

AUGUST RESIDENT BIRTHDAYS

8/3: Marilyn Dickey &
Susan Scribner

8/4: Helen Carlson

8/6: Mary Baker &
Joyce Hank

8/8: Vernice Bersie

8/16: Kim Minea

8/21: Nona Hanson &
Rhoda Jean Westervall

8/22: Jeannine Weeks

8/27: Marilyn Aldritt
& Theresa Hum

8/28: Florence Cosentino

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www.TheGlennMinnetonka.com

AUGUST STAFF BIRTHDAYS

8/1: Pearl Marry

8/5: Mona Lindemon

8/7: Shanna Swanson

8/10: Jackline Mochoge

8/12: Cyrus Nyagwoka

8/13: Darcie Bruss

8/15: Tsultrim Choekyl

John Jabs

Did you guys hear about the man & his
furniture?

He & his recliner go WAY back!



Hello Residents & happy August!

***We hope you are all enjoying this
beautiful weather, and have had a
chance to get out and about to soak up
the sun!***

***We love hearing your suggestions as
they directly build our activity calendars
each month! Please continue to bring us
your questions, comments, concerns,
and suggestions.***

***-Alissa,
Kelly, &
John***



The Glenn Gazette

AUGUST
2019



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

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UPDATES FROM YOUR ADMINISTRATOR

The dog days of summer are upon us. The State Fair, Vikings pre-season football and the first hints of autumn are all coming our way. Truth be told, this is my favorite time of the year. However, we've had some severe weather recently so 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.

Save the date! We are planning our 4th Annual Backyard BBQ for Thursday, August 22nd, 4:30-7:30pm. We invite families of both our residents and staff as a wonderful opportunity to get know each other. We will have plenty of food (free!), the City of Minnetonka will bring an inflatable slide this year, a different petting zoo, lawn games and of course great conversations with friends. Look for your invite with more details to arrive in the mail if you haven't already received it.

Lastly, we are planning to install the first floor hallways and common areas, as well as Garden Suites memory care carpet the 2nd full week of August. More details to follow as the date approaches.

Wishing you a very lovely month of August & I hope to see you and your families at our Backyard BBQ!

Many blessings,

Shanna

SPECIAL EVENTS



Dinner at Bread & Pickle and Music at the Lake Harriet Bandshell Outing!

Monday August 5th from 5:00~9:00 pm

Join Alissa & Kelly for an evening with Sounds of Simon:

a tribute band to Simon & Garfunkel



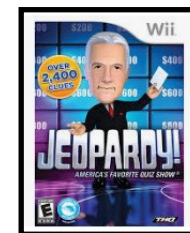
Book Club Meeting Updates from Phillis



We at the Glenn formed a book club and are finishing up with the book *The Road to Character* by David Brooks. We have picked out three books to follow. We will be discussing *The boys in a Boat*, then several sessions with *The Parables* by Dr. Seuss, followed by *Boundaries*. We would like to invite anyone interested in books and discussing them to join us. We have some lively discussions.

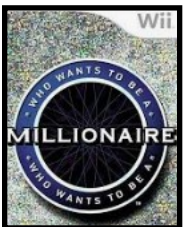
We meet in the Private Dining Room every other Friday at 11 am—please see Community Life Calendar for dates!

Wii Games with Alissa in the Cinema



Friday August 16th @ 10:15 am—
Jeopardy!

Wednesday August 28th @ 2:30 pm—
Who Wants to be a Millionaire?



TED TALK with Alissa in the Cinema

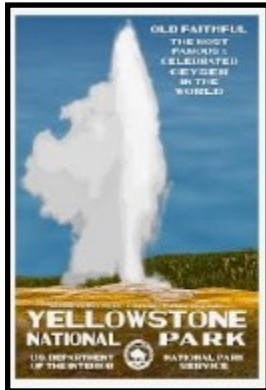
Tuesday 8/6 @ 10:45 am: Growing Old is a Blessing presented by Maria Alejandro



Tuesday 8/27 @ 2:30 pm: What You Can do to Prevent Alzheimer's presented by Lisa Genovia

SPECIAL EVENTS

Armchair Travel to Yellowstone National Park with Kelly



Monday August 26th 2019

2:00 pm—Fireside Dining Room

*Come taste the flavors, see the sights, hear the sounds,
and share stories of this gorgeous area!*

