

# The Glenn Gazette

**March  
2020**



5300 Woodhill Road Minnetonka, MN 55345  
952-345-4404 • TheGlennMinnetonka.com

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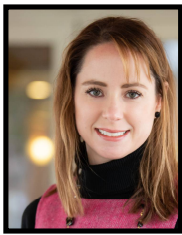
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## UPDATES FROM YOUR ADMINISTRATOR



As we enter springtime, we have been humming along and busy as ever here at The Glenn. We have several capital projects in the pipeline but the one that's on the top of my radar is new carpet in our lower level which includes both the Lafayette and Excelsior Dining Rooms. We have narrowed down the final selections and now I will be gathering quotes from carpet companies and hopefully soon place an order. A special thanks to Julia, a former family member, who's parents have both lived here, who has volunteered her time and skillset as a Designer to help with this significant investment and design project!

In the Dining Committee, we've had a lot of great discussions around the changes from continental breakfast to on-the-go breakfast box. A reminder that the breakfast-on-the-go starts on Sunday, March 1<sup>st</sup> and will include 4 items: pastry, fruit, yogurt/cereal, and your choice of juice. Also, based on the feedback from participants in the Dining Committee, there is a lot of concern regarding the amount of waste we are generating with the use of Styrofoam containers. Therefore, once our current Styrofoam supply runs out, we will be moving to more environmentally friendly paper products. Lastly, we want you to know that you are always welcome to socialize and enjoy a cup of coffee with your friends in the dining room regardless of whether or not you purchase a meal. A special note of appreciation for those that come to our Dining Committee with suggestions for improvement as we work our way through these sometimes-challenging issues together. Although we sometimes have tough or frank conversations, it is important for us to hear your feedback and vice versa as we work to figure out a win-win situation for everyone involved. These dialogues are healthy and help inform and guide us in our decision making together with Unidine.

We are delighted to announce that Caleb Okemwa, RN has accepted a position as Director of Nursing at a new senior housing campus in St. Paul! This is a brand-new community which is also managed by our same company, Great Lakes, so he will still be in our system. Caleb started at The Glenn over 6 years ago as a Nursing Assistant and through much dedication and perseverance graduated a few months ago as a Registered Nurse. He has touched many lives of the people he cared for here and we could not be more proud of him! Caleb has spent the last couple weeks shadowing and training with Frank and will continue to do so on occasion as he prepares for his new role. If you see him please send Caleb your well wishes & congratulations!

We are so pleased to announce that Christopher Adhanja, our Memory Care Nurse Manager, received a District Caregiver of the Year award! Christopher accepted the award last month at the LeadingAge Minnesota Institute, the state's largest and most comprehensive aging services conference. The District Caregiver of the Year Award honors individuals in older adult services who demonstrate exceptional commitment to older adults and enhance and enrich the quality of life of those in their care. Christopher was one of seven caregivers selected for the regional award out of a field of 60,000 professional caregivers throughout the state. Again, if you see him please send Christopher your well wishes and a well-deserved congratulations! On a personal note, I feel so honored and blessed to be able to work with such an outstanding team of caregivers, staff, residents and families. People often ask what sets The Glenn apart from our competitors and my answer is always the same- our sense of community. A community can be defined as a feeling of fellowship with others- a group of people that support each other and feel they belong together. I really believe we have this sense of community which makes The Glenn a very special place, for that I am so grateful.

~ Shanna



CONGRATULATIONS

CHRISTOPHER!

CAREGIVER OF THE YEAR

## UPDATES FROM THE NURSE'S OFFICE

March Madness...

With the month of March starting, we need to do a number of things to be prepared. So, let's get this "To Do list" started.

If you're a basketball fan, get those NCAA brackets started,  
If you're not a basketball fan, forget the brackets and start warming up  
for baseball season. Pre-season games have already started and  
opening day is March 26<sup>th</sup>!

MN Boys state basketball Tournament starts March 21<sup>st</sup>

MN Girls State Basketball Tournament starts March 11<sup>th</sup>

MN Boys State Hockey Tournament begins March 4<sup>th</sup>

MN Girls State Hockey is over...sorry about that

Here's some exciting news for ya...the long range weather report is as follows:

3/13-3/15 is supposed to have snow showers and mild temps

3/16-3/24 outlook is bleak...Snow storm, then snow showers and very cold temps

3/25-3/31 is predicted to be sunny but cold...for what it's worth

Average March Temp is supposed to be 24 degrees, 4 degrees below average

But enough of that stuff. Now the important things coming up!

