

The Glenn Gazette

June
2020



5300 Woodhill Road Minnetonka, MN 55345
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UPDATES FROM YOUR ADMINISTRATOR



Minnesota's lovely month of June is finally upon us- the month where Spring turns into Summer, when the weather gets warmer and the days get longer. I encourage you all to go outside if you are able for a breath of fresh air and bit of sunshine. The beauty of nature is everywhere- our flowers are now blooming, fountains are up and running, and there are now leaves on the trees. Also, in the next week or so we will be installing our newly refreshed and painted butterfly houses. Throughout the years, we have planted many butterfly attracting plants and flowers. If you happen to see butterflies while you are out, we would love for you to take pictures and send them into Alissa, advorak@greatlakesmc.com, and we will post them on our Facebook page throughout the rest of summer!

As the state and country begins to slowly open, we are cautiously optimistic we can do the same. However, as I write this article, the health department has not lifted visitor restrictions for our setting. We are waiting for additional guidance on how and what that process will look like.

Since we have opened back in 2011, we have served the community as an election polling site for both primary and general election cycles. However, because of the circumstances surrounding Covid-19 and the large amount of community visitors entering our building, this year we will not be hosting the election. Instead in November, the general election polling site has been relocated to Glen Lake Activity Center, across the road on the corner of Tree Street & Excelsior Blvd.

The second week of June is National Nursing Assistant's Week. Don't forget to give the RA's (Resident Assistants) a shout out for all the hard work they do for providing outstanding care to our residents.

Lastly and most importantly, be well & Happy Father's Day!

Sincerely,

Shanna

NURSING NOTES WITH YOUR DIRECTOR OF NURSING

Quite possibly my favorite month is June.

-The first day of summer happens to be June 20th this year!!

-Weather is fantastic. For the Minneapolis area, the average high temp is a balmy 78 degrees, rarely falling below 64 degrees or exceeding 91 degrees and the average low temp is a comfortable sleeping temp of 58 degrees,

Along with those two items, there are a great many other things to celebrate during the month of June, such as:

-On June 3rd it's National Rocky Road Day. What a fantastic holiday that is...just think, a big bowl of Rocky Road ice cream,

-In addition to that, June 3rd is also National Doughnut Day as well as National Leave Work Early Day...coincidence? I think not!

-June 6th is National Yo-yo Day...Does the activity department have enough to go around?

-National Jerky Day falls on June 12th...Mmm, Mmm GOOD!

-June 19th is World Sauntering Day. According to Merriam-Webster, to saunter one must merely "walk about in an idle or leisurely manner." So get out there and saunter around. Just don't think of it as exercise. It will feel better if it's just sauntering!

-We've already covered the First Day of Summer...

-June 21st is Father's Day ...don't forget to celebrate it...and National Go Skateboarding Day...
DON'T EVEN THINK ABOUT IT!

-June 22nd is National Onion Ring Day...c'mon kitchen services, throw us a bone!

-June 23rd is Frank's 41st wedding anniversary...and my wife doesn't even have to remind me!

-June 27th is National Handshake Day...but not during "Social Distancing" times. A simply wave and a "How you doing" shall suffice.

-June 30th is National End of June Day. Look back on all the fun things you had to celebrate during this month

If that's not enough to give you warm fuzzies about June being a great month, just think about this, July starts shortly afterwards and then things will really start to heat up. Have a magnificent June and stay safe.



CHAPEL CHATS WITH DEACON MICHAEL



A blessed June to you all.

As we continue on our pilgrimage through life that has been recently dominated by the fears associated by the Corona virus, I thought I would give you an update on what is happening in our local churches and here at The Glenn for spiritual care.

As many of you are aware, Catholic Archbishop Hebda and leaders of the Lutheran Church Missouri Synod have made the decision to reopen their churches with restrictions. The Archbishop has made it clear that the obligation for anyone to attend Holy Mass is suspended until further notice, and that anyone over the age of 65 is encouraged to stay at home and participate in prayer as best as they are able using electronic media.

