

January  
2021

# The Glenn Gazette



5300 Woodhill Road Minnetonka, MN 55345  
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## Front Page

Photo Collage

## Page 2

Updates from Your  
Administrator Shanna

## Page 3

Nursing Notes from Your  
Director of Nursing Frank

## Page 4

Chapel Chats with  
Deacon Michael

## Page 5

Employee Highlights

## Page 6

Films & Movies in  
The Cinema

## Page 7

Just For Fun Puzzles

## Page 8

A late Christmas Poem

## Page 9

Your Submissions,  
Announcements, &  
Puzzle Answers

## Page 10

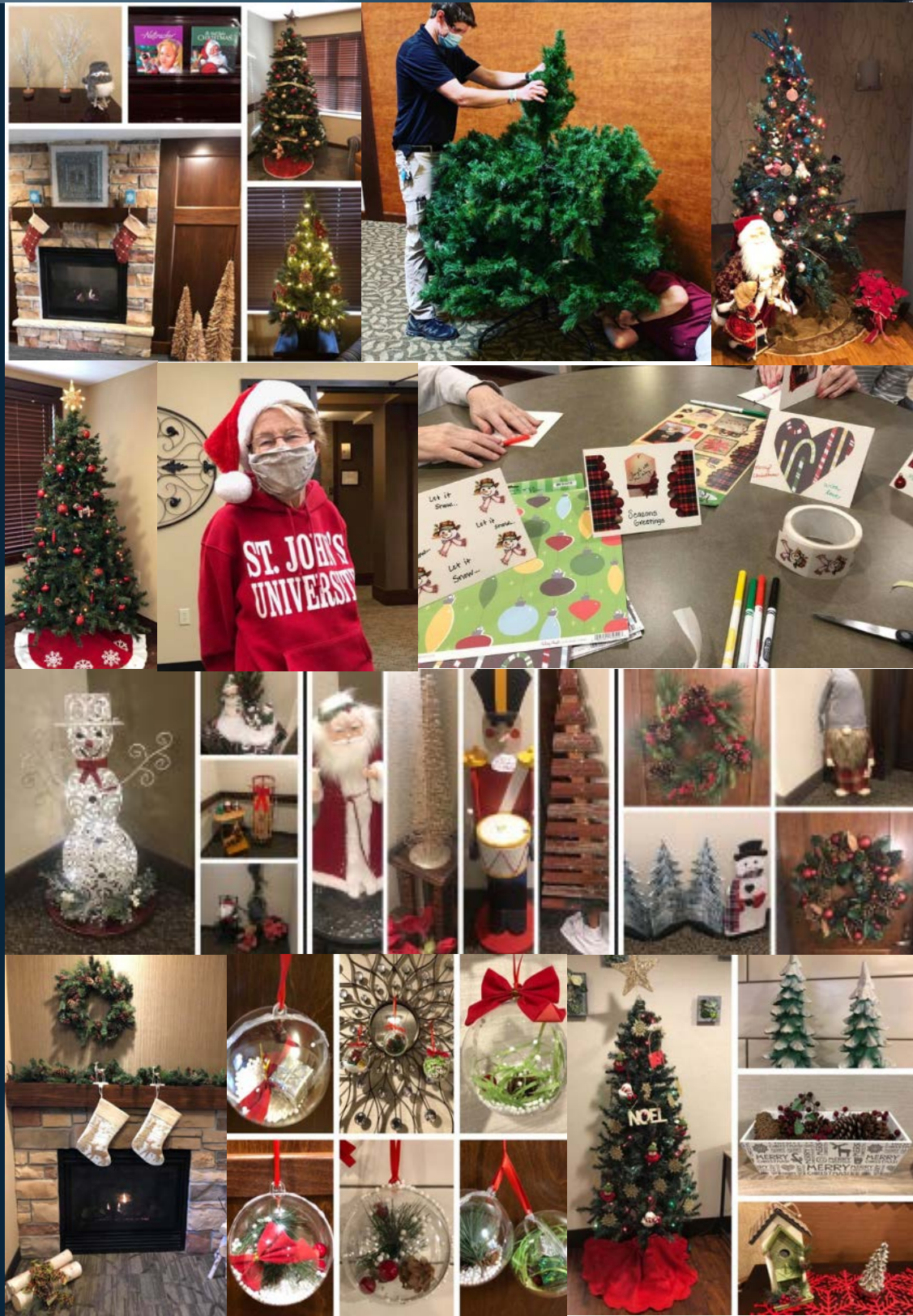
Insights from Interim

## Page 11

Tips from Live2B Healthy

## Back Page

Resident & Staff Birthdays,  
Social Media Information, &  
Community Life Corner



## UPDATES FROM YOUR ADMINISTRATOR



Happy New Year!