March 3<sup>rd</sup> is caregiver appreciation day

March 5<sup>th</sup> is Multiple Personality Day

March 6<sup>th</sup> is Employee Appreciation Day

March 13<sup>th</sup> is Friday the 13<sup>th</sup>

But March 14<sup>th</sup> is National Potato Chip day as well as National Pi Day (Pi=3.14... get it?)

March is National Irish Month and we celebrate St. Patrick's Day on 3/17. By a stroke of luck, we also  
celebrate National Corned Beef and Cabbage Day and National Sub Day on 3/17 as well!

March 23<sup>rd</sup> is National Chips and Dip day

March 24<sup>th</sup> is National Chocolate Covered Raisin Day

There's so many different things we can celebrate in March, but the biggest thing, at least in my opinion,  
is the unofficial end of winter...even if we get hit with those famous Minnesota March Snowstorms!

Take care, get those brackets filled out and keep that winter gear handy for a little while longer!

-Frank



## CHAPEL CHATS WITH DEACON MICHAEL

Happy March and a blessed Lent to you all!

As you might be aware by the festive decorations around our community, the feast day of St. Patrick is on Tuesday the 17<sup>th</sup>. As an apostle to the Irish, the day is important to those who have Irish ancestry but has also taken on certain characteristics that the saint might not approve of, like drunkenness and other debauchery. As a reminder that St. Patrick was a man totally devoted to God, and not the inventor of green beer, I offer you the prayer that is attributed to him that speaks of his holiness and piety.



I arise today Through a mighty strength, the invocation of the Trinity, Through belief in the Threeness, Through confession of the Oneness of the Creator of creation. I arise today Through the strength of Christ's birth with His baptism, Through the strength of His crucifixion with His burial, Through the strength of His resurrection with His ascension, Through the strength of His descent for the judgment of doom. I arise today Through the strength of the love of cherubim, In the obedience of angels, In the service of archangels, In the hope of resurrection to meet with reward, In the prayers of patriarchs, In the predictions of prophets, In the preaching of apostles, In the faith of confessors, In the innocence of holy virgins, In the deeds of righteous men. I arise today, through The strength of heaven, The light of the sun, The radiance of the moon, The splendor of fire, The speed of lightning, The swiftness of wind, The depth of the sea, The stability of the earth, The firmness of rock. I arise today, through God's strength to pilot me, God's might to uphold me, God's wisdom to guide me, God's eye to look before me, God's ear to hear me, God's word to speak for me, God's hand to guard me, God's shield to protect me, God's host to save me From snares of devils, From temptation of vices, From everyone who shall wish me ill, afar and near. I summon today All these powers between me and those evils, Against every cruel and merciless power that may oppose my body and soul, Against incantations of false prophets, Against black laws of pagandom, Against false laws of heretics, Against craft of idolatry, Against spells of witches and smiths and wizards, Against every knowledge that corrupts man's body and soul; Christ to shield me today Against poison, against burning, Against drowning, against wounding, So that there may come to me an abundance of reward. Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit down, Christ when I arise, Christ in the heart of every man who thinks of me, Christ in the mouth of everyone who speaks of me, Christ in every eye that sees me, Christ in every ear that hears me. I arise today Through a mighty strength, the invocation of the Trinity, Through belief in the Threeness, Through confession of the Oneness of the Creator of creation.

Blessings,

Deacon Michael

### Memorial Service

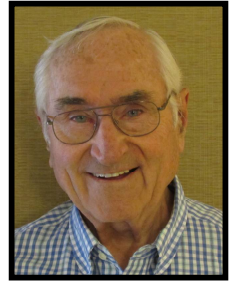
Thursday March 19th @ 6:30 pm

*Please join us to remember those who have gone before us...*



## YOUR SUBMISSIONS

There was a lithe lass named Helena-  
 who deeply yearned to become a ballerina!  
 She coped with many of life's woes,  
 and usually landed on her toes,  
 but instead she decided to sing & play an old concertina-  
 in a cantina!!!



