

## RESIDENT BIRTHDAYS

4/4 - Bob Thompson  
4/5 - Leila Froehlich  
4/5 - Tom Wilharm  
4/6 - Margaret Hanson  
4/11 - John Elliot  
4/13 - Janis Favorite

4/14 - Clara Dolan  
4/16 - Joan Miska  
4/20 - Julian Sjordal  
4/22 - Ann Ragozzino  
4/23 - Joy Bragg  
4/24 - Winona Carlson

## STAFF BIRTHDAYS

4/8 - Ashley Kumar  
4/13 - Donna Hanson  
4/13 - Abby Saunders



Happy Spring everyone! April is the month we will (hopefully) see the weather take a real turn towards warmer temperatures and hopefully see all of that white stuff melt away! We can't wait to schedule some OUTDOOR activities!

April is National Volunteer Month, so thank you to all of our resident & community volunteers! We would not be able to provide all that we do without YOU!

In addition, April 25th is Administrative Professional's Day and April 30th is National Hair Stylist Appreciation Day! Be sure to extend your appreciation towards Cheri, Shanna and Rose for all they do.

- Alissa, Abby & Teresa



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# The Glenn Gazette



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APRIL  
2018



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## UPDATES FROM YOUR ADMINISTRATOR



Spring Greetings,

Over the next couple months you will see our lawn and landscape contractors beautifying our yards and gardens! Keep your eyes open for the tulips we planted bulbs last fall, they should be budding soon!

With Spring comes the potential for increased severe weather. On Thursday, April 12 at 1:45pm & 6:45pm the National Weather Service offices issue simulated tornado warnings. I'd like to take a moment to give you a brief refresher on precautions to take in case of tornado or thunderstorm warnings. Staff will turn on our weather radios and you may also use the television to tune into local stations. If you have a smart phone, you can also download the app, MyRadar from the NOAA (National Oceanic & Atmospheric Administration) which will send you alerts and text messages for your precise location. We are located within Hennepin County.

- Watch- conditions are right and there is potential for severe weather.
- Warning- severe weather is actually happening. Outdoor sirens will sound.
- Stay in your apartment. Your bathroom is the safest room in your apartment.
- Stay away from glass and close all blinds/curtains. Our interior hallways are also a safe place to avoid problems with glass.
- Our designated storm shelter is the interior areas on the lower level- theater, salon, and staff breakroom.

Enjoy all the signs of Spring that will be greeting you throughout this wonderful month!

Affectionately,  
Shanna

## SPOTLIGHT OUTINGS &amp; EVENTS

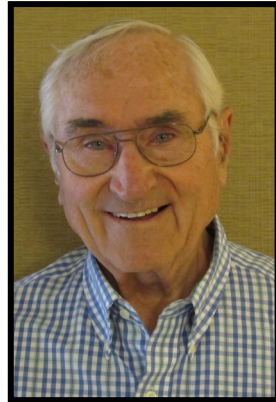
### Upcoming Outings (sign up at the front desk)

- Tuesday, April 3 - Lunch Outing to Axel's in Chanhassen - 11:30am - 2:30pm
- Tuesday, April 3 - Movie Outing to Hopkins Theater (*The Greatest Showman* OR *The Post*) - 5:45pm - 9:30pm
- Monday, April 9 - Lunch Outing to Cov in Wayzata - 11:30am - 2:30pm
- Friday, April 13 - Mystic Lake Outing - 9:45am - 3:00pm
- Wednesday, April 18 - Lunch Outing to Coopers in St. Louis Park - 11:30am - 2:30pm
- Thursday, April 19 - Pen Pal Outing to Glen Lake Elementary - 8:45am - 10:45am
- Tuesday, April 24 - Mystic Lake Outing - 10:00am - 2:00pm
- Friday, April 27 - Ethnic Lunch Outing of the Month to El Loro - 11:30am - 2:30pm

### Upcoming Events

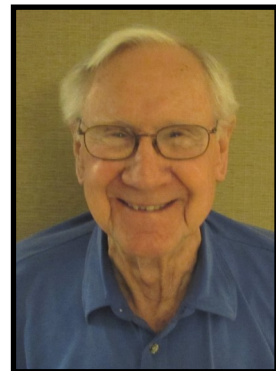
- Monday, April 2- Make Life Easier with Interim - 9:30am - Arts Room
- Tuesday, April 3 - Massages with Jeanne - 11:45 - 1:30pm - Cinema (\$15 for 20 min seated massage - sign up at front desk!)
- Wednesday, April 4 - Play Card Game : 500 - 7:00pm - Club Room
- Friday, April 6 - Ambassador Meeting - 11:00am - Fireside Dining Room
- Wednesday, April 11 - Library Day - 3:15pm - Conference Room
- Thursday, April 12 - Hearing Solutions - 1:30pm - Private Dining Room
- Sunday, April 15 - Hopkins Westwind Band Concert - 1:30pm - Chapel
- Monday, April 16 - Mobile Battery Sale - 10:00am - 11:00am - Perk
- Wednesday, April 18 - Movie Committee Meeting - 11:00am - Cinema
- Wednesday, April 18 - Dining Committee Meeting - 2:00pm - Conference Room
- Thursday, April 19 - Birthday Party of the Month with music entertainment by Bob Scoggin - 2:30pm - Lafayette Dining Room
- Friday, April 20 - Resident Meeting - 11:00am - Chapel
- Saturday, April 21 - Sunrise Brass Band Concert - 10:30am - Chapel
- Sunday, April 22 - Piano Recital - 1:30pm - Chapel
- Wednesday, April 25 - Sing A Long - 4:00pm - Chapel
- Thursday, April 26 - Mill Creek Ramblers Performance - 3:00pm - Chapel
- Friday, April 27 - Nurse Rachel's Farewell Party - 1:30pm - Garden Suites
- Sunday, April 29 - Piano Recital - 1:30pm - Chapel

## YOUR SUBMISSIONS



### Limericks by Liska

We have a gracious matriarch among us  
named Dolly,  
Who was never afflicted with melancholy.  
She was a dedicated life-long physician  
And now is the remarkable in-house  
magician  
Who can, with a smile and a wink of an eye, create  
happiness, by golly!



