

## RESIDENT BIRTHDAYS

1/13 - Joan Martin  
 1/14 - Ruth Larson  
 1/15 - Vera Erickson  
 1/18 - Bill Sime  
 1/20 - John DeVeau  
 1/23 - Billy Bydlon  
 1/26 - Lois Oechsle  
 1/26 - Maury Treberg  
 1/28 - Celeste Sandeen  
 1/29 - Dean Wilson  
 1/30 - George Reynolds



## STAFF BIRTHDAYS

1/1 - Hafsa Hassan	1/1 - Lilian Nyagwoka	1/18 - Mark Bakken
1/1 - Magdalene Mogere	1/7 - Amber Daggs	1/23 - Kathi Wilkerson
1/1 - Ayan Mohamed	1/11 - Tenzing Kinzom	1/27 - Eric Jokinen
1/1 - Norah Moranga	1/11 - Elisheba Memba	
1/1 - Phyrace Nyabuto	1/12 - Linet Amwoma	

Happy New Year!

We are so excited to start a new year with the best residents around! On behalf of all of the staff here at The Glenn Minnetonka, we would like to thank all of you who donated to our annual employee holiday party. On Friday, January 5th we will be celebrating at Bowlero in Eden Prairie thanks to many generous donations.

The third week of this month is Activity Professionals Week! Give us an extra high-five when you see us running around :) We are truly grateful to work to provide meaningful activities for this community. Also make sure to extend your thanks to our Marketing Director, Karen, as it is Community Marketing Appreciation Day on the 22nd.

As always, our door is always open and we welcome all of your suggestions, comments and concerns!

*Alissa, Abby & Teresa*



# The Glenn Gazette

THE GLENN  
MINNETONKA

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2018

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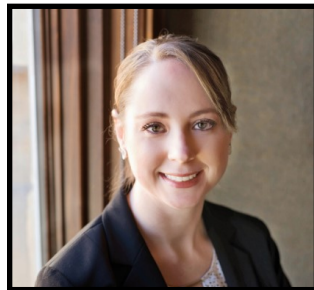
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## UPDATES FROM YOUR ADMINISTRATOR



Happy New Year! By the end of January you will be receiving your Certificate of Rent Paid (CRP). This is a document you will receive annually that is designed to tell you how much of your rent went for property taxes. This information can be important as you file your 2017 taxes.

A special thank you to our Community Life Department and Unidine for organizing superb Christmas parties at The Glenn last month! We were all delighted with the wonderful attendance and received lots of positive feedback.

Recently, we've had a few concerns about the amount of coffee mugs that have gone missing from the Perk. We would appreciate it if you checked your apartments for Glenn coffee mugs and return them back to the Perk.

Just a reminder that there are a number of services that The Glenn can provide for you that make life a little easier. For example, we can provide housekeeping services, laundry services, homecare assistance, medication management, and extra grab bars to name just a few. Additionally, the support we receive from Lunds & Byerly's and the First City Bank of Minnetonka, make shopping and banking remarkably easy for our residents. Please don't hesitate to inquire at the front desk about any of these services.

Lastly, our remodel in the Garden Suites Memory Care dining room is progressing along nicely. We are still on track to finish in mid/end January and are excited to see the results!

I hope you enjoy reflecting on your new beginning as January progresses. Keep letting us know how we can improve life for you here at The Glenn Minnetonka.

Affectionately,  
Shanna

## CHAPEL CHATS WITH DEACON JIM



By the time you receive this newsletter Christmas will be a memory and the New Year's resolutions will already be broken on their way to becoming memories not to be looked at again until you enter the following year (2018). The month of January is named after the Roman god Janus, the two faced god who can look backward and forward at the same time. In January we look back on our successes and also some not so sterling ideas and actions. As we look ahead in the New Year we see that Ash Wednesday falls on February 14 and Easter is April 1.

While I was thinking about this time in between Christmas and Easter it occurred to me that Easter would be on April Fool's Day. The Orthodox Church has a tradition that the Monday after Easter is called Joke Monday when friends and neighbors exchange jokes. This is because Jesus played the greatest joke of all on the devil by rising from the dead.

We could ask ourselves if we have the joyful kind of faith that can see the humor in the world and celebrate it. We forget that Jesus had a sense of humor. Just look at the people he surrounded himself with. Just look at us, "I have called you by name and you are mine". He chose each one of us. He has to have a sense of humor. Our greatest joy IS that God loves us unconditionally.

Be joyful and celebrate.