**You're Invited to
The Glenn Minnetonka's**

**ANNUAL BACKYARD
BBQ**

**Thursday August 22nd
4:30-7:30 pm**

**5300 Woodhill Road
Minnetonka, MN 55343**



Enjoy the animals of
Hasse Family
Petting Zoo

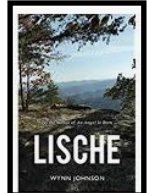
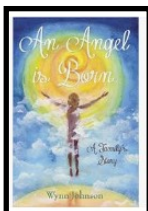


Come have ice cream at
our new
Ice Cream Stand

Have fun on MTKA Fire
Departments' Giant Slide



Invite
your
family
&
friends!



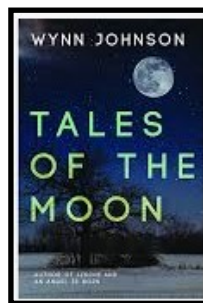
Adult Education Lecture Series

Please join us in the Chapel :

Wednesday August 7th at 10:30 am

Join Author Wynn Johnson as he presents:

“Being an Author”—A Book Event



UPDATES FROM THE NURSE'S OFFICE

This month we'll cover a bit on heat related issues as the hot stuff hits us hard!

There are a number of ways to “beat the heat” and the following should help some:

First- Listen daily to the local news for the weather forecast and adjust activities as necessary to stay safe in the heat. After you know what kind of weather is forecast you can better prepare. Please review the items below to make this a safe summer for you and your friends. Know the symptoms of heat-related illnesses:



Heat Exhaustion Symptoms- Mild headaches, light-headedness, cool/pale skin or heavy sweating, nausea/vomiting, muscle cramps, weakness, or fatigue.

Heat Stroke signs and symptoms- Throbbing headache, confusion, seizure, irritability, altered or loss of consciousness, dry mouth, oral temperature of 104 or above, or nausea and/or vomiting.

Now that you know the symptoms, here are ways to protect yourself and your friends and family:

- Drink plenty of fluids, especially water, throughout the day
- Do not wait until you are thirsty before you drink fluids
- Avoid drinking alcohol
- Avoid drinks that are high in sugar and caffeine
- Avoid very cold drinks — they can cause stomach cramps
- Do not use electric fans to cool yourself when the temperature reaches the high 90's and above — blowing air onto your body that is higher than your body temperature can actually increase heat stress.
- Wear light-colored, loose-fitting clothing
- Avoid exercising outdoors during the hottest hours of the day (usually between 10:00 a.m. - 5:00 p.m.)
- Take a cool shower or bath
- Lastly, there is nothing wrong with relaxing and staying in a nice, cool, air conditioned building and enjoying an ice tea and the company of friends!

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



I recently had the opportunity to help my grandfather move from his residence of 44 years to an assisted living center in Wisconsin. He was recently diagnosed with a form of Parkinson's disease, and at 93 years, his ability to live on his own has significantly diminished over the last few months. The loss of my grandmother, the decline of his health, and the loss of his independence has been a tough cross for him

to bear in the last stage of his life, and this has helped me to better understand the impact of what many of you have suffered in your lives. I have encouraged him, and I encourage you, to consider how God is blessing you today and to live in the moment—not worried about things that you cannot change about the past or the future that we cannot see. I offer you a prayer written by the Polish nun, St. Faustina Kowalska.

O My God,
 When I look into the future, I am frightened,
 But why plunge into the future?
 Only the present moment is precious to me,
 As the future may never enter my soul at all.
 It is no longer in my power to change, correct or add to the past;
 For neither sages nor prophets could do that.
 And so what the past has embraced I must entrust to God.
 O present moment, you belong to me, whole and entire.
 I desire to use you as best I can.
 And although I am weak and small,
 You grant me the grace of Your omnipotence.
 And so, trusting in Your mercy,
 I walk through life like a little child,
 Offering You each day this heart
 Burning with love for Your greater Glory.

A blessed August to you all,
 Deacon Michael

WALK THE GLENN

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

- **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!

ANNUAL BAKE SALE

Saturday August 3rd

10:00 am - 2:00 pm

Front Lobby

All proceeds go to the Walk the Glenn Fund and will be given to the Alzheimer's Foundation!!!

WE WANT YOU!!!

Calling All Men! JOIN MEN'S GROUP!

