

The Glenn Gazette

August
2020



THE GLENN
MINNETONKA

5300 Woodhill Road Minnetonka, MN 55345
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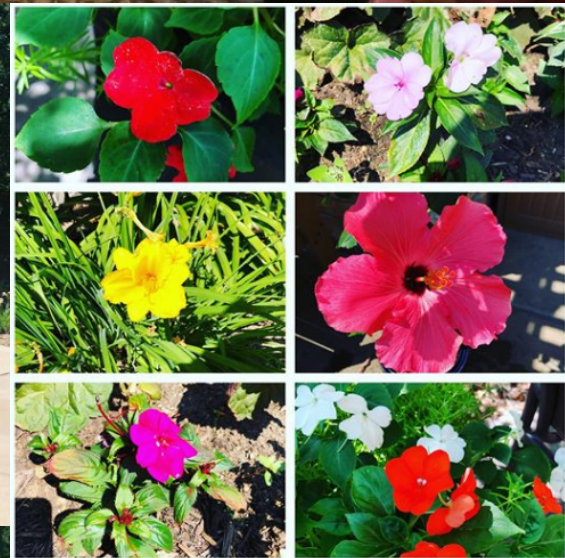
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July 2020

UPDATES FROM YOUR ADMINISTRATOR



The dog days of summer are upon us. Truth be told, this is my favorite time of the year. However, we've had some severe weather recently so I'd like to take a moment to give you a brief refresher on precautions to take in case of tornado or thunderstorm warnings. Staff will turn on our weather radios and you may also use the television to tune into local stations. If you have a smart phone, you can also download the app, MyRadar from the NOAA (National Oceanic & Atmospheric Administration) which will send you alerts and text messages for your precise location. We are located in south central Hennepin County, however many of the summer storms in from the Southwest or Carver County. SAME (Specific Area Message Encoding) Code: for Hennepin County is 027053 & for Carver County is 027019.

Watch- conditions are right and there is potential for severe weather.

Warning- severe weather is actually happening. Outdoor sirens will sound.

Stay in your apartment. Your bathroom is the safest room in your apartment.

Stay away from glass and close all blinds/curtains. Our interior hallways are also a safe place to avoid problems with glass.

Our designated storm shelter is the interior areas on the lower level- theater, salon, and staff breakroom.

Our staff are responsible for initiating these safety protocols in memory care and care suites.

Earlier this month I listened to a short program on **Radio Recliner** which is a pirate radio station run by real Resident DJs at senior living communities across the country. Residents of senior living communities can call in to dedicate a song to someone, whether it's a resident, a family member, a friend, or a staff member. You can also sign up to be a Resident DJ! (Disclaimer- although I haven't personally listened to the program it sounds really fun!) Check it out by visiting their website: <https://radiorecliner.com/>. If you tune in, please let me know what you think!

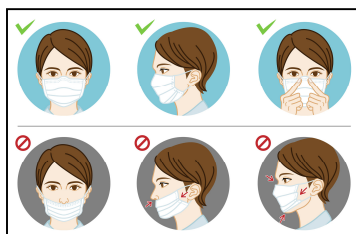
****See more info on page 6 of this newsletter!!!*

The City of Minnetonka approved a face mask ordinance on July 23 and then on July 25th the Governor issued an executive order requiring Minnesotan's to wear a face covering in all indoor businesses and public indoor spaces, unless alone. For more information on City of Minnetonka's covid-19 response, please visit minnetonkamn.gov/coronavirus for local news, resources and to subscribe to email or text updates.

Wishing you good health and happiness during this lovely month of August.

Many blessings,

Shanna



A reminder that masks **MUST BE WORN** at all times when outside your apartment.

Masks **MUST** cover both nose & mouth!

NURSING NOTES WITH YOUR DIRECTOR OF NURSING

The Dog Days of Summer will be settling in this month for, hopefully, an extended stay. Heck, I wouldn't care if that stay lasted until November!

So, the question arises: Where did this "Dog Days of Summer" stuff come from?

I'm glad you asked, as it just happens that I might be able to shed some light on the subject.

