

DECEMBER RESIDENT BIRTHDAYS

12/3: Leona Birchacek 12/14: Shirley Prescott 12/22: Ginny Thimson
 12/4: Barbara McMurtry & Elaine Sommer 12/28: Dottie Truax
 12/6: Darel Anderson 12/16: Barbara O'Brien 12/31: Paul Jursa
 12/7: Jerry Burke 12/17: Jim Hazlett & Harlene Swenson
 12/20: Doris Culver

Salon Gift Certificate Reminder

The holiday season is here!
 Salon gift certificates are a fantastic gift
 for your loved ones!



AVAILABLE IN ANY DOLLAR AMOUNT!
 See Rose in the Salon for purchases

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www.TheGlennMinnetonka.com

DECEMBER STAFF BIRTHDAYS

12/10: Fredrick Ntenga
 12/12: Melloline Mochama
 & Carolyn Ondieki
 12/31: Damaris Nyabicha
 & Vane Nyarangi

Merry Christmas greetings to all of you!

We hope you are enjoying the colder weather, the warmth of the fireplaces throughout The Glenn, and the festiveness of the holiday season!

Please take a moment to look around The Glenn at all of the beautifully decorated trees—can you find all 10 of them?

We are excited to have you join us for many fun holiday themed outings: A Christmas Carol at the Guthrie, Holiday Inn at Chanhassen Dinner Theater, Christmas Lights drives through the town, and a trip to The Marjorie McNeely Conservatory at Como Zoo for their Christmas Flower Show.

As always, we appreciate your suggestions, so keep them coming! Merry Christmas!

- Alissa, Teresa, & Kelly



The Glenn Gazette

DECEMBER
 2018



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 952-345-4404 • THEGLENNMINNETONKA.COM

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Want to be on our cover?

PLEASE SUBMIT PHOTOS TO
 ALISSA AT

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UPDATES FROM YOUR ADMINISTRATOR



The Glenn Minnetonka is again decorated for the Christmas season, numerous carolers will be visiting, parties and dinners are on the calendar, and the spirit of the season is running throughout our community.

It is an especially bustling and busy time here at The Glenn Minnetonka not only because of the holidays but also because we have a big renovation project underway. You've probably heard an array of construction noises coming from our 2nd floor as of late, this is because we are renovating our Fireside Care Suites. We just began construction and estimate it will take about 8 weeks to complete, which puts us out to mid to end of January. We ask for patience from our residents and families; during this time residents will be relocated

to The Glenview room for all meals.

I am frequently asked by residents if they can give a Christmas gift to a staff member who has been particularly helpful to them. The answer is no, our staff are not permitted to accept individual tips, gifts or money from residents or their families. Because individual tips and gifts can be misinterpreted and create unintended consequences, we ask our residents and families to please refrain from such practices.

However, there is another way that you can show your appreciation. Each year we have an Employee Holiday Party, this year our staff holiday party will be onsite to help minimize costs and they requested that more money be put towards gift cards for staff. If you'd like to express your appreciation to the employees, you can make a donation to The Glenn Minnetonka, this contribution would be designated to offset the cost of the Employee Holiday party and employee gift cards. If you choose, you can simply drop off your donation for this purpose to the Front Desk. If you wish to contribute to Unidine kitchen staff, please specify.

Our staff wants you to know that it is their pleasure to be of service to you. From all of us here at The Glenn Minnetonka, we wish you a very Merry Christmas and a safe, healthy, and prosperous New Year!

- Shanna

BLUESTONE PHYSICIAN VISIT DATES

JUST A REMINDER THAT BLUESTONE PHYSICIANS

WILL BE VISITING ON THE FOLLOWING DATES:

★ FOR GARDEN SUITES : *TUESDAY, DECEMBER 4TH*

★ FOR ASSISTED LIVING & FIRESIDE SUITES : *TUESDAY, DECEMBER 18TH*



UPCOMING OUTINGS & EVENTS

DECEMBER OUTINGS

- Tuesday 12/4 @ 9:30 am- 3:00 pm- Outing to Marjorie McNeely Conservatory Christmas Flower Show @ Como Zoo and lunch at Wendy's with Alissa
- Thursday 12/6 @ 11:30 am-2:30 pm- Lunch Outing to The Marsh (Minnetonka)
- Sunday 12/9 @ 5:45 pm- Outing to The Guthrie Theater "A Christmas Carol" with Alissa (\$60 per ticket)
- Tuesday 12/11 @ 11:30 am- 2:30 pm- Lunch Outing to Granite City (Maple Grove)
- Tuesday 12/18 @ 11:30 am- 2:30 pm- Lunch Outing to The Original Pancake House (Minnetonka)
- Wednesday 12/19 @ 6:00 pm- Annual Christmas Lights Drive with Alissa
- Wednesday 12/26 @ 5:00 pm- Outing to Chanhassen Dinner Theatre "Holiday Inn" with Alissa (\$71 per ticket)
- Monday 12/31 @ 11:30 am- 2:30 pm- Lunch Outing to Bunny's Bar and Grill (St. Louis Park)

