

OCTOBER RESIDENT BIRTHDAYS

10/1: Caz Zera

10/3: Pete Truax

10/4: Celeste Johnson

10/6: Caroline Mooney &
Jack Ziegler &

Anna Lough

10/14: Bob Foley

10/16: Bernie Grover

10/21: Marge Guenther

10/22: Thelma Yurek

10/23: Martha Hatcher

10/24: Betty Hall

10/30: Art Gruenberg

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

OCTOBER STAFF BIRTHDAYS

10/1: Ablavi DeSouza

10/6: Palden Lhamo

10/15: Denchen Lhamo

10/20: Caleb Okemwa

10/21: Kelly Vincent

10/24: Greg Theobald

10/25: Jeremy Antwi

10/28: Mary Omwega

John Jabs



Why couldn't the skeleton go to
the Homecoming Dance?

Because he had no-"body" to go with!

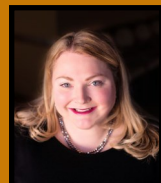


Fall is here!

What a lovely time to see the changing colors of the seasons. Please join us for one of our outings to The Minnesota Landscape Arboretum and on a Fall Leaves Boat Cruise on Lake Minnetonka this month.

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

**-Alissa,
Kelly,
&
John**



The Glenn Gazette



5300 WOODHILL ROAD MINNETONKA, MN 55345

952-345-4404 • THEGLENNMINNETONKA.COM

OCTOBER
2019



FRONT PAGE

PHOTO COLLAGE OF FUN!

PAGE 2

UPDATES FROM ADMINISTRATOR SHANNA

PAGE 3

UPDATES FROM NURSE FRANK

PAGE 4

CHAPEL CHATS WITH DEACON MICHAEL

PAGE 5

YOUR SUBMISSIONS

PAGE 6

INSIGHTS FROM INTERIM
&
DIETITIAN'S DISH

PAGE 7

UPCOMING OUTINGS, SHOPPING
SHUTTLES,
&
EVENTS

PAGE 8

IF THE KIDS CALL WE'RE NOT HOME!

PAGE 9

BACKYARD BBQ PICTURES!

PAGE 10

SPECIAL EVENTS

PAGE 11

SPECIAL EVENTS

BACK PAGE

RESIDENT & STAFF BIRTHDAYS,
SOCIAL MEDIA INFORMATION,
&



UPDATES FROM YOUR ADMINISTRATOR



Another BIG THANKS to all those who volunteered and contributed to Walk The Glenn, where we raised money for the Alzheimer's Association. A very sizeable donation of \$7700 was sent to the Association because of your generosity!

In the meantime, we've had some changes in staff I want you to update you on. First, we welcome Richard Nyameke who has joined Paul and Mark in the maintenance department. In housekeeping, we've had a couple turnover in positions with Cassandra and Vanessa leaving us. I want you to know that we've

been working very hard to actively recruit for and fill these two open positions. However, we are pleased to announce Carol Jackson has accepted the position as Lead Housekeeping Supervisor. Lastly, we have a new Food Service Director, Gilbert Villas formally joined our team just this past week who replaced Ian Caprarola who decided to transfer to another building.

I would like to thank everyone for their flexibility and patience last week while we had new carpet installed in our first floor hallways and common areas. On this phase left to do is the area just outside the chapel and our grand staircase. The next phase will be replacing carpet in the lower level of the building, including our dining rooms; more information will be forthcoming on this.

Once again The Glenn Minnetonka is a polling place for the election coming up. Polls open Tuesday, November 5th, 7am-8pm in the Chapel. If you recently moved and need to change your polling place, voter registration forms may be picked up at the front desk.

If you haven't done so already, check out The Glenn video on the homepage of our website:

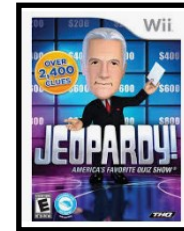
www.theglenminnetonka.com.

Wishing you all a lovely Autumn!



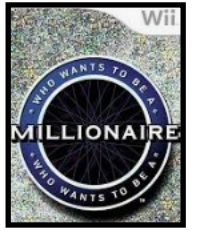
SPECIAL EVENTS

Interactive TV Trivia Games with Alissa in the Cinema



Friday October 11th @ 10:30 am—
Jeopardy!

Tuesday October 22nd @ 2:30 pm—
Who Wants to be a Millionaire?



TED TALK with Alissa in the Cinema



Tuesday 10/8 @ 2:30 pm:

Jared Diamond Presents:

How Societies Can Grow Old Better



Friday 10/25 @ 10:30 am:

Laura Carstensen Presents:

Older People are Happier!