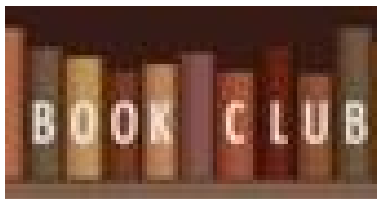
### Book Club with Phillis



Fridays

March 13th & 27th

11:00 am—Private Dining Room



### Trivia with Celine



Thursdays

March 12th & 26th

6:30 pm—Perk



## INSIGHTS FROM INTERIM HEALTHCARE



**American Diabetes Alert Day**

Phone: 651-917-3634

Fax: 651-917-3620

Tuesday March 24<sup>th</sup> is American Diabetes Day. According to the Centers for Disease Control and Prevention (CDC), 30.3 million or 9.4% of the U.S population have diabetes and another 84.1 million Americans are pre-diabetic. Some common Signs and Symptoms of being pre-diabetic are:

Unexplained fatigue    Excessive thirst    Frequent, Excessive Urination    Unexplained Weight Loss    Cold hands & feet  
Blurred Vision    Burning/Numbness and Tingling in the Hands, Feet, Arms, & Legs    Slow-healing Wounds    Anxiety  
Cuts, Sores, & Recurring infections    Dry mouth & itchy skin    Urinary tract infections    Nervousness    Irritability    Pain

Only your doctor can diagnose if you are diabetic/pre-diabetic, but you can reduce the risk of acquiring Type II Diabetes by eating properly and exercising regularly.

Our **Diabetes CareKit®** is exclusive to **Interim HealthCare** and using it as part of your management program can result in a **10.4% reduction** in hospital readmissions within 30 days of hospital discharge and a **3.7% reduction** in returns to the ER in 30 days. (see chart)

If you are diabetic/pre-diabetic, unsure if you are at risk, or having difficulty managing your diabetes, speak with one of our **Interim Home HealthCare** team members about our **Diabetes CareKit®** and take control of managing your diabetes today.



## Updates from Unidine: March is National Nutrition Month

Join us on March 25<sup>th</sup> at 2:00PM in the Arts Room for “Eating Right Bite by Bite” lead by Registered Dietitian Nutritionist, Brandie Harpell.

Good nutrition doesn't have to be restrictive or overwhelming. Small goals and changes can have a cumulative healthful effect, and every little bit (or bite!) of nutrition is a step in the right direction. The most recent dietary guidelines called “MyPlate” make it simple to eat right and nourish your body. Never heard of MyPlate? It is like the “Food Pyramid” you may have grown up with. RD Brandie will explain the new recommendations and provide nutrition expertise for your questions. Be sure to mark your calendars!



## EMPLOYEE HIGHLIGHTS



Join us in welcoming our newest Glenn Minnetonka employee:

### Pam Soukchareun: Receptionist

## EMPLOYEE OF THE MONTH: MARCY BLACK



We are proud to announce that Marcy Black, our Unidine Lead Server, is our March Employee of the Month! She is from Chicago, IL but now lives in Hopkins. She has been working as a server for over a year at The Glenn and had always wanted to experience what being a server is like. She loves working at The Glenn because she gets to connect with the residents she serves.

Outside of work Marcy enjoys reading and listening to music. Her dream vacation would be to visit the city of love, Paris! Marcy enjoys a good steak and potato meal. A fun fact about Marcy is that she is always truthful and if she were to win the lottery, she would help her family and give back to those in need. Marcy is always very helpful in the kitchen and she does a great job in the dining room!

Congratulations Marcy!

## UNIDINE SPOTLIGHT EMPLOYEE: CHRIS KOTISH—DINING SERVICES DIRECTOR

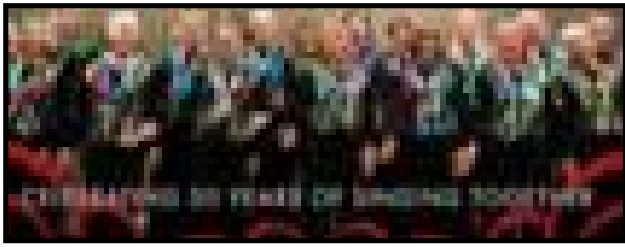
Hello Everyone! My name is Chris Kotish (pronounced "koh-dish") and I have been with Compass Group for three and half years. I am new to the Senior Living industry but I am picking up on the operation very quickly. I have over 18 years of management experience and 12 years of experience in food service management. I have a Bachelors Degree in Business Administration and Management from Lenoir-Rhyne University in Hickory, NC.



My wife and I will celebrate our 16<sup>th</sup> anniversary in March and we have six children (5 girls and 1 boy). I love sports and our children are active athletes. Between them we have a gymnast, four soccer players, and three hockey players.

I am an introvert but I do have a passion for building relationships with everyone that I come in contact with once I get to know them. I will always go out of my way to exceed expectations of customers, guests and others. I look forward to meeting y'all!

IF THE KIDS CALL—WE'RE NOT HOME!



