

FEBRUARY STAFF BIRTHDAYS

2/1: Judy Nyariki
2/3: Coco Hofer

2/8: Linet Nyayiemi

2/13: Rebecca Momanyi
2/24: Vane Machoka

FEBRUARY RESIDENT BIRTHDAYS

2/1: Mary Jo Coyle
2/4: Robert Olson
2/7: Margaret Thomas
2/8: William Wrede
2/10: Tom Conboy & Berta Diem
2/11: Eloise Rust
2/14: Clarice Madson
2/18: Barbara Woody
2/22: Mary Jo Gazich
2/26: Dolores Hulbert
2/27: Jackie Radde



Sweet Valentines Greetings to Our Dear Residents!

We hope the winter season has been good to you, and that you have been enjoying the beauty winter has to offer.

A reminder that all outing shuttles will be canceled if Jack Frost comes around and makes our temps too cold! You will be notified from reception if you are signed up for a shuttle that has been canceled.

Please continue to bring forth your suggestions—we love hearing your feedback!

Enjoy our silly photo from The Glenn's New Years Eve Social that was hosted in the perk!

**-Alissa,
Teresa,
& Kelly**



The Glenn Gazette

FEBRUARY
2019

THE GLENN
MINNETONKA

5300 WOODHILL ROAD MINNETONKA, MN 55345
952-345-4404 • THEGLENNMINNETONKA.COM

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RESIDENT & STAFF BIRTHDAYS,
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UPDATES FROM YOUR ADMINISTRATOR



Burrrrrrr! With the extremely cold temperatures we've recently experienced I'd like to remind all residents to keep their windows closed. If you feel that your apartment is too hot, simply turn down the thermostat- do not open a window which may cause unintended and serious consequences. Also, a reminder that community outings and shopping shuttles will be cancelled when the air temperature &/or wind-chill drops below 0°F. We will do our best to provide you with as much notice as possible and thank you in advance for your understanding in helping to keep us all safe during dangerous weather conditions.

Also, we received a request to clarify the Independent Living 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.

Free Senior Portraits! Scott Streble, a local photographer is coming out on Wednesday, February 13th from 8-10am in the Chapel to photograph all interested residents who would like their portrait taken. You may also include your family or loved one in the picture as well. Sign up by February 10th by calling the front desk at 952-345-4404.

Our renovation project in the Fireside Care Suites continues to be underway. Our schedule has been delayed a bit and the new completion date is expected to be beginning to mid-February. The next big project we will be tackling is getting new carpet in memory care and our first floor corridors.

Affectionately,

Shanna

BLUESTONE PHYSICIAN VISIT DATES

JUST A REMINDER THAT BLUESTONE PHYSICIANS

WILL BE VISITING ON THE FOLLOWING DATES:

★ FOR GARDEN SUITES : **TUESDAY, FEBRUARY 5TH**

★ FOR ASSISTED LIVING & FIRESIDE SUITES : **TUESDAY, FEBRUARY 19TH**



UPCOMING OUTINGS & EVENTS

FEBRUARY OUTINGS

- **Friday 2/8 @ 9:45 am -3:00 pm—Mystic Lake Casino Outing**
- **Tuesday 2/5 @ 11:30 am—2:30 pm—Lunch Outing to Maynard's (Lake Minnetonka)**
- **Friday 2/15 @ 11:30 am—2:30 pm—Lunch Outing to Lakeshore Grille (Minnetonka)**
- **Tuesday 2/19 @ 2:30—5:00 pm—Outing to The Arboretum (Chanhassen) with Kelly**
- **Wednesday 2/20 @ 11:30 am-2:30 pm— Lunch Outing to Red Lobster (Golden Valley)**
- **Tuesday 2/26 @ 10:00 am—3:00 pm—Mystic Lake Casino Outing**
- **Thursday 2/28 @ 11:30am -2:30 pm—Lunch Outing to McCormick's Pub & Restaurant (Wayzata)**

FEBRUARY SHOPPING SHUTTLES

- **Wednesday 2/6 @ 10:00 am- Shop Eden Prairie: Walmart, Dollar Tree, Eden Prairie Center, Home Goods and Aldi Grocery**
- **Wednesday 2/13 @ 10:00 am- Shop Minnetonka: Ridgedale Center, Ridgehaven Strip Mall, Trader Joes Grocery, Bed, Bath & Beyond, and Lands' End**
- **Wednesday 2/20 @ 10:15 am- Hy-Vee Grocery**
- **Wednesday 2/27 @ 10:00 am- Shop Edina: Southdale Mall & The Galleria**

