

RESIDENT BIRTHDAYS

8/3 - Marilyn Dickey	8/6 - Father Bob Pryor	8/21 - Rhoda Jean Westervall
8/3 - Susan Scribner	8/8 - Vernice Bersie	8/22 - Jean Weeks
8/4 - Helen Carlson	8/8 - Darlene Brandt	8/27 - Teresa Hum
8/6 - Mary Baker	8/8 - Fred Shusterich	8/28 - Florence Cosentino
8/6 - Marge DeVeau	8/16 - Barney Hanson	
8/6 - Joyce Hank	8/20 - Evelyn Peipgras	

STAFF BIRTHDAYS

8/1 - Pearl Mappy	8/10 - Jackline Mochoge
8/3 - Sarah Boe	8/12 - Cyrus Nyagwoka
8/5 - Mona Lindemoen	8/13 - Darcie Bruss
8/7 - Shanna Swanson	8/24 - Vera Folefac



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Happy August! There are so many fun things to attend in August and we hope that you are able to spend ample time with friends & family during this last month of summer.

Please let us know if you have suggestions or requests of activities to plan for our fall calendars! We love to hear from you and want to plan things that interest our residents. Our suggestion box is located on the counter by the mail cubbies.

Thank you all for being the kindest, encouraging residents - it truly is a gift to serve you!

- Alissa, Abby & Teresa

* Wedding update: Abby and her fiancée, Aaron, have set a date for January 26, 2019 and will be getting married in Muskego, WI (near her hometown)!



The Glenn Gazette



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AUGUST
2018



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Updates from
Your
Administrator
& Chapel Chats
with Deacon Jim

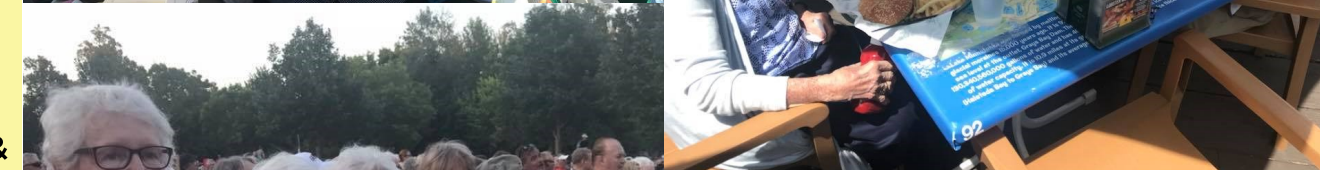


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UPDATES FROM YOUR ADMINISTRATOR



The dog days of summer are upon us. Truth be told, this is my favorite time of the year. However, we've had some severe weather recently so 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, MyRadat 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 & there's potential of 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.

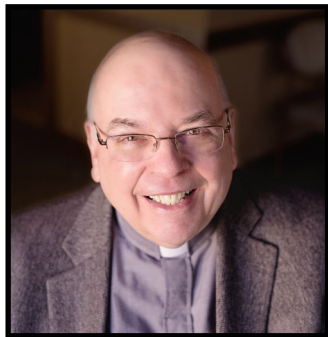
The Glenn, in coordination with the City of Minnetonka, is a voting site for both primary and general elections. The state primary election is August 14th and the general election is November 6th in which you will have an opportunity to vote for your elected officials (we are located in ward 4, precinct F). All voting will be held in the Chapel from 7am to 8pm. For residents who have recently moved into The Glenn, voter registration forms can be obtained from the Front Desk.

Save the date! We are planning our 3rd Annual Backyard BBQ for Wednesday, August 23rd, 4:30-7:30pm. We invite families of both our residents and staff as a wonderful opportunity to get know each other. We will have plenty of food (free!), the City of Minnetonka fire truck will be here again this year, petting zoo, lawn games and of course great conversations with friends. Look for your invite with more details to arrive in the mail if you haven't already received it.

Lastly, attached is a picture of myself, my husband (Frank) and our two boys, Ezra and Levi, from our recent vacation in South Dakota at Badlands National Park. Thank you for all the well wishes and inquiries into the trip, I am making a picture book to share with you from our time there. I have absolutely loved to hear your stories and have enjoyed reminiscing with you about the vacations you took with your own families when your children were young. Wishing you a very lovely month of August.

