Resident Birthdays

3/1 - Giff Bruley
3/10 - Eugene Cornelius
3/11 - Faith Pardoe
3/18 - Gene Baker
3/18 - Jan Gnotta
3/19 - Kathleen Seeland
3/19 - Joe Sherlock
3/20 - Dick Graziano
3/22 - Marjorie Bengston
3/22 - Mary Schmelz
3/23 - Dolly DeSouza
3/29 - Nancy Anderson
3/30 - Dutch Bryan
3/31 - Millie Freiberg

Staff Birthdays

3/10 - Mary Machogu
3/10 - Pearl Mappy
3/16 - Cindy Ehlen

March means it's time for our annual St. Patrick's Day Scavenger Hunt! Each day of the week leading up to St. Patrick's Day (March 12 - 16), there will be a large gold coin hidden somewhere in the building. A clue will be posted in the Perk every morning and whomever finds the gold coin first each day can collect a prize at the front desk! Best of luck to all!

- Alissa, Abby & Teresa

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The Glenn Gazette

March
2018

THE GLENN
MINNETONKA

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UPDATES FROM YOUR ADMINISTRATOR

As we enter springtime, we have been humming along and busy as ever here at The Glenn Minnetonka. We've had a lot of changes in our housekeeping department, so let me start off by introducing our new staff:

- Laytoya Higgins is our Lead Housekeeper, she will be primarily responsible for cleaning Independent Living & Care Suite apartments
- Bryanne Deinema- responsible for cleaning apartments in Assisted Living, 2nd floor
- Kimberly Houston- responsible for cleaning apartments in Memory Care

Unidine/dining update : we hired a new Dining Services Director, Ian Caprarola, hopefully you've had the opportunity to meet him. Ian comes to us with a vast culinary background- from managing restaurants in Chicago to senior housing in St. Paul. He has a lot of new and fresh ideas that he is itching to implement, however right now his primary focus is staffing which has been a great challenge.

The beginning of this month we are rolling out eMenuChoice, a paperless point of service software specifically designed for senior housing. Essentially, servers will now carry iPads and will take your order at the table on an iPad. Once the server electronically submits your order a ticket will be automatically generated in the kitchen with your order, the chef will then tear off your ticket and begin preparing your meal. Though, this won't solve all of our problems, this should help increase meal delivery and service because it will eliminate the need for the servers to run back and forth to and from the kitchen dropping off orders. It should also make ordering and billing more accurate.

It has been a long process, but I do think we are making progress overall with meal service and food quality. Please continue to bring your comments & concerns to my attention, Ian's attention, or fill out the comment cards. You are my eyes and ears in the dining room and I can promise you I will continue to be your advocate.

Lastly- get ready for more sunlight and to spring forward in time because daylight savings begins on Sunday, March 11th. We are ever so slowly coming out of winter hibernation to a more active spring season!

Affectionately,
Shanna

6TH ANNUAL EASTER EGG HUNT

SAVE THE DATE!

On **Saturday, March 31st at 1:00pm** we will be having our annual Easter egg hunt! Please invite your kids, grandkids, great-grandkids - everyone! This is a **free, indoor** event for **children of all ages** & it's always so much fun to watch the kids find all the eggs. We will also have an Easter craft available after the egg hunt!

If you want to help us stuff all the Easter eggs, come down to the Arts Room on Thursday, March 22nd at 2:30pm!!

SPOTLIGHT OUTINGS & EVENTS

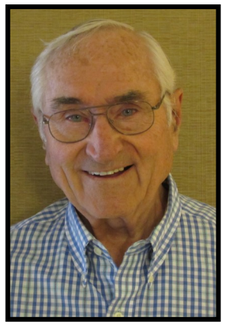
Upcoming Outings (sign up at the front desk)

- Friday, March 2 – **Fish Fry Dinner & Stations of the Cross at IHM** – 4:45 – 8:30pm ($11/person)
- Monday, March 5 – **Lunch Outing to Axel's in Chanhassen** – 12:00 – 3:00pm
- Tuesday, March 6 – **"Irish Heritage" Tour at James J Hill House in St. Paul** – 8:30am – 12:00pm (FREE!)
- Tuesday, March 6 – **Movie Outing in Hopkins** – 5:40 – 9:00pm
- Friday, March 9 – **Mystic Lake Outing** – 9:45am – 3:00pm
- Thursday, March 15 – **Lunch Outing to Patrick McGovern's in St. Paul** – 11:30am – 2:30pm
- Friday, March 23 - **Ethnic Lunch Outing to The Liffey** (Irish) - 11:30am - 2:30pm
- Tuesday, March 27 - **Mystic Lake Outing** - 10:00am - 2:00pm
- Wednesday, March 28 – **"Guys and Dolls" at Old Log Theater** – 12:30 – 5:00pm - $30/person *(turn payment in to the front desk to secure your spot – limited tickets available!)*
- Friday, March 30 - **Lunch Outing to Red Lobster** - 11:30am - 2:30pm