CALLING ALL MEN!

Join John for
Men's Group!

Wednesday 10/30/19

10:15 am

10:15 am in the Arts Room



SPECIAL EVENTS

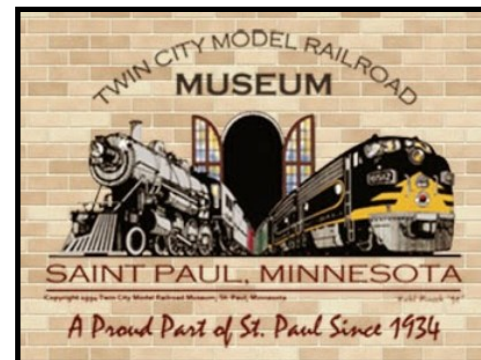
Adult Education Lecture Series

Please join us in the Chapel :

Wednesday October 2nd at 10:30 am

Brandon Jutz presents:

Tales from the Twin City Model Railroad Museum



We invite you to join us for our Pumpkin Decorating Contest

Sign up at the front desk if you would like to participate

ALL SUPPLIES AND PUMPKINS PROVIDED BY COMMUNITY LIFE

The last day to sign up is Friday October 25th

You must sign up to be guaranteed a pumpkin

Decorating will be Tuesday October 29th at 9:00 in the Arts Room

Prize provided for the winner!!!!

Winner will be announced at the Monster
Mash Halloween Bash Thursday 10/31
@ 2:30 in the Lafayette Dining Room



Armchair Travel to Transylvania with Alissa

MONDAY OCTOBER 28TH 2019

2:30 PM—FIRESIDE DINING ROOM

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

UPDATES FROM THE NURSE'S OFFICE

Fall has arrived as of Monday , September 23rd!

That means the changing of colors on the trees, the raking of leaves in the yards, or, in my case, the mulching of leaves, because it's so much quicker and easier to use the mower than to use the rake!

It's also time for Halloween decorations to start to come out, costumes to be planned, treats to get so you can avoid those tricks that sometimes get pulled on the unsuspecting.

Pumpkin spice lattes, pumpkin spice ice cream, pumpkin spice candies, pumpkin spice, pumpkin spice, pumpkin spice.

It also means it's time to start preparing for the dreaded flu season. Influenza is a viral infection that attacks your respiratory system — your nose, throat and lungs. Influenza is commonly called the flu, but it's not the same as stomach "flu" viruses that cause diarrhea and vomiting.

For most people, influenza resolves on its own. But sometimes, influenza and its complications can be deadly.

People at higher risk of developing flu complications include:

- Young children under age 5, and especially those under 12 months and Adults older than age 65
- Residents of nursing homes and other long-term care facilities
- Pregnant women and women up to two weeks postpartum
- People with weakened immune systems and people who have chronic illnesses, such as asthma, heart disease, kidney disease, liver disease and diabetes
- People who are very obese, with a body mass index (BMI) of 40 or higher

Though the annual influenza vaccine isn't 100 percent effective, it's still your best defense against the flu.

There are also some people that should not get the flu shot: Those with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine. This might include gelatin, antibiotics, or other ingredients. People with egg allergies can receive any licensed, recommended age-appropriate influenza (flu) vaccine (IIV, RIV4, or LAIV4) that is otherwise appropriate. People who have a history of severe egg allergy (those who have had any symptom other than hives after exposure to egg) should speak with their primary physician.

The Center for Disease control recommends receiving the "flu shot" by the end of October. We are currently in the process of arranging a "flu shot clinic" and will get the information posted as soon as possible.

— Frank Taylor



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



A blessed October to you all.

This month, on October 19th at 5pm, The Glenn Minnetonka is honored to have Archbishop Bernard Hebda say Mass for our community. I had hoped to have His Excellency come and say Mass last June, but unfortunately, he had to leave town unexpectedly and was not able to come. He has a very rigorous schedule, so I am grateful that he would reschedule for this visit.

The Archbishop will say Mass at 5pm, and then will stay for dinner with us, which will be a great time to get to know him. He is a very kind man with a great sense of humor, so I would invite you all to say hello.

October is also celebrated by Catholics as the month of the Holy Rosary. There are so many graces available to those that use this devotion to meditate on the life of our Lord, and I would encourage everyone to join us each weekday for prayer. I lead the Rosary Monday thru Thursday at 8:20am, and Fridays at 1:30, and it would be great to have more members of our community join us in prayer, especially during October.

