

## APRIL RESIDENT BIRTHDAYS

4/4: Bob Thompson

4/5: Leila Froehlich

&

Tom Wilharm

4/11: John Elliot

4/13: Janis Favorite

4/14: Clara Dolan

4/16: Joan Miska

4/22: Ann Ragozinno

4/23: Joy Bragg

&

Darlene Palmer

4/24: Winona Carlson

4/25: Bill Pollard

## APRIL STAFF BIRTHDAYS

4/8 Ashley Kumar

4/13 Donna Hanson



*Well hello there spring, do your thing! We want to extend warm spring greetings to all of you, and hope you are enjoying the brighter & more comfortable days! We are excited that the cold appears to be behind us, which means we won't be at Mother Nature's mercy for our outing schedule anymore!*

*Please continue to bring forth your outing & programming suggestions! Your feedback directly builds our monthly activity calendars!*

*Stop in to see us anytime!*

*-Alissa,  
Teresa,  
& Kelly*



## FOLLOW US ON SOCIAL MEDIA



Facebook : The Glenn Minnetonka



Instagram : glenn\_minnetonka



Pinterest : The Glenn Minnetonka



Twitter : @GlennMinnetonka



LinkedIn : The Glenn Minnetonka

[www.TheGlennMinnetonka.com](http://www.TheGlennMinnetonka.com)

# The Glenn Gazette

APRIL  
2019



5300 WOODHILL ROAD MINNETONKA, MN 55345  
952-345-4404 • [THEGLENNMINNETONKA.COM](http://THEGLENNMINNETONKA.COM)

### FRONT PAGE

PHOTO COLLAGE OF FUN!

### PAGE 2

UPDATES FROM ADMINISTRATOR SHANNA  
&  
BLUESTONE PHYSICIAN VISIT DATES

### PAGE 3

UPDATES FROM NURSE FRANK

### PAGE 4

CHAPEL CHATS WITH DEACON MICHAEL

### PAGE 5

YOUR SUBMISSIONS

### PAGE 6

INSIGHTS FROM INTERIM  
&  
NUTRITION TIPS FROM NIKKI

### PAGE 7

UPCOMING OUTINGS, SHOPPING SHUTTLES,  
&  
EVENTS

### PAGE 8

WE WANT YOU!!!

### PAGE 9

EASTER EGG HUNT

### PAGE 10

SPECIAL EVENTS

### PAGE 11

SPECIAL EVENTS

### BACK PAGE

RESIDENT & STAFF BIRTHDAYS,  
SOCIAL MEDIA INFORMATION,  
&  
COMMUNITY LIFE CORNER





## UPDATES FROM YOUR ADMINISTRATOR

Spring Greetings,

It was a long winter and at times felt like it would never end, however I am happy to report that we are seeing the first signs of spring. 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 by our front entrance, they should be budding soon!

Our transition a couple weeks ago over to the new nurse call system, Notify went remarkably smooth. I just wanted to remind folks that you have to press and hold your pendant for about 3 continuous seconds in order for it to activate. You know that it has been activated because it will vibrate and blink red. Also, there are two styles of pendants, they come either as a watch or as a necklace. If you have a preference as to which style you want please let Cheri know at the front receptionist desk.

With spring comes the potential for increased severe weather. On Thursday, April 11th 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



## SPECIAL EVENTS

**GOOD FRIDAY WITH DEACON MICHAEL**

**April 19th 2019**

*Both events being held in the chapel*

- 10:15 am Ecumenical Good Friday Service

*-All are welcome*

- 1:00 pm Showing of the movie:

*"The Passion of the Christ"*

**Wii Game with Alissa**

**Wednesday April 17th**

**10:30 am—in the Cinema**



**Join Alissa to play Jeopardy—trivia fun for all!**

## BLUESTONE PHYSICIAN VISIT DATES

JUST A REMINDER THAT BLUESTONE PHYSICIANS

WILL BE VISITING ON THE FOLLOWING DATES:

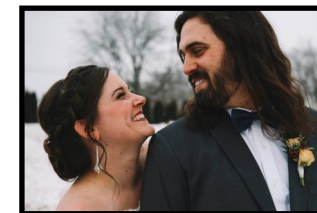
★ FOR GARDEN SUITES : APRIL 2ND

★ FOR ASSISTED LIVING & FIRESIDE SUITES : APRIL 9TH

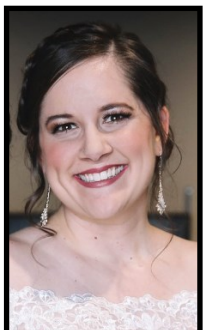
*Wedding Photo Slide Show with Abby (Saunders) Anderson*

**Thursday April 14th**

**3:00 pm— in the Chapel**



**Come see Abby's beautiful wedding memories!**



## SPECIAL EVENTS

**ARMCHAIR TRAVEL TO GREECE WITH ALISSA***MONDAY APRIL 29TH 2019**2:30 PM—IN THE FIRESIDE DINING ROOM*

***COME TASTE THE FLAVORS, SEE THE SIGHTS, HEAR THE SOUNDS, AND  
SHARE STORIES OF THIS BEAUTIFUL COUNTRY!***

**TED TALK & Mimosa's with Alissa in the Cinema****Friday 4/12/19 @ 10:30 am****Mark Johnson: A Personal Story About Farming & the Future of Agriculture****What is a TED Talk?**

TED Conferences LLC is a media organization that posts talks online for free distribution under the slogan "ideas worth spreading." TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks.

**ATTENTION ATTENTION: NEW PROGRAM ALERT!!!***Please join us in the Chapel for an Adult Education Lecture***Tuesday 4/23/19 at 10:00 am**

Join historical lecturer David E Jones as he presents:

*Apollo—Why We Went to the Moon*

## UPDATES FROM THE NURSE'S OFFICE

With the use of a POLST, emergency and medical personnel have clear orders on which actions to take in the event of an emergency based on the patient's wishes. It includes the patient's desire to have or refuse CPR, to be taken to a hospital, and whether to receive artificial nutrition. The paradigm can follow a person wherever he goes; it's valid at home, in a nursing home, a long-term care facility, and in the hospital.

**What Does the POLST Include?**

The POLST has three sections in which a person can choose his or her desired medical intervention:



CPR-A person can choose to have cardiopulmonary resuscitation (CPR) attempted. Choosing this option means choosing "Full Treatment" in section B. Alternatively, a person can choose to "Allow Natural Death," also known as Do Not Attempt Resuscitation or DNR/DNI.

Medical Treatments - A person has three choices of the degree of medical interventions they would like. The first choice is "**Full Treatment**" which includes the following: Use intubation, advanced airway interventions, and mechanical ventilation as indicated. Transfer to hospital and/or intensive care unit if indicated. All patients will receive comfort-focused treatments.

The second choice in this section is "**Selective Treatment**" which includes the following: Use medical treatment, antibiotics, IV fluids and cardiac monitor as indicated. No intubation, advanced airway interventions, or mechanical ventilation. May consider less invasive airway support (e.g. CPAP, BiPAP). Transfer to hospital if indicated. Generally avoid the intensive care unit. All patients will receive comfort-focused treatments. The third choice in this section is "**Comfort-Focused Treatment (Allow Natural Death)**" which includes the following: Relieve pain and suffering through the use of any medication by any route, positioning, wound care and other measures. Use oxygen, suction and manual treatment of airway obstruction as needed for comfort. Patient prefers no transfer to hospital for life-sustaining treatments. Transfer if comfort needs cannot be met in current location.

There is also a section for any additional orders that include "Artificially Administered Nutrition" identifying nutrition administered by a tube and "Antibiotics" identifying whether or not IV or oral antibiotics should be administered.

**How Is the POLST Different Than an Advance Directive?**

An Advance Directive is designed to give instructions on desired medical interventions once a person has already had emergency treatment – usually directed towards hospital or nursing home staff. The POLST is designed to instruct emergency/medical personnel on what actions to take while you're still at home/facility.

