



Glenwood Gazette

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 driving 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 of something your loved one has always wanted to do, but never has 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 Dare to Dream?

Let's make dreams come true for our residents at Glenwood Place!

Pamela

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Upcoming Events

- Nov. 7—**Cook's Corner**
- Nov. 12—The Floras Perform
- Nov. 14—Bean Bag Toss
- Nov 15—Spelling Bee
- Nov. 17—Spa and Relaxation
- Nov. 22—Scavenger Hunt
- Nov. 28—Newsletter Prep
- Nov. 29—Price is Right

November Birthdays...

Ron Wilson ■■■■■■ 11/3/1926
Dorothy Kralik ■■■■ 11/9/1916
Esther Riley ■■■■ 11/11/1916
Alice McKibbin ■■■■ 11/20/1918
Dorothy Mandsager ■■■ 11/20/1924
Kenny Lewis ■■■■ 11/29/1930



Cooking with Lisa ...



Red Hat Club



The Red Hat ladies and gents met on October 11 for a “spooky” meeting. Queen Mother Janet Mason was dressed like a black cat for the Halloween party. The tables were decorated with white table cloths and with Halloween items for table decorations. Lisa Hall from the kitchen made a delicious punch and served crackers with cheese and summer sausage for everyone to munch on—Thank you, Lisa!

They had a time of sharing Halloween’s from the past. Queen Janet read some interesting facts about it. Halloween is one of the most popular holidays, second to Christmas. The following are the most favorite things about Halloween: beautiful fall scenery, cooler temperature, unique decorations, spooky movies, haunted houses, Halloween candy, lots of parties, shopping, and trick-or-treating.

The Red Hatters will sponsor the collecting of hats and mittens for children in need. They will have a Christmas tree to put the mittens and hats on, and on December 13, they will be taken to Salvation Army where they will be given to children in need.

Pumpkin Pie

Ingredients:

1 (8-ounce) package cream cheese, softened
2 cups canned pumpkin, mashed
1 cup sugar
1/4 teaspoon salt
1 egg plus 2 egg yolks, slightly beaten
1 cup half-and-half
1/4 cup (1/2 stick) melted butter
1 teaspoon vanilla extract
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger, optional
1 piece pre-made pie dough

Whipped cream, for topping



Meet Our Resident: Loretta Stubbe

Loretta and her shih Tzu, Molly, have been residents of Glenwood Place for three years. Loretta enjoys her home here at Glenwood and the many friends, both staff and residents, she has made since moving.

Loretta grew up on a farm in Jasper County where she attended a one-room rural school, Kindergarten through Eighth Grade. She graduated from Baxter High School with the Class of 1953. Loretta grew up with one sister who was ten years younger than her. As Loretta grew up on a farm, she helped with cow, hog, and chicken chores as well as helping in the fields driving the tractor.

Loretta was a member of the Girl's 4H for several years. Loretta's favorite memory of 4H was when she and her best girlfriend won Grand Champion Demonstration Team at the Jasper County Fair. There were 24 teams competing. The two won a trip to the Iowa State Fair where they took home a blue ribbon.

In 1954 Loretta married Donald Stubbe. Donald and Loretta have two children, Cindy (Wes) Nelson of Marshalltown, and Ken (Sally) Stubbe of Prescott Valley, AZ, two granddaughters, and four great-granddaughters.

Loretta was a member of Congregational Church of Baxter, then joined the First Congregational Church in Marshalltown. This past year Loretta received her 50 year award. She taught Sunday School and sang in the choir at both churches.

Loretta's husband passed away in 1998 after 44 years of marriage. The couple loved camping, fishing, and playing cards; Bridge, Pinochle, and Cribbage.

Loretta has decided to slow down and come to Glenwood Place. She thinks she made a great choice. Glenwood has a TOP RATING in her book.

Meet Our Staff: Brittany Upah



Brittany has worked at Glenwood Place for about three years. She started off working 2nd shift, but is now working 1st. Brittany has a four-year-old daughter named Maisyn who keeps her very busy between dance and preschool. Brittany and Maisyn's dad, Paul, have been together for five years. They enjoy spending time together as a family, traveling and seeing new places, or just playing at home.

