

# The Glenn Gazette

October  
2020



5300 Woodhill Road Minnetonka, MN 55345  
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## UPDATES FROM YOUR ADMINISTRATOR



A Halloween joke for you.....Which ghost is the best dancer?

The Boogie Man!

I am sad to let you know that our Chef Manager Garrett Hess is no longer with us but happy to announce that he has been promoted and is now the Dining Services Director at another community. We welcome Chef Matt Wille as our new Chef Manager! Look for Chef Matt's bio in the pages of this newsletter.

Paul, our Maintenance Director, has asked that I remind our folks in independent living to only throw food scraps down the garbage disposal. Clearing plates of food down your sink into the garbage disposal may lead to plumbing problems and can cause your sink to back up. In general, the following items should be put in the **garbage can** rather than the garbage disposal:

- **Coffee grounds**- can build up sediment in the drains increasing the likelihood of a clog.
- **Large amounts of pasta, rice, and bread**- all absorb water and expand which can easily lead to a clogged drain. If you do run pasta, rice, or bread down the disposal, run it for at least 30 seconds, and make sure to run cold water down the drain to flush the grains down without expanding them. The same goes for oats, and any other grain that will absorb water.
- **Animal bones**- can spin around your disposal and damage its grinding mechanisms.
- **Nuts & shells**- (including seafood shells) can be very damaging to your garbage disposal. And softer nuts, such as peanuts, are still not a good idea for the disposal. Your garbage disposal is not unlike a nut grinder when you grind & mash peanuts to get a thick peanut butter paste.
- **Pits and Seeds**- a good rule of thumb is If you can't cut it with a knife, it's safe to say putting it down the disposal is not a good idea. Pits and seeds are often round and small, making them even harder to grind up. Not to mention the terrible racket they make bouncing around your disposal.
- **Onion layers**- While chopped onions can easily go down the disposal, it's the outermost layer you need to watch out for. The membrane that lies just beneath the dry skin can pass through the disposal, missing the blades grinder altogether or wrapping around it. It can even get wedged in the drain and act as a net, trapping other items in place with it.
- **Egg shells**- there's a commonly held misconception that egg shells can help to sharpen the "blades" of your garbage disposal. But the truth is, garbage disposal don't have blades. Rather, they have impellers that are more blunt than sharp. These impellers grind food waste down, rather than chopping it up like a blender. They also have membranes that can easily get wrapped around the grinder.
- **Fibrous or Stringy Fruits and Vegetables**- many fruits and veggies have fibrous strands that can tangle around your disposal's grinder. Here are a few items to throw in the trash instead of the disposal next time: celery, asparagus, banana peels, corn husks, and rhubarb. A few here and there won't hurt but try to avoid it to preserve the quality of your appliance.
- **Potato peels**- when tossing potato peels down the disposal, one of two things can happen: 1) the peels may be thin enough to slip past the disposal, causing them to potentially catch in the drain or 2) they are ground up, and turn into a starchy paste in your disposal. If this paste makes its way into the pipes, it can lead to major blockages down the road. The same goes for other starchy vegetables and beans.
- **Grease, oil, and fat**- the tricky thing about grease, oil, and fats is they may look like liquid now, but they don't stay that way for long. These materials will congeal with time, which can cause a major blockage in your drain. It's best to simply allow these substances to cool, and then dispose of them in trash.

Lastly, remember to get outside and joy the beautiful landscape! According to the DNR, peak Minnesota fall foliage is usually the first and second weeks of October.

Wishing you all a lovely Autumn!

-Shanna



## NURSING NOTES FROM YOUR DIRECTOR OF NURSING

**COVID-19 VS Influenza**

During the COVID-19 pandemic, you may have heard that coronavirus disease 2019 (COVID-19) is similar to the flu (influenza). COVID-19 and the flu are both contagious respiratory diseases caused by viruses. They have some common symptoms. But through closer comparison, they can affect people differently. Also, since the flu has been around much longer, doctors know more about how to treat and prevent it, while they continue to learn more about COVID-19.

