

OCTOBER RESIDENT BIRTHDAYS

10/1: Caz Zera
10/3: Pete Truax
10/4: Celeste Johnson
10/6: Caroline Mooney &
Jack Ziegler
10/7: Jerry Burke
10/14: Bob Foley
10/15: Lois Peterson

10/17: Ralph Jackson
10/18: Esther Vanden Plas
10/21: Margorie Guenther
10/22: Thelma Yurek
10/23: Martha Hatcher
10/24: Betty Hall
10/26: Paul Peterson
10/28: Jerry Welter

OCTOBER STAFF BIRTHDAYS

10/1: Ablavi DeSouza
10/6: Palden Lhamo
10/15: Denchen Lhamo
10/20: Caleb Okemwa
10/24: Greg Theobald
10/25: Jeremy Antwi
10/28: Mary Omwega



Hello & Happy Fall!

Tis the season of change—changes in the weather, in the colors outside as the leaves turn to the beautiful fall shades, and changes right here in our building! We are currently in the process of selecting a new Director of Marketing and a new Director of Pastoral Care as we bid a fond farewell to Karen & Jim last month. We are also excited to welcome Kelly Vincent to our Community Life Team as we also bid farewell to Abby last month.

As always, please bring us your suggestions (especially for outings), comments, questions, and/or concerns. We love to hear your feedback as it assists a great deal in our planning of the monthly activities!

Fall blessings,

Alissa, Teresa, & Kelly



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The Glenn Gazette

OCTOBER
2018



5300 WOODHILL ROAD MINNETONKA, MN 55345
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UPDATES FROM YOUR ADMINISTRATOR



Another BIG THANKS to all those who volunteered and contributed to Walk The Glenn, where we raised money for the Alzheimer's Association. A very sizeable donation of \$6900 was sent to the Association because of your generosity!

For residents in independent living, there seems to be confusion regarding our 10 meal plan. To clarify, residents must purchase 10 dinner meals (\$125 value) per resident/per month. You have the flexibility to choose if you would like to use your 10 dinner meals towards

breakfast, lunch, or dinner. Regardless of what you decide, our business office deducts 10 meals from your monthly charges in order of dinner, then lunch, then breakfast. Please note, you cannot use your 10 meal plan towards the purchase of guest and/or family meal.

In the meantime, we've been working very hard to fill our two open positions for Pastoral Care Director & Marketing Director. We have great candidates and are in process of making final selections. I promise to make an announcement as soon our chosen applicant(s) have been confirmed!

Once again The Glenn Minnetonka is a polling place for the election coming up. Polls open Tuesday, November 6th, 7am-8pm in the Chapel. Two U.S. Senate seats, District 3 U.S. Representative, governor and state attorney general are among the offices on the ballot. If you recently moved and need to change your polling place, voter registration forms may be picked up at the front desk.

Wishing you all a lovely Autumn!

~Shanna

UPCOMING OUTINGS & EVENTS

OCTOBER OUTINGS

- Tuesday 10/2 @ 5:45 pm- Hopkins Cinema Movie Theatre Outing with Glenn Hopkins Friends
- Friday 10/5 @ 9:30-11:30- Minnetonka Senior Center Shuttle for Bird Club
- Friday 10/5 @ 11:30- 2:30- Lunch Outing to The Olive Garden (St Louis Park)
- Thursday 10/11 @ 9:30- 11:30 Breakfast Outing to The Original Pancake House (Minnetonka)
- Friday 10/12 @ 9:45- 3:00- Mystic Lake Casino Outing
- Monday 10/15 @ 12:30-2:30- Minnetonka Senior Center Shuttle for Rummikub
- Tuesday 10/16 @ 12:00- 3:00- Lunch Outing to 3 Bales (Hopkins)
- Tuesday 10/23 @ 10:00- 3:00- Mystic Lake Casino Outing
- Wednesday 10/24 @ 11:30- 2:30- Ethnic Lunch Outing to St. Genevieves (French Cuisine) with Dana
- Tuesday 10/30 @ 12:00- 3:00- Lunch Outing to Houlihan's (Chanhassen)

