

DECEMBER RESIDENT BIRTHDAYS

12/3: Leona Brichacek
12/6: Darel Anderson
12/7: Jerry Burke
12/14: Shirley Prescott
& Elaine Sommer
12/16: Barbara O'Brien
12/17: Jim Hazlett
12/20: Doris Culver
12/21: Arnold Rohe
12/22: Ginny Thimson
12/28: Dotti Truax
12/31: Paul Jursa
& Harlene Swenson

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DECEMBER STAFF BIRTHDAYS

12/7: John Liekhus
12/10: Fredrick Ntenga
12/12: Melloline Mochama
& Carolyn Ondieki
12/31: Damaris Nyabicha

John Jabs

Why are Christmas trees so bad at knitting?





Happy Holidays!
Welcome to Winter! We are excited to share some fun winter activities with you, such as an outing to see Holiday Flower Show at Como Conservatory and of course our Annual Christmas Lights Drive!

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

THE GLENN
MINNETONKA

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DECEMBER
2019



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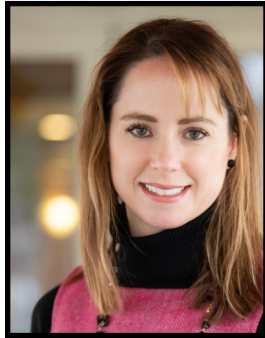
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UPDATES FROM YOUR ADMINISTRATOR



The Glenn Minnetonka is again decorated for the Christmas season, numerous carolers will be visiting, parties and dinners are on the calendar, and the spirit of the season is running throughout our community.

It is an especially bustling and busy time here at The Glenn Minnetonka not only because of the holidays but also because we have a couple projects underway. We are just wrapping up with installation of 1st floor carpet, the next phase will be to do the lower levels including new carpet in both dining rooms. Also, on December 11th our IT department is upgrading our Wifi network, Wifi. Some apartments have Wifi access points located in their closet, we may need your permission to gain access. We will let you know in advance if your apartment is one of these.

I was recently requested to remind residents about our controlled access garages. For those that drive and use the garage, please make sure you wait until the door is fully closed before pulling away. Although the chances are minimal of an intruder entering the building through the garage after you have left, your safety and security is of utmost priority.

Lastly, I am frequently asked by residents if they can give a Christmas gift to a staff member who has been particularly helpful to them. The answer is no, our staff are not permitted to accept individual tips, gifts or money from residents or their families. Because individual tips and gifts can be misinterpreted and create unintended consequences, we ask our residents and families to please refrain from such practices.

However, there is another way that you can show your appreciation. Each year we have an Employee Holiday Party, this year our staff that the holiday party will be onsite to help minimize costs and they requested that more money be put towards gifts toward gift cards for staff. If you'd like to express your appreciation to the employees, you can make a donation to The Glenn Minnetonka, this contribution would be designated to offset the cost of the Employee Holiday party and employee gift cards. If you choose, you can simply drop off your donation for this purpose to the Front Desk. If you wish to contribute to Unidine kitchen staff, please specify.

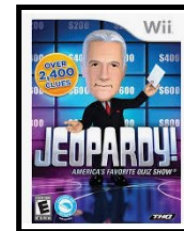
Our staff wants you to know that it is their pleasure to be of service to you. From all of us here at The Glenn Minnetonka, we wish you a very Merry Christmas and a safe, healthy, and prosperous New Year!

Shanna

* One last reminder—due to fire-code no live/real trees or wreaths are allowed inside our community!!

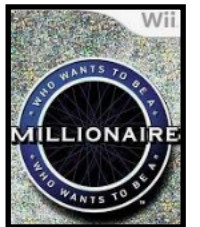
SPECIAL EVENTS CONTINUED

Interactive TV Trivia Games with Alissa in the Cinema



Thursday December 5th @ 9:45 am—
Jeopardy!

Monday December 30th @ 4:00 pm—
Who Wants to be a Millionaire?



Annual Lefse with the Liska's



Saturday, December 7th

9:30-11:00 am

Arts Room



Join Jim Liska and his family for his annual lefse making demonstration & taste testing!