Please pray for me and be assured of my daily prayers for you and your intentions.

Blessings,
Deacon Michael



Mass with Archbishop Bernard Hebda

Saturday October 19th

5:00 pm—in the chapel



BACKYARD BBQ PICTURES



IF THE KIDS CALL—WE'RE NOT HOME!

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!



Fall Leaves Boat Cruise on Lake Minnetonka

Departing from The Port of Excelsior on Lake Minnetonka



Monday October 14th
10:30 am—1:30 pm

\$14/ticket



MINNESOTA LANDSCAPE ARBORETUM OUTING ~ SHOPPING, LUNCH, & 3-MILE DRIVE ~



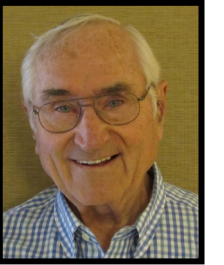
TUESDAY OCTOBER 8TH
12:15—4:00 PM



YOUR SUBMISSIONS

Limericks By Liska

We have a new maintenance employee named Richard
Who doesn't run with the usual herd.
He was born & raised in Africa, nation of Ghana,
Speaks 4 languages and has a great persona,
As a teacher there were scores of students he tutored!



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!

atierney@greatlakesmc.com or 952-345-4422

Walk the Glenn was a Success!!!

Our Fundraising efforts to raise money for the Alzheimer's Association have been very successful this year!

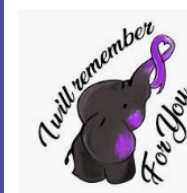
IN TOTAL WE HAVE RAISED OVER
\$7,700.00 !!!

Our goal this year was to raise \$7,000.00, We just need a little more to get to \$8,000!!

We have one last event this year.

Beginning on October 1st, we will be selling raffle tickets to win Glenn Merchandise.

Displayed at The Front desk, we will have jackets with the Glenn Logo !



Raffle tickets are just \$1.00 or 6 tickets for \$5.00

Thank you to all you have participated, volunteered, & contributed!



INSIGHTS FROM INTERIM HEALTHCARE



Hazards in the Home

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

Falls can occur anywhere, but most often occur in the home. Make each room in your home as safe as possible to **reduce the risk of falls**.

- Use grab bars in the shower and toilet and sit while grooming in the **bathroom**.
- Clear clutter from the floor, keep a phone near the bed and use nightlights in the **bedroom**.
- Have clear walking paths to sitting areas, keep a cordless phone or cell phone with you and sit on high, firm furniture with armrests in **living areas**.
- Store the most used items at easy to reach locations, clean up spills and avoid using throw rugs in the **kitchen**.
- Be sure to use railings anytime you go up or down **stairs**.

DIETITIAN’S DISH: LIVING FOR LONGEVITY - NIKKI BRUCH RDN, LD

Is there a science to living longer?

One approach to living a long, healthy, and happy life is taking the Blue Zones approach. Blue Zones refers to geographic areas in which people have low rates of chronic disease and live longer than anywhere else. Studies have found that genetics only play a 20-30% role in longevity. A “blue zone” is a non-scientific term given to geographic regions that are home to some of the world’s oldest people. Blue zones that have been identified and researched include:

- Ikaria, Greece
- Sardinia, Italy
- Okinawa, Japan
- Nicoya Peninsula, Costa Rica
- Loma Linda, CA, USA (Seventh Day Adventists community)

Food Choices for Longevity

A common theme throughout each Blue Zone region identified is that people living there eat primarily a 95% plant based diet. They are NOT vegetarians yet eat meat only 5 to 6 times per month.

The following is an example of 4 food groups to include every single day to help eat the “Blue Zone” way:

Vegetables: Great source of vitamins, minerals, and fiber.

Legumes: Rich in fiber and protein. Sources include beans, lentils, peas, and chickpeas

Whole Grains: Also rich in fiber vs. their processed counterparts. Sources include farro, sorghum, brown rice, & more

Nuts: Great sources of fiber, protein, and unsaturated fat.