**Who Needs to Sign a POLST?**

Residents and families should not attempt to complete the form independently. Residents and families are strongly encouraged to speak to their physician or health care provider about having a POLST form completed. A physician must also certify that the decision the patient is making is consistent with his current medical condition.

Anyone who has a chronic or life-limiting illness or anyone with advanced age should consider having a POLST document.

The reason for having a POLST completed and available is to enable the personnel of the Glenn Minnetonka to be aware of your wishes should an accident/illness occur and there is a need to initiate CPR. In the absence of a POLST or Advanced Directives, CPR will be initiated and the EMTs will be notified.

We strongly encourage all residents to have a POLST completed with input from your families and MD, to give a copy of the document to Cindy Ehlen, the Resident Services Director or Frank Taylor, the Director of Nursing so we can make note of it in your medical record, and keep a copy of it posted in your apartment in a conspicuous place, such as on the refrigerator door or on the inside door to your apartment, so it is readily available should an accident/ incident occur.

*If you need a POLST form, please contact the front desk, Cindy, or Frank and they will be happy to assist you.*



## CHAPEL CHATS WITH DEACON MICHAEL



Happy April!

I am grateful for surviving the winter and am looking forward to the warmer days ahead. There is something very edifying to me personally seeing the new life that emerges in Spring, and it fills me with a spirit of hope and gratitude at God's creative workings in our world.

I want to thank you for the two marvelous opportunities we had last month to gather as a community and pray together. Our

Ash Wednesday service was very well attended, and it points to a need we all have to come together and witness to the need for repentance in our lives. We also gathered late in the month to specifically remember the members of our community who have died from last September to February, and in the past also. I received many positive responses to this memorial service from both families of the deceased, and from the residents of The Glenn, and please know that we will continue this practice in the future. Our next memorial service is scheduled for May. A special thank you to Reverend Tom Conboy for his participation as a brother in the Lord with these two prayer services.

As we near the end of Lent and the holy season of Easter approaches, I would like to offer two opportunities to make Good Friday a prayerful day: We will gather for an ecumenical prayer service on the morning of Good Friday and take some time to remember the Passion and Death of Our Lord as a community. Also, in the early afternoon, I will be showing the movie *The Passion of the Christ* in the chapel. I believe this movie is the most realistic dramatization of the Passion Narrative that has been made, but I would advise you that it is extremely graphic and is not for everyone.

As always, you remain in my daily prayers as I serve you. I ask that you kindly keep me also in your prayers. May God provide you with many blessings in these last days of Lent, and much joy as we celebrate the victory of Easter.

In Christ,

Deacon Michael

## ANNUAL EASTER EGG HUNT



Join us for  
**The Glenn's  
Annual  
Easter Egg Hunt!**

**Saturday, April 20th**

**1:00 pm - Easter Egg Hunt**  
**Meet in the Perk**

**1:30 pm - Easter Scratch Art  
Craft**

**Meet in the Arts Room**

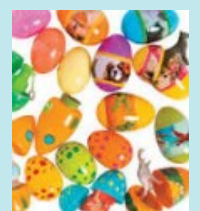
**All are welcome!**

**Invite your family & friends to join the fun!**

**We need Egg Stuffers!**

**We need YOUR help!**

Please join Alissa in the Arts Room on Thursday April 18th at 10:30 am to prep & stuff the Easter eggs for the egg hunt!



## WE WANT YOU!!!

**Where Should we Go?**

**Please continue to submit your outing suggestions to the Community Life Team! Places you'd like to visit, restaurants you'd like to dine at- the sky is the limit!**

**Newsletter Submissions**

Would you like to be featured in our newsletter? We would love your poems, jokes, artwork, photos—Contact Alissa to be in our Newsletter!

**Spring has Sprung—CALLING ALL GARDENERS!**

Did you know we have raised garden bed plots available for resident use on our Excelsior Patio? If you would like to use a garden bed, please contact Community Life to reserve a spot. If someone is looking for additional gardening space, we also have some other areas available! We are excited to hear what beautiful & delicious things you will be plating this summer, and watching them grow!