OCTOBER SHOPPING SHUTTLES

- Wednesday 10/3 @ 10:00- Trader Joes, Bed Bath & Beyond, Lands End, Michaels Crafts, Dicks Sporting Goods (Minnetonka)
- Wednesday 10/10 @ 10:00- Ridgedale Center (Minnetonka)
- Wednesday 10/17 @ 10:15- Hyvee Groceries (New Hope)
- Wednesday 10/24 @ 10:00- Walmart, Costco, Eden Prairie Center (Eden Prairie)
- Wednesday 10/31 @ 10:00- Aldi Grocery & Home Goods (Eden Prairie)

OCTOBER EVENTS

- Wednesday 10/3 @ 6:30 pm- Trivia with Lue- Perk
- Thursday 10/4 @ 6:30 pm- Musical Performance with Colin- Chapel
- Friday 10/5 @ 11:00 am- Ambassador Meeting- Fireside Dining Room
- Tuesday 10/9 @ 11:30-2:00 pm- Massages with Jeanne (\$15/20 minutes: Sign up at the front desk)
- Wednesday 10/10 @ 11:00 am- Movie Committee with Alyssa and Kelly- Cinema
- Thursday 10/11 @ 2:30 pm- Birthday Party with Phil Kitze- Lafayette Dining Room
- Monday 10/15 @ 10:00 am- 11:00- Mobile Battery Sales- Perk
- Friday 10/19 @ 11:00 am- Resident Meeting- Chapel
- Wednesday 10/24 @ 2:00 pm- Nutrition Demo with Nikki from Unidine- Arts Room
- Wednesday 10/24 @ 4:00 pm- Sing-a-long- Chapel
- Thursday 10/25 @ 3:00 pm- Musical Performance with The Mill Creek Ramblers- Chapel
- Wednesday 10/31 @ 2:00- 3:00 pm- Halloween Boo Bash Costume Contest & Social- Perk

INSIGHTS FROM INTERIM HEALTHCARE



Phone: 651-917-3634

Fax: 651-917-3620

Fire Safety Week is in October

www.nfpa.org
www.dps.mn.gov

Most fires occur in **residential** properties and the number one reason is **unattended cooking**. Stay in the kitchen at all times when cooking. The second leading cause of fires is **portable heaters**. Plug heaters directly into the wall (not extension cord), keep at least three feet away from objects and do not use when not in the room.

Meet with building management and discuss their fire safety features and evacuation plans!
Test smoke alarms monthly, ask for help if this is difficult to do.

NUTRITION TIPS FROM NIKKI (UNIDINE)

Join Nikki on
Wednesday
October 24th
at 1:30 in the
Arts Room for a
nutrition chat &
demo/taste
testing!



Keeping it Real: Tips for a Healthier You

OH SO GOOD
BY UNIDINE
October

Registered Dietitian Tips

1. Eat a healthy breakfast every morning
Eating breakfast revs up your metabolism. In fact, if you skip breakfast you are more likely to eat excess calories by binging later in the day. Research studies have shown that participants who lost weight and kept the weight off have all ate breakfast daily!

2. Be Mindful
Stop counting calories and eat foods that nourish your body. A fat free, sugar free meal is likely low in nutrients and taste and definitely won't satisfy you for long. Try eating meals that contain nutrient dense foods such as vegetables, lean meats, whole grains, and healthy fats.

3. Replace the diet sodas and sweetened beverages with water
Diet drinks and sugary beverages keep your sweet tooth cravings high. It is better to drink plain or carbonated water to keep yourself hydrated and the cravings at a minimal.

4. Keep tempting food out of the house
Keep your kitchen stocked up with healthy foods to create an environment to help make you successful!

5. Use the "Plate Method" to make a healthy lunch and dinner meal
Portion control is key! The plate method recommends filling half your plate with non starchy vegetables, one quarter of whole grains and the last quarter with lean protein. This is a great way to keep your meals balanced!

6. Be sure to exercise!
Regular physical activity is essential for good health and weight management. They key to success is to aim for 30 to 60 minutes of activity on most days of the week.

7. Enlist family and friends to be healthier with you
It feels easier and more rewarding when it's a team effort!



UPDATES FROM THE NURSE'S OFFICE



This past August, I had written an article for the newsletter, encouraging all staff and residents to make certain you get your annual influenza vaccine. This month I am notifying everyone that we will be having 2 Influenza Vaccine Clinics at the facility.