The viruses that cause COVID-19 and the flu spread in similar ways. They can both spread between people who are in close contact (within 6 feet, or 2 meters). The viruses spread through respiratory droplets or aerosols released through talking, sneezing or coughing. These droplets can land in the mouth or nose of someone nearby or be inhaled. These viruses can also spread if a person touches a surface with one of the viruses on it and then touches his or her mouth, nose or eyes.

COVID-19 and the flu have many signs and symptoms in common, including: Fever, cough, shortness of breath or difficulty breathing, tiredness, sore throat, runny or stuffy nose, muscle/body aches, headache, and nausea or vomiting, but this is more common in children than in adults

Because COVID-19 and the flu have similar symptoms, it can be hard to diagnose which condition you have based on your symptoms alone. Testing may be done to see if you have COVID-19 or the flu. You can also have both diseases at the same time.

Both COVID-19 and the flu can lead to serious complications, such as pneumonia, acute respiratory distress syndrome, organ failure, heart attacks, heart or brain inflammation, stroke, and death.

Symptoms of COVID-19 and the flu appear at different times and have some differences. With COVID-19, **you may experience loss of taste or smell**. COVID-19 symptoms generally appear two to 14 days after exposure. Flu symptoms usually appear about one to four days after exposure. COVID-19 appears to be more contagious and to spread more quickly than the flu. Severe illness such as lung injury may be more frequent with COVID-19 than with influenza. The mortality rate also appears to be higher with COVID-19 than the flu.

Another difference is that the flu can be treated with antiviral drugs.

You can get an annual flu vaccine to help reduce your risk of the flu. The flu vaccine can also reduce the severity of the flu and the risk of serious complications. Each year's flu vaccine provides protection from the three or four influenza viruses that are expected to be the most common during that year's flu season. The vaccine can be given as a shot (injection) or as a nasal spray.

The best advice across the board is to get your flu shot, maintain social distancing, wear your face mask properly (covering the mouth AND the nose) when out and about, maintain good handwashing practices at all times, and if you are not feeling well, notify the nurse and quarantine yourself to your apartment until we can determine what ails you...please.

-Frank

## CHAPEL CHATS WITH DEACON MICHAEL



In October, the Church celebrates the lives of some of the most popular saints in the treasury of Heaven. On October 4<sup>th</sup>, the great St. Francis of Assisi is celebrated. St. Luke the Evangelist is remembered on the 18<sup>th</sup>, and St. Jude the Apostle on the 28<sup>th</sup>. For all their popularity and sanctity, I commend to you another saint that is commemorated during October and has a connection to our community.

On October 1<sup>st</sup>, the Church celebrates the heavenly birthday of one of the most popular saints of the 20<sup>th</sup> Century, St. Therese of Lisieux, also more popularly known as “The Little Flower”. The Glenn was originally named St. Therese SW, so I thought I would give you a short biography of her, and why her life is important.

St. Therese was a Carmelite nun from France that died in 1897 at the age of 24 from tuberculosis. Although she lived a hidden cloistered life as a nun, she became very famous when her autobiography was released after her death and devotion to her and her spirituality spread quickly around the world.

St. Therese taught that the quickest way to Heaven is to spiritually become like a little child, completely trusting in His love as child does to a loving father. This insight, based on humility and the gift of self, has inspired many people to grow closer to the Lord. I would encourage the reading of her autobiography, *The Story of a Soul*, as a great way to learn to practice what she lived.

Have a blessed October and may we all become more like St. Therese!

-Deacon Michael



## EMPLOYEE HIGHLIGHTS



Join us in welcoming our newest  
Glenn Minnetonka employees:

Dorian Harris— Receptionist



### Meet Cat!

*Our Newest  
Housekeeper*

- My family is spread across the US but I live with my Grandparents in Eden Prairie, MN.
- I have two younger brothers and one older sister.
- I grew up in Vermont and moved to MN at age 15.
- I have an 8 year old dog (Opie Rangel)
- My main hobbies are working on cars and reading.
- My favorite book genres are fantasy and science fiction.



### Meet Matt!

*Unidine  
Chef*

Chef Matt a graduate of culinary school in Mankato, MN. Began his culinary career at Charlie's restaurant in Mankato. Matt then moved from southern MN to the Twin Cities to work at Oak Ridge country club as a Sous Chef. Chef Matt's travels then lead him to Florida where he worked at various restaurants including Jackson's Bistro. Matt eventually moved back to Minnesota to work as a Sous Chef, Chef, and Chef Manager at restaurants, country clubs, and higher education at the University of MN.