With this in mind, and because the Department of Health guidelines are unchanged for congregant living, I believe the most prudent thing to do right now is to continue our very small gatherings for prayer on Wednesdays in the hallway and not meet together in the chapel for larger prayer services. I know that some of you may not be happy with this, so I ask for your forgiveness and understanding for making this prudential decision. Keep on praying for the end of this virus so we can quickly join in prayer as a community to worship God!

In the meantime, if you haven't already, please join me and your neighbors in the hallways on Wednesday for prayer. They have been a great source of joy and comfort for me and others that have gathered, and I would love to see more of you.

In Christ,

Deacon Michael

A LAMENT BY CAROLE BECKER

The Unwelcome Guest

*The COVID virus came to play-
but we asked it to stay away!*

*We closed our ranks and shut our doors,
to our dear friends, family, and more.*

*We used our phones and FaceTime too-
to keep connections and make some too!*

*We smiled at each other behind our masks,
and worked our puzzles and did our tasks.*

*Our spiritual life became private too-
and really took more effort to do.*

*Social distancing seems unfair,
to keep us from the ones who care!*

*But sooner or later the grim must end,
and we'll open our doors to let the light in-*

*Our thanks to all who took great care,
to keep us safe—no worse for wear!*

*So, open our windows, let the light in-
and pray that all have weathered within.*

*Our prayers for the stricken and for our brave crew,
thank you, thank you- to all of you!*

YOUR SUBMISSIONS

WE WANT YOUR INSPIRATIONAL QUOTES!



Each day, an inspirational quote is posted in the elevators for all to read and enjoy, and we would love to have yours!

Please submit original writings or your favorite inspirational quotes to Sarah Gertin or Cheri Boeser at the front desk at 952-345-4404 or cboeser@greatlakesmc.com

Limericks By Liska



We have been beleaguered
by a deadly virus,
Which has caused a prism like lockdown
for most of us!

Wash hands, separate, & wear a mask-
And if you don't, someone will take you
to task -

So grin & bear it and please don't cuss!

A Night In June: by William Woodsworth



The stars are out by twos and threes,
The little birds are piping yet
Among the bushes and trees;
There's a cuckoo, and one or two thrushes,
And a far-off wind that rushes,
And a sound of water that gushes,
And the cuckoo's sovereign cry
Fills all the hollow of the sky.

Who would go "parading"
In London, and
"masquerading,"

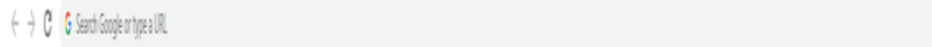
On such a night of June
With that beautiful soft half-moon,
And all these innocent blisses?
On such a night as this is!



LIVE 2B HEALTHY UPDATES

Live 2B Healthy classes with Personal Trainor Mary Vanpilsun are now on YouTube!

1. Click on your web browser to get to the internet
2. In the URL box located on the top of the web browser, type in the box: www.youtube.com



3. Type in the search box looks like this:



4. Type in the name **Mary Vanpilsun** and hit enter
5. Click on today's date video and enjoy Mary's video!

New Videos will be available every Monday, Wednesday & Friday!

Please contact Alissa @ 952-345-4422 for any assistance needed to set up your device!