Upcoming Events

Friday, November 4 @ 3:00 - Music with Marge
Monday, November 7 @ 10:30 - Cook's Corner
Tuesday, November 8 @ 3:00 - Resident's Choice
Saturday, November 12 @ 3:00 - The Floras (Musicians)
Tuesday, November 15 @ 2:30 - Spelling Bee
Thursday, November 17 @ 1:00 - Spa and Relaxation
Monday, November 21 @ 10:30 - Cook's Corner
Tuesday, November 22 @ 1:00 - Resident Counsel
Tuesday, November 22 @ 2:30 - Scavenger Hunt
Thursday, November 24 @ 11:30 - Thanksgiving Dinner
Tuesday, November 29 @ 1:30 - The Price is Right



Annual Mitten Tree
Sponsored by... The Red Hat Club

The Red Hat Club is sponsoring the collecting of hats and mittens for children in need. There will be a special Christmas tree set up in the Men's Lounge where you can hang donations. All donations will be taken to the Salvation Army on December 13.



Nurse's Notes... with Kathryn

Here it is already November. Wow has the time flown by since I started at Glenwood Place. As I get to know the staff and residents, I know I made the right choice in accepting the Healthcare Coordinator position. I want to thank everyone for their patience as I continue to learn the job. There are impossibilities in the world that life experiences teach you to accept. Let me share what life has taught me...

IMPOSSIBILITIES IN THE WORLD

1. You can't count your hair
2. You can't wash your eyes with soap
3. You can't breathe through your nose when your tongue is out.
Put your tongue back in your mouth, you silly person.

TEN THINGS I KNOW ABOUT YOU

1. You are reading this.
2. You are human.
3. You can't say the letter P without separating your lips.
4. You just attempted to do that.
6. You are laughing at yourself.
7. You have a smile on your face and just skipped number 5.
8. You just checked to see if there is a No. 5
9. You laugh at this because you are a fun-loving person.
10. You are probably going to share this to see who else falls for it.

Happy Thanksgiving Everyone
Peace, Kathryn Ham, RN, BA



Live 2B HEALTHY

**Every Tuesday and
Thursday at 9:45 AM!**

Classes are designed
for fun and fitness!

Live 2B Healthy exercise makes a
BIG difference! Improve balance,
strength, stamina and mobility

Spelling Bee Practice List

Bungalow
Criticism
Disinclined
Monstrous
Scampi
Skirmish
Stampede
Amnesia
Appendix
Apprentice
Catacomb
Cumbersome
Emanate
Stalwart



Tuesday,
November
15 at 2:30



IN OUR HOME
LET LOVE ABIDE
AND BLESS
ALL THOSE WHO
STEP INSIDE



Life Enrichment... with Emily Cleland

Last month, we had a very successful Spa Day... so successful, we have decided to have another! Spa Day will be held on Thursday, November 17 at 1:00 in the Theater Room. Last month, the whole room was full so we have found it necessary to put a limit on the number of residents in attendance of November's Spa. We will be limiting the Spa to the first 15 residents who sign up with me. Those who do not get to attend this month's Spa Day will have the first-choice on whether or not they would like to attend the next Spa Day.



Community Relations... with Robin Runge

November has a National Stress Awareness Day.

Stress touches each and every one of us in some way.

Ideas to help reduce stress:

- Sit outside and swing on the porch swing
- Get up and get going
- Go for a run or take a walk
- Get plenty of good rest
- Eat the right foods
- Do things you enjoy doing
- Get a massage



Glenwood Place is having another Spa Day because the last one was such a hit! Emily will be taking a limited amount of people to ensure everyone gets some great relaxation time. So be sure to sign up!

THERE IS -♥-
always
ALWAYS
something to be
THANKFUL FOR

BlanksofLife

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Professionally managed by Senior Housing Management.



Proud supporter of the Alzheimer's Association of Greater Iowa.