

In Loving Memory of...



Patricia Finch



Carol Jontz



Dixie Lee Stamp



Pamela's Post

February is great month to talk about your heart and your love of family and friends. As a child growing up with 11 other siblings we had our share of love. My parents showed their love for each other daily with a good-bye kiss and a welcome home hug and kiss. They taught us to love and respect each other and instilled in all of us a deep faith in God. We felt sure we were unconditionally loved every day (even though some of us were in the dog house at times). It taught me to live every day to the fullest, hug often, give praise generously, find something you love and do it well. So, as we are building a new team and family at Glenwood Place I try to instill in my staff this love and respect of each other and YOU residents too, so thank you to all my staff and residents for helping me build this team we all call Glenwood Place!

Tax Information for Residents and Families

Did you know that the IRS allows deductions for medical care for an individual, spouse, or dependent if the expense exceeds 7.5% of the taxpayer's adjusted gross income? The monthly fee of an Assisted Living Community is a medical expense. The code further states that if a resident is living in an Assisted Living Community because of a medical condition which requires them to be there, and meals and lodging are furnished, then the cost is considered medical care expense.

A BIG THANK YOU goes out to Anne Schulte from SHIIP for meeting with my residents and families regarding their Medicare part D renewal. It was so wonderful that my residents did not have to venture out of the community. Again, many thanks to Anne!

Don't forget to give us your new Medicare card so we can put it in our system. Just have one of the coordinators make a copy for you!

Thank you for all your support as always,
Pamela.

Glenwood Place Retirement Community

2907 South Sixth Street

Marshalltown, Iowa 50158

Phone: 641-752-8410 Fax: 641-752-8515

www.glenwoodplaceal.net



Professionally managed by
Senior Housing Management.



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



As a 2019 kickoff, our Live 2B Healthy program has challenged all the senior living communities they work with to a special challenge. That challenge is who is the "Most Fit Community"? The community to beat their total class participation numbers by the highest percentage will be named the MOST FIT community in the Nation for 2019!

In the month of January, our fitness participation is up 28% of our goal! Our participation report states:

"Glenwood Place is at 112/95, which is 28% above our goal. That seems like a really nice number, so far. But, hard to tell before everyone's numbers are in."

Keep up the great work, residents! A case study reveals that 47% of falls are reduced by our Live 2B Healthy program!

Curious about our fitness program? Stop by and try! This class is free and open to the public.

Class schedule: Mon.—Sat. at 9:45 am

It's the perfect way to start your day!



- Helen Knoll.....Feb. 1, 1932
- Phyllis Brandt.....Feb. 13, 1928
- Marilyn Jensen.....Feb. 13, 1933
- Fran Anderson.....Feb. 23, 1924
- Betty Speas.....Feb. 25, 1923
- Mildred Lathrop.....Feb. 28, 1926
- Jaqueline Steveson.....Feb. 29, 1936

Is High Blood Pressure a big deal?

YES – blood pressure is the measurement of blood force against your arteries. When the pressure is high it causes the arteries to become hard making the heart work even harder.

There are two numbers and both are equally important the first (or top) number is called the systolic. It measures the pressure needed to get the blood out of your heart and into your body. The second (or bottom) number is called the diastolic and measures your heart at rest refilling for the next time your heart beats and sends blood back into circulation.

High Blood Pressure is often called the "silent killer" because often there are no symptoms. It is estimated that 1 in 3 people have high blood pressure but don't know.

What can high blood pressure do to my body?

- Cause heart to enlarge and pump ineffectively – heart failure, fluid in the lungs
- Cause bulges in blood vessels – aneurysms
- Narrowing of blood vessels to kidneys – Kidney Failure
- Arteries harden faster – Heart Attack, Stroke
- Blood vessels in the eyes burst/bleed – vision changes, blindness

Blood Pressure Category	Systolic (top number)	Diastolic (bottom number)
Normal	Less than 120	Less than 80
Prehypertension	120-139	80-89
High Blood Pressure (Hypertension) Stage 1	140-159	90-99
High Blood Pressure (Hypertension) Stage 2	160 or higher	100 or higher
Hypertensive Crisis (Emergency Care needed)	Higher than 180	Higher than 110

The good news – Hypertension (High Blood Pressure) is treatable. Knowing your blood pressure is very important and measuring your blood pressure provides very valuable information and can help you and your doctor manage your hypertension. Usually medications are prescribed to control hypertension and prevent problems.

The monthly vitals clinic is an excellent time to check your blood pressure and make sure it is okay. I look forward to seeing you at the vitals clinic.

Sherrri Reinier, RN

Meet our Residents... Charlie & Lois Cochran

Charlie and Lois Cochran both grew up in the state of Ohio. Ironically, they were both only children raised by caring parents.

Lois Harvey Cochran was born to parents, Claude and Inez. Her father was a mechanical engineer, her mother a teacher. Both parents were college educated and passed the love of school onto Lois. Lois' father was also very musical and was apart of the Syracuse Symphony Orchestra. Growing up, Lois loved school, she graduated first in her class of 1956 from Elyria High School. Before and after school she remembers practicing the piano, violin and helping with chores around the house. Lois continued her college education at Baldwin-Wallace in Ohio, studying Elementary Education.

How they met according to Lois: Lois says her and Charlie met at a school dance her freshmen year of college. Charlie was dating a friend of hers at the time. One night, her card group asked him to join because they needed a 4th person.

Charlie Cochran was born to parents, Erwin and Florence in the state of Ohio. Charlie's parents were over-protective because, again, Charlie was an only child. As a child, Charlie always remembers having pet cats named "Blondie", playing board games and excelling at sports, especially tennis. Throughout school, Charlie was a good student, graduating from Berea High School in Ohio. After high school, Charlie attended Baldwin & Wallace college, and studied English. He remembers hitch hiking to and from college to get from here to there.

How they met according to Charlie: One day, Charlie went home with his college roommate. Enter Lois. Lois was the sister of Charlie's college roommate.

Together, Charlie and Lois celebrated their marriage with 150-200 guests. They were married on Lois' parent's 25th Anniversary. As newlyweds they lived in a modest apartment above a garage in an apple orchid. After welcoming their first daughter, Charlie and Lois purchased Charlie's parent's home. Soon, three more children were welcomed. All four children live in Iowa, along with all 10 grandchildren and 13 greatgrandchildren (and #14 on the way).

After college, Charlie was drafted into the Army in 1958, serving at Fort Knox. After his time in the military his career was dedicated to teaching. In their careers, Charlie and Lois both had a great impact on the Marshalltown Community College. Charlie taught at MCC from 1967 till 2018, serving 48 years as a teacher. Lois dedicated her time to the MCC Library. Now, Lois and Charlie have dedicated their time to organizing the Glenwood Place Library, which we are all so grateful for! Throughout their marriage, they both enjoyed traveling the world, listing New Zealand as one of their favorites!

We are so happy to have Lois and Charlie apart of the Glenwood Place family!

Did You Know?

Did you know that Glenwood Place offers an automatic withdrawal option for easy rent payment? See Pamela or Danielle for the form to get this free service started and receive a \$50 gift card.



Brock Brings Home Hardware

Brock Severson, our dedicated volunteer, # 1 Chiefs fan, and foodie, shows off his metals he earned at this year's Winter Olympics in Dubuque. Silver and Bronze metals were proudly worn. Brock competed in the Cross Country Skiing events. Congratulations, Brock!