Stay Turned for more updates



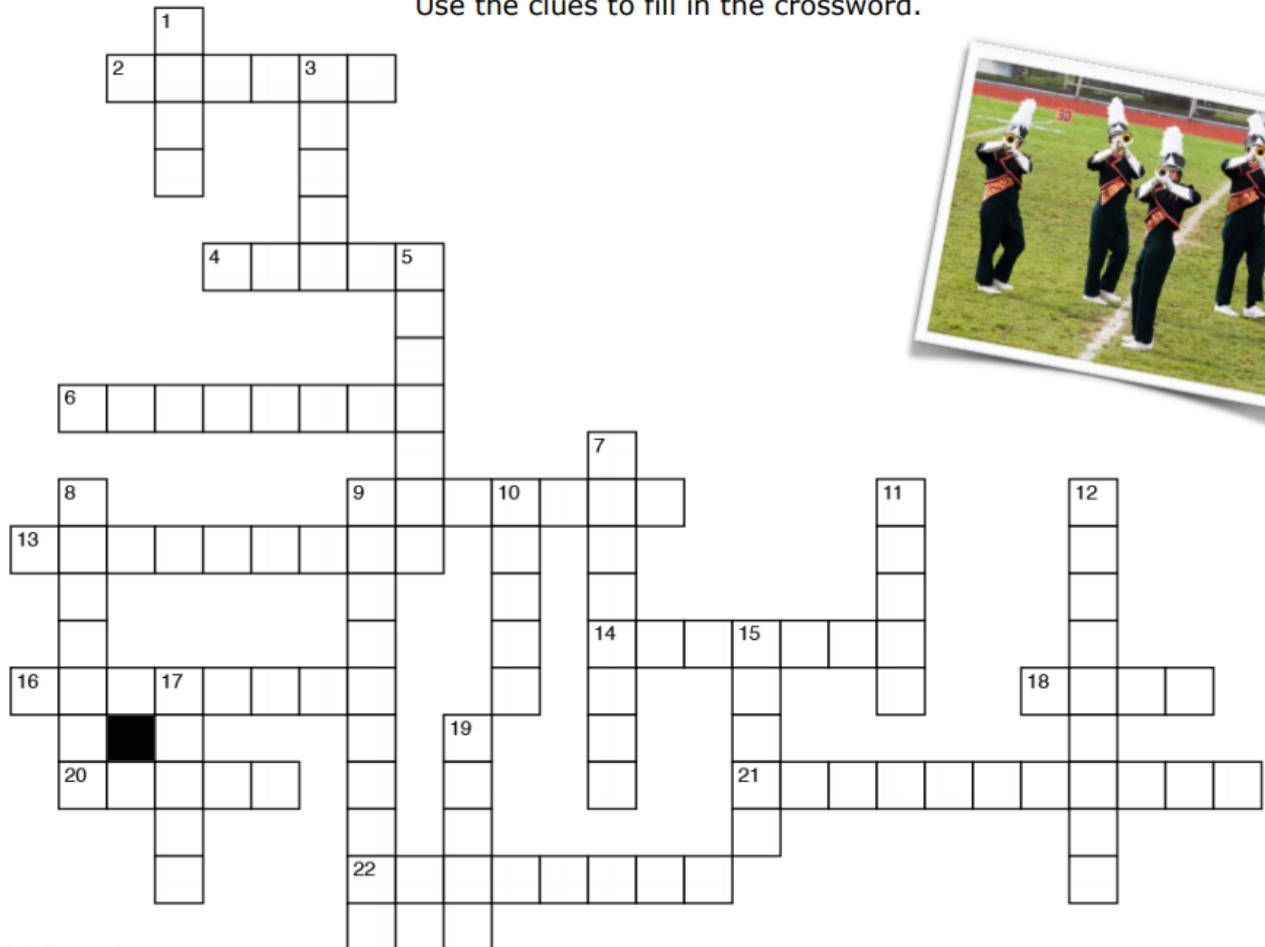
about Live 2B Healthy Classes!!!



STRIKEUP THE BAND CROSSWORD

Strike Up the Band

Use the clues to fill in the crossword.



©ActivityConnection.com

Use the clues on Page 9 to
fill in the puzzle!

STRIKE UP THE BAND CROSSWORD



Strike Up the Band

(clues)

ACROSS

2. Street event
4. Flag-carrying marchers, _____ guard
6. Straight-tubed woodwind
9. Marching outfit
13. Instrument with wooden bars
14. Loud brass instrument
16. Break in the game
18. Type of percussion
20. Type of drum
21. Contest
22. Instrument with a slide

DOWN

1. Music group
3. Marching practice
5. A sequence of actions
7. Rehearsal
8. Drummer's crashers
9. Institute of higher learning
10. Football stadium area
11. High-pitched woodwind
12. Baton wielder
15. Sousa specialty
17. Pennants
19. Twirler's stick



FATHERS DAY: DAD JOKES

In honor of Fathers Day, here are a few cute
“Dad Jokes” to make you laugh!

“Dad, are bugs good to eat?” asked the boy.

“Let’s not talk about such things at the dinner table, son,” his father replied.

After dinner the father inquired, “Now, son, what did you want to ask me?”

“Oh, nothing,” the boy said. “There was a bug in your soup, but now it’s gone.”

