

JANUARY STAFF BIRTHDAYS

1/1: Dennis Gesanda,
Magdalene Mogere,
Norah Moranga,
Phyrace Nyabuto, &
Lilian Nyagwoka

1/7: Amber Daggs

1/11: Tenzing Kinzom &
Elisheba Memba

1/18: Mark Bakken &
Lisa Nollen

1/23: Kathi Wilkerson

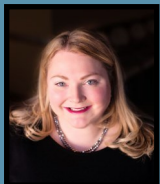
1/24: Dorine Onwonga



*Happy New Year Everyone!
How are those New Years Resolutions
treating you? Whatever your goal, we
hope 2020 is the best year yet! If we can
be of any assistance in you reaching
those goals, please let us know!*

*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

JANUARY
2020



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PHOTO COLLAGE OF FUN!

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UPDATES FROM ADMINISTRATOR
SHANNA

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CHAPEL CHATS WITH DEACON
MICHAEL

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IF THE KIDS CALL WE'RE NOT
HOME!

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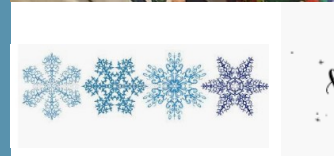
SPECIAL EVENTS

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SPECIAL EVENTS CONTINUED

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



OUR ADMINISTRATOR

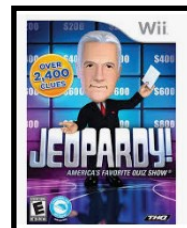
Our Community Life Department and superb Christmas parties here at The Glenn were all delighted with the record requests that came for dinner and the feedback on the delicious meal. You will be receiving your Certificate that you will receive annually that is for rent went for property taxes. This is to file your 2019 taxes.

We had a notice in your cubbies/mail a *Electronic Monitoring*. In 2019 the new law by The Elder Care and Vulnerable Adult new law relates to changes with the cameras in resident apartments 2020. Effective the first of the year, if you are in your apartment, you'll be required to sign a 14 day exception does apply), a copy of the consent form in your file. If you do not receive the full copy of the procedure, or the consent form, please do

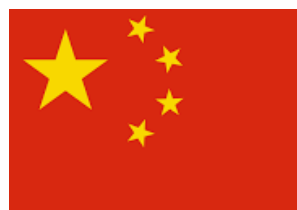
We would like to thank all who have donated. Our staff have voted to keep the party in effort to allocate more money for you for your kindness and generosity! We are now beginning as January progresses. We hope to improve life for you here at The Glenn

SPECIAL EVENT

Interactive TV Trivia Game



Friday January



Unidine's Ch

Satur

A delicious Chinese dinner will be served at the event

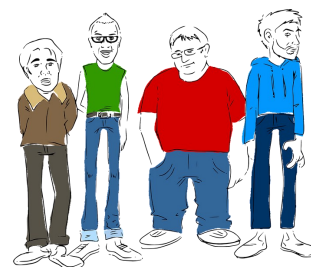
Please join us!

CALLING ALL MEN!

Join John & Phil for Men's Group

**Tuesday 1/21/20 @ 2:00 pm
in the Arts Room**

*Refreshment's
will be
provided!*



EVENTS

Fire Series

Friday 8th

6:00 pm

“Remember When”



AND NEW Activity!

Music & Memory:

Perry Como

Friday January 7th @ 10:45 am

in the Cinema

Travel to Australia with Alissa

Monday

January 27th

DINING



UPDATES FROM THE

A new year is a perfect time to start fresh and establish new habits. It's never too late to try and create a healthier, happier you. We recommend that you are more likely to succeed in your resolutions if you have a supportive mind. So, give these suggestions a try this New Year's and reap the benefits.

-Don't try to go it alone. Share your goals with a friend or relative that you trust. If you are in senior living, share it with others you live with to see if they can help. It is better with a friend and they can help you stay accountable!

-Set goals that are manageable and achievable in terms of your time and resources.

-Chart your progress on a calendar or have a visual photo of your goal. Post a photo where you can readily see it daily.

-Count the small victories throughout and don't be hard on yourself if you slip up. People do. You can stride through it!

-Don't give up easily. On average, it takes 66 days to form a new habit.

ACHIEVABLE NEW YEAR'S GOALS FOR SENIORS

Do you have some family recipes that you have been keeping to yourself? Now is the time to share! Recipes which bring back memories for families with a powerful trigger of happy times gathered around the kitchen table are alive.

Set a goal to increase your exercise in the new year. This can be as simple as taking 10,000 steps each day. Include friends in your efforts, asking them to join you. This will make your health care provider very happy!

Pass the fine art of letter writing down to the next generation by writing letters to family members and cards and thank you notes throughout the year as well.

Learn more about the technology people are now using. Did you know that seniors are the fastest growing demographic on Twitter, with use in that age group growing 46% on Facebook and 56% on Google+! Even if you don't use them, you will bond with a tech savvy friends and family members as they help you. When you need them, you'll be able to better keep in touch with others.

Vow to have some tough conversations with your family that you have been avoiding. Draw up a will, name an executor, set up a POLST, and discuss plans for the future.

Revisit an old hobby you may have given up if your health allows. If it's part of your current life.

Rekindle a past friendship with someone you've lost touch with. Perhaps a letter or a call.