CALLING ALL MEN!

Join John for
Men's Group!



Tuesday 12/10/19 @ 2:00 pm in the Arts Room

Refreshment's will be provided!

Annual Christmas Decorating



Would you like to help with decorating for Christmas? Stop by the front desk on the mornings of 12/3 & 12/4 to see where you can help!

TED TALK with Alissa



Thursday 12/12 @ 10:00 am
In the Cinema

*Edward Molkenboer presents:
How the Lonely Elderly Can
Teach You Lessons for Life*

SPECIAL EVENTS

Adult Education Lecture Series

Join Sarah Hallmark as she presents:

Minnesota Honor Flight Movie & Info

Wednesday, December 4th at 10:15am

Glenn Minnetonka Chapel

Come to learn all about how YOU can take a trip of a lifetime! All are welcome!



Please join us for our annual

FAMILY & FRIENDS CHRISTMAS DINNER

~ Thursday December 12th ~

3:00-4:00 pm: Mix & Mingle Jingle with Santa—Chapel

Dinner Served at 5 pm

7:00-8:00 pm: Stories of Christmas Past with Santa—Chapel

\$13/guest—RSVP at the Front Desk to guarantee a seat!



Armchair Travel to The North Pole with Alissa

Monday, December 16th

3:30 PM—FIRESIDE DINING ROOM



Christmas Cookie Baking with Volunteer Julia

Tuesday 12/17 @ 10:00 am in the Arts Room

Come join us to get in the Christmas spirit—we'll bake, sing,
and taste delicious treats!

UPDATES FROM THE NURSE'S OFFICE

12 Days of a Healthy Christmas

A Partridge in a Pear Tree: Forget the partridge and focus on the health and nutritional benefits of pears. One medium-sized pear contains 5.5 grams of fiber toward a recommended daily goal of 21 to 38 grams, supplies 212 milligrams of potassium, and contains 7.5 milligrams of vitamin C.

Two Turtle Doves: Dove, a famous maker of chocolates, makes dark chocolate treats that are filled with something called epicatechin. Epicatechin is a particularly active member of a group of compounds called plant flavonoids. Flavonoids keep cholesterol from gathering in blood vessels, reduce the risk of blood clots, and slow down the immune responses that lead to clogged arteries.

Three French Hens: A hen is a great source of lean protein. A 100g serving of baked chicken breast contains only 4 grams of fat and 31 grams of protein.

Four Calling Birds: Call the special people in your life, especially if you are prone to "getting the blues" during the holiday season. You can brighten your spirits by reaching out to family and friends. Making someone else's holidays brighter benefits your spirits too.

Five Golden Rings: To avoid getting those dark rings under your eyes during the busy holiday season, remember to get enough sleep each night – eight hours is the right amount for most people. Sleep plays an important role in your physical health.

Six Geese A Laying: Eggs get a bad rap sometimes. Really... eggs are pretty much the perfect food; they contain a little bit of almost every nutrient we need – vitamins A, B2, B5, B6, B12, D, E and K, as well as calcium, folate, phosphorus, selenium and zinc.

Seven Swans a Swimming: To keep your head from swimming with all the things you need to accomplish, remember to do these "seven" things you can control: 1) Take good care of yourself – eat well and sleep well; 2) Don't overcommit to activities; 3) Ask for help from friends and family – they will be pleased that you asked them to contribute; 4) Don't expect everything you do to be "perfect" – remember – it truly is the thought that counts; 5) Acknowledge that it's okay to feel sad sometimes during the holidays – embrace and do not bury these feelings; 6) Take time for yourself; 7) When the holidays are over, think about all of your accomplishments

Eight Maids a Milking: Milk contains calcium. Calcium helps your body with: building strong bones and teeth; clotting blood; sending and receiving nerve signals; squeezing and relaxing muscles; releasing hormones and other chemicals; keeping a normal heartbeat.