Please join John on AUGUST 21st at 10:30 am in the Private Dining Room

This month we will be having a Bloody Mary Bar! Come enjoy!

ALL MEN ARE WELCOME & ENCOURAGED TO ATTEND!

Bring a neighbor!

***2019 Night to Unite***

Tuesday August 6th

2:30-3:30 pm

Lafayette Dining Room

Join us for music by Michael Riddle and a pie social

**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!

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!



YOUR SUBMISSIONS

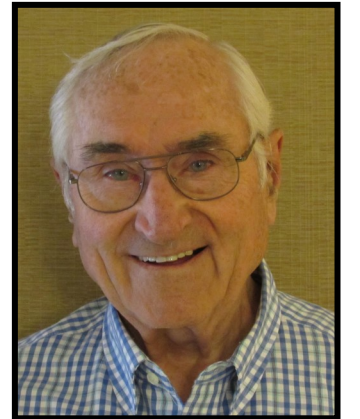
Limericks By Liska

We have a friendly new Community Life Coordinator friends call "Big John" - Who's enormous size would bring fear to the eyes of Kublai Khan!

At Benilde St. Margaret's he was a football heavyweight,

but never, ever ask him what he ate-

But we all know his all-time favorite sweet is a bon-bon from Saigon- but not from Juan in Taiwan!



A **BIG** thank you to Jim Liska for the donation of 40 kringla to the Walk the Glenn Bake Sale! Want to try your hand at it?

Swedish Kringla**Crust:**

1/2 cup butter
1 cup flour
1 1/2 TBSP water

Topping:

1/2 cup butter
1 cup water
1 cup flour
1/2 tsp almond extract
3 eggs

Frosting:

1 cup powdered sugar
1 TBSP butter
1/2 tsp almond extract
1-2 TBSP milk

Directions:

Preheat oven to 350°.

Cut butter into flour until particles are fine. Add water—mixing to form dough. Pat or roll out on an ungreased cookie sheet in two (8x14 inch) strips.

In a saucepan, melt butter in water. Stir in flour until very thick and mixture leaves sides of pan. Remove from heat. Add extract and eggs on at a time beating well after each. Spread over pastry strips. Bake at 350° for 50-60 minutes.

Combine frosting ingredients mixing until of a spreading consistency.

Frost & Enjoy!



INSIGHTS FROM INTERIM HEALTHCARE



Phone: 651-917-3634

Fax: 651-917-3620

Emergency Preparedness

It is difficult to think of yourself or a loved one having an **emergency**, but planning can make the difference! **Medical Alert Identification** can be your voice when you are unable to communicate.

Worn as a necklace, bracelet or shoe tag to alert Emergency Responders and Health Professionals about health information to ensure **lifesaving care**.

Some of the following conditions would be included to having a Medical Alert ID:

- + Alzheimer's

+ Dementia

+ Allergies

+ Autism

+ Asthma
- + Blood Disorders

+ Diabetes

+ Epilepsy

+ Heart Disease

+ Implanted Devices



There are many brands and types available to relay **critical health information** for your care during an emergency.

DIETITIAN’S DISH: HYDRATION WITH NIKKI BRUCH RDN, LD

Rethink Your Drink

Drinking water may be the simplest way to stay hydrated, but plain old H2O can seem dull to some people. Here are a few tips to add some variety to your fluids!

1. Add fresh fruit or vegetables to your water. Lemon, cucumber, and strawberry are just a few of the ways you can add some refreshing flavor and sweetness.
2. Drink milk or other alternatives such as soy, almond, or cashew. Not only are these beverages a good source of fluid for hydration, but you may also be getting protein, vitamin D, and calcium as well!
3. Sparkling water, tea, and other calorie-free beverages are also great choices.

Fluid-Rich Foods- Drinking fluids is just one way to hydrate. Foods containing fluid can also help ensure proper hydration.