Make healthier food decisions. Perhaps swapping-out your daily dessert for fruits and vegetables in your diet. It's never too late to make smart food choices.

Remember, anyone can make a resolution, keeping it and reaping the benefits.

Happy New Year to all!

-Frank

DEACON MICHAEL

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offer you a prayer
(858-1916).



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Heart in this New



UPCOMING OUTINGS & EVENTS

JANUARY

- Friday 1/3 @ 11:30 am—2:30 pm—Lunch (Minnetonka)
- Wednesday 1/7 @ 11:30 am—2:30 pm—
- Wednesday 1/15 @ 11:30 am—2:30 pm—
- Friday 1/24 @ 11:30 am—2:30 pm—Lunch
- Thursday 1/30 @ 9:30 am-12:30 pm—Miss Alissa
- Tuesday 1/28 @ 10:00 am—3:00 pm—Movie

JANUARY SHOP

- Wednesday 1/8 @ 10:00 am—Trader Joe's
- Wednesday 12/11 @ 10:00 am—Hy-Vee
- Wednesday 12/18 @ 10:00 am—Southtown
- Wednesday 1/29 @ 10:00 am—Shoppes

JANUARY

- Tuesday 12/3 @ 10:45 am—Movie Planning
- Thursday 1/2 @ 6:30 pm—Trivia with Lue
- Friday 1/3 @ 11:00 am—Ambassador Meeting
- Tuesday 1/7 @ 10:45 am—Music & Memory
- Tuesday 1/7 @ 1:30 pm—Paraffin Wax Hand
- Wednesday 1/8 @ 10:15 am—Adult Education
Presented by Jim Lundeen from MTKA Film
- Thursday 1/9 @ 2:30 pm—Birthday Party with
- Thursday 1/9 @ 3:30 pm—Birthday Party with
- Tuesday 1/14 @ 10:45 am—Movie Planning
- Wednesday 1/15 @ 10:15 am—Nutrition with
- Wednesday 1/15 @ 2:00 pm—Animal Ambassadors
- Wednesday 1/15 @ 2:00 pm—Dining Committee
- Thursday 1/16 @ 3:00 pm—Musical Performance
Chapel
- Thursday 1/16 @ 6:30 pm—Trivia with Lue
- Friday 1/17 @ 11:00 am—Resident Meeting
- Sunday 1/19 @ 1:00-2:00 pm—Tech Support
- Tuesday 1/21 @ 2:00 pm—Men's Group with
- Wednesday 12/22 @ 3:00 pm—Paraffin Wax
Room
- Thursday 1/23 @ 2:30 pm—Musical Performance
- Monday 1/27 @ 2:30 pm—Arm Chair Travel
Room
- Tuesday 1/28 @ 10:45 am—TED Talk with
Fonda—Cinema
- Friday 1/31 @ 10:30 am—Interactive TV Trivia

WE'RE NOT HOME!

uggestions to the
o visit, restaurants



f Art Outing with Alissa

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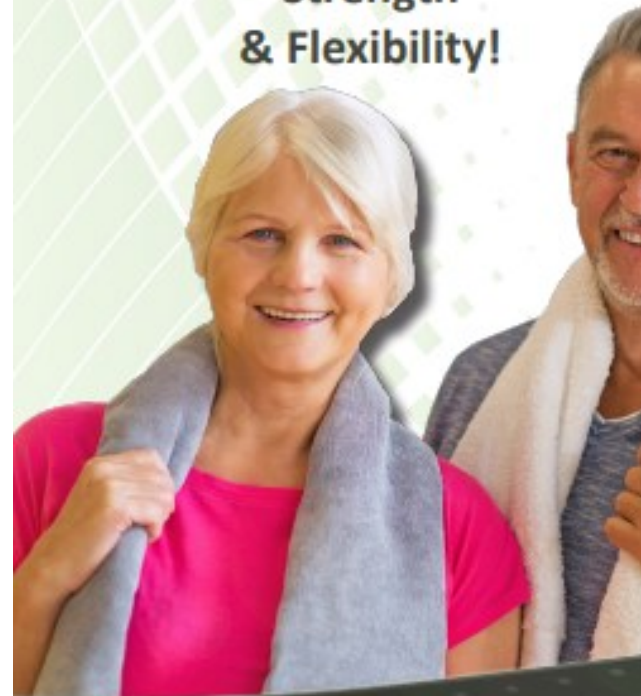


LIVE 2B HEALTHY MOST FIT

January is the
to Commit to Fit



Help Yourself
Improve Balance,
Strength
& Flexibility!



TERIM HEALTHCARE

Get Germs Away!

Phone: 651-917-3634

Fax: 651-917-3620

arrhea-related illnesses and 1 in 5 respiratory
son is typically December through February.

re eating



DINE: BONE HEALTH

th?

contributes to diminished bone

higher risk of osteoporosis

use contributes to weak bones.

a day for women or two alcoholic drinks a day for men may

woman, because women have less bone tissue than do

mass index of 19 or less) or have a small body frame be-
ou age

osis if you're white or of Asian descent. In addition, if you

one at higher risk for poor bone health. Always consult with
and background



NEW EMPLOYEE

Join u

Glenn Mi

- Register



EMPLOYEE OF



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