Many blessings,
Shanna

CHAPEL CHATS WITH DEACON JIM



*I arise in the morning
Torn between a desire
To improve the world and
a desire to enjoy the world.
This makes it hard to plan the day.*

- E.B. White

E.B. White is one of my favorite authors. He has written many books for adults and children. He is probably best known as the author of "Charlotte's Web" and "Stuart Little". But I much prefer his essays. I came across the above quotation by accident, but it reminded me of the decisions we (un)consciously make every day.

If we are truly hearers of the word and followers of the gospel message then we face the daily challenge of how do we improve the world that surrounds us, while at the same time embracing the goodness and joy that is a significant part of that world. A preacher I once heard said if we truly felt the joy of God's world we would open our front doors, step outside and throw open our arms to greet the day. The reason we probably don't greet the world that enthusiastically is that we would also have to embrace all of the messiness that comes with it.

In the Book of Genesis God says that all of his creation is good. When it came to people He said it was "Very Good." But every once in a while we "The People of God" get in the way and create/ contribute to the messiness that is around us. We love and enjoy the world, but it is up to us to keep it on track. We can't ignore it. That is our baptismal call to choose to enjoy our world and to change it.

SPOTLIGHT OUTINGS & EVENTS

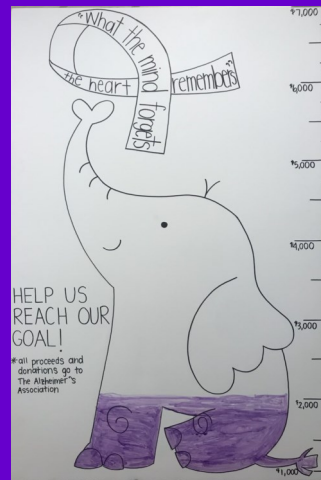
Upcoming Outings (SIGN UP AT THE FRONT DESK)

- Friday, August 3 - Lunch Outing to Axel's in Chanhassen - 11:30am - 2:30pm
- Tuesday, August 7 - Lunch and 3 Mile Drive at The Arboretum - 11:00am - 3:00pm
- Tuesday, August 7 - Movie Theater Outing with Glenn Hopkins friends - 5:45 - 9:30pm (see front desk for movie options)
- Friday, August 10 - Mystic Lake Casino Outing - 9:45am - 3:00pm
- Wednesday, August 15 - Lunch Outing to Red Lobster in Golden Valley - 11:30am - 2:30pm
- Thursday, August 16 - Dinner & Horse Races \$1 Night at Canterbury Downs in Shakopee with Alissa & Abby - 5:30 - 9:30pm
- Wednesday, August 22 - Lunch Outing to Detello's in Eden Prairie - 12:00 - 3:00pm
- Friday, August 24 - Lunch & Paradise Destiny II Boat Cruise Outing on Lake Minnetonka with Alissa (\$16/boat ticket - lunch available for purchase on yacht) - 10:30am - 2:00pm
- Tuesday, August 28 - Mystic Lake Casino Outing - 10:00am - 2:00pm
- Friday, August 31 - Ethnic Lunch Outing of the Month to David Fong's - 11:30am - 2:30pm