Chef Matt started his career with Eurest at Evine Live, then opened a new account as Chef Manager at Element Fleet Management, and most recent was the Executive Chef at Thrivent Financial.

Chef Matt now resides in Savage, MN with his wife and eight-year-old daughter. In his spare time Matt enjoys all sports, especially football and college basketball as well as spending time with his wife and daughter.

FILMS & MOVIES IN THE CINEMA



**Educational Films**

*1:15 pm*  
*Every Tuesday in*  
*October*

**6th:**

**Stonehenge Decoded:  
Secrets Revealed**

**13th:**

**The Lost Tomb of  
Alexander The Great**

**20th:**

**Wild Yellowstone**

**27th:**

**United States of  
Animals: Gator Nation**

**THURSDAY  
MOVIES**

*2:15 pm*  
*Every Thursday in*  
*October*

**1st: Hello Dolly  
(Disney+)**

**8th: Catching Faith  
(Disney+)**

**15th: Hacksaw  
(Hulu)**

**22nd: Greater  
(Netflix)**

**29th: Practical  
Magic (Hulu)**

**SATURDAY  
MOVIES**

*2:15 pm*  
*Every Saturday in*  
*October*

**3rd: Instant Family  
(Hulu)**

**10th: Swiss Family  
Robinson (Disney+)**

**17th: The Queen  
(Netflix)**

**24th: Sleepy  
Hallow  
(Netflix)**

**31st: Hocus Pocus  
(Disney+)**

VOLUNTEERS & VOTING

# Trivia & Musical Performance in the Cinema with Volunteers David & Lilia!



Wednesdays  
October 7th & 21st  
4:00-4:30 pm

## 2020 Election & Voting Info for November 3rd



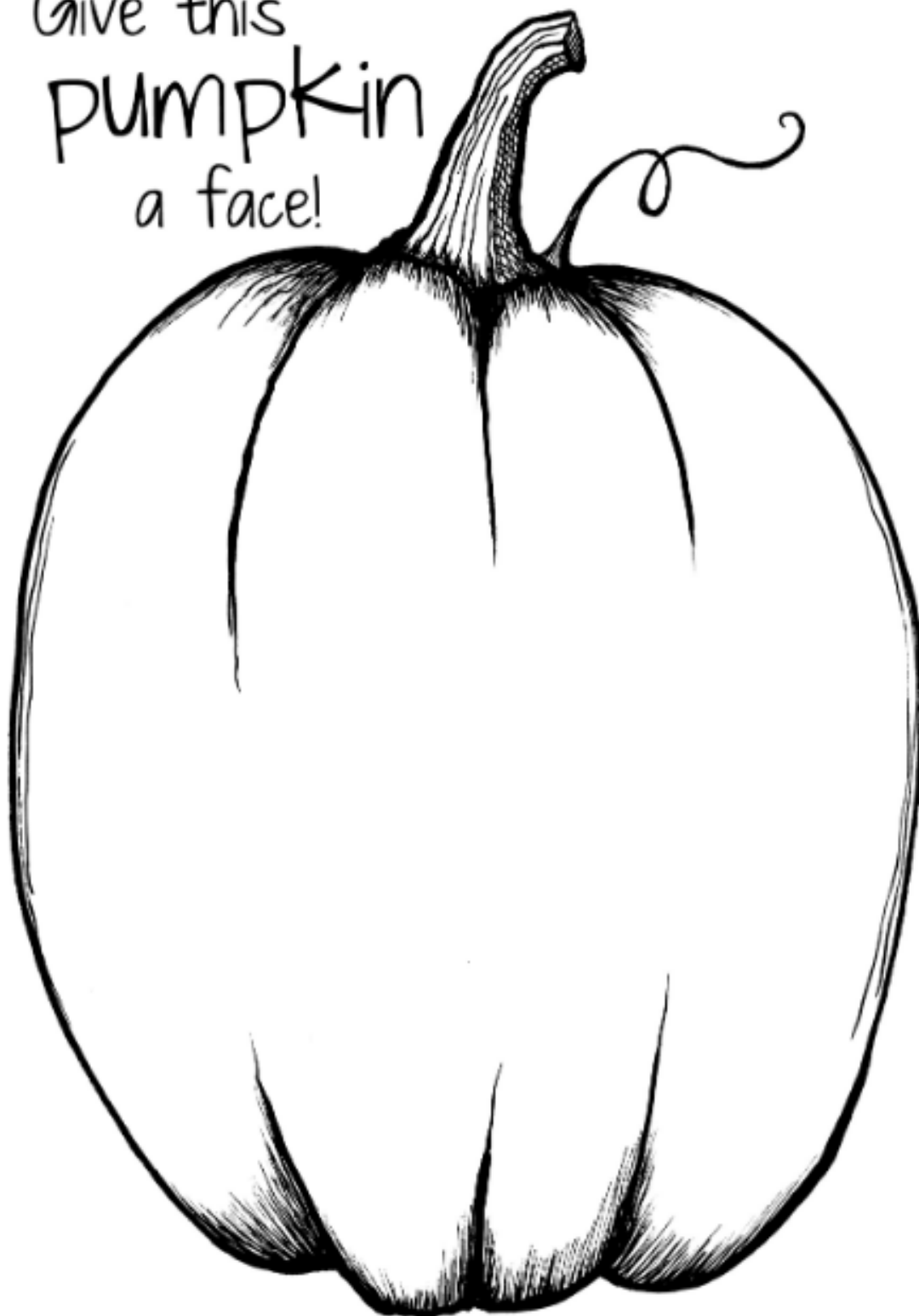
Absentee Ballots  
applications are available  
at the front desk and need  
to be mailed ASAP!