**Share Your Stories: Resident Led Lectures**

We are looking for residents who would like to present to their peers! Share your story, present on a topic you are passionate about, share your knowledge with others.

**Calling All MEN!!!**

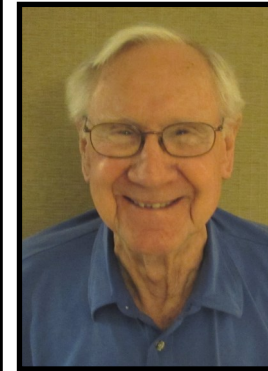
Please join for Men's Group each Thursday at 10:00 am in the Club Room  
ALL MEN ARE WELCOME & ENCOURAGED TO ATTEND! Bring a neighbor!



## YOUR SUBMISSIONS

**April**

By: Ralph Jackson



In the Northern hemisphere April is the most confusing month; rainy and wet one day, the next day full of warm promise of green growth. Here in Minnesota we have been getting plenty of snow. This keeps the grass growing with the flowers starting to sprout to show the beauty of spring. One of the things we need to think of the kids are still going to school we need to think of their safety. Support our teachers in keeping them safe. We know our heavenly Father is watching over them all the time. He wants us to help keep them safe going to school and home. I do pray that everyone have a safe month. Spring is almost here for our warmer days. This well help us think about things we need to do.  
Jesus guide everyone and keep them safe.

**Limericks By Liska:**

By: Jim Liska

We have a resident from "Safa City, Iowa named Shirley,

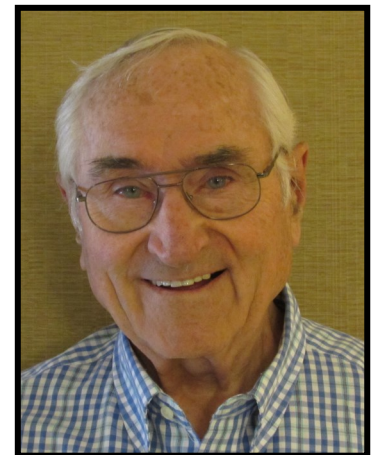
Who says she was never involved in a hurly-burly

She came to Minnesota with her Iowa mate

And dabbled a lot in real-estate-

She also asserts she never played the hurdy-gurdy-

Even when her hair was curly!





INSIGHTS FROM INTERIM HEALTHCARE



Phone: 651-917-3634  
Fax: 651-917-3620

April is “Move More” Month!!!

The American Heart Association recommends **30 minutes** of moderate activity **five times a week**.  
Only about 22% of American adults meet that recommendation.

- If you are looking for ways to **Move More**, consider the following:
- Start a walking club; use the hallways in colder weather.
- Have a dance party!
- Participate in building exercise groups or follow a fitness video.
- Take short breaks throughout the day to stand or sit and stretch or go for a short walk. Even marching in place counts!
- Challenge friends or family members to a competition to see who can have the most active minutes for the month of April!
- Talk with your doctor if you have questions and start with small changes. Those small changes can add up to a **big difference** in your health!

DIETITIANS DISH FROM NIKKI: WHAT IS A WHOLE GRAIN?

Did you know there is a difference between the term “wholegrain” and “whole wheat?” A whole grain is a grain that consists of all its’ essential parts: bran, endosperm and germ. If any part of the final product is missing any of those 3 nutrients then it is not a whole grain.

**BRAN**

Bran is the hard outer shell of a grain. The bran is rich in protein, iron, fiber, carbohydrates , fiber, fatty acids and other nutrients such as B-Vitamins! When we separate the bran from a wholegrain the grain itself then loses those wonderful nutrients! The bran in what makes brown rice brown.

**ENDOSPERM**

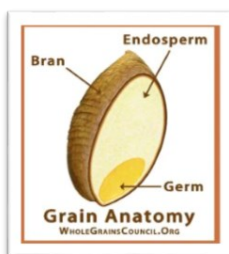

The endosperm is the largest part of the wholegrain. This portion is filled with starches, protein and vitamins and minerals. The endosperm is a food source for the germ so the wholegrain and grow.