UPCOMING OUTINGS & EVENTS

OCTOBER OUTINGS

- **Thursday 10/3 @ 11:30 am—2:30 pm** — Lunch Outing: Macy’s Lakeshore Grille Oktoberfest Menu (Ridgedale Mall Minnetonka)
- **Tuesday 10/8 @ 12:15-4:00 pm**—Lunch & Shopping Outing to MN Landscape Arboretum & 3 Mile Drive
- **Friday 10/11 @ 9:45 am—4:00 pm**—Mystic Lake Casino Outing
- **Monday 10/14 @ 10:30 am—1:30 pm**—Fall Leaves Boat Cruise on Paradise Cruises on Lake Minnetonka with Alissa (Tickets \$14/person)
- **Tuesday 10/22 @ 10:00 am—3:00 pm**—Mystic Lake Casino Outing
- **Friday 10/25 @ 11:30 am- 2:30 pm**—Lunch Outing: Pannekoeken (St. Louis Park)
- **Wednesday 10/30 @ 12:15-3:15 pm**—Lunch Outing: Ike’s (Minnetonka)

OCTOBER SHOPPING SHUTTLES

- **Wednesday 10/2 @ 10:00 am**– Shop Eden Prairie: Costco, Walmart, Dollar Tree, Eden Prairie Center, Home Goods and Aldi Grocery
- **Wednesday 10/9 @ 10:00 am**– Shop Minnetonka: Ridgedale Mall & Ridgehaven Square Strip Mall
- **Wednesday 10/15 @ 10:15 am**– Hy-Vee Grocery
- **Wednesday 10/23 @ 10:00 am**—Shop Edina: Southdale Mall and The Galleria
- **Wednesday 10/30 @ 10:00 am**—Shop Saint Louis Park—Knollwood Mall & Area Stores

OCTOBER EVENTS

- **Tuesday 10/1 @ 11:30-2:15 pm**—Massages with Jeanne—Private Dining Room (Sign up at front desk—\$15/20 minutes)
- **Tuesday 10/1 @ 4:30pm**—Gentle Exercise with Jeanne—Chapel
- **Wednesday 10/2 @ 10:30 am** - Adult Education Lecture Series: Twin Cities Model Railroad Museum presented by Brandon Jutz
- **Thursday 10/3 @ 6:30 pm**—Trivia with Lue—Perk
- **Friday 10/4 @ 11:00 am**– Ambassador Meeting with Cindy– Fireside Dining Room
- **Tuesday 10/8 @ 2:30 pm**– TED Talk with Alissa –Jared Diamond Presents: How Societies Can Grow Old Better- Cinema
- **Tuesday 10/8 @ 4:30pm**—Gentle Exercise with Jeanne—Chapel
- **Wednesday 10/9 @ 1:30pm**—Paraffin Wax Dips & Manicures (File/Polish) with Alissa—Arts Room
- **Thursday 10/10 @ 3:00 pm**—Musical Performance with The Mill Creek Ramblers—Lafayette Dining Room
- **Friday 10/11 @ 10:30am**—Interactive TV Trivia Game: Jeopardy with Alissa - Cinema
- **Monday 10/14 @ 10:00-11:00 am**—Mobile Battery Sales—Perk
- **Tuesday 10/15 @ 11:00 am**– Movie Committee with Alissa—Cinema
- **Tuesday 10/15 @ 4:30pm**—Gentle Exercise with Jeanne—Chapel
- **Wednesday 10/16 @ 10:15am**—Nutrition with Nikki—Arts Room
- **Thursday 10/17 @ 2:30pm**—Birthday Party with Musical Performance by Lyndon Peterson —Chapel
- **Thursday 9/5 @ 3:30 pm**—Birthday Treats—Perk
- **Thursday 10/17 @ 6:30 pm**—Trivia with Lue—Perk
- **Friday 10/18 @ 11:00**– Resident Meeting—Chapel
- **Saturday 10/19 @ 5:00 pm**—Mass with Archbishop Hebda—Chapel
- **Tuesday 10/22 @ 2:30 pm**—Interactive TV Trivia Game: Who Wants to be a Millionaire? with Alissa - Cinema
- **Tuesday 10/22 @ 4:30pm**—Gentle Exercise with Jeanne—Chapel
- **Friday 10/25 @ 10:30am** - TED Talk with Alissa: Laura Carstensen Presents: Older People are Happier- Cinema
- **Tuesday 10/29 @ 4:30pm** - Gentle Exercise with Jeanne—Chapel
- **Wednesday 10/30 @ 1:30 pm**– Paraffin Wax Dips & Manicures (File/Polish) with Kelly—Arts Room
- **Monday 10/28 @ 2:30 pm**—Armchair Travel to Transylvania in Germany with Alissa—Fireside Dining Room
- **Wednesday 10/30 @ 2:30-4:30 pm** Clothing Sale with Taylor Marie—Club Room
- **Thursday 10/31 @ 2:30 pm** - Monster Mash Halloween Bash, Costume Contest, & Pumpkin Contest- Lafayette Dining Room