Upcoming Events

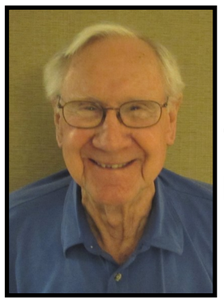
- Friday, March 2 – **Ambassador Meeting** – 11:00am – Fireside Dining Room
- Sunday, March 4 - **Tech Support with Abby** - 2:00pm - Perk
- Wednesday, March 7 - **Over-the-Counter Medications Presentation** - 10:00am - Glenview Room (2nd Floor)
- Thursday, March 8 – **Hearing Solutions** – 1:30pm – Private Dining Room
- Thursday, March 8 - **Musical Performance by John & Mary Anderson** - 2:30pm - Chapel
- Monday, March 12 - **Start of Annual St. Patrick's Day Scavenger Hunt** - 10:00am - Perk
- Tuesday, March 13 – **Massages with Jeanne** ($15 for 20 min seated massage) – 11:45am – 1:30pm - Cinema
- Wednesday, March 14 - **Library Day** - 3:15pm - Conference Room
- Thursday, March 15 – **Birthday Party of the Month** – 2:30pm – LaFayette Dining Room
- Friday, March 16 – **Resident Meeting** – 11:00am - Chapel
- Saturday, March 17 - **St. Patrick's Day Trivia with Alissa** - 3:30pm - Perk
- Saturday, March 17 - **Irish Themed Dinner** - 5:00 - 6:00pm - both dining rooms
- Saturday, March 17 - **Minneapolis Commodores Barbershop Rocks Concert** - 6:30pm - Chapel
- Wednesday, March 21 - **Movie Committee Meeting** - 11:00am - Arts Room
- Wednesday, March 21 - **Dining Committee Meeting** - 2:00pm - Conference Room
- Thursday, March 22 - **Fill Easter Eggs for Egg Hunt** - 2:30pm - Arts Room
- Tuesday, March 27 - **Cabi Clothing Sale** - 1:00 - 5:00pm - Club Room
- Wednesday, March 28 - **Sing-A-Long** - 4:00pm - Chapel
- Thursday, March 29 - **Dye Easter Eggs** - 2:30pm - Arts Room
- Friday, March 30 - **Good Friday Reflections with Community Life** - 11:00am - Chapel
- Friday, March 30 - **Hide Easter Eggs for Egg Hunt** - 1:30pm - Meet in the Perk
- Saturday, March 31 - **Annual Easter Egg Hunt** - 1:00pm - Meet in the Perk
- Saturday, March 31 - **Easter Art Projects** - 1:45pm - Arts Room

YOUR SUBMISSIONS



Limericks by Liska

We are blessed with a long-term resident named Barney
Who swears he never kissed a stone called "Blarney"
He hails from a Minnesota city named Austin,
Which he modestly says is a bit smaller than Boston
But did he really propose to Margaret on bended knee - or is it more bologna?



March

By Ralph Jackson

The windy month of the year.
Do you understand why our heavenly Father wanted the month to be so windy? Well, the wind pushes the cold and the wintery weather out and the warm weather in for us to enjoy.
It also drys out the gardens and the fields for the farmers to start their yearly crop and the garden lovers to play their flower and veggie seeds.
Now with the warmer days we can take a long walk and feel the warm weather.
This will be a good time for our young lovers to plan a spring, summer or fall wedding.
I'm sure Jesus would think so too. Why not say "Yes, Jesus"?
Jesus loves everyone and the best thing about his love - there are no borders or color. Thank you Jesus.

UPDATES FROM THE NURSE'S OFFICE

Alzheimer's disease is an age-related brain disorder that gradually destroys a person's ability to remember, think, learn and carry out even simple tasks. "Dementia" is a broad term describing a variety of diseases and conditions that damage brain cells and impair brain function. Alzheimer's disease is the most common type of dementia and accounts for sixty to eighty percent of cases.

