

# Glenwood Place



## Glenwood Gazette

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### Upcoming Events

- Spelling Bee
- Spa and Relaxation
- Meskwaki Trip
- Making Snow Globes
- Red Hat Club
- Cook's Corner**
- Wheel of Fortune
- Resident Counsel
- Guest Speakers

Imagine there is a bank account that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening the bank deletes whatever part of the balance you failed to use during the day. What would you do? Draw out every cent, of course? Each of us has such a bank. Its name is TIME. Every morning it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to a good purpose. It carries over no balance. It allows no overdraft. Each day it opens a new account for you. Each night it burns the **remains of the day. If you fail to use the day's deposits, the loss is yours. There is no "drawing"** against tomorrow. You must live in the present of **today's deposits. Invest it so as to get from it the utmost in health, happiness and success.** The clock is running. Make the most of today.

-Anonymous



## January Birthdays...

Bette Etter █ █ █ █ █ 1/2/1927  
 Mary Page █ █ █ █ █ █ █ █ 1/9/1943  
 Dorothy Wilson █ █ █ █ █ █ █ █ █ █ 1/14/1930  
 Virgil Robinson █ █ █ █ █ █ █ █ █ █ 1/16/1917  
 Jean Brennecke █ █ █ █ █ █ █ █ █ █ 1/20/1919  
 Mildred Bryngelson █ █ █ █ █ █ █ █ █ █ 1/23/1918



Glenwood Welcomes  
**Our New Residents...**

*David and  
 Eleanor Rowden*

*Lorraine Gervich*

### Glenwood Coordinators

**Manager:**

Pamela Wells  
 752-8410  
 manager@glenwoodplaceal.net

**Assistant Manager/ Community Relations Coordinator:**

Robin Runge  
 752-8410  
 communityrelations@glenwoodplaceal.net

**Health Care Coordinator:**

Kathryn Ham  
 752-8410  
 nurse1@glenwoodplaceal.net

**Culinary Coordinator:**

Lisa Hall  
 752-8410  
 culinary@glenwoodplaceal.net

**Life Enrichment Coordinator:**

Emily Cleland  
 752-8410  
 lifeenrichment@glenwoodplaceal.net

**Maintenance Coordinator:**

Dennis Plaehn  
 752-8410

**Environmental Coordinator:**

# Upcoming Events...

Monday, January 2 @ 10:30.....Cook's Corner  
 Tuesday, January 3 @ 2:30.....Spelling Bee  
 Thursday, January 5 @ 1:30.....Spa and Relaxation  
 Friday, January 6 @ Day Trip.....Meskwaki Casino  
 Monday, January 9 @ 2:30.....Making Snow Globes  
 Monday, January 16 @ 10:30.....Cook's Corner  
 Wednesday, January 18 @ All Day.....Visit from Podiatrist  
 Thursday, January 19 @ 2:30.....Wheel of Fortune  
 Monday, January 23 @ 2:30.....Resident Counsel  
 Tuesday, January 24 @ 2:30.....Guest Speaker

**\*Weather Cancellation Policy for Bus Trips:** Glenwood Place reserves the right to cancel any bus trips due to (potentially) bad weather, Resident safety is our priority. Residents who sign up for trips will be notified of any cancellation, and the cancellation will be posted on the activity boards located in both the Dining Room and Gathering Room.

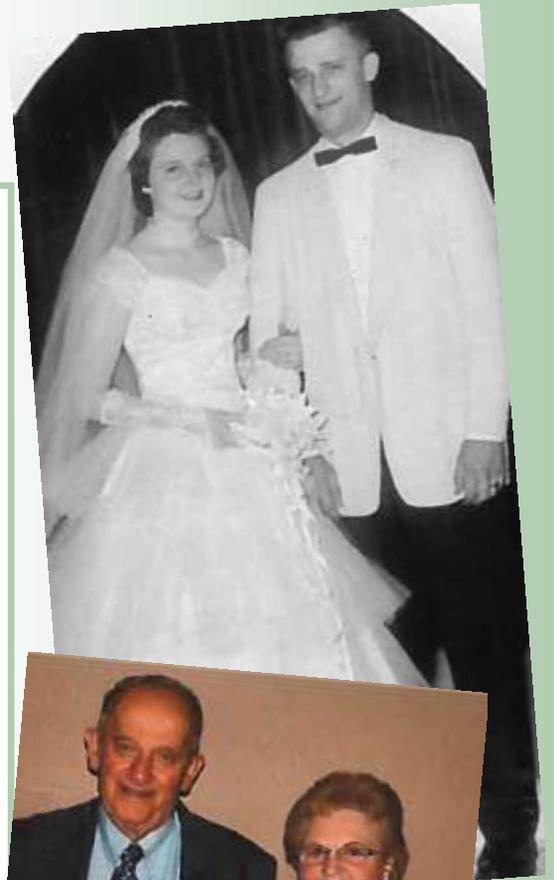
## Meet Our Resident: George and Phyllis Funk

George was born in Illinois and grew up with his brother, Robert. From a young age, George always had a passion for sports. His passion never faded, as he went to Drake University to study Physical Education. After college, George served in the Air Force and worked in many school districts across Iowa. George loved his jobs—especially the Athletic Director position he had in Marshalltown.