DECEMBER SHOPPING SHUTTLES

- Wednesday 12/5 @ 10:00 am- Eden Prairie Center, Walmart, Dollar Tree, and Aldi Grocery (Eden Prairie)
- Wednesday 12/12 @ 10:00 am- Ridgedale Center & Ridgehaven Strip Mall (Minnetonka)
- Wednesday 12/19 @ 10:15 am- Hy-vee Groceries (New Hope)
- Wednesday 12/26 @ 10:00 am- Trader Joes, Dicks Sporting Goods, Bed, Bath, & Beyond, Lands' End, Michaels Crafts, & Staples Office Supplies (Minnetonka)

DECEMBER EVENTS

- Saturday 12/1 @ 2:00 pm- Lights of Love- Chapel
- Tuesday 12/4 @ 11:30- 1:30 pm- Massages with Jeanne- Cinema (Sign up at front desk)
- Thursday 12/6 @ 5:00 pm- Independent/Assisted Living Annual Christmas Dinner with St. Nicholas
- Thursday 12/6 @ 7:00- 8:00 pm- Stories of Christmas Past with St. Nicholas- Chapel
- Friday 12/7 @ 11:00 am- Ambassador Meeting- Fireside Dining Room
- Saturday 12/8 @ 6:30 pm- All Saints Lutheran Church Christmas Concert- Chapel
- Sunday 12/9 @ 1:30 pm- Hopkins Westwind Band Ensemble Performance- Chapel
- Monday 12/10 @ 10:00 am- 11:00 am- Mobile Battery Sales- Perk
- Monday 12/10 @ 3:30 pm- Christmas Piano Concert with Volunteer Lilia Smith- Chapel
- Wednesday 12/12 @ 2:00- Nutrition Class with Nikki from Unidine- Arts Room
- Wednesday 12/12 @ 3:00- Trivia with David and Lilia- Perk
- Thursday 12/13 @ 3:00- Mill Creek Ramblers Musical Performance- Chapel
- Saturday 12/15 @ 9:30- 2:30 pm- One Stop Holiday Shop Christmas Bazaar- Chapel/Perk
- Wednesday 12/19 @ 4:00 pm- Christmas Sing-a-long- Chapel
- Thursday 12/20 @ 2:30 pm- December Birthday Party with Curtis and Loretta Simonett- Lafayette Dining Room
- Friday 12/21 @ 11:00 am- Resident Meeting- Chapel

INSIGHTS FROM INTERIM HEALTHCARE



Phone: 651-917-3634

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Happy Holidays!

December is a **festive** time where many come together to enjoy food, music and other traditions with friends and family. There can also be **pressure** to enjoy the holidays and many, especially seniors, can feel **isolated and lonely**.

Here are a few tips to **enhance the holiday experience** for those around you:
Actively listen to stories, traditions and feelings around the holiday, assist with reading and writing holiday cards, encourage participation in facility activities, arrange religious/ community outreach home visits, help decorate a space and/or prepare a favorite traditional recipe, **spend time together!**

Have a safe and happy holiday season!



NUTRITION TIPS FROM NIKKI (UNIDINE)

When it comes to the holidays, we often relate this time of year to bad health, poor nutrition choices and added stress. You don't have to give up all the tasty treats during the holiday season. Here are some simple tips to guide you in making better selections throughout the holiday season.



- ◆ **Do not skip meals leading up to your holiday feast.** It is reported that those who eat breakfast are likely to eat less overall throughout the day.
- ◆ **Use proper portion control.**
- ◆ **Don't forget your fiber.** Fiber will help keep you fuller longer throughout the day. Add fresh fruits and vegetables to your appetizer trays.
- ◆ **No mindless snacking.** Mindless grazing can lead to a consumption of more calories and salt intake than we need in an entire day!
- ◆ **Make healthy substitutions.**
- ◆ **Kick up the physical activity.**
- ◆ **Try new seasonal fruits and vegetables.** Seasonal items are ripe and filled with essential nutrients for your body.

UPDATES FROM THE NURSE'S OFFICE

12 Days of a Healthy Christmas

A Partridge in a Pear Tree: Forget the partridge and focus on the health and nutritional benefits of pears. One medium-sized pear contains 5.5 grams of fiber toward a recommended daily goal of 21 to 38 grams, supplies 212 milligrams of potassium, and contains 7.5 milligrams of vitamin C.

Two Turtle Doves: Dove, a famous maker of chocolates, makes dark chocolate treats that are filled with something called epicatechin. Epicatechin is a particularly active member of a group of compounds called plant flavonoids. Flavonoids keep cholesterol from gathering in blood vessels, reduce the risk of blood clots, and slow down the immune responses that lead to clogged arteries.

Three French Hens: A hen is a great source of lean protein. A 100g serving of baked chicken breast contains only 4 grams of fat and 31 grams of protein.

Four Calling Birds: Call the special people in your life, especially if you are prone to "getting the blues" during the holiday season. You can brighten your spirits by reaching out to family and friends. Making someone else's holidays brighter benefits your spirits too.