We will have ONE bus leaving at 2:00 pm to  
drive you to The Glen Lake Community Center  
if you prefer to vote in person.

Sign up at the front desk to secure a seat!

## HALLOWEEN PUMPKIN FACE CONTEST

Give this  
pumpkin  
a face!



### Step 1:

Tear this page  
out of the  
newsletter

### Step 2:

Decorate!!  
Be creative!

### Step 3:

Turn in at the  
front desk

### Step 4:

Winner chosen  
by  
management  
staff and will be  
announced in  
November  
Newsletter.  
Winner will  
receive a prize!

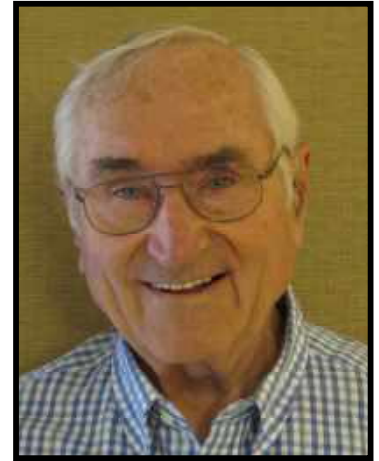


## YOUR SUBMISSIONS & IMPORTANT MEETINGS

### Limericks By Liska

We have an affable IL resident named Carol Becker,  
who was constantly aggravated by a pugnacious  
wood pecker!

It drilled holes in her house and near by trees-  
causing her extreme unease;  
to lift her spirits, she arranged an extensive tour of  
England in a double decker!



### Dining Committee Meeting with Unidine

October 20th

2:00 pm in the Chapel

*All are welcome—we're always looking for new  
members!*



## Halloween Staff Parade at The Glenn MTKA

Open your doors and watch the staff costume parade—  
we're bringing the tricks & treats to YOU!

**Friday 10/30/20**

- Starting @ 10:15 am in Garden Suites, followed by Fireside Suites
- Starting @ 2:15 pm on 4th floor, followed by 3rd Floor, 2nd Floor, and ending on 1st Floor!