We often hear about the "dog days" of summer but few know what the expression means or where it comes from. Some say that it signifies hot sultry days "not fit for a dog," others suggest it's the weather in which dogs go mad. The Dog Days of Summer describes the most oppressive period of summer, between July 3rd and August 11th each year. But where did the term come from? And what does it have to do with dogs?



The phrase is actually a reference to the fact that, during this time, the Sun occupies the same region of the sky as Sirius, the brightest star visible from any part of Earth and part of the constellation Canis Major, the Greater Dog. This is why Sirius is sometimes called the Dog Star.

In the summer, Sirius rises and sets with the Sun. On July 23rd, specifically, it is in conjunction with the Sun, and because the star is so bright, the ancient Romans believed it actually gave off heat and added to the Sun's warmth, accounting for the long stretch of sultry weather. They referred to this time as *diēs caniculārēs*, or "dog days."

Thus, the term Dog Days of Summer came to mean the 20 days before and 20 days after this alignment of Sirius with the Sun—July 3 to Aug. 11.

While this period usually is the hottest stretch of summer, the heat is not due to any added radiation from Sirius, regardless of its brightness. The heat of summer is simply a direct result of the Earth's tilt.

During summer in the Northern Hemisphere, the tilt of the Earth causes the Sun's rays to hit at a more direct angle, and for a longer period of time throughout the day. This means longer, hotter days.

So, what does this mean to you?

Well, first realize that the heat provided is not necessarily safe for everyone. Things like dehydration, heatstroke, sunburn, heat exhaustion, and others can be experienced by persons not protecting themselves.

Here are a couple of simple steps to take so you can remain safe during these "Dog Days."

- Stay hydrated by sipping from a water bottle throughout the day. Aim for at least a half-gallon over the course of a day. If get tired of water, natural fruit juices are a good alternative (and make great frozen drinks, too, for additional cooling benefits). Add a few mint leaves for a super-cooling treat. Just avoid excess caffeine or alcohol, which can dehydrate you.
- If you can't get to a pool or swimming hole, you can achieve this same result with a shower or bath, or just by wetting your hair. Soaking your feet or even just running cold water over each of your wrists for 10 seconds can also help.
- Cool your neck. Your body's main temperature sensor is located on the back of your neck. If you have long hair, wear it up to let breezes reach this area. If you're going to sit by a fan, make sure it blows onto the back of your neck. A cool compress over this area will also go a long way to helping you feel cooler.
- Make sure you're dressed for the weather. If you're at home, or in a situation where you can get away with it, wear as little as possible. Wearing a thin undershirt will offer relief. If that's not an option, then opt for loosely-woven natural fabrics, such as linen, in light, bright colors. These fabrics breathe, allowing your body to shed heat, while the brighter colors will reflect heat from the sun.
- Relax!! Just sit still. Don't try to run errands or do housework or anything else active during the hottest part of the day. These will raise your body temperature.
- Last, but not least, be aware of the weather and temperature predictions for the day, especially if you plan on going out. It might not be terribly hot when you start the day, but the weather can change quickly, so be prepared. Remember "Forewarned is forearmed."

- Frank

CHAPEL CHATS WITH DEACON MICHAEL



As we enter into August, I would like to update you on some of the spiritual activities that are happening at The Glenn.

During the pandemic, many of the local churches have gotten better at recording their worship services or showing them live via the internet. I would like to take advantage of these new offerings by getting back to showing one local Protestant worship service on Sunday, along with one Catholic Mass. Two Lutheran churches, All Saints and Gethsemane, have contacted me about showing their services at The Glenn and I have agreed to their request. We will show All Saints Lutheran service on Sunday August 2nd at 3pm and rotate to Gethsemane Lutheran the following week. For Catholics, I will show the Mass from Immaculate Heart of Mary on the same Sunday, August 2nd at 1:30, and rotate the following week with my parish, Holy Family. I would prefer to show both the Catholic and Lutheran services live in the morning, but I have seen some technical problems in the past, so I think it would be better to watch them after they have been recorded. Although watching a worship service is not preferable to being there in person, this will provide some of you with options that have not been available during the pandemic.

Also, on Tuesday August 18th at 6:30pm in our chapel, I will offer a 45-minute presentation on the Catholic understanding of death and the afterlife. I plan to keep it simple knowing that the last attempt at this topic was too theological for some of you. It is an important topic and I will take questions at the end. I look forward to seeing you and hearing your questions.

