

JUNE RESIDENT BIRTHDAYS

6/1 Doris DeVeau
 6/3: Rita Donlin
 6/6: Jean Mickelson & Margaret Pollard
 6/8: Earl English
 6/10: Richard Brasket & Lue Streff
 6/11: Wynn Davies
 6/13: Rachel Nassef
 6/14: John Johnson
 6/16: Marge Lee
 6/20: Dottie Peterson & Martha Walker & Al Starshack
 6/24: Esther Schepper
 6/30: Lois Anderson

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JUNE STAFF BIRTHDAYS

6/2: Fatou Conta
 6/24: Alice Atemba
 6/26 Christopher Adhanja



Fun Facts

- Birthstone: Pearl & Alexandrite
- Flower: Rose & Honeysuckle
- Zodiac Sign: Gemini & Cancer

***Hello Residents!
Happy June—summer is finally upon us! We are so very happy for the continuing beautiful weather, and are excited to get out and about to enjoy it on fun community outings! Please continue to bring forth your outing ideas as your contributions build our activity calendar!***

We also want to extend a fond farewell to Teresa, and thank her for her (almost) two years here at The Glenn—you are loved and will be missed!





-Alissa, Teresa, & Kelly

The Glenn Gazette



5300 WOODHILL ROAD MINNETONKA, MN 55345
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JUNE 2019



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UPDATES FROM YOUR ADMINISTRATOR

Minnesota's lovely month of June is finally upon us- the month where Spring turns into Summer! This is also the time of year for clean-up. Now that we are done with the garage and parking lot cleanings, this year we will be seal coating and striping our parking lot on Wednesday, June 5th. Both our front and back parking lots are scheduled to be striped & sealed, your cars must be removed from the lots before 8am or the night before. If you need assistance moving your car, please call the Front Desk, 952-345-4404.

Also scheduled for June is our annual window cleaning for the building. As with years past, we have contracted with O'Keefe Window Cleaning. Our schedule is outlined below:

- Wednesday, June 12th – 4th floor, start 3rd floor
- Thursday, June 13th- 3rd floor
- Friday, June 14th – Finish 3rd floor, Start 2nd floor
- Monday, June 17th – Finish 2nd floor, start 1st floor
- Tuesday, June 18th - 1st Floor
- Wednesday, June 19th - Finish 1st floor & lower level

Remember, this schedule is tentative and subject to changes. The window washers will need to enter your apartment to do their job- they will clean both inside and outside windows. You do NOT need to be home (our maintenance team will let them in if you are not available). If you prefer to be home during when they are washing your windows and you are not able to be on your scheduled day, please call the Front Desk (952-345-4404) as soon as possible so we can make special arrangements. Also, please remove any knickknacks that are around your windows, we'll handle the furniture. The hours of window cleaning are 9am-5:30pm.

Also, I wanted to let you know that The Glenn Catholic Senior Communities is making a video! We have 3 main purposes for this video that we will be putting on our website:

- To reinforce and memorialize The Glenn's brand
- To differentiate The Glenn from the competition
- To nurture the notion that we want to make a positive difference in the lives of our residents and staff members and that we can be trusted to do so.

We are shooting the video here at our Minnetonka location on Tuesday, June 18th and they will also be a video shoot at our Hopkins location. Cindy, our Resident Services Director has been helping me recruit staff and residents to be in the video- thank you in advance to those volunteers! I promise to show the final product video as soon as it is completed at our Resident Meeting. We are very, very excited about this project!

The second week of June is National Nursing Assistant's Week. Don't forget to give the RA's a shout out for all the hard work they do for providing outstanding care to our residents!

Lastly and most importantly, Happy Father's Day!

Affectionately,

Shanna



FOND FAREWEL & SPECIAL EVENTS

**To all The Glenn Residents & Staff:**

It truly has been a pleasure meeting and working with each one of you. I know that I really have received more from you then I have given. This group is a family, and I will never forget my time spent here. This really wasn't a job for me, more like a gift that I was supposed to do in honor of my mother. I found that it made me a better person all the way around, and what a wonderful gift that ended up to be for me. I don't want to say goodbye because that is so final. I do plan on stopping by going forward and visiting now and then. Who knows—you might end up seeing me as one of the residents one of these days!

Take care always, Teresa Williams

***PLEASE JOIN US FOR A FAREWELL GATHERING IN
TERESA'S HONOR
FRIDAY, JUNE 14TH @ 10:00 AM IN THE PERK***

1st Bread & Pickle at the Lake Harriet Bandshell Outing of the season!