Nine Ladies Dancing: Here are nine benefits of dancing: 1) Improves memory. 2) Improves flexibility. 3) Reduces stress. 4) Diminishes depression. 5) Helps your heart. 6) Attributes to weight loss. 7) Improves balance. 8) Increases energy. 9) Is a great way to make friends.

Ten Lords a Leaping: As the holidays come to an end, you may start thinking about "leaping" into the new year. Many of us make New Year's resolutions with good intentions of sticking to them; but we often fail. If this happens to you, try following these suggestions: 1) Don't make unrealistic goals. 2) Don't set vague goals; be specific such as "eating healthier." 3) Don't set too many goals. Trying to accomplish too many resolutions only dilutes your focus and enthusiasm.

Eleven Pipers Piping: Whether its pipers piping or Bing Crosby singing White Christmas, music benefits our physical and mental health. Research has shown that music can reduce stress, lift moods, help you pick up the pace, and help our cortex to produce faster beta waves so we are better equipped to concentrate and focus our attention on a fairly lengthy task.

Twelve Drummers Drumming: If you follow these simple tips, you can avoid having to deal with a Ringo Starr rhapsody. 1) Never go really hungry to a party-type gathering. 2) Avoid rich, calorie-laden beverages such as egg nog, or fancy specialty drinks. 3) Remember to hydrate. If you are going to have a glass or wine or other alcoholic beverage, alternate with a glass of water.

So get out there and enjoy the Christmas Season, but remember...All things in moderation!! Merry Christmas—Frank



CHAPEL CHATS WITH DEACON MICHAEL



A blessed December to you all.

During this month of December, with all its flurry of activities in preparation for the Season of Christmas, I would like to recommend an ancient practice of the Church that will decrease stress and make Christmas more enjoyable: The Season of Advent.

Advent is a liturgical time of the season where the Church takes the four weeks proceeding Christmas to remember three important events. First, we remember the promise that the Lord will return in glory in His Second Coming. Secondly, we take time to remember that the Lord comes to us daily in our lives through the friendship we have built with Him. Finally, we remember that God has come to us as a baby in a historical event called the Nativity of our Lord. Advent is also a season of increased prayer and fasting so that we may be joyful at Christmas.

It is easy to get caught up in the commercialism of Christmas, or even in the good and holy traditions of our families but let us not miss the opportunity to spend more time in prayer meditating not only on the birth of Jesus, but also on the blessings He bestows upon us daily and His coming again.

As a final note, if you are interested in having your Christmas Tree, Advent Wreath, Nativity scene or other devotional objects blessed, I am very happy to bestow the Church's blessings upon them.

A blessed Advent and Christmas Season to you and yours,
Deacon Michael



UPCOMING OUTINGS & EVENTS: PLEASE SIGN UP AT THE FRONT DESK!

DECEMBER OUTINGS

- Tuesday 12/3 @ 11:30 am—2:30 pm—Lunch Outing: Perkins (Hopkins)
- Wednesday 12/11 @ 11:30 am—2:30 pm—Lunch Outing: Hazelwood (Tonka Bay)
- Friday 12/13 @ 9:45 am—4:00 pm—Mystic Lake Casino Shuttle
- Thursday 12/19 @ 11:45 am—4:45 pm—Play Outing: Hark the Church Basement Ladies Sing at The Ames Theater in Burnsville with Alissa (\$28/ticket)
- Friday 12/20 @ 11:30 am—2:30 pm—Lunch, Shopping, & Site Seeing Outing to MN Landscape Arboretum
- Monday 12/23 @ 6:00 pm—Annual Christmas Lights Drive with John
- Friday 12/27 @ 10:00 am—2:00 pm—Site Seeing Outing to Marjorie McNealy Conservatory at Como Zoo Holiday Flower Show & Lunch at Zobota Café with Alissa

DECEMBER SHOPPING SHUTTLES

- Wednesday 12/4 @ 10:00 am—Eden Prairie Shops—Eden Prairie
- Wednesday 12/11 @ 10:00 am—Ridgedale/Ridgehaven—Minnetonka
- Wednesday 12/18 @ 10:00 am—Hy-Vee Grocery—New Hope

