

February Employees of the Month



Congratulations to our Employees of the Month, Destiny Tollefson, CNA, and Erin Soppe, Housekeeper!

Destiny has been a CNA at Terrace Glen Village since October of 2018. Destiny always enters the building with a smile on her face and spreads positivity wherever she goes. She is a great role model for all of our staff members to look up to and truly goes above and beyond for every resident she cares for. We're so thankful to have Destiny on our team!

Erin has been a Housekeeper at Terrace Glen Village since July of 2019. Erin continues to be a great team player each and every day she steps into the building. Her caring, bubbly personality is refreshing to have in the community and brings so much happiness to our residents and staff. We appreciate all of your hard work and willingness to go where needed. We couldn't do it without you!

Save the Date

You're invited to our 2nd Annual Easter Egg Hunt!

Saturday, April 11th

10:30 a.m. - 12 p.m.

Easter Egg Hunt will begin at 11 a.m.

Come out to Terrace Glen Village for our Easter Event! We will have an Easter egg hunt, face painting, crafts, snacks, and pictures with the Easter Bunny! This is a free event to attend.

This event will be held outside. If it is raining the event will be held inside.



The Villager



OFFICIAL NEWSLETTER OF TERRACE GLEN VILLAGE

MARCH 2020

Tips for Health in the Spring

Take Yourself in for a Tune Up

To keep your body running at peak performance, it needs regular maintenance: a spring tune-up, so to speak. Get your weight, blood pressure, glucose and cholesterol levels checked out by your primary-care physician; who can also book you for other relevant tests. In addition, if it's been a year since your eyes were tested, schedule an appointment with your optometrist, and see your dentist if you haven't been examined for at least six to nine months. Finally, if you are finding it difficult to catch what people are saying, especially in a crowd of people, it's probably time to get your hearing tested.

Put on Your Walking Shoes

If you're no fan of ice and snow, your whole world may expand once the spring sun settles in and thaws out the land. And there's no better way to explore the season than by walking. Health-wise, it's one of the best physical activities for seniors – its considerable benefits include controlling blood sugar, supporting bone and heart health and improving sleep.

Drink Lots of Water

As you age your ability to notice thirst may decrease, so it's important to keep an eye on water intake, especially when you've been exercising outdoors in the sun. Dehydration can adversely affect memory, concentration and increase fatigue; it can also lead to serious complications such as increased risk of falls.

Watch for Allergies

Springtime can mean the beginning of allergies for people who react badly to grass and pollen. Keep an eye on the weather. Many weather reporters and websites now offer allergy predictions as well.

New Residents

- Jean Galpin and Jane Baker
- Jan Green
- Jim and Jo Allen

Resident Birthdays

- Marlene L - 3/13
- Dick H - 3/14
- Ginny N - 3/18
- Ivan R - 3/19
- Joan C - 3/21
- Sharon E - 3/24
- Mary Jo V - 3/25
- Ray H - 3/28
- Shirley P - 3/29

Staff Anniversaries

- Jeanette Campbell - 1 year

Did you know?

Terrace Glen Village currently has availability in all areas! If you're interested in scheduling a tour of our community to see the variety of floor plans we offer, call (319) 377-9000!

Available floor plans in

Independent Living:

- Cedar (1bed, 1bath)
- Cottonwood (1bed, 1.5 bath)
- Birch 1 (1bed, 1.5bath, Den)
- Alder (2bed, 2bath)
- Fir (2bed, 2bath, Deck)

Available floor plans in

Assisted Living:

- 1 bedroom, 1 bath
- 2 bedroom, 2 bath

March J&L and A&L Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ♣ 10am Games ♦ 1:30pm Bingo ♦ 3pm National Peanut Butter Lover's Day Celebration	2 † 9am Chair Exercise ▽ 10am Bible Study ▽ 1:30 pm Pool Tournament ♦ 3pm Margarita Monday † 6:30pm Docu-Series	3 † 9am Stretching * 10am Kohl's ⌘ 1:30pm Girls Only Party ♦ 3:30pm Bingo ♠ 6:30pm Games	4 † 9am Chair Exercise † 9:30am Rosary ♣ 10am Scrabble ▽ 2pm Reflections ♦ 3pm Wine Wednesday † 7pm Meditation	5 † 9am Stretching ⌘ 10am Craft † 1:30pm Worship ♦ 3:30pm Bingo ♣ 6:30pm Skip-Bo	6 † 9am Strength ⌘ 10am Rummikub ⌘ 1:30pm Manicures † 2pm Floyd's Travel Talk ♣ 3pm Skip-Bo † 6:30pm Movie	7 † 10am Communion ♣ 1:30pm Games † 4pm Movie
8 ♣ 10am Games ♦ 1:30pm Bingo ♦ 3pm Appetizer Party	9 † 9am Chair Exercise ▽ 10am Bible Study ▽ 1:30 pm Bridge ♦ 3pm Mixed Drink Monday † 6:30pm Docu-Series	10 † 9am Stretching ♣ 10am Tri-Ominos * 1:30pm Hy-Vee ♦ 3:30pm Bingo ⌘ 6:30pm Dominos	11 † 9am Chair Exercise † 9:30am Rosary ♣ 10am Sorry ♦ 1:30pm Beanbag Baseball ♦ 3pm Wine Wednesday * 5:30pm Urban Pie † 7pm Meditation	12 † 9am Stretching ♠ 10am Gems of Hope ♣ 10am Games † 1:30pm Worship ♦ 3:30pm Bingo ♣ 6:30pm Garbage	13 † 9am Strength † 10am Communion ♦ 10am Farkle ▽ 10:30am Sampson ♦ 1:30pm Coloring † 3pm Music and Memories * 7:30pm CRCCA Concert #3	14 ♣ 1:30pm Games † 4pm Movie
15 ♣ 10am Games ♦ 1:30pm Bingo ♦ 3pm Ides of March Social	16 † 9am Chair Exercise ▽ 10am Bible Study ▽ 1:30 pm Pool Tournament ♦ 3pm Margarita Monday † 6:30pm Docu-Series	17 † 9am Stretching * 10am Dollar Tree ♦ 1pm St. Patrick's Day Fun * 2pm Maple Syrup @ ICNC ♦ 3:30pm Bingo ♠ 6:30pm Games	18 † 9am Chair Exercise † 9:30am Rosary ⌘ 10am Manicures ▽ 2pm Reflections ♦ 3pm Wine Wednesday † 7pm Meditation	19 † 9am Stretching ⌘ 10am Craft * 12pm Dancing @ Hiawatha † 1:30pm Worship ♦ 3:30pm Bingo ⌘ 5:30pm Potluck	20 † 9am Strength ♦ 10am Coloring * 11:30am Accordion Concert ♦ 3pm Mug Club † 6:30pm Movie	21 † 10am Communion ♣ 1:30pm Games † 4pm Movie
22 ♣ 10am Games ♦ 1:30pm Bingo ♦ 3pm Sunday Sundaes	23 † 9am Chair Exercise ▽ 10am Bible Study ▽ 1:30 pm Bridge ♦ 3pm Mixed Drink Monday * 5:30pm Red Lantern	24 † 9am Stretching * 10am Wal-Mart ♦ 1:30pm Bingo ⌘ 3:30pm UI Art Program ⌘ 6:30pm Dominos	25 *Hearing Center 9-11am* † 9am Chair Exercise † 9:30am Rosary ♦ 10am Echo Hill Visit ♣ 1:30pm Book Club ♦ 3pm Wine Wednesday † 7pm Meditation	26 † 9am Stretching ♦ 10am Bingo † 1:30pm Worship ♣ 3:30pm Music with Harry ♣ 6:30pm Skip-Bo	27 † 9am Strength † 10am Communion * 12:30pm Art Museum † 3pm Music and Memories † 6:30pm Movie	28 ♣ 1:30pm Games † 4pm Movie
29 ♣ 10am Games ♦ 1:30pm Bingo ♦ 3pm Birthday Cake	30 † 9am Chair Exercise ▽ 10am Bible Study ▽ 1:30 pm Pool Tournament ♦ 3pm Margarita Monday † 6:30pm Docu-Series	31 † 9am Stretching ★ 10am AL Tenant Focus ♣ 10:30am Farkle ♦ 1:30pm Bingo ★ 3pm IL Tenant Focus ♠ 6:30pm Games	Birthdays: Marlene L. – 13 th Dick H. – 14 th Ginny N. – 18 th Ivan R. – 19 th Joan C. – 21 st Sharon E. – 24 th Mary Jo V. – 25 th Ray H. – 28 th Shirley P. – 29 th		* Off-grounds † Chapel ♣ Coffee Café ♥ IL Dining ♦ HC Dining	♠ Activity Room ★ AL Dining ⌘ Community Room ♣ Activity Corner ▽ Other (see weekly!)
						

"Spring: a lovely reminder of how beautiful change can really be."