### April

*By Ralph Jackson*

When we were young on the first day of April,  
When we met our friends we would say, "Your shoe is  
untied"!

They would look at their shoe and we would say, "April  
Fool" and get a laugh.

The month of April is also known for two flowers; daisy and sweet pea.

Daisy means loyal love, pretty, and I'll never tell.

Sweet pea means blissful and good bye.

They are one of the oldest food crops that goes back to 1000. That is what  
the book says.

How about asking the head cook to fix us some?

We know that April can be one of the wet months of the year. We all look  
forward to the warmer weather - we will see the new growth everywhere!

We can also see the return of the wildlife.

We can't thank our Heavenly Father enough for all the beauty of each  
season.

Thank you Lord Jesus for keeping us safe.

## UPDATES FROM THE NURSE'S OFFICE



### The Art of the Fall

My father-in-law had fallen many times in his life, but as he got older, the frequency of falls increased dramatically, and yet, his avoidance of major injuries (ie., broken bones and damaging head strikes), was nothing short of a miracle. Or, so I thought. Harold used to say, "I've fallen so many times, I've just learned how to land safely." I used to think he was just unbelievably lucky, but a bit of research over the years has changed my mind.

The Journal of Allied Health had a study showing 50-60 year olds have more falls than older folks because they are typically more active, putting them at greater risk of falling. My father-in-law, in his late 70's and early

80's apparently decided to test that theory!

Life is full of falls risks, so job #1 is to avoid falling, as best as one can, but knowing how to fall when it's happening is a critical skill to understand.

Tips from the professionals (stunt people):

- Stay loose. Try to avoid becoming tight on your way down.
- Stay bent. Keep your elbows and knees bent instead of making these joints "rigid." When tight and rigid, trying to break your fall with your arms, you're more likely to suffer a broken wrist or elbow.
- Protect your head. If falling forward, turn your face to the side. If you're falling backwards, tuck your chin to your chest, so your head will not hit the ground.
- Land on your meat. There's a reason why your butt and thighs are the way they are... protection.

While all slips and falls can't possibly be prevented, there are things that you can do to improve your footing.

- Focus on the task at hand. Be mindful of your surroundings.
- If you can't see it, you can't avoid it. Keep your eyes moving while your feet are moving! If you're supposed to wear glasses, wear them!
- Wear appropriate footwear while ambulating. Non-slip soles and well-fitting shoes are a good start.

Now, go out there and have some fun...carefully.

## BLUESTONE DATES REMINDER



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

- ★ FOR ASSISTED LIVING & FIRESIDE SUITES : THURSDAY, APRIL 26TH
- ★ FOR GARDEN SUITES : TUESDAY, APRIL 3RD



## INSIGHT FROM INTERIM HEALTHCARE



Phone: 651-917-3634

Fax: 651-917-3620

### *Swimming is the Number 1 exercise to prevent falls!!*

Studies have shown that swimmers have “significantly lower risks of falling” and indicate having better balance. Swimming has a multitude of health benefits for older adults: Improving cognitive ability, lowering blood pressure, enhancing hand-eye coordination, improving physical well-being and increasing flexibility.

Swimming is a safe way to work out; the water slows your pace and allows you to easily correct movements if there is loss of balance. Those with hip, knee and shoulder issues can really benefit in the water for exercise as it allows more flexibility and bending at the joints. Water also alleviates joint pressure!

Find a swimming pool to use for a good and safe exercise!

Think Spring!

## MEN'S GROUP

### Calling all Glenn men!

Did you know that we gather every Thursday morning at 10:00am for coffee, treats & conversation in the Fireside Dining Room??

*New residents are always welcome!*



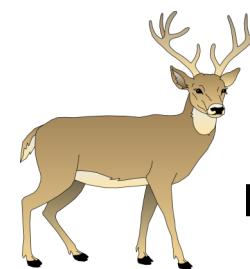
## COME TO THE MOVIES!

Join us in the cinema at 1:00pm every Monday, Wednesday, Saturday and Sunday!

- 4/1 - Easter Parade
- 4/2 - Rebel in the Rye
- 4/4 - Crooked House
- 4/7 - Literally, Right Before Aaron
- 4/8 - Extraordinary
- 4/9 - Dead Men
- 4/11 - Same Kind of Different as Me
- 4/14 - Battlecreek
- 4/15 - Far and Away
- 4/16 - Billy Elliot
- 4/18 - American Made
- 4/21 - Lady Bird
- 4/22 - Hickok
- 4/23 - Three Billboards Outside Ebbing, Missouri
- 4/25 - Thank You For Your Service
- 4/28 - Apple of My Eye
- 4/29 - The Post



## GLENN GIGGLES



Venison for dinner again? Oh deer!

How does Moses make tea? Hebrews it.



England has no kidney bank, but it does have a Liverpool.

I tried to catch some fog, but I mist.