Tuesday June 18th from 5:30-9:00 pm



Join Alissa & Kelly for an evening with Gypsy Mania Hot Club Quartet Swing & Jazz

TED TALK with Alissa in the Cinema

Monday 6/3 @ 10:30 am: Why City Flags May be the Worst-designed Thing You've Never Noticed with Roman Mars



Thursday 6/20 @ 10:30 am: How Can we Make Crops Survive without Water with Jill Farrant

SPECIAL EVENTS

Armchair Travel to Quebec with Alissa

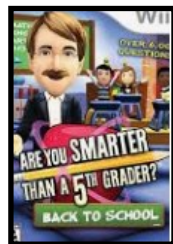


MONDAY JUNE 24TH 2019

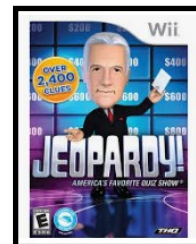
2:30 PM—IN THE FIRESIDE DINING ROOM

COME TASTE THE FLAVORS, SEE THE SIGHTS, HEAR THE SOUNDS, AND SHARE STORIES OF THIS GORGEOUS AREA!

Wii Games with Alissa



**Friday June 21st @ 10:30 am—
Jeopardy!**



**Tuesday June 25th @ 10:45 am—
Are You Smarter Than a 5th Grader?**



Adult Education Lecture Series



Please join us in the Chapel :

Tuesday June 4th at 10:30 am

Join lecturer Curtis Beckmann as he presents:

Remember the Good Ole Days of WCCO Radio



UPDATES FROM THE NURSE'S OFFICE

June is just around the corner and I've already written about preparation for Spring, so let's cover some of the fun things to celebrate during the month of June that won't depend on the weather.

Did you know...

-June 1st we can celebrate our first Daily Double of the month, National Olive Day and National Hazel Nut Cake day

-June 2nd is National Rotisserie Chicken Day

June 3rd is National Chocolate Macaroon Day

-June 4th is National Cheese Day

-June 5th National Gingerbread Day

Is anyone noticing a trend here? June is a great month for the celebration of some great foods!

We've got National Chocolate Ice Cream Day AND National Donut Day (6/7), National Strawberry Rhubarb Pie Day (6/9), National Corn on the Cob day AND German Chocolate Cake Day (6/11), National Jerky Day AND Peanut Butter Cookie Day, National Strawberry Shortcake Day(6/14)...and the list goes on!

Look at all the suggestions available for food lovers around The Glenn.

There's National Egg Roll Day, National Fudge Day, National Apple Strudel Day, National Cherry Tart Day, National Pecan Sandies Day, National Pralines Day, National Strawberry Parfait Day, National Almond Buttercrunch Day...and the list goes on and on!!!

I don't know about you guys, but I'm thinking these are some fabulous ways to celebrate the last month of spring and the start of the summer season!

I am going to end this article with one of my favorite June celebration days that is not focused on food- NATIONAL LEAVE THE OFFICE EARLY DAY. This is typically on June 2nd, but, since 6/2/2019 is on a Sunday, the rules state as follows: unless June 2nd falls on a weekend, at which time it would be acknowledged on the closest working day.

Have a great June! Take Care—Frank



JUST A REMINDER THAT BLUESTONE PHYSICIANS

WILL BE VISITING ON THE FOLLOWING DATES:

★ FOR GARDEN SUITES : TBD—SEE FRANK!

★ FOR ASSISTED LIVING & FIRESIDE SUITES : TBD—SEE FRANK!



CHAPEL CHATS WITH DEACON MICHAEL



Happy June!

A brief biography of Archbishop Hebda:

He was born in Pittsburgh Pennsylvania in 1959, attended a Catholic High School, and then Harvard University where he earned a BA in political science. He then earned a JD from Columbia Law School and entered seminary in Pittsburgh and Rome.

Ordained a priest in 1989, Archbishop

Hebda has served as a parish priest, secretary to his bishop, Master of Ceremonies, Judge of the Tribunal, spiritual director, and worked in the Vatican on a Pontifical Council.

On October 7th, 2009, Pope Benedict named him the 4th Bishop of Gaylord Michigan, and he was installed as the 12th Archbishop of this archdiocese in 2016.

Archbishop Hebda speaks English, Italian and Pittsburghese, and knows Spanish, Latin and French. He loves the Steelers and other sports teams from Pittsburgh also.

Let us continue to pray for each other.