League-Aires Concert

Monday March 9th

10:30 am—Chapel

Knitting & Crocheting Circle  
with Ann



*Wednesdays*

*4th & 18th*

*1:00 pm*

*In the  
Arts Room*



Adventures in Art with Roy

Thursdays March 12th & 26th

from 9:30-11:30 am

In the Arts Room

**All are Welcome**

*No experience necessary*

**Classes will be focused  
on drawing &  
Art History**



Bell Museum Outing with Alissa

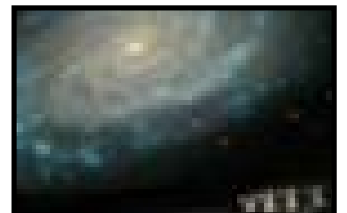


**Wednesday March 25th**

**1:00-5:30 pm**

**\$14/person**

(includes general & planetarium admission)



## UPCOMING OUTINGS & EVENTS: PLEASE SIGN UP AT THE FRONT

### MARCH OUTINGS

- Thursday 3/5 @ 11:30 am—2:30 pm—Lunch Outing: Sunshine Factory (Plymouth)
- Thursday 3/12 @ 11:30 am—2:30 pm—Lunch Outing: Ike's (Minnetonka)
- Friday 3/13 @ 9:45 am—4:00 pm—Mystic Lake Casino Shuttle
- Tuesday 3/17 @ 11:30 am—2:30 pm—Lunch Outing: Kips Irish Pub (St. Louis Park)
- Tuesday 3/24 @ 10:00 am—3:00 pm—Mystic Lake Casino Shuttle
- Wednesday 3/25 @ 1:00—5:30 pm— Outing to Bell Museum & Planetarium with Alissa \$14/person

### MARCH WEDNESDAY SHOPPING SHUTTLES

- Wednesday 3/4 @ 10:00 am— Ridgedale/Ridgehaven Area
- Wednesday 3/11 @ 10:00 am—Knollwood Area
- Wednesday 3/18 @ 10:00 am—Hy-Vee Grocery (New Hope)
- Wednesday 3/25 @ 10:00 am—Eden Prairie Area

### MARCH EVENTS

- Sunday 3/1 @ 2:30 pm—Musical Performance by The Glad Tidings Choir—Chapel
- Tuesday 3/3 @ ALL DAY—Primary Elections—Chapel
- Tuesday 3/3 @ 10:45 am—Happy Hour Planning Committee with Alissa—Arts Room
- Wednesday 3/4 @ 10:15 am—Adult Education Lecture Series: Kelly Rodenberg presents: There's Something Going on Upstairs—My Journey with a Brain Tumor—Chapel
- Wednesday 3/4 @ 1:00 pm—Knitting & Crocheting Circle with Ann—Arts Room
- Thursday 3/5 @ 3:00 pm—Musical Performance with The Mill Creek Ramblers—Chapel
- Friday 3/6 @ 11:00 am—Ambassador Meeting with Cindy—Fireside Dining Room
- Monday 3/9 @ 10:30 am—Musical Performance by The LeagueAires —Chapel
- Tuesday 3/10 @ 10:45 am—Movie Planning Committee with Alissa—Cinema
- Tuesday 3/10 @ 1:30 pm— Men's Group with John & Phil— Art's Room
- Tuesday 3/10 @ 3:00 pm—Paraffin Wax Hand Dips & Manicures (file & polish) with Alissa—Arts Room
- Wednesday 3/11 @ 2:30 pm—Library Day—Conference Room
- Wednesday 3/11 @ 3:00 pm—Trivia with David & Lilia—Perk
- Thursday 3/12 @ 9:30-11:30 am—Adventures in Art with Roy—Arts Room
- Thursday 3/12 @ 2:30 pm—Musical Performance by Kevin & Heidi Chang—Chapel
- Thursday 3/12 @ 6:30 pm—Trivia with Celine—Perk
- Monday 3/16 @ 2:30 pm—Armchair Travel to Ireland with Alissa—Fireside Dining Room
- Tuesday 3/17 @ 10:45 am—St. Patrick's Day Social with Alissa—Perk
- Wednesday 3/18 @ 1:00 pm—Knitting & Crocheting Circle with Ann—Arts Room
- Wednesday 3/18 @ 2:00 pm—Dining Committee—Conference Room
- Thursday 3/19 @ 2:30 pm—Birthday Party with Larry Greenstein—Chapel
- Thursday 3/19 @ 3:30 pm—Birthday Treats - Perk
- Thursday 3/19 @ 6:30 pm—Memorial Service—Chapel
- Friday 3/20 @ 11:00 am—Resident Meeting—Chapel
- Tuesday 3/24 @ 10:45 am—TED Talk with Alissa: Bob Stein presents: A Right of Passage for Late Life
- Tuesday 3/24 @ 3:00 pm -Paraffin Wax Hand Dips & Manicures (file & polish) with Alissa—Arts Room
- Wednesday 3/25 @ 2:00 pm—Dieticians Dish: Eating Right—Bite by Bite with Nutritionist Brandie Harpell from Unidine—Arts Room
- Wednesday 3/25 @ 3:00 pm—Trivia with David & Lilia—Perk
- Thursday 3/26 @ 9:30-11:30 am—Adventures in Art with Roy—Arts Room
- Thursday 3/26 @ 3:00 pm—Music & Memory: Val Doonican with Alissa—Cinema
- Thursday 3/26 @ 6:30 pm—Trivia with Celine—Perk
- Tuesday 3/31 @ 10:45 am—Golf Card Game with Alissa—Perk

