-
tines King and
Queen!!**