**GERM**

The germ is the epicenter of a wholegrain. This is where are the nutrients are held that can sprout a wholegrain into a plan

**WHOLE GRAIN EXAMPLES**

- Amaranth, Barley, Buckwheat, Bulgar, Corn, Farro, Freekeh, Millet, Rice, Rye, Quinoa, Wild Rice, Wheat, Oats, Tritacle, & Kamut



UPCOMING OUTINGS & EVENTS

APRIL OUTINGS

- Tuesday 4/2 @6:30 pm—Outing to All Saints Lutheran Church for Paul Douglas’ Presentation
- Thursday 4/4 @ 12:30-5:00 — Outing to The Marjorie McNeely Conservatory at Como Zoo for The Spring Flower Show with Alissa
- Thursday 4/11 @ 11:30-2:30 pm—Lunch Outing to Maynard’s on Lake Minnetonka
- Friday 4/12 @ 9:45 am—4:00 pm—Outing to Mystic Lake Casino
- Monday 4/15 @ 12:30-5:00 pm—Outing to Mill City Museum with Alissa
- Tuesday 4/23 @ 10:00 am—3:00 pm—Outing to Mystic Lake Casino
- Friday 4/26 @ 11:30-2:30 pm— Lunch Outing to Axel’s in Chanhassen

APRIL SHOPPING SHUTTLES

- Wednesday 4/3 @ 10:00 am- Shop Eden Prairie: Costco, Walmart, Dollar Tree, Eden Prairie Center, Home Goods and Aldi Grocery
- Wednesday 4/10 @ 10:00 am- Shop Minnetonka: Ridgedale Center, Ridgehaven Strip Mall, Trader Joes Grocery, Bed, Bath & Beyond, and Lands’ End
- Wednesday 4/17 @ 10:15 am- Hy-Vee Grocery
- Wednesday 4/24 @ 10:00 am- Shop Edina: Southdale Mall & The Galleria

APRIL EVENTS

- Tuesday 4/2 @ 11:30- 1:30 pm- Massages with Jeanne- Cinema (Sign up at front desk—\$15/20 minutes)
- Thursday 4/4 @ 6:30 pm—Trivia with Lue—Perk
- Friday 4/5 @ 11:00 am- Ambassador Meeting- Fireside Dining Room
- Tuesday 4/9 @ 11:00 am- Movie Committee with Alissa—Cinema
- Thursday 4/11 @ 3:00 pm- Musical Performance with The Mill Creek Ramblers—Cinema
- Thursday 4/11 @ 4:00 pm -Refreshments & Social Hour with Deacon Jim McDon-ald—Perk
- Friday 4/12 @ 10:30 am- TED Talk: Mark Johnson: A Personal Story About Farming & the Future of Agriculture & Mimosas with Alissa - Cinema
- Wednesday 4/17 @ 10:30 am- Wii Game: Jeopardy with Alissa—Cinema
- Wednesday 4/17 @ 1:00 pm—Dietitian’s Dish with Nikki from Unidine: Yogurt—Arts Room
- Thursday 4/18 @ 10:30 am—Stuff Easter Eggs for Egg Hunt with Alissa—Arts Room
- Thursday 4/18 @ 3:00 pm - Wedding Photo Slideshow with Abby—Chapel
- Thursday 4/18 @ 6:30 pm—Trivia with Lue—Perk
- Friday 4/19 @ 11:00 am—Resident Meeting—Chapel
- Saturday 4/20 @ 1:00 pm—Annual Easter Egg Hunt—Meet in the Perk!
- Tuesday 4/23 @ 10:00 am—Adult Education: David E Jones presents “Apollo—Why We Went to the Moon” - Chapel
- Thursday 4/25 @ 2:30 pm—Birthday Party with Musical Entertainer Phil Kitze—Lafayette Dining Room
- Monday 4/29 @ 2:30 pm—Armchair Travel to Greece with Alissa—Fireside Dining Room