Our brain health and our thinking and reasoning abilities, our cognitive health, may or may not decline as we get older. And changes are gradual along a continuum from no change to small changes (mild cognitive impairment) to severe changes (dementia). Most agree that the components of good brain health and healthy cognitive functioning include:
language, thought, memory, ability to plan and carry out tasks, judgment, attention, perception, remembered skills (such as driving), and the ability to live a purposeful life. Some people never develop a serious decline in cognitive function and not all who develop mild cognitive impairment develop dementia.

More than ninety percent of Alzheimer's disease and related dementia cases occur in people age sixty and older. A small number of people, age thirty to sixty years, develop "early-onset" Alzheimer's disease. This "early-onset" form of the disease often runs in families.

More than 5.4 million Americans were estimated to be affected by Alzheimer's disease and related dementias in 2012. In American communities, only about half of the people who would meet the criteria for Alzheimer's disease or related dementias have been diagnosed. It is likely that half of the estimated 5.4 million Americans with Alzheimer's disease and related dementias do not know they are affected. Unless something can be done to delay the onset, or to halt or reverse the course of dementia conditions, researchers predict as many as 16 million Americans will have Alzheimer's disease or related conditions by 2050.

Currently there are no medications or other interventions that definitively prevent, treat, or cure these conditions and we are unable to diagnose the disease before symptoms occur.
Scientists are evaluating whether strategies like exercise, changes in food habits, maintaining relationships with friends and family or "brain games" can prevent or slow Alzheimer's disease or related conditions. To date, the studies have not shown that, over the long term, health or lifestyle factors, medications or dietary supplements are effective prevention strategies.

Information provided by the MN Dept. of Health

BLUESTONE DATES REMINDER

Bluestone Physician Services

Just a reminder that Bluestone Physicians will be visiting on these dates:

* for Assisted Living & Fireside Suites : **Monday, March 5th** (AM)
* for Garden Suites : **Tuesday, April 3rd** (PM)

INSIGHT FROM INTERIM HEALTHCARE

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How to Rebound and Rejuvenate after a Health Crisis

After an injury or illness, your perspective and participation can make the difference in recovery and getting back in the swing of things! Here are 2 factors to keep in mind.

1. Get Motivated! Find a physical goal to work towards, there is benefit in having something to work at. Join a rehab squad, you do not have to do it alone, find a group of individuals that are working towards a goal themselves! This is a good way to encourage one another and help each other.

2. Maintain and Cultivate Good Mental Health! Accept and acknowledge what you can do realistically in response to the crisis. Smile more, there is evidence to support that laughter and a positive mood can be healing! Stay focused, find mile markers that you can meet and continue with during the long recovery process. Like mentioned above, you do not have to do it alone, find cheerleaders! Your family members and rehab squad can be great motivation and resources of support.

OVER-THE-COUNTER MEDICATIONS

Please join us at **10:00am** on **Wednesday, March 7th** in the **Glenview Room** for a special presentation sponsored by Park Nicollet & Cub Pharmacies on **"Over the Counter Medications"**

Some of the topics discussed in this presentation include:

- What can pharmacists do?
- Generic vs. Brand name medications
- Understanding medication instructions
- Antibiotics
- OTCs – Acetaminophen, NSAIDs, Aspirin, Antihistamines, Dextromethorphan, and Pseudoephedrine
- Understanding prescription and medical insurance terminology
- Influenza
- Pneumonia
- Shingles

THE GLENN GLIMPSES

BY JANE HERTIG

Meet June Kinsman!

June is one of the first Glenn residents who moved in over six years ago! She is often in the Perk for a cup of coffee and a visit. She was also one of the first medical secretaries at Park Nicollet Medical Center. She was there from the first day they opened. June majored as a medical secretary at Boston University in Massachusetts. She was raised in Arlington, MA with her two brothers.

June met her husband, Roger through a friend of hers who was a patient of his. Roger was a medical corpsman in the Navy, as a private nurse. While they were raising their three daughters, Roger was busy opening his own drugstore as their pharmacist. The three girls all took their turn working there. And it was at the corner of 66th and Penn where many of us shopped.

Their daughters Diane, Karen, and Donna often visit June here at The Glenn. They are each married and June's grandsons and granddaughters complete the family.

We congratulate you on being among the first at The Glenn and the first at the Medical Center, and we enjoy being with you at the Perk!

DO YOU KNOW?

There is a wonderful chalk artist right next door at Caribou! One of their employees, Kari Johnson, creates beautiful drawings on their chalkboards each month. Take a stroll down the sidewalk to see her March creations in person! She modeled the leprechauns after her children.

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