Upcoming Events

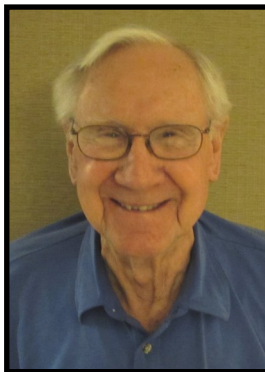
- Friday, August 3 - Ambassador Meeting - 11:00am - Fireside Dining Room
- Saturday, August 4 - Glen Lake Days & Annual Walk the Glenn Bake Sale - 10:00am - 2:00pm - Lobby & at Unmapped Brewery
- Tuesday, August 7 - Massages with Jeanne (\$15 for 20 minute seated massage) - 11:30am - 1:30pm - Cinema (sign-up at front desk)
- Tuesday, August 7 - National Night Out Party - 2:30 - 4:30pm - LaFayette Dining Room & Courtyard
- Wednesday, August 8 - Movie Committee with Abby - 11:00am - Cinema
- Wednesday, August 8 - Library Day - 3:00pm - Conference Room
- Thursday, August 9 - Hearing Solutions - 1:30 - 3:00pm - Private Dining Room
- Saturday, August 11 - Quiddler Card Game with Alissa - 1:30pm - Perk
- Monday, August 13 - Mobile Battery Sale - 10:00 - 11:00am - Perk
- Wednesday, August 15 - Catholic Mass with Father Bob & Deacon Jim for the Feast of the Assumption of Mary - 11:00am - Chapel
- Wednesday, August 15 - Food Fun with Clinical Nutrition Manager Nikki from Unidine - 1:30pm - Arts Room
- Wednesday, August 15 - Dining Committee - 2:00pm - Conference Room
- Thursday, August 16 - Birthday Party of the Month with Musical Entertainment by Ev Goulet - 2:30pm - LaFayette Dining Room
- Friday, August 17 - Resident Meeting - 11:00am - Chapel
- Wednesday, August 22 - Third Annual Backyard BBQ - 4:30 - 7:30pm - both dining rooms and courtyards
- Wednesday, August 29 - Sing-A-Long - 4:00pm - Chapel
- Thursday, August 30 - Music with the Mill Creek Ramblers - 3:00pm - Chapel

WALK THE GLENN



Every 6 seconds someone gets diagnosed with Alzheimer's. 5.7 million Americans are living with Dementia, in 30 years this number is projected to more than double to 14 million persons. Although this statistics seem depressing, every day there is new research being done to help prevent and prolong this disease. New medication has been created and new discoveries on how to best care for persons affected and their loved ones is being made available. That is why The Glenn Minnetonka fundraises every year to help provide hope! Walk The Glenn is a celebration of the research being done now and potential cures found later! Most of you have seen the Elephant on the Board in our lobby. Our fundraising is significantly up from years past and every day we are humbled by the generosity of the residents, family, staff and friends of The Glenn. We have two big fundraisers coming up. **Our Bake Sale this Saturday, Aug 4th and the official "Walk The Glenn" on September 8th.** We hope you will join us in celebration of the wonderful people doing their best to help fight this disease! Thank you to all who have given and to all who will give – you are making a huge difference in the lives of others!

YOUR SUBMISSIONS

**August**

By Ralph Jackson

The month of August has a lot of history -
We need to study each month of the year to know
our past better, to share with our kids.
This will mean a lot to them and we will recall things
that meant a lot to us at that time.

We know if we don't have a tomorrow how well we have a past.
The song, "one day at a time", that's all we ask for - just show us
the way.

Thank you Jesus for holding the door open for us.

We need to show our kids the love Jesus has for all!

We have so much violence we see every day, we should pray for
each other and for the whole world.

Summer time, summer time; enjoy the hot weather - we will need
cooler and it will be with us before we know it.

Our kids will start thinking about school days, starting with hot
days and then gradually into winter.

Jesus watches over us in all kinds of weather.

Thank you Jesus!

UPDATES FROM THE NURSE'S OFFICE

What is a high blood pressure?

High blood pressure, or hypertension, is a condition in which the pressure of the blood against blood vessel walls is too strong. High blood pressure can cause damage to the vessels and lead to other problems, including heart disease, stroke, and kidney disease.

Normal blood pressure: systolic less than 120 and diastolic less than 80, although guidelines from the American Heart Association and the American College of Cardiology, in 2017, are suggesting new guidelines for high BP: systolic ≥ 130 and diastolic ≥ 80

High blood pressure: systolic of 140 or higher or diastolic of 90 or higher. A single high reading does not mean that you have high blood pressure, but if your numbers stay high over time, your health care provider may recommend a treatment program.

Risk factors for high blood pressure that cannot be changed:

Age: Blood vessels become less flexible as we age, which increases blood pressure throughout our circulatory system.

Sex: Up until age 45, men are more likely to have high blood pressure than women, but after age 65, women are more likely to have high blood pressure than men.

Race/ethnicity: African Americans are more likely to experience high blood pressure than other racial groups.

Family history: Several studies have shown the risk of high blood pressure is increased for individuals with family members who have high blood pressure. This includes not only shared genes, but also the sharing of cultural, environmental, and lifestyle factors within families that increase risk of high blood pressure.