## SPOTLIGHT OUTINGS &amp; EVENTS

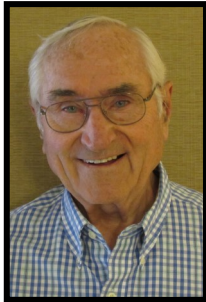
**Upcoming Outings (sign up at the front desk)**

- Tuesday, January 2 - Movie Outing with Hopkins - 5:45pm - 9:00pm (see front desk for movie choices)
- Thursday, January 4 - Lunch Outing to Red Lobster - 11:30am - 2:30pm
- Monday, January 8 - Tour Outing (probably to Minneapolis Institute of Art) - 1:00pm - 4:00pm
- Tuesday, January 9 - Lunch Outing to 6Smith - 11:30am - 2:30pm
- Friday, January 12 - Mystic Lake Outing - 9:45am - 3:00pm
- Monday, January 15 - Lunch Outing to Joe Sensor's - 12:00pm - 3:00pm
- Tuesday, January 23 - Mystic Lake Outing - 10:00am - 2:00pm
- Wednesday, January 24 - Como Conservatory Winter Flower Show - 12:30pm - 4:00pm
- Friday, January 26 - Ethnic Lunch Outing of the Month - 11:30am - 2:30pm
- Tuesday, January 30 - Lunch Outing to Bunny's - 11:30am - 2:30pm

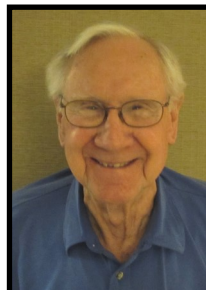
**Upcoming Events**

- Monday, January 1 - Mass of the Solemnity of Mary, Mother of God - 11:00am - Chapel
- Friday, January 5 - Ambassador Meeting - 11:00am - Fireside Dining Room
- Monday, January 8 - Trivia with Teresa - 10:45am - 2nd Floor AL Alcove
- Tuesday, January 9 - Massages with Jeanne (\$15 for 20 minute seated massage) - 11:30am - 1:45pm - Arts Room (sign up at the front desk)
- Wednesday, January 10 - Paraffin Wax Hand Dips - 1:30pm - Club Room
- Wednesday, January 10 - Nail Filing/Polishing with Alissa & Abby - 2:00pm - Club Room
- Wednesday, January 10 - Library Day - 3:15pm - Conference Room
- Thursday, January 11 - Hearing Solutions - 1:30pm - 3:30pm - Private Dining Room (make appointment at the front desk)
- Thursday, January 11 - Mill Creek Ramblers Musical Entertainment - 3:00pm - Chapel
- Monday, January 15 - MLK Trivia with Teresa - 10:45am - 3rd Floor AL Alcove
- Wednesday, January 17 - Movie Committee Meeting with Abby - 11:30am - Arts Room
- Wednesday, January 17 - Dining Committee Meeting - 2:00pm - Conference Room
- Wednesday, January 17 - Guys from Brookview Musical Entertainment - 2:30pm - Chapel
- Thursday, January 18 - Birthday Party of the Month with Musical Entertainment by Shawn Sweeney - 2:30pm - LaFayette Dining Room
- Friday, January 19 - Resident Meeting - 11:00am - Chapel
- Saturday, January 20 - Tech Support with Abby - 9:30am - Perk
- Sunday, January 21 - Golf with Abby - 2:30pm - Perk
- Monday, January 22 - Trivia with Teresa - 10:45am - 4th Floor AL Alcove
- Wednesday, January 24 - Paraffin Wax Hand Dips - 1:30pm - Club Room
- Wednesday, January 24 - Nail Filing/Polishing with Abby & Teresa - 2:00pm - Club Room
- Wednesday, January 24 - Sing A Long - 4:00pm - Chapel
- Sunday, January 28 - Tech Support with Abby - 2:30pm - Perk
- Monday, January 29 - Trivia with Teresa - 10:45am - 2nd Floor AL Alcove
- Wednesday, January 31 - Chan-o-Laires Concert - 2:30pm - Chapel

## YOUR SUBMISSIONS

**Limericks by Liska**

We have amongst us a Naval pilot named Bob Foley  
 Who, when rocketed to 2,000 feet by a mal-adjusted  
 catapult yelled "Holy-Moley!"  
 Now he is a retired radiologist  
 Who rubs his back on a convenient wall corner before breakfast  
 - he's never missed!  
 And Bob claims his favorite sandwich is definitely not bologna  
 But his favorite dip is guacamole!

**January 2018***By Ralph Jackson*

How do you greet the new year?

If you live close to New York, you could join the crowd  
 and watch the ball go down. I think I'll play it safe and  
 watch the ball go down on TV.

January can be one of the coldest of the year. Make sure our kids  
 are dressed for the cold days! (And check on us old folk too).

We slip on the ice real easy! If we want to slip and slide we need  
 to have ice skates on - then we can have fun on the ice!

Jesus wants us to be safe in all we do.

January should be a planning month, not just for our personal  
 lives but for our loved ones and our friends.

We need to ask our Heavenly Father to guide us in the new year.  
 Jesus loves you.

## UPDATES FROM THE NURSE'S OFFICE

***Have you had your Flu Shot?***

The Influenza season typically runs from October through March, but may last as late as May. The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

Signs and symptoms to be aware of are as follows: Fever\* or feeling feverish/chills, Cough, Sore throat, Runny or stuffy nose, Muscle or body aches, Headaches, and/or Fatigue (tiredness). Some people may have vomiting and diarrhea, though this is more common in children than adults.