* * * * *

My father was completely lost in the kitchen and never ate unless someone prepared a meal for him. When Mother was ill, however, he volunteered to go to the supermarket for her. She sent him off with a carefully numbered list of seven items.

Dad returned shortly, very proud of himself, and proceeded to unpack the grocery bags. He had one bag of sugar, two dozen eggs, three hams, four boxes of detergent, five boxes of crackers, six eggplants, and seven green peppers.

* * * * *

A man speaks frantically into the phone, “My wife is pregnant, and her contractions are only two minutes apart!”

“Is this her first child?” the doctor queries.

“No, you idiot!” the man shouts. “This is her husband!”

* * * * *

While having their evening dinner together, a little girl looked up at her father and asked, “Daddy, you’re the boss in our family, right?”

The father was very pleased to hear it and confidently replied, “Yes, my little princess.”

The girl then continued, “That’s because mommy put you in charge, right?”

REMINISCING: FLAG DAY

The Story of the U.S. Flag



The origins of Flag Day can be traced back to June 1775 when the Second Continental Congress met in Philadelphia to create a unified colonial force to fight in the American Revolution. At the beginning of the Revolutionary War, colonists were not united under a single flag but instead fought as independent regiments, each under its own flag. Examples of regiment flags include the iconic coiled rattlesnake with the refrain “Don’t Tread on Me” and one depicting a pine tree and a slogan that reads “An Appeal to Heaven.”

To better organize and form a cohesive force, the Continental Colors were created. This became known as the “Grand Union Flag,” bearing 13 alternating red and white stripes and a British Union Jack in the canton. Some of the founding fathers felt this first design was too similar to the British flag at that time, and George Washington quickly came to believe that flying it was counterproductive to the revolutionary effort.

Two years after the Grand Union Flag was created, the Second Continental Congress was busy drafting the Articles of Confederation. They took time out on June 14, 1777, to pass a resolution declaring that the flag of the United States would consist of 13 stripes, alternating red and white, and that the Union would be represented by 13 white stars upon a blue field. When Philadelphia seamstress Betsy Ross first sewed the Stars and Stripes flag, she placed the stars in a circle in the canton. In another version of the flag that was created for the U.S. Navy, the stars were arranged in five rows—three rows of three stars and two rows of two stars. Exactly who designed these flags remains a mystery, although legend holds that Betsy Ross made the first design upon direct request from George Washington.

The design of the flag evolved through several versions over the course of a century. Then, on June 14, 1885, a Wisconsin schoolteacher named Bernard J. Cigrand displayed a 10-inch U.S. flag bearing 38 stars on his desk and asked his students to write essays about the flag’s significance. It was an isolated observance, but it marked the beginning of what would become nationwide recognition of Flag Day. In 1916, President Woodrow Wilson made the holiday official by proclaiming June 14 as Flag Day.

Three decades later in 1949, President Harry Truman signed an act of Congress designating June 14 as National Flag Day and called for the display of the flag on all federal government buildings. As we prepare to celebrate this year, let’s learn more about the American symbol we fondly refer to as “Old Glory.”



June Resident Birthdays

6/1: Doris DeVeau

6/3: Rita Donlin

6/6: Jean Mickelson &
Margaret Pollard

6/10: Richard Brasket &
Lue Streff

6/11: Wyn Davies

6/12: Leroy Sydness

6/13: Rachel Nassef

6/14: John Johnson

6/16: Margie Lee

6/20 Albert Starshak

6/24: Richard Door &
Esther Shepper

6/30: Lois Anderson

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www.TheGlennMinnetonka.com

June Staff Birthdays

6/2: Sarah Gertin &
Fatou Conta

6/24: Alice Atemba

6/26: Christopher Adhanja

John Jabs



As a blind man, its
hard for me to eat
fish...

Because I can't seafood!

Hello Residents! Happy June!!!

**Did you know... June is the month with the
longest daylight hours of the year in the
Northern Hemisphere.**

*Golden fingers of liquid sunshine caress the month
of June...*

*At this time, we know how hard it is to
keep busy with meaningful and productive
activity, but we want you to know that we
are here for you. Please contact us directly
if you would like activity items to use in
your apartment, or if you need assistance
with video calling your loved ones.*

We are all in this together!

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**John: 952-345-4410 or
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