FEBRUARY EVENTS

- **Friday 2/1 @ 11:00 am- Ambassador Meeting- Fireside Dining Room**
- **Tuesday 2/5 @ 11:30- 1:30 pm- Massages with Jeanne- Cinema (Sign up at front desk—\$15/20 minutes)**
- **Sunday 2/11 @ 1:15pm—Mindy Peterson's Piano Studio Recital & Reception—Chapel & Perk**
- **Wednesday 2/13 @ 2:00pm—Nutrition with Nikki—Arts Room**
- **Thursday 2/14 @ 2:30 pm- February Birthday Party & Valentine's Day Social with The Mill Creek Ramblers -Lafayette Dining Room**
- **Friday 2/15 @ 11:00 am- Resident Meeting- Chapel**
- **Thursday 2/24 @ 2:30 pm— Glad Tidings Spiritual Musical Performance—Chapel**
- **Thursday 2/26 @ 2:00-4:00pm—Taylor Marie Clothing Sale—Club Room**

INSIGHTS FROM INTERIM HEALTHCARE



Phone: 651-917-3634

Fax: 651-917-3620

Love Your Heart!

Since 1963, February is **National Heart Month**. Take time to learn about your **risks** and the steps you can take to **improve** your heart health!

- Ideas to improve your heart health:
- Don't smoke.
- Manage your blood pressure, cholesterol, weight and diabetes.
- Stay physically active- those ages 65 and older should aim for 2 hours and 30 minutes of activity a week. Any activity level is better than none, so participate in what your body will allow
- Eat your fruits and veggies! Fill half your plate with fruits and vegetables.



Be sure to talk with your doctor to determine ways to manage your risk factors!

NUTRITION TIPS FROM NIKKI (UNIDINE)



Dietitian's Dish: February 2019
-Love your Heart with Healthy Fats-



Fats got a bad reputation in the 1990's due to popular belief that consuming fat contributed to weight gain and poor health outcomes. We quickly learned that eliminating fat in our diet made room for increased sugar intake and carbohydrates and did not contribute to a healthier weight or lifestyle. However, dietary fat is an essential component to a healthy diet by providing energy and helps our body absorb fat soluble vitamins such as vitamin A,D, E and K.

Monounsaturated and Polyunsaturated fats are part of a heart healthy diet (including whole grains, fruits & vegetables, lean proteins). You can find monounsaturated and polyunsaturated fats in fruit such as avocado, liquid oils such as olive and in nuts and seeds such as almonds, and sunflower seeds.

Saturated fat is usually found in animal-based protein and is associated with certain health risks. Saturated fat is the biggest contributor to raised low-density lipoprotein (LDL) cholesterol levels in the diet. Research shows that limiting saturated fat lowers unhealthy cholesterol levels.

Omega-3 fatty acids are found in fish such as salmon, tuna, and mackerel, nuts such as flaxseed & walnuts, and plant oils such as canola. Omega 3's are beneficial in reducing the risk of cardiovascular disease such as abnormal heart rate, blood pressure, and stroke.

Trans fat is a manufactured source of energy that was created to replace dietary saturated fat. It is now known to negatively affect cholesterol levels by increasing LDL ("bad cholesterol").

UPDATES FROM THE NURSE'S OFFICE

Well, we're 2/3 of the way through the coldest months in Minnesota, but 2/3 of the way is not all the way, so take some of these tips and save yourself some trouble.

Hypothermia: occurs when your body temperature drops to a dangerous level. Your body temperature can drop when you are out in the cold for an extended time because it begins to lose heat quickly. Older adults are at an increased risk of hypothermia due to changes that happen to your body with aging.

**Warning Signs:**

- Cold skin that is pale or ashy.
- Feeling very tired, confused, sleepy, and/or weak.
- Problems walking.
- Slowed breathing or heart rate.

Steps to Take:

- Stay indoors (or don't stay outside for very long).
- Keep indoor temperature at 65 degrees or warmer.
- Stay dry because wet clothing chills your body more quickly.
- Dress Smart – protect your lungs from cold air. Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!
- Essential winter wears: hats, gloves or preferably mittens, winter coat, boots, and a scarf to cover your mouth and nose.