If you have any of these symptoms, it is important to notify the nurse so we can have you tested to determine if indeed it is the flu and get the appropriate treatment in place. Those people that "catch" the flu can be treated with "anti-viral drugs" that must be ordered through a physician. There are three FDA-approved influenza anti-viral drugs recommended by CDC this season to treat influenza: oseltamivir (available as a generic version or under the trade name Tamiflu®), zanamivir (trade name Relenza®), and an IV medication, peramivir (trade name Rapivab®). Zanamivir (Relenza) and Oseltamivir (Tamiflu) are usually prescribed for 5 days, but may be needed longer, depending on the patient response to the medication. Peramivir (Rapivab) is given IV over a 15 -30 minute period.

Certain health and age factors are known to increase a person's chances of contracting influenza. These factors are as follows:

- Asthma
- Neurological and neurodevelopmental conditions
- Blood disorders (such as sickle cell disease)
- Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
- Endocrine disorders (such as diabetes mellitus)
- Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
- Kidney disorders
- Liver disorders
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
- People who are obese with a body mass index [BMI] of 40 or higher
- People with a weakened immune system due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)
- Adults 65 years and older

***If you have not had your flu shot, it's not too late. Contact your nurse and make arrangements. It takes approximately 2 weeks for the vaccine to become fully effective. And, do not believe the rumors...you cannot catch the flu from the shot!***

## BLUESTONE DATES REMINDER

JUST A REMINDER THAT BLUESTONE PHYSICIANS WILL BE VISITING ON  
 THESE DATES:

★ FOR ASSISTED LIVING & FIRESIDE SUITES : MONDAY, JANUARY 15TH

★ FOR GARDEN SUITES : WEDNESDAY, JANUARY 31ST





## AMBASSADOR PROGRAM

## We are looking for more residents to serve on our Ambassador Committee!

### What is an Ambassador?

A resident who represents The Glenn Minnetonka; who shares the message of our community to others considering a move as well as welcomes new residents to The Glenn Minnetonka.



Be an ambassador!



### What time commitment is involved?

Ambassadors will attend a monthly meeting (*the first Friday of every month at 11:00am*) to obtain updates on the building and to learn about upcoming events. If an ambassador chooses to sign up to help with tours, special events, welcoming new residents, etc. there will be additional time commitments.

### What does an ambassador do?

In addition to the monthly meetings, Ambassadors will choose what type of activities they want to participate in – tours, helping at special events (*ie: bake sale, Walk The Glenn, birthday parties, greeting*), or welcoming new residents and can sign up accordingly.

### Are there any benefits to being an Ambassador?

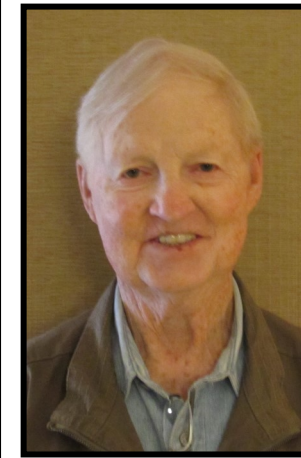
Yes! You will be the first to know the latest happenings at The Glenn Minnetonka. You will also feel good about yourself while you help others feel comfortable getting to know our building. It is a great way to make friends while participating in special events and parties.

### How do I sign up?

Please contact Cindy (*Resident Services Director*) at 952-345-4408 or just stop by the first 2018 meeting on Friday, January 5<sup>th</sup> at 11:00am in the Fireside Dining Room!

## THE GLENN GLIMPSES

BY JANE HERTIG



### Meet Dr. Robert Foley!

Dr. "Bob" Foley has been a Glenn Minnetonka resident for over five years. He and his wife, Mary, were married 60 years and raised a son and three daughters in the Minnetonka area. He's fortunate that they all live in and around the Twin Cities and have honored him with eight grandchildren and two "greats"! Bob became a Doctor partially through the midshipman program when he was serving in the Navy Air Corps as an aviator for four years aboard naval carriers. He finished his Pre-Med at St. Johns and Medical School at the University of Minnesota. After one year of internship in California, he was back in Minnesota as a radiologist and spent 33 years at St. Mary's Hospital (and seven of those years at Fairview Southdale, as well).

His wife, Mary, was a Macalester graduate and was a buyer for Donaldson's and Director of State Testing at the University of Minnesota. She passed on while living here at The Glenn. They traveled while working and raising their family, enjoying skiing, surfing and running marathons. They toured Europe, Africa, South America, Austria, Mexico, Italy and even saw his grandmother's home in Ireland! They spent 22 years of winters in their home in Florida.

Bob seems to have settled down here at The Glenn, spending time at the coffee klatches, men's group, happy hour etc. How interesting he is to visit with. Dr. Bob, we're so glad you're among us at The Glenn Minnetonka!

## MISSING ITEMS

We are missing  
MANY **coffee mugs** in THE PERK!

**MUGS!**

If you have any  
(or see any)  
please return  
them to THE PERK!

We are missing  
MANY happy  
hour **bowls** in THE CLUB ROOM!

**BOWLS!**

If you have any  
(or see any)  
please return  
them to THE FRONT DESK!