Pudding

Yogurt

Ice Cream

Jell-O

Popsicles

Soup

Grapes

Berries

Peaches

Watermelon

Green Beans

Broccoli

Signs of Dehydration

- ◆ Thirst

◆ Dark colored urine/decreased urine production

◆ Blushing/rosy skin

◆ Weakness/dizziness

◆ Increased body temperature

◆ Dry mouth



UPCOMING OUTINGS & EVENTS

AUGUST OUTINGS

- Friday 8/2 @ 11:30 am—2:30 pm — Lunch Outing: Convention Grill (Edina)

• Monday 8/5 @ 5:00-9:30 Dinner Outing to Bread of Pickle at Lake Harriet & Outdoor Concert “Sound of Simon: Tribute to Simon & Garfunkel” at Lake Harriet Bandshell with Alissa & Kelly

• Wednesday 8/7 @ 12:15-4:00pm—Outing to MN Landscape Arboretum

• Tuesday 8/13 @ 11:30 am—2:30 pm— Lunch Outing: Olive Garden (St. Louis Park)

• Tuesday 8/20 @ 1:00—6:00 pm—Outing: Science Museum of Minnesota : Leonardo De Vinci Exhibit with Community Life Staff

• Friday 8/30 @ 11:30 am—2:30 —Lunch Outing: Lord fletcher’s (Lake Minnetonka)

AUGUST SHOPPING SHUTTLES

- Wednesday 8/7 @ 10:00 am- Shop Eden Prairie: Costco, Walmart, Dollar Tree, Eden Prairie Center, Home Goods and Aldi Grocery

• Friday 8/16 @ 10:00 am- Trader Joe’s Grocery

• Friday 8/23@ 10:15 am- Hy-Vee Grocery

• Wednesday 8/28 @ 10:00 am—Shop St. Louis Park: Knollwood Mall

AUGUST EVENTS

- Thursday 8/1 @ 6:30 pm—Trivia with Lue—Perk

• Friday 8/2 @ 11:00 am- Ambassador Meeting with Cindy- Fireside Dining Room

• Saturday 8/3 @ 10:00 am - 2:00 pm—Annual Walk the Glenn Bake Sale and Glen Lake Days - Front Lobby

• Monday 8/5 @ 1:30 pm—Paraffin Wax Dips & Manicures with Alissa—Arts Room

• Tuesday 8/7 @ 10:45 am- TED Talk: Growing Old is a Blessing: presented by Maria Alejandro with Alissa - Cinema

• Tuesday 8/6 @ 11:30-2:15 pm—Massages with Jeanne—Cinema (Sign up at front desk—\$15/20 minutes)

• Tuesday 8/6 @ 2:30-3:30 pm - Night to Unite Party Pie Social with Musical Performance by Michael Riddle’s “Riddle Me Music Time” - Lafayette Dining Room

• Wednesday 8/7 @ 10:30 am - Adult Education Lecture Series: Wynn Johnson presents “Life as an Author” - Chapel

• Thursday 8/8 @ 3:00 pm—Musical Performance with The Mill Creek Ramblers—Cinema

• Monday 8/12 @ 10:00-11:00 am - Mobile Battery Sales - Perk

• Tuesday 8/13 - Primary Election Day (See Cindy: Resident Service Director for details/questions)- Chapel

• Tuesday 8/13 @ 11:00 am- Movie Committee with Alissa—Cinema

• Wednesday 8/14 @ 11:00 am - Memorial Service - Chapel

• Thursday 8/15 @ 11:00 am - Holy Day of Obligation Mass of the Assumption of The Blessed Virgin Mary with Father John Gallas - Chapel

• Thursday 8/15 @ 2:30 pm—Birthday Party with Musical Performance by Gloria Jespersen —Chapel

• Thursday 8/15 @ 3:30 pm—Birthday Treats—Perk

• Thursday 8/15 @ 6:30 pm—Trivia with Lue—Perk

• Friday 8/16 @ 10:15 am—Wii Game: Jeopardy! with Alissa—Cinema

• Friday 8/16 @ 11:00 am—Resident Meeting—Chapel

• Wednesday 8/21 @ 10:15 am—Dietitian’s Fish with Nikki—Arts Room

• Wednesday 8/21 @ 1:30 pm—Paraffin Wax Dips & Manicures with Alissa—Arts Room

• Thursday 8/22 @ 4:30-7:30 pm - Annual Friends & Family Backyard BBQ

• Tuesday 8/27 @ 2:30 pm—TED Talk: How to Prevent Alzheimer’s: presented by Lisa Genovia with Alissa — Cinema

• Wednesday 8/28 @ 2:30 pm—Wii Game: Who Wants to be a Millionaire with Alissa—Cinema

• Monday 8/26 @ 2:00 pm—Armchair Travel to Yellowstone National Park with Kelly—Fireside Dining Room