From the bottom of my heart I'd like to thank all who have donated to our Employee Holiday fund. This year, without spending money on a big party, we were able to allocate 100% of donations to providing substantial gift cards for staff. Again, thank you for your kindness and generosity!

One capital project that has been in the works for a while now is new carpet for our lower level, including both dining rooms. In the fall we were able to finalize carpet selections and place the order in November. We have been told that the carpet is due to arrive in the warehouse mid-January and I am hopeful we can get it installed by the end of February. Although I would love for new carpet to be installed by the time we re-open the dining rooms, right now that does not appear to be likely. Our vendor did advise us that due to the Covid pandemic affecting manufacturing and shipping plants, the timeline is subject to change at any time. Either way we will let you know once we have a solid date and I am confident you will be happy with the new carpet selections!

By the end of January, you will be receiving your Certificate of Rent Paid (CRP). This is a document you receive annually that is designed to tell you how much of your rent went for property taxes. This information can be important as you file your 2020 taxes.

As we close the book on 2020, I hope you enjoy reflecting on new beginnings and a fresh start to the year in January. We remain optimistic that as we progress deeper into 2021, we will be looking at Covid-19 (and hopefully everything that came along with it) in the rearview mirror!

Sincerely,  
Shanna

NURSING NOTES FROM YOUR DIRECTOR OF NURSING

A new year is a perfect time to start fresh and establish new habits. It may be hard to change some habits however, it is never too late to try and create a healthier, happier lifestyle. Psychologists recommend that you are more likely to succeed in your resolutions if you keep a few of these tips in mind. So, give these suggestions a try this New Year's and reap the health benefits!



-Don't try to go it alone. Share your goals with a friend or relative that will hold you accountable. If you are in senior living, share it with others you live with to see if they will participate too. Everything 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 finances.

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

-Count the small victories throughout and don't be hard on yourself if you have a set-back. Many 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? Has your granddaughter been pestering you to show her how you make your famous apple pie? Now is the time to share! Recipes which have been passed down from one generation to the next provide families with a powerful trigger of happy times gathered around the kitchen table and help keep the memories of those no longer with you alive.

Set a goal to increase your exercise in the new year. This can be as simple as purchasing a pedometer and vowing to walk a certain number of steps each day. Include friends in your efforts, asking them to join you on walks around the building, the neighborhood or at the local mall. 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 some of your loved ones. Vow to send handwritten birthday cards and thank you notes throughout the year as well.

Learn more about the technology people are now using. Did you know that Fast Company magazine has reported that people age 55 to 64 are the fastest growing demographic on Twitter, with use in that age group increasing by 79% since 2012? Additionally, since 2012, use by that age group has grown 46% on Facebook and 56% on Google+! Even if you are unfamiliar with these technologies, you can learn them. You will bond with a tech savvy friends and family members as they help you set up your accounts, and once you have learned how to use 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 putting off. If you haven't done so already, now is the time to draw up a will, name an executor, set up a POLST, and discuss plans for your future with your loved ones.

Revisit an old hobby you may have given up if your health allows. If this activity made you happy in the past, it can certainly brighten up your current life.

Rekindle a past friendship with someone you've lost touch with. Perhaps, they are wishing to do the same.

Make healthier food decisions. Perhaps swapping-out your daily dessert with some healthy almond milk once in a while or adding more fruits and vegetables in your diet. It's never too late to make smart food decisions.

Remember, anyone can make a resolution, keeping it and reaping the benefits are limited to those that strive to succeed.

Happy New Year to all!