Risk factors for high blood pressure that can be changed:

High sodium consumption/poor diet: Diets high in sodium (salt) are directly associated with increased blood pressure. The average daily consumption of sodium by Americans is more than twice the recommended level for the majority of adults, and has increased significantly since the 1970s.

Physical inactivity: Several studies have shown that physical inactivity increases the risk of hypertension. Fewer than 1 in 4 Minnesota adults get the recommended amount of exercise or physical activity. Fewer than 23% of Minnesota adults get the recommended amount of aerobic and strength exercise, and 18% of adults in Minnesota are not physically active at all.

Overweight and obesity: A growing body of evidence shows that blood pressure increases with weight. In Minnesota, 64% of adults are overweight, including more than 27% who are obese.

Drinking too much alcohol: Heavy and regular use of alcohol can increase blood pressure. In 2016, 7.5% of Minnesota adults reported being heavy drinkers (more than 2 drinks per day for men or more than 1 drink per day for women). This is significantly higher than in 18 other states.

If you have high blood pressure, your healthcare provider should check your blood pressure during every visit. Also talk to your provider about how to monitor your blood pressure at home. You should discuss strategies for reaching your blood pressure goal with your provider or pharmacist. Eating a healthier diet, increasing physical activity, reducing your weight, and reducing your intake of alcohol are all strategies that may help to reduce blood pressure. Your health care provider may also recommend antihypertensive medications to control high blood pressure. These medications include diuretics, beta blockers, vasodilators, ACE inhibitors, and calcium channel blockers. It can take some fine tuning to find the right dose and combination of medications to effectively lower blood pressure.

INSIGHT FROM INTERIM HEALTHCARE



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Keep Your Eye on Your Vision!

Many eye disorders do not have symptoms. Those ages 40 and older have increased risk for macular degeneration, cataracts, diabetic retinopathy and glaucoma. **Regular eye exams** can help detect and treat diseases early!

Healthy vision tips:

- Wear UV protection in the sun and eye protection with high risk activities
- Know your family eye history and have regular eye exams
- Eat a diet of leafy greens, fruit and fish and maintain a healthy weight
- See your eye doctor early with any problems



www.cdc.gov


COME TO THE MOVIES!

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

- 8/1 - The Hitman's Bodyguard
- 8/4 - The Music Man
- 8/5 - Black Panther
- 8/6 - Wait for Your Laugh
- 8/8 - The Hurricane Heist
- 8/11 - Overboard
- 8/12 - Atomic Blonde

- 8/13 - The Big Country
- 8/15 - Lean on Pete
- 8/18 - Roman J. Israel, Esq.
- 8/19 - Mary Poppins
- 8/20 - Tomb Raider
- 8/22 - A Question of Faith
- 8/25 - Return to Me
- 8/26 - The Con is On
- 8/27 - Open Range
- 8/29 - The Miracle Season


NUTRITION TIPS WITH NIKKI



Meet the Dietitian- Nikki

Registered Dietitian Tips

August 2018



Hi Everyone, some of you have probably seen me around but I wanted to take a moment to introduce myself.

- I have a bachelor's degree in Nutrition from the University of Minnesota.
- After college, I completed an 11 month internship through Concordia College in Moorhead, MN and then sat for my licensing exams.
- I have been working as a dietitian for about 5 years with the majority of the time spent in geriatrics.
- In my free time, I enjoy traveling, hiking, and spending time with my husband and 2 year old daughter.

It might not come as a surprise to you but the food we eat can impact a variety of aspects in our lives- the way we think, our response to disease, cell growth, and even your brain function as you age! My plan for the upcoming months is to provide information on the ways nutrition impacts your health through monthly "Nutrition Tips", which will go into the monthly newsletter and by conducting nutrition education sessions. If there are specific topics you would like to have discussed feel free to let me know. I look forward to getting to know all of you better!

SUMMER BBQ

SAVE THE DATE
for a
FREE
NIGHT OF
family fun

COME JOIN THE PARTY!

THE GLENN
MINNETONKA'S
annual
backyard BBQ
Residents · Staff · Family · Friends



AUG 22
4:30 - 7:30pm