



...Assisted Living at its Best!

From the office of the Manager...

It is only October 12th so this is a bit early for a November newsletter for me but one thing I do know is the weather has been a blessing and has allowed me to really appreciate the beautiful outdoors, and paint my house. November starts the holiday season and I want to wish you an early holiday season and hope we can get together and enjoy the Thanksgiving season soon.



You most likely have noticed some of the improvements around Glenwood Place. The front drive has been improved to be more accessible and allow the rain water to drain. We are improving the fence in the back of the building and adding some window dress-

ings to the main rooms in front of the building. I hope you enjoy the upgrades.

I will be out of the office the beginning of November but will be thinking of Glenwood Place and I will be in contact with Tracy and Darci before my return. Please contact Tracy or Darci if you have questions or concerns.

Sporting update...

My Minnesota Twins- I don't want to talk about it. My Vikings – I don't want to

talk about it. Go Hawks!!! It is a fun time of year with baseball playoffs, and the football season in full swing so enjoy your favorite team.

Mike Cummings
Manager

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**All of us here at
Glenwood Place would
like to salute all of our
countries veterans!**



Employee Of The Month—Sarah Kunch

We want to congratulate our November Employee of the month Sarah!! Sarah is truly an asset to all of us here at Glenwood Place. Sarah can brighten any day with one of her warm smiles and a hug, I know that she has made many Glenwood staff and residents days with both of those gifts before ! All of us here at Glenwood Place just cant say enough about Sarah she is without a doubt one of a million! I know that Sarah is a great cook and that we all look forward to her days of cooking for us! Thank you Sarah for all that you do!

From Sarah:

Sarah is a Marshalltown local and lives just 1 mile from Glenwood. Sarah has been married to her husband Dale for about 29 years. They are the proud parents of Holly and our very own laundry lady Steph (in picture). Sarah enjoys spending time with her six grandchildren, Tyler, Janessa, Devon, Aiden, Hope , and enjoys the memory of her lost and beloved Keagan. Sarah looks forward to a nice cup of coffee after work before she starts her work at home. Thank you Sarah



Sarah and her daughter Steph

*Congratulations
Sarah on being
voted*

Resident Birthdays

11th Esther Riley
16th Inez Black
16th Ruth Garmon
18th Ken Reinertson



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

Vitals Clinic

Vitals Clinic will be Wednesday November 3rd 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 beautiful fall we are having!!!

The weather this fall has been perfect! Not much rain, nice crisp mornings, cool afternoons, and chilly nights that encourage curling up with your favorite book and a comfy blanket. I could live like this all year round!! It has been so nice that I have almost all of my winterizing projects and chores completed. If we can just hold back the snow for a few more weeks.

Elya Reiser has joined our Glenwood

Place Kitchen team. She is a proud mother of a 6 month old bundle of joy named Malakai. She is a Marshalltown native and plans to go MCC to start her Registered Nurse education and finish at Mercy Medical Center to receive her license. She is also newly engaged and is planning a wedding close to home and a second celebration in her husband's home town. Please help us welcome her to the Glenwood Place team.

Our Spooky Wine and Cheese is moments away and all of the staff here at Glenwood Place are very excited to make it a fun and memorable evening. Our Trick or Treat night is just a few days after the wine and cheese event and we all are looking forward to seeing all of the costumes. This year we are going to have an early super so we will all be ready to take part in the

fun and excitement.

Thanksgiving is a few weeks away. We will be serving the traditional Thanksgiving dinner with turkey, mashed and sweet potatoes, stuffing, green bean casserole, and at least two kinds of cranberry relish just to name a few. In my family it is tradition to have both pumpkin and minced meat pie for dessert so we will be serving those and possibly some festive flavor of ice cream. If you plan to join us in our Thanksgiving celebration please RSVP by the 15th so we can arrange seating and make sure there is enough for everyone enjoy.

Have a Happy Turkey Day!!!



Newsletter mailing list update forms



Please add me on to your Newsletter mailing list. This will include me in all invitations for wine and cheese events and any other informative information sent out about Glenwood Place.

Name _____
Address _____



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Name _____
Address _____

You may access our Newsletters and Calendars on the web at:

www.glenwoodplaceal.net

Activity Corner - By Jessica Starn



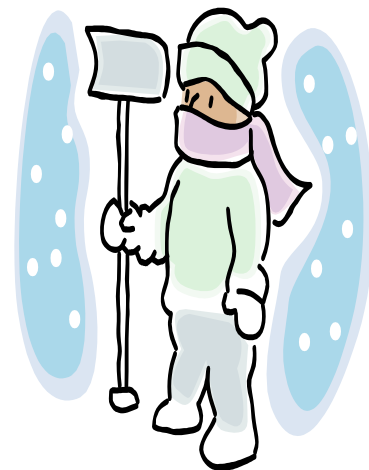
Wow I cant believe that it is already November! This year is flying right by us so fast, soon it will be Christmas! We will have our annual potluck family Christmas this year so be looking for you invitation in the mail as this is sure to sneak right up on us in all of the hustle and bustle of the holiday months.

This month we will be making a trip to That Place restaurant and steak house. We will get the bus for this trip possibly two based on sign up. The sign up sheet will be out early to get an idea for the head count. I will bring in a some menu copies so that you will all have an idea of cost and possibly what you may want to order.

We will also have our annual Veterans Day program in the morning on November 11th. The program is generally around eight in the morning. We are there last stop and they eat some breakfast with us. We will have an assortment of rolls from Hy Vee available for you to choose from this morning along with our usual breakfast menu.

We will continue to get out and about through the month as much as possible before the snow flies here in Iowa. There will be some country tours on the calendar with sign up sheets at the information table up front. Things could change with the weather, because as we all know that here in Iowa one day we could be raking leaves and the next day shoveling snow!

Until next month, Sunshine and Smiles:
Jessica



November

Nurse's Notes-Tracy Bell RN



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 R.N.

Pumpkin Pimping!



Gladys Conrad with her Pumpkin with the sparkling smile



Helen Goecke and her happy little pumpkin



Neva Dunham with her jeweled pumpkin



Lois Mason and her pumpkin duo



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



***Nira Loney
and her flashy
Pumpkin at
our pumpkin
Pimping
project.***