Phyllis was born and raised in Des Moines, Iowa. Phyllis grew up with one brother, Bert. As Phyllis grew up loving school, she went to Drake University to study Biology. Phyllis has accomplished a lot, as she worked as a secretary for Meredith Publishing Co., paraprofessional, and as a Real Estate Agent.

George and Phyllis met in a history class at Drake University. A week after they graduated from Drake, George and Phyllis got married. The couple have three children—Diane, Lori, and Mark.

Please welcome George and Phyllis to the Glenwood Family!



## Meet Our Staff: Vivian

Vivian works in housekeeping, sometimes helping in the kitchen and with laundry. Vivian is 18 years old and is currently enrolled in Kaplan University in Des Moines, where she is working toward her Master's in Early Childhood Development. Vivian is very grateful that Pamela gave her the opportunity to be a part of the Glenwood Family. If anyone needs anything to be cleaned up, Vivian would be happy to help.



# Cooking with Lisa...

## Ham and Green Bean Soup

### INSTRUCTIONS

- |                 |                         |
|-----------------|-------------------------|
| 3 sliced ham    | 3 tablespoons olive oil |
| 1 onion         | 2 cups dried split peas |
| 3 cups water    | 1 cup chicken broth     |
| 1 small carrots | 1 potato                |
| 3 green beans   | Salt                    |
| Pepper          | 1/2 whole milk          |

### INGREDIENTS



Pan-fry the ham in a small amount of olive oil for a few minutes or until slightly browned. In the same pan, cook the onions. Add the beans, ham, water, and chicken broth. Simmer until the peas are half cooked. Add the rest of the ingredients and simmer until peas are tender. Stir in a little half and half. Serve with warm cornbread.

### Spa Day... Thursday, January 5 at 1:30

Come and enjoy some fun, relaxing time together at another Spa Day! We will have the Theater Room set up as a relaxing place to unwind. You can come soak your feet, get your nails done, and enjoy some time with friends! There isn't a lot of room so it is necessary for there to be a limit on the number of spots available. There will be 15 spots available for the January Spa, so let Emily (Life Enrichment Coordinator) know if you would like to attend Spa Day! If you do not get one of the 15 spots, you will be the first on the waiting list for the February Spa Day!

Join us for Cook's Corner every other Monday at 10:30 in the Dining Room! The next Cook's Corner will be January 2nd!

Take a deep *breath*, and just enjoy your *life*.



## Nurse's Notes... with Kathryn

Happy New Year, Everyone! Medically speaking, January is the month for the Blues and Flus.

Frequent handwashing is so important to fight the flu bug. Families please ensure our residents have plenty of soap dispensers at their sinks. Cover your mouth with coughs and sneezes. Throw away used Kleenex immediately and drink plenty of fluids. Most importantly, if you are sick then please stay home until you are no longer contagious.

The Farmers Almanac is predicting a very cold winter. If we have to suffer the cold weather, then maybe Mother Nature will reward us by weakening the virus.

On January 18, Dr. Haver (Podiatrist) will be here to trim toenails. She will see all the residents unless families call and let me know otherwise.

### Tips for Avoiding Winter Bugs:

- Get vaccinated against flu
- Wash your hands often
- Limit exposure to infected people
- Keep stress in check
- Eat right
- Sleep right
- Exercise

## Dennis went fishing...again! Lake Erie Fishing Trip—December 3, 4, 5, 2016



# Canvas Painting!



## 2016 Mitten Tree

The Red Hat sponsored Mitten Tree was very well represented by the residents of Glenwood Place. On December 19th, the Mitten Tree was shed of her collection and was taken to the Crisis Care Center for distribution. At noon on December 19th, there was a contest to see who could guess the closest number to the total of hats and mittens on the tree. The winner was Marion Pritchett, who guessed 136. The total number of items collected was — 43 hats, 58 mittens, 15 sets of hat and mittens (30), and one scarf making the total 132 items. The Red Hatters thank you very much for having a part in this donation. The Red Hat Club is planning to meet at their regular time (the second Tuesday in January) with Queen Mother Janet Mason. Merry Christmas and Happy New Year to all!





Arti and Judy bring hot cocoa out to the construction workers!



Jean tries on the tiara she is donating to Toys-for-Tots!



Loretta adds some mittens to the annual Mitten Tree!



A full Mitten Tree for Salvation Army- donation to children in need.



Judy and Al wrap Christmas presents!



Rex and Marilyn sample pizza!



Meredith, Irene, Helen, and Louise make cookies during Cook's Corner!



Mary and Irene decorate the Christmas Tree!



George enjoys pizza sampling—Pepperoni was his favorite!



Gert loves her pizza!

Bless This Home  
WITH FRIENDS AND FAMILY--  
★★★★★  
Love and laughter forever after



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