DECEMBER EVENTS

- Sunday 12/1 @ 1:30 pm—Seasonal Music with the Wintery Westwinds' Concert—Chapel
- Tuesday 12/3 @ 10:45 am—Movie Planning Committee with Alissa—Cinema
- Tuesday 12/3 @ 11:30-2:15 pm—Massages with Jeanne—Private Dining Room (Sign up at front desk—\$15/20 minutes)
- Wednesday 12/4 @ 10:15 am—Adult Education Lecture Series: Minnesota Honor Flight Movie & Info Session—Presented by Sarah Hallmark—Chapel
- Wednesday 12/4 @ 6:30 pm—Minnetonka Clippers Christmas Show Performance—Chapel
- Thursday 12/5 @ 9:45 am—Interactive TV Trivia Game: Jeopardy with Alissa—Cinema
- Thursday 12/5 @ 3:00 pm—Musical Performance with The Mill Creek Ramblers—Chapel
- Thursday 12/5 @ 6:30 pm—Trivia with Lue—Perk
- Friday 12/6 @ 11:00 am—Ambassador Meeting with Cindy—Fireside Dining Room
- Saturday 12/7 @ 9:20-11:00 am—Annual Lefse with the Liska's Demo/Taste Testing—Arts Room
- Tuesday 12/10 @ 2:00 pm—Men's Group with John—Arts Room
- Wednesday 12/11 @ 1:30 pm—Paraffin Wax Hand Dips & Manicures with Kelly—Arts Room
- Thursday 12/12 @ 10:00 am—TED Talk with Alissa: Edward Moltenboer Presents: How the Lonely Elderly Can Teach You Lessons for Life—Cinema
- Thursday 12/12 @ 3:00-4:00 pm—Mix & Mingle Jingle with Santa—Chapel
- Thursday 12/12 @ 5:00 pm—Annual Friends & Family Christmas Dinner
- Thursday 12/12 @ 7:00-8:00 pm—Stories of Christmases Past with Santa—Chapel
- Friday 12/13 @ 11:00 am—Resident Meeting—Chapel
- Monday 12/16 @ 10:00-11:00 am—Mobile Battery Sales—Perk
- Monday 12/16 @ 3:30 pm—Arm Chair Travel to The North Pole with Alissa—Fireside Dining Room
- Tuesday 12/17 @ 10:00 am—Christmas Cookie Baking with Volunteer Julia—Arts Room
- Wednesday 12/18 @ 10:15 am—Nutrition with Courtney—Arts Room
- Thursday 12/19 @ 2:30 pm—Birthday Party with Curtis & Loretta—Chapel
- Thursday 12/19 @ 3:30 pm—Birthday Party Treats—Perk
- Thursday 12/19 @ 6:30 pm—Trivia with Lue—Perk
- Friday 12/20—Evening Strolling Caroling with the Hopkins Royelle's Dance Team
- Wednesday 12/23 @ 1:30 pm—Paraffin Wax Hand Dips & Manicures with Alissa & Kelly—Arts Room
- Monday 12/30 @ 4:00 pm—Interactive TV Trivia Game: Who Wants to be a Millionaire with Alissa—Cinema
- Tuesday 12/31 @ 10:30 am—New Years Eve Social & Trivia with Community Life—Perk

IF THE KIDS CALL—WE'RE NOT HOME!

Outing to Christmas at The Arboretum



Friday December 20th
11:30 am—2:30 pm

See the Christmas displays,
have some lunch, and do a
little shopping!

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!



Annual Christmas Lights Drive Outing



Monday December 23rd
6:00 pm

*Join John as you tour around town & our neighboring towns to check
out all of the beautiful Christmas light displays!*

Please sign up at front desk to secure a seat on the bus!

YOUR SUBMISSIONS

ATTENTION RESIDENTS: A Refresher for Room Reservations for Holiday Gatherings

We have 4 rooms that can be reserved for your private holiday party:

- Glenview Room—includes a full kitchen
- Activity Room—includes a full kitchen
- Private Dining Room
- Fireside Dining Room



You are welcome to bring your own food/beverages, and
please note catering is available through UNIDINE.