Blessings,

Deacon Michael



WALK THE GLENN / FEED MY STARVING CHILDREN

WALK THE GLENN 2019

Beginning in the month of June and continuing through September, The Glenn Minnetonka fundraises for the **Alzheimer's Association**. This association is the leading voluntary health organization in Alzheimer's care, support and research.

Mark Your Calendars

- **July 17th from 2:30-4:00 pm**
Root Beer Float Sale (in The Perk)
- **August 3rd from 10:00am – 2:00pm**
Bake Sale (in conjunction with Glen Lake Days)
Donations of baked goods can be delivered to the front desk on Friday, August 2nd during business hours and before 9:00am on Saturday August 3rd.
- **September 21st from 11:00am – 2:00pm**
Walk The Glenn and Silent Auction (a mini "Walk" around The Glenn's neighborhood and Silent Auction)
Entertainment and refreshments will be served in the back courtyard!

Ongoing Fundraising Events

You don't have to attend to participate in making a difference for Alzheimer's!



We are hosting an **Envelope Fundraiser** in our Lobby. All donations/envelopes can be turned into the receptionist.



The Glenn Piggy Bank!

Drop some change in our purple ribbon piggy bank located at The Front Desk!

All are welcome to join us for a special Community Service Project Outing to

FEED MY STARVING CHILDREN

TUESDAY June 4th—(bus pick up at 1:30 pm home by 5:15 pm)

We will be packing meals from 2:30-4:30 pm

Please sign up at the front desk to join our team!



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!

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!

- *We are currently looking for a leader to facilitate this group— if this is your calling, please see Alissa!*

**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 PASSION-ATE ABOUT, SHARE YOUR KNOWLEDGE WITH OTHERS.

DOES THIS SPARK AN INTEREST?

INQUIRE WITH ALISSA TO RESERVE A SPOT ON THE CALENDAR!



YOUR SUBMISSIONS

June

By: Ralph Jackson



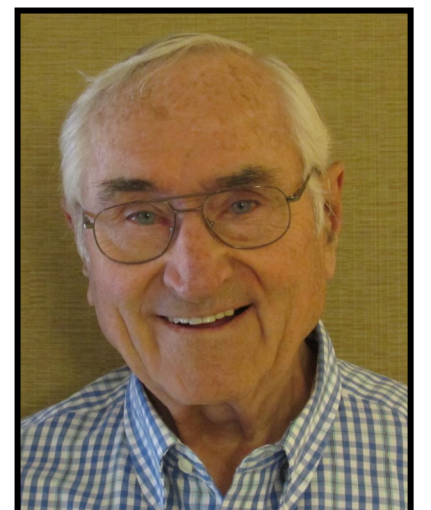
Spring is Busting Out All Over!

As far as we look out we can see God's work of new life filling in all around us. The grass is turning green; many birds have returned and building nests for a new family; buds are coming out on the trees and bushes; and soon flowers will be in full bloom gracing us with beautiful colors. Stop and take time to appreciate his handy work— see the colors, smell the flowers, and listen to the birds sing.

Limericks By Liska:

By: Jim Liska

We are blessed with an army “grunt”-turned Deacon named Michael
Who, ironically hails from a town called Saint Michael
He administers to the spiritual needs of The Glenn laity,
And even sometimes engages in a bit of gaiety-
But his main passion is vigorously digesting all of the writings deemed biblical!



INSIGHTS FROM INTERIM HEALTHCARE



Phone: 651-917-3634

Fax: 651-917-3620

Lymphedema and Exercise



Lymphedema is swelling that generally occurs in arms and/or legs often caused by damage or blockage of the lymph nodes.

Therapy would include treatment of: reducing the size and heaviness of the limb, reducing the risk of repeated infection, improving the health of the skin, and obtaining properly fitting compression garments.

Light exercise can be performed daily to improve fluid drainage and should be gentle and pain-free. Talk to your doctor if you or someone you know would benefit from Lymphedema treatment from our skilled team.

DIETITIAN'S DISH: OPTIMIZE YOUR BRAIN HEALTH: NIKKI BRUCH RDN, LD



It's safe to say that food impacts many aspects of our lives from our energy level, to the way we feel, or our overall wellbeing. Did you know that food can also play a roll in brain health and function? Food impacts the way we think, the formation and growth of our brain, and can even contribute to how our brain functions in our later years of life! Currently, research is being done on the correlation between nutrition and certain neurodegenerative disorders such as

Alzheimer's disease.