- On **October 4th, 2018** CVS Pharmacy will be conducting a Clinic from **10:00 AM to 1:00 PM**.
It will be held in the library area of the Club room.
Any/all are welcome, but you will need to complete the vaccination informed consent available at the receptionist's desk.

- On **October 26th, 2018** Thrifty White will be conducting a Clinic from **1:00 PM to 3:00 PM** in the library area of the Club Room.


Again, any/all are welcome, but you will need to complete the vaccination informed consent that will be available at the receptionist's desk.

Just a small reminder...

Those most "at risk" of contracting influenza are plentiful in the Glenn Community:
People age 65 and older and people with chronic health conditions such as asthma, diabetes, and heart disease.
Please give some serious consideration to getting an annual influenza vaccination this October, either here at the facility or from your Primary MD. Getting a flu vaccine helps protect you from getting the flu and prevents you from passing it to people who could get very sick.

We had very few incidents of influenza at this facility last year and I would really like to see a repeat of that this year!

BLUESTONE DATES REMINDER



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

- ★ FOR ASSISTED LIVING & FIRESIDE SUITES : TUESDAY, OCTOBER 16TH
- ★ FOR GARDEN SUITES : TUESDAY, OCTOBER 9TH

A WARM WELCOME: KELLY VINCENT

We are thrilled to announce the addition of Kelly Vincent to our Community Life Team as our newest Community Life Coordinator !!!

Hi everyone! My name is Kelly Vincent and I am thrilled to be joining the team here at The Glenn as your newest Community Life Coordinator. I recently graduated from Winona State University in August with a degree in Therapeutic Recreation. I completed my internship at a senior living community in Arden Hills where I spent most of my time in memory care.

I grew up in Maple Grove and graduated from Osseo High School. I have one older sister and a brother-in-law. I have a seven-month-old nephew named Logan. In my free time I enjoy spending time with my family and friends, snowmobiling, and going to our family cabin in Northern Wisconsin. I look forward to meeting and getting to know each one of you! - - - - Kelly

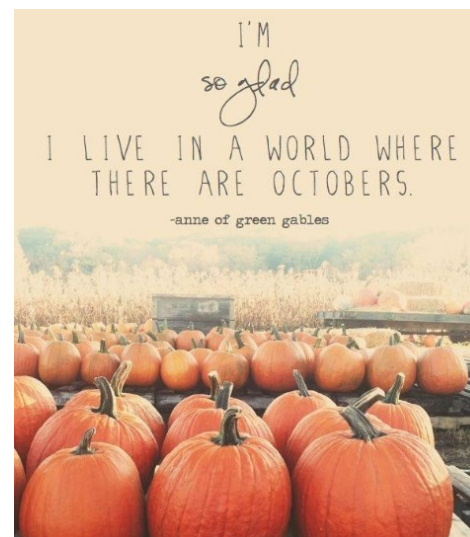


CHAPEL CHATS

We are currently in the process of selecting
a new
Pastoral Care
Director



We appreciate all
of your input and
opinions during
this selection
process!



YOUR SUBMISSIONS

Limricks by Liska

By Jim Liska



The magi-minus one team is a male duo of questionable
lass,

Who frequently bear the gifts at Saturday's Mass.

They, like their wise forbearers also come from the East

-

while some say they are grouchy old men they are not grouchy in the
least-

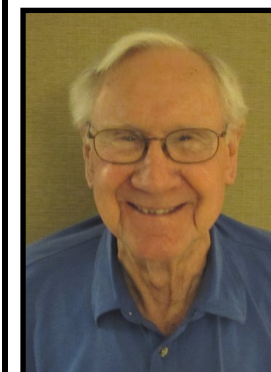
and they dutifully bear their gifts clad in brass & in glass

**this East is the East end of The Glenn*

Note: The pseudonyms for them are "Baldy & Mel"

October

By Ralph Jackson



Everything we see outside this month is
starting to change from summer to fall, and
then winter starts. Jesus set our seasons to
change for us to enjoy and we should. After all,
he created the whole world for us.

I'm sure the kids enjoy school; not only the education but
sports—we know this is something we all enjoy. How
would you like to shoot hoops with Jesus?

Have a wonderful month with Jesus by your side.