## SPECIAL EVENTS

### Adult Education Lecture Series

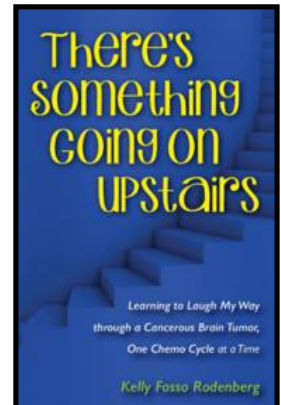
**Wednesday March 4th**

**10:15 am—Chapel**

*Kelly Rodenberg presents:*

*"There's Something Going on Upstairs"*

Books will be  
for sale  
during Kelly's  
speech for  
\$15



**Music & Memory:**

**Val Doonican**

Thursday March 26th @ 3:00 pm

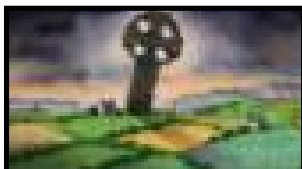
in the Cinema with Alissa

### Armchair Travel to Ireland with Alissa

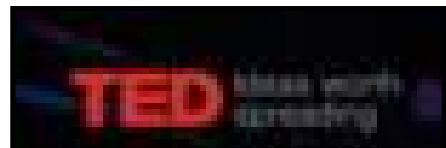
**Monday**

**March 16th**

*2:30 pm—Fireside  
Dining  
Room*



### TED TALK with Alissa



**Tuesday March 24th**

**@ 10:45 am**

**In the Cinema**

**Bob Stein presents:**

***A Rite of Passage for Late Life***

## SPECIAL EVENTS CONTINUED



Learn to Play The Card Game  
GOLF with Alissa

**Tuesday March 31st**

**10:45 am— Perk**



Saint Patrick's Day Social

**Tuesday**

**March 17th**

**10:45 am**

**In the Perk**



### HAPPY HOUR PLANNING COMMITTEE

**Tuesday March 3rd at 10:45 am—Arts Room**

Please come with your snack ideas/requests to share!



### **CALLING ALL MEN!**

**Join John & Phil for Men's Group!**

**Tuesday 3/10/20 @ 1:30 pm**  
**in the Arts Room**

*Refreshment's  
will be  
provided!*



### Movie Planning Committee



**Calling all movie fans!**

**Tuesday March 10th**

**10:45 am**

**In the Cinema**

**Come help us make the  
playlist for the Cinema!**

## March Resident Birthdays

3/1: Mary Klimek

3/8: Lorraine Brasket

3/11: Faith Pardoe

3/18: Gene Baker &  
Jan Gnotta

3/19: Joe Sherlock

3/20: Dick Graziano

3/22: Mary Schmelz

3/23: Dolly DeSouza

3/27: Joe Hussey

3/28: Dee Johnson

3/31: Millie Freiberg

## March Staff Birthdays

3/4: Tida Hydara

3/10 Kimberly Houston &  
Mary Machogu

3/12: Mariama Mballo

3/15: Samuel Maubi

3/16: Cindy Ehlen

## Welcome New Residents

- Joyce Volkert
- Mary Ann Klimek
- Doris Reiter
- Rosemary Rahe



## John Jabs

Did you see the latest sign in the  
church nursery?



It says "all babies are subject to change  
without notice"!

## 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](http://www.TheGlennMinnetonka.com)

## *Happy March!*

*Did you know there are no clover plants that naturally produce four leaves, which is why four-leaf clovers are so rare. The leaves of four-leaf clovers are said to stand for faith, hope, love, and luck!*

*We hope the luck o' the Irish is with you 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*