Though there is not a specific diet for brain health, a diet low in sodium, low in saturated fats, increased intake of unsaturated fats, and packed with fruits and vegetables can help contribute to our brain health, and improved cognition as we age.

Foods that optimize brain health and overall functioning are those with anti-inflammatory properties such as:

- Fruits and vegetables, such as berries and leafy greens
- Fatty fish, such as salmon, mackerel, and trout
- Nuts and seeds, such as walnuts, almonds, and sunflower seeds
- Avocado
- Plant-based oils, such as olive and canola oil

Foods to avoid due to their inflammation enhancing properties include:

- Processed foods
- Fried foods
- Foods loaded with sodium, added sugar, trans fats, and other chemicals

UPCOMING OUTINGS & EVENTS

JUNE OUTINGS

- Tuesday 6/4 @ 1:30pm-5:15pm— Community Service Project @ Feed My Starving Children
- Friday 6/7 @ 11:30 am—2:30 pm—Lunch Outing to Maynard's on Lake Minnetonka
- Tuesday 6/11 @ 1:00-3:00 pm — Outing to Chanhassen Arboretum: 3 Mile Drive
- Friday 6/14 @ 9:45 am—4:00 pm—Outing to Mystic Lake Casino
- Tuesday 6/18 @ 5:00-9:00 pm—Dinner Outing to Bread & Pickle on Lake Harriet & Band Concert at Lake Harriet Bandshell "Gypsy Mania Hot Club Quartet: Gypsy Swing & Jazz with Alissa & Kelly
- Wednesday 6/19 @ 12:15-3:15 pm—Lunch Outing to Lola's Lakehouse in Waconia
- Tuesday 6/25 @ 10:00 am—3:00 pm—Outing to Mystic Lake Casino
- Wednesday 6/26 @ 12:15-2:30 pm—Lunch Outing to Snuffy's in Minnetonka

JUNE SHOPPING SHUTTLES

- Wednesday 6/5 @ 10:00 am— Shop Eden Prairie: Costco, Walmart, Dollar Tree, Eden Prairie Center, Home Goods and Aldi Grocery
- Wednesday 6/12 @ 10:00 am— Shop Minnetonka: Ridgedale Center, Ridgehaven Strip Mall, Trader Joes Grocery, Bed, Bath & Beyond, and Lands' End
- Wednesday 6/19 @ 10:15 am— Hy-Vee Grocery
- Wednesday 6/26 @ 10:00 am—Shop St. Louis Park: Knollwood Mall

JUNE EVENTS

- Monday 6/3 @ 10:30 am—TED Talk: Why City Flags May be the Worst-designed Thing You've Never Noticed by Roman Mars with Alissa - Cinema
- Tuesday 6/4 @ 10:30 am—Adult Education: Curtis Beckman presents "Remember the Good Ole Days of WCCO Radio" - Chapel
- Tuesday 6/4 @ 11:30- 1:30 pm— Massages with Jeanne- Cinema (Sign up at front desk— \$15/20 minutes)
- Thursday 6/6 @ 6:30 pm—Trivia with Lue—Perk
- Friday 6/7 @ 11:00 am— Ambassador Meeting— Fireside Dining Room
- Monday 6/10 @ 1:30 pm—Paraffin Wax Dips & Manicures with Alissa—Arts Room
- Wednesday 6/12 @ 2:30 pm—Father's Day Social with Community Life Staff—Lafayette Dining Room
- Thursday 6/13 @ 2:30—Birthday Party with Musical Entertainer Allen Carlson—Lafayette Dining Room
- Friday 6/14 @ 10:00 am—Teresa's Farewell Gathering—Perk
- Friday 6/14 @ 11:00 am—Resident Meeting—Chapel
- Tuesday 6/18 @ 11:00 am— Movie Committee with Alissa—Cinema
- Wednesday 6/19 @ 10:15 am—Dietitian's Dish with Nikki—Arts Room
- Thursday 6/20 @ 10:30 am— TED Talk: How Can We Make Crops Survive without Water by Jill Farrant with Alissa - Cinema
- Thursday 6/20 @ 3:00 pm— Musical Performance with The Mill Creek Ramblers—Cinema
- Thursday 6/20 @ 6:30 pm—Trivia with Lue—Perk
- Friday 6/21 @ 10:30 am—Wii Game: Jeopardy! with Alissa—Cinema
- Monday 6/24 @ 2:30 pm—Armchair Travel to Quebec with Alissa—Fireside Dining Room
- Tuesday 6/25 @ 10:45 am—Wii Game: Are You Smarter than a 5th Grader with Alissa—Cinema