May God bless and protect you,
Deacon Michael

EMPLOYEE HIGHLIGHTS



Join us in welcoming our newest
Glenn Minnetonka employees:

Linet Moreu—LPN



Meet Sarah— A Glenn MTKA Receptionist

Hello everyone! My name is Sarah Gerten, and I'm one of your receptionists. I started here in November and have grown to love the Glenn more every day!

I grew up in Excelsior, Minnesota and graduated from the University of Northwestern St. Paul with a degree in Spanish and minors in Youth and Family Ministry, and Bible. I worked at Camp J.I.M. in Pillager for several years before coming to The Glenn and met some of my best friends in the world there. I have two older twin brothers and two amazing sisters in law. I have 2 nieces, 2 nephews, and another nephew on the way! I absolutely love dogs - golden doodles are my favorite! I also enjoy spending time with my friends and family, traveling, and curling up with a cup of coffee and a good book!

I have loved getting to know our staff and residents, and have felt so welcomed by everyone. I feel truly blessed to be a part of this wonderful community!



WHAT'S NEW



RADIO RECLINER

Radio Recliner is a pirate radio station run by real Resident DJs at senior living communities across the country, so we can stay connected!

New shows at 11:00 am every day.

To access go to www.radiorecliner.com

National Geographic Educational Films in Cinema

1:15 pm Every Tuesday in August—please sign up at front desk to save a seat!

4th: Drain the Titanic

11th: Wild Sri Lanka

18th: Sharks of Lost Island

25th: Apollo: Missions to the Moon



Lake Rose Stings Concert



Wednesday
August 5th

11:15 am
Excelsior Patio

Musical Performance with Colleen Wold-Heibler

Tuesday
August 18th

2:30 pm
Excelsior Patio



WHAT'S NEW?

Donut Fridays are Back!



Donuts will be served each Friday at 9:15 am on both the
Excelsior & Lafayette patios!

If raining, donuts will be available for pick-up in the Arts Room!

Monday Jam Sessions with The Jammers to Return!!!



Mondays @ 10:15 am
Front Patio



Gentle Morning Exercise with Jeanne Ward

TUESDAY AUGUST 11th @ 9:00 am



Join Jeanne on the Lafayette Patio for some morning stretches!

Masks required—please sign up at the front desk to reserve a spot!

THE DOG DAYS OF SUMMER



The so-called “dog days” of summer stretch from mid-July into mid-August. Today, many people believe that we call these the dog days because we all feel as hot as a dog. But to discover the real explanation behind the dog days, look to the night sky. This period earned its canine moniker during the age of ancient Greece. Mid-July coincided with the rise of the constellation Canis Major, the Greater Dog,

which features the brightest star in the night sky, Sirius, also known as the Dog Star. During this time, Sirius rises just before the sun. No wonder the word sirius means “scorching” in Greek.

The Dog Star was believed to be a harbinger of drought, plague, lethargy, fever, thunderstorms, and bad luck. Lucky for us, modern technologies have given us plenty of ways to beat the heat. Perhaps the Greeks and Romans would have thought differently about Sirius if they had air-conditioning?



It is no coincidence that Air Conditioning Appreciation Days overlap with the dog days of summer, because for many this invention is the greatest source of relief from the oppressive heat. It was during the dog days of 1902 that Willis Carrier invented the first air conditioner. He did not set out to create artificial cooling but rather a machine that could lower humidity. A printing company came to Carrier with a problem. During summer, high humidity would wreak havoc with their color printing. Carrier designed a system of chilled coils fans, ducts, heaters, and temperature controls that not only lowered the humidity inside the printing plant but created cool artificial breezes!

Air-conditioning cools more than air; it cools our tempers, too. Research shows that heat increases aggression, while air-conditioning actually helps calm us down.

It may be much easier to enjoy National Relaxation Day on August 15th with the air-conditioning on!



SCENIC DRIVE SCHEDULE

Scenic Drives in August!!!

- Wednesday August 5th @ 1:00 pm
 - Scenic Drive - MPLS Lake Area & Lakewood Cemetery



- Wednesday August 12th @ 1:00 pm
 - Scenic Drive – Stone Arch Bridge Riverbank



- Wednesday August 26th @ 1:00 pm
 - Scenic Drive – Lake Waconia



Sign up at the front desk to secure a seat!