## TIPS FROM LIVE 2B HEALTHY



### Does Exercise Help Mitigate Chronic Pain?

According to *Successful Aging* by Daniel Levitin, at any given time, 30 percent of the population is experiencing chronic pain. For older adults, this number is closer to 40-50%. *"Interestingly enough, more people are in chronic pain at this very moment than then number of people who have cancer, heart disease or diabetes, combined"*

While we tend to think of the experience of pain as originating in the injured area (say the toe if you kick a door frame), the sensation of pain is actually produced in the brain. This is why we can temporarily relieve pain by shutting down the brain through sleep, loss of consciousness or certain drugs. Or why you can block the transmission of the neural firings between the injured area and the brain and find relief. Unfortunately, the most effective form of pain blocking is found in Opioids. As our recent opioid epidemic has revealed, pharmaceutical opioids are highly addictive and thus of little real use in the ongoing treatment of chronic pain.

Because the sensation of pain is produced in the brain, there are real methods of coping with chronic pain that do not involve pharmaceuticals. There is evidence that yoga can bring about lasting pain relief. This is because yoga enlarges the insula (the part of the brain that is responsible for our perception of the present moment), which in turn gives practitioners increased ability to tolerate pain. Mild exercise is also known to reduce pain. As Dr. Jeffrey Mogil (McGill University, E.P. Taylor Professor of Pain Studies, the Canada Research Chair in the Genetics of Pain, and the Director of the Alan Edwards Centre for Research on Pain) states, *"Exercise is the best analgesic we know of by a wide margin."*

Older adults who live in enriched environments (lots of activities, social and physical stimulation) experience less pain than those who live in more sterile environments. This is because the stimulation distracts pain signals to the insula and the primary sensory cortex of the brain. Effective distraction for pain includes exercise, practicing yoga, meditation, social activity, listening to music and immersing oneself in nature. Studies have found that even when the distracting activities are "forced" upon

individuals experiencing pain, they have the effect of a reduction in pain and an increase in the body's own production of organic opioid analgesics.

The more interesting experiences we can have in the external world, the less time we focus on the internal world, which is where pain resides. Separate from distraction, if we are in a good mood, pain is less likely to get us down. And of course we know that keeping physically and mentally active helps produce positive mood hormones in the body and brain as well.



#### EXERCISE CAN BE SAID TO HAVE A 3-FOLD EFFECT ON PAIN REDUCTION:

1. Making our bodies less susceptible to injury due to increased physical function of the body, increased muscle mass and increased bone density.
2. Enlarging the part of the brain (insula) that is responsible for our present moment-perception, thereby increasing our ability to tolerate pain.
3. The stimulation of exercise serves to distract pain signals to the brain.

As Dr. Mogil pointed out about exercise, *"The problem is that when you're in pain it hurts to exercise. But if you can get past that, it really helps."*

Live 2 B Healthy® is Proud to Partner with:



To locate **FREE** local senior fitness classes in your area, please visit:

<https://franchise.live2bhealthy.com/class-schedule/>

Enter your zip code to find locations near you.



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## SCENIC DRIVE SCHEDULE

### Scenic Drives in October!!!

*Sign up at the front desk to secure a seat!*

- Wednesday October 7th @ 1:00 pm
  - Fall Leaves Drive around Minnetonka



- Wednesday October 14th @ 1:00 pm
  - Theodore Wirth Parkway Fall Leaves Drive



- Wednesday October 21st @ 1:00 pm
  - Lakewood Cemetery/Chain of Lakes Fall Leaves Drive





## October Resident Birthdays

10/1: Dick Holland & Caz Zera

10/3: Pete Truax

10/6: Caroline Mooney &  
Jack Ziegler

10/14: Bob Foley

10/16: Bernie Grover

10/21: Marjorie Guenther

10/22: Thelma Yurkek

10/23: Martha Hatcher &  
Delores Wellens

10/24: Betty Hall

10/30: Arthur Gruenberg

## October Staff Birthdays

10/5: Florence  
Nyandoro

10/6: Palden Lhamo

10/15: Denchen Lhamo

10/21: Kelly Vincent

10/28: Mary Omwega

### John Jabs



Why couldn't the skeleton  
go to the dance?

Because he had no-body  
to go with!!!

### 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)

Hello Residents!

**Heads up sports fans...** October is the month when the NBA & NHL begin their seasons, and generally the month when the MLB plays their World Series!

*October is like a 2nd spring, where every leaf changes colors like a fresh blooming flower....*

*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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