Five Golden Rings: To avoid getting those dark rings under your eyes during the busy holiday season, remember to get enough sleep each night – eight hours is the right amount for most people. Sleep plays an important role in your physical health.

Six Geese A Laying: Eggs get a bad rap sometimes. Really... eggs are pretty much the perfect food; they contain a little bit of almost every nutrient we need – vitamins A, B2, B5, B6, B12, D, E and K, as well as calcium, folate, phosphorus, selenium and zinc.

Seven Swans a Swimming: To keep your head from swimming with all the things you need to accomplish, remember to do these "seven" things you can control: 1) Take good care of yourself – eat well and sleep well; 2) Don't overcommit to activities; 3) Ask for help from friends and family – they will be pleased that you asked them to contribute; 4) Don't expect everything you do to be "perfect" – remember – it truly is the thought that counts; 5) Acknowledge that it's okay to feel sad sometimes during the holidays – embrace and do not bury these feelings; 6) Take time for yourself; 7) When the holidays are over, think about all of your accomplishments

Eight Maids a Milking: Milk contains calcium. Calcium helps your body with: building strong bones and teeth; clotting blood; sending and receiving nerve signals; squeezing and relaxing muscles; releasing hormones and other chemicals; keeping a normal heartbeat.

Nine Ladies Dancing: Here are nine benefits of dancing: 1) Improves memory. 2) Improves flexibility. 3) Reduces stress. 4) Diminishes depression. 5) Helps your heart. 6) Attributes to weight loss. 7) Improves balance. 8) Increases energy. 9) Is a great way to make friends.

Ten Lords a Leaping: As the holidays come to an end, you may start thinking about "leaping" into the new year. Many of us make New Year's resolutions with good intentions of sticking to them; but we often fail. If this happens to you, try following these suggestions: 1) Don't make unrealistic goals. 2) Don't set vague goals; be specific such as "eating healthier." 3) Don't set too many goals. Trying to accomplish too many resolutions only dilutes your focus and enthusiasm.

Eleven Pipers Piping: Whether its pipers piping or Bing Crosby singing White Christmas, music benefits our physical and mental health. Research has shown that music can reduce stress, lift moods, help you pick up the pace, and help our cortex to produce faster beta waves so we are better equipped to concentrate and focus our attention on a fairly lengthy task.

Twelve Drummers Drumming: If you follow these simple tips, you can avoid having to deal with a Ringo Starr rhapsody. 1) Never go really hungry to a party-type gathering. 2) Avoid rich, calorie-laden beverages such as egg nog, or fancy specialty drinks. 3) Remember to hydrate. If you are going to have a glass or wine or other alcoholic beverage, alternate with a glass of water.



So get out there and enjoy the Christmas Season, but remember...All things in moderation!! Merry Christmas—Frank

CHAPEL CHATS WITH DEACON MICHAEL



I would like to thank the staff and residents of The Glenn Minnetonka for the warm welcome I have received over my first few weeks here. It has been an honor and a blessing to meet many of you, and if our paths have not yet crossed, I look forward to meeting you all. You all are in my daily prayers, and I hope that you can pray for me as I serve this community. Oremus pro invicem, which means in Latin: Let us pray for each other.

One of my favorite sayings from Sacred Scripture is the short verse, "Rejoice with those who rejoice, weep with those who weep." (Romans 12:15) Following this maxim from St. Paul, I pray that I can be a spiritual resource for you, walking with you wherever you are on your pilgrimage of life. Please feel free to let me know how I may serve you.

A blessed Advent and Christmas Season to you all.

-Deacon Michael Nevin

(Photo at right is of Deacon Michael Nevin & Pastor Antonio Machado after their first meeting here at The Glenn MTKA—photo credit: Rose Ann Schoenbauer)



Lord, may we be like the Wise Men who were guided to you by a star. Give us the wisdom to seek you, light to guide us to you, courage to search until we find you, graciousness to worship you and generosity to lay our gifts before you, who are our King and our God for ever and ever. Amen.

God so loved the world, that he gave his only Son that whosoever believes in him should not perish but have eternal life. ~ John 3:16

YOUR SUBMISSIONS



No more lives torn apart,
That wars will never start,
And time will heal our hearts.
Every man will have a friend,
That right will always win,
And love will never end.
This is my grown-up Christmas List.

December

By Ralph Jackson



This should be one of the months that we have love and happiness for everyone we see and meet. We could have real cold and snow and this will make a lot of the young at heart happy.

We have one important birthday this month. The birth of Jesus. We give gifts to our loved ones to show our love for them. I know Jesus wants us to show his love with everyone. Christmas is a special time of the year. Our kids get real excited.

We should all remember when we were kids, what Christmas meant to us.

We also have a new year to welcome in and make plans for the spring and summer. How about getting all the family together and make time to show our love to one another and friends we meet.

One thing we should do is let Jesus be the center of our every day lives. To show his love where ever we go.

I do pray that everyone has a Merry Christmas & a safe and happy new year.