Frostbite occurs when your body experiences damage to the skin that can go all the way down to the bone. Not surprisingly, extreme cold can cause frostbite. It is most likely to occur on body parts farthest away from your heart. Common places include your nose, ears, cheeks, chin, fingers and toes. In severe cases, frostbite can result in loss of limbs. People with heart disease and other circulation problems are at a higher risk.

Warning Signs:

- Skin that's white or ashy or grayish-yellow.
- Skin feels hard or waxy.
- Numbness.

Steps to take:

- Cover up! All parts of your body should be covered when you go out in the cold.
- If skin turns red or dark or starts hurting, get inside right away.
- If frostbite has happened:
- Run the affected area under warm (not hot) water.
- Call for medical help if you think you or someone else has frostbite.

Follow these tips to take care of yourself and just think...it's almost March 20, 2019, the official first day of Spring! Stay Warm! - Frank

CHAPEL CHATS WITH DEACON MICHAEL



For many people, January is the month to resolve to make changes in our lives. Whether these resolutions are to exercise more, eat healthier, stop a bad habit, or take up a new hobby, new beginnings can lead us to a happier and more fulfilling life. Unfortunately, February tends to be the month where we examine our good intentions and realize how difficult it can be to make consistent changes in our lives.

Many people make spiritual resolutions at the beginning of the year also, and quickly find that they have not lived up to those high expectations they have set for themselves. The goals to pray more, read Sacred Scripture daily, and act more charitably to our neighbor can be difficult if we struggle with the virtue of fortitude, especially when we are faced with trials or our own weaknesses. Fortitude is the Cardinal Virtue that ensures firmness in difficulties to do the good and can be hampered when we experience difficulties in our life. Fortitude, also known as courage, strength or might, is a virtue that can help us endure testing that can bring us closer to God. St. John Chrysostom (349-407) teaches us about fortitude and trials, and how they can be spiritually helpful, by the following analogy:

Trees that grow in shady and sheltered places, while externally they develop with a healthy appearance, become soft and yielding, and they are easily damaged by anything at all; whereas trees that grow on the tops of very high mountains, buffeted by strong winds and constantly exposed to all types of weather, agitated by storms and frequently covered by snow, become stronger than iron.

A blessed February, filled with fortitude to do God's will in trial, be with you this month and always.

—Deacon Michael



We are happy to host a "Picture Day" here at The Glenn

Scott Streble, a local photographer, will be taking free portraits of Residents who are interested, Feb 13th from 8am-10am. Scott has over 30 years of experience taking photos and works with domestic and international nonprofit organizations. He has photographed many famous people such as Milton Berle, Bill and Hilary Clinton, Jimmy Carter, Madeleine Albright, The Rolling Stones, Willie Nelson, Jay Leno and Garth Brooks.

Come join in the fun. Each photo takes just a few minutes and you will receive a digital copy of your photo, which can be emailed or used to make reprints.

*If you would like your loved ones in the picture that is ok as well.

To see Scott's work visit www.scottstreble.com

Sign up by February 10th by calling the front desk, at 952-345-4404

YOUR SUBMISSIONS



February

By: Ralph Jackson

This month we can have some days we're not sure if we are dressed for real cold or just moderate temps. This is what we need to do for our kids going to school. Make sure they are dressed for the weather.

Jesus is the protector not only for our kids but Jesus wants us to do our part in bringing up our kids with LOVE for one another. They are the future of our Country.

The way our country is going now we wonder what they future will be. The best thing we can do is ask Jesus to work in the minds and hearts of our Leaders. GOD bless America.

Lets keep them in our Prayers.

Gods blessings to every one this new year.

Limericks By Liska: Community Life Coordinators Edition

By: Jim Liska

One of our latest staff additions is a comely lass named Kelly-
Whose favorite meal is a Diet Coke & nosh from the local Lund's & Byerly's deli-
She is a Winona State University grad who loves babies, puppies, and old folks,
And she may be prompted to relate a few humorous jokes—
And her fervent dream (one day) is to travel on her honeymoon by heli to Bali!!!
(she knows how to shake the paparazzi!)

There is a lovely epicurean staff member named Teresa-
Who often enjoys snarfing down succulent pizza-
She is never at risk,
For even a small bite of lutefisk-
But she'd love a trip to Italy as a gourmet tourista!!!
(with her friend, the coffee barista!)