Masks must be worn at all times on the bus!

FREE MASKS AVAILABLE FOR MTKA RESIDENTS

FACE MASKS REQUIRED

in all indoor public spaces

Residents in need may obtain up to 5 free disposable masks (per person), at the following locations, while supplies last:

Minnetonka City Hall

Masks are available the front desk and Community Development window
14600 Minnetonka Blvd, Minnetonka, MN 55345
Monday – Friday (8:00 am – 4:30 pm)

Cub Foods – Request masks at the Customer Service Desk

4801 County Rd. 101, Minnetonka, MN 55345
10:00 am to 4:00 pm – 7 days a week

Lunds & Byerlys – Request masks at the Customer Service Desk

13081 Ridgedale Dr., Minnetonka, MN 55305
10:00 am to 6 pm (Monday- Friday)
10:00a am – 2:00 pm (Saturday – Sunday)

If you would like more information about the new statewide mask requirement, or would like to review the FAQs, visit the Minnesota Department of Health website: <https://www.health.state.mn.us/diseases/coronavirus/facecover.html>. If you have any specific questions regarding city related questions, please contact publichealth@minnetonkamn.gov



WORD SEARCH PUZZLE



Famous August Birthdays

The following people were born in August. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Neil **ARMSTRONG**
- B. Tony **BENNETT**
- C. Ingrid **BERGMAN**
- D. Tom **BRADY**
- E. Coco **CHANEL**
- F. Julia **CHILD**
- G. William **CLARK**
- H. Davy **CROCKETT**
- I. Eddie **FISHER**
- J. Alfred **HITCHCOCK**
- K. Dustin **HOFFMAN**
- L. Herman **MELVILLE**

G	Q	R	L	C	Y	W	T	W	T	H	J
Q	N	Y	E	D	R	T	S	F	K	O	U
O	K	O	A	H	E	Y	B	C	C	M	K
Z	B	R	R	K	S	E	H	K	O	E	K
G	B	E	C	T	R	I	S	N	C	Z	R
T	W	O	N	G	S	J	F	Z	H	H	A
K	R	I	M	N	D	M	L	Z	C	O	L
C	Z	A	G	X	E	J	R	K	T	F	C
E	N	T	E	K	O	T	X	A	I	F	B
L	E	N	A	H	C	X	T	N	H	M	W
D	H	D	A	C	H	I	L	D	T	A	M
M	E	L	V	I	L	L	E	M	C	N	G

Bonus: Match the person to the correct clue.

- | | |
|-------------------------------|----------------------------|
| 1. Lewis' partner _____ | 7. Actress _____ |
| 2. Movie director _____ | 8. Big band singer _____ |
| 3. Astronaut _____ | 9. Chef _____ |
| 4. Fashion designer _____ | 10. Frontiersman _____ |
| 5. Football quarterback _____ | 11. Author _____ |
| 6. Actor _____ | 12. Singer and actor _____ |

August Resident Birthdays

8/3: Marilyn Dickey &
Susan Scribner

8/5: Ruth Beard

8/6: Joyce Hank

8/16: Mary Baker &
Kim Minea

8/21: Rhoda Jean Westervall

8/22: Jeannine Weeks

8/27: Marilyn Aldritt

8/28: Florence Cosentino

August Staff Birthdays

8/3: Sarah Justice

8/5: Mona Lindemoen

8/7: Shanna Swanson

8/8: Joetta Kolleh

8/10: Jackline Mochoge

8/12: Cyrus Nyagwoka

8/13: Darcie Bruss

8/15: Tsultrim Choekyi &
Kerongo Philes

John Jabs



What does it mean when
you find horse shoes?

It means a horse is walking around in
it's socks!

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www.TheGlennMinnetonka.com

Hello Residents! August is here!

Did you know... August was named to honor
Roman emperor, Augustus Caesar

*August: If it could only be like this always —
always summer!*

***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!

***Alissa: 952-345-4422 or
advorak@greatlakesmc.com***

***Kelly: 952-345-4414 or
kvincent@greatlakesmc.com***

***John: 952-345-4410 or
jliekhus@greatlakesmc.com***