*All reservations are first come, first served, and need to be confirmed with the front desk
receptionist—including date, time, location, and contact persons name & phone number.*

NEED A HOLIDAY GIFT IDEA?

Salon Gift Cards make a great
gift and are available
in any dollar amount!

See Rose in the salon
to for purchase!



Calling all 500 Card Players!!!

We are looking for 3 folks who would like to
play cards with a Garden Suites neighbor!
Please contact Alissa if you are interested



Group would meet weekly in
Garden Suites!

Limricks By Liska



There is a young lady named Esther who lived in Dent,
Who opened a window and detected a sweet scent!
Was it the aroma of a petunia or a zinnia, or maybe that of a gardenia,
Or perhaps it was just a perfume that was Heaven-sent!

Newsletter Submissions



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

INSIGHTS FROM INTERIM HEALTHCARE



Our Mission & Values

Phone: 651-917-3634

Fax: 651-917-3620

Interim is a locally owned, full-service home care, hospice and private pay home health company that provides quality care in you or your loved one's home.

Our mission is **We Improve People's Lives** and we work to achieve this every day.

We are dedicated to fulfilling our mission by adhering to our **Core Values**:

- Integrity
- Compassion
- Customer Focus
- Innovation
- Financial Responsibility

When it matters most, count on us!

DIETITIAN'S DISH: BONE HEALTH - COURTNEY TATE, RDM

Bones are an important part of our bodies: They provide structure, protect our organs, support muscles, and store calcium!



- **Your bones are constantly changing!** Everyday, our bodies make new bone and break down old bone. Bone is actually considered active tissue and is made up of several different types of cells: Osteoblasts form new bone and Osteoclasts breakdown old bone. As we age, the body starts to break down bone faster than it makes it. This can lead to osteoporosis, or weakening of the bones.
- **What affects bone health?** Amount of calcium you consume, physical activity, tobacco and alcohol use, gender, age, hormone levels, and even certain medications. Overall, those that have diets adequate in calcium and exercise regularly can improve their bone health and decrease their risk of developing osteoporosis.
- **How to keep your bones healthy:** Consume plenty of calcium-rich foods such as milk, cheese, yogurt, green leafy vegetables, almonds, etc. Don't forget Vitamin D! Your body requires Vitamin D in order to absorb calcium – so get out in the sun and eat plenty of salmon, mushrooms, and eggs. Do weight-bearing exercises to strengthen bones, like walking, climbing stairs, etc.

NEW EMPLOYEE SPOTLIGHT



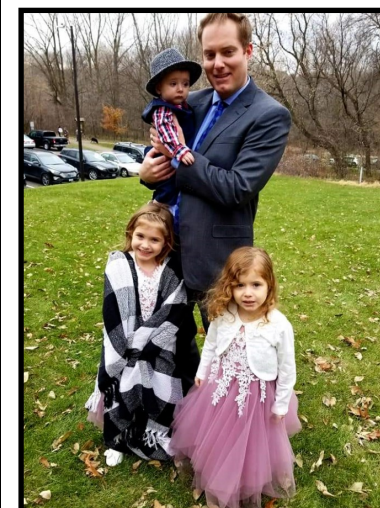
Join us in welcoming our newest Glenn Minnetonka employees:

- * Sarah Gerten- Receptionist
- * Cecilia Tompkins- Resident Assistant

Meet Garrett Hess: Unidine Chef

Hey Everyone! I'm Garrett, Head Chef here with The Glenn Minnetonka's Unidine Team.

In my free time I enjoy hanging out with my family, mostly lounging and watching movies. When time permits, I love cooking nice dinners for my family. I really enjoy music, and listen to it all the time, no matter what I am doing! I love all genres of music.



During the summer months I have a large

vegetable garden that takes a lot of my time. I enjoy starting from seed and watching them grow and produce delicious vegetables!

Stop by anytime to say hello, and share your