-Frank

CHAPEL CHATS WITH DEACON MICHAEL



A blessed Christmas season and a happy New Year to you all!

We are all formed by the customs and traditions that have been handed down to us, usually by our families or ethnic backgrounds. This has an important role in how we mark religious holy days in particular. For those of you that are not from the Catholic tradition, it may seem strange on how these holy days are celebrated around The Glenn Minnetonka, so I wish to offer a little explanation:

The liturgical calendar of the Church helps foster a spirit of contemplation by having extended seasons of prayer and fasting during the forty days of Lent and four weeks of Advent, and feasting and celebration for the fifty days of Easter and twelve days of Christmas. For example, for the past four weeks of Advent leading up to Christmas, I decorated the chapel sparsely to remind us that we were to focus on increased prayer and fasting, longing for the coming of the Lord in His Nativity and His Second Coming. When Christmas finally arrives, the tradition is to joyfully celebrate with feasting and decorations until the Feast day of the Baptism of the Lord, which is January 10th this year. Catholics are encouraged to keep a manger scene up even later, usually until February 2nd which commemorates the Presentation of the Lord in the Temple found in the second chapter of Luke.

There is a temptation, fostered by our culture of busyness, to quickly remove the signs and symbols of Christmas after December 25th and move on. However, the traditional Christian understanding of celebrating the Mysteries of God's Incarnation and Redemption allow us to take a step back, take a breath, and ponder what God has done for us by keeping them in our hearts (cf. Lk 2:51b). The Gospels say, "remain here, and keep watch with Me" (Mt 26:38b).

I wish you a very Merry Christmas season, and a New Year filled with blessings and grace from God.

-Deacon Michael

## EMPLOYEE HIGHLIGHTS



Join us in welcoming our newest  
Glenn Minnetonka employee:

**Sy'Esha Husdon:**

*Resident Assistant*

### Meet Peter: Unidine Team Member

My name is Peter Benjamin and I have worked at The Glenn Minnetonka since March 2020. Before I worked at The Glenn Minnetonka I was working with Best Buy Headquarters in their food service stocking the condiments at the bar and cashiering. I worked there for 3 years with 42 other people. We served 2,000 meals at breakfast and 5,000 meals for lunch! I currently live in Minnetonka Minnesota with my parents. I have 2 older brothers and a sister-in-law. One of my brothers and I share the same birthday! I have really enjoyed my time at The Glenn Minnetonka. My hobbies include playing video games in my free time and exercising on the treadmill for 1 hour every morning. I enjoy working with Matt, Carole, and Shawn in the kitchen.



## TUESDAY FILMS

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

**5th:**  
America's National Park:  
Olympic

**12th:**  
Secrets of the Zoo:  
Project Platypus

**19th:**  
Lost Treasures of the  
Maya: Secrets of the  
Snake Altar

**26th:**  
Alaska Grizley Gauntlet:  
Kodiak Kings



## THURSDAY MOVIES

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

**7th:**  
Miracle  
(Netflix)

**14th:**  
Aladdin (2019 version,  
non-animated)  
(Disney+)

**21st:**  
The Hustle  
(Hulu)

**28th:**  
Hamilton  
(Disney+)



## SATURDAY MOVIES

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

**2nd:**  
Eddie The Eagle  
(Disney+)

**9th:**  
Quartet  
(Netflix)

**16th:**  
Under the Tuscan Sun  
(Hulu)

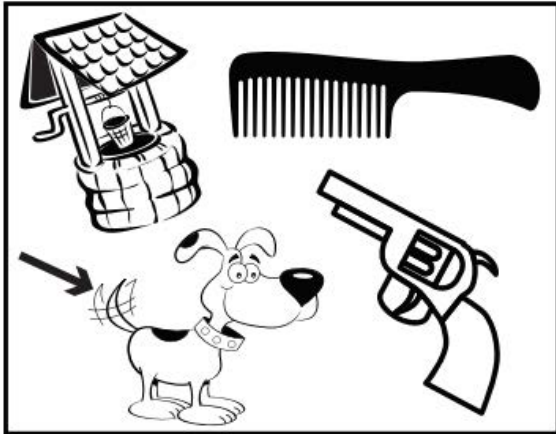
**23rd:**  
Wild Hogs  
(Hulu)

**30th**  
Money Ball  
(Netflix)

JUST FOR FUN—(ANSWERS ON PAGE 9)

**Concentration Puzzles**

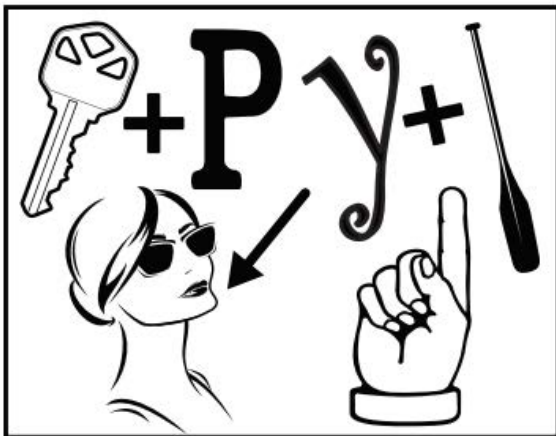
Use the visual clues in the puzzle to figure out what it says.



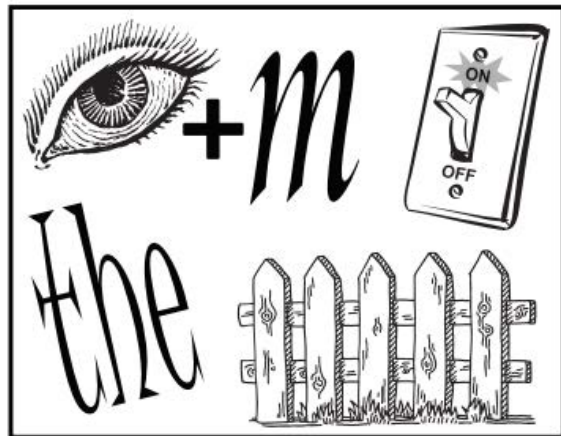
Puzzle #1



Puzzle #2



Puzzle #3

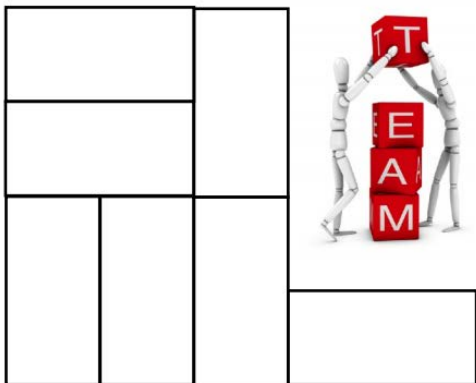


Puzzle #4

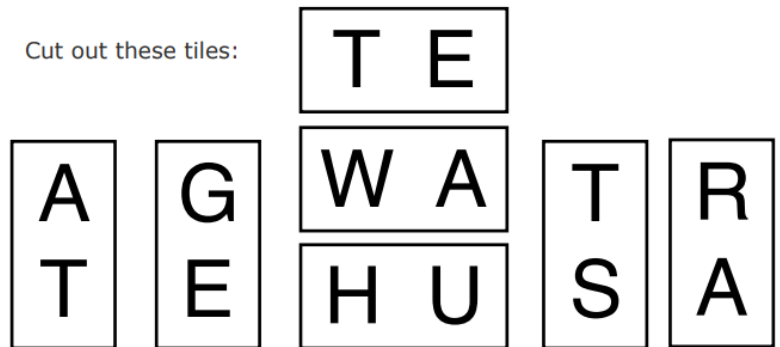
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**Patch Word Puzzle**

Cut out the seven tiles. Arrange each one in the grid to create seven words. When solved, every row and column will reveal a word.



Cut out these tiles:



## A LATE CHRISTMAS POEM: BYE-BYE 2020

T'was days after Christmas,  
And all through the town,  
People wore masks,  
That covered their frown.

The frown had begun  
Way back in the Spring,  
When a global pandemic  
Changed everything.

They called it corona,  
But unlike the beer,  
It didn't bring good times,  
It didn't bring cheer.

Contagious and deadly,  
This virus spread fast,  
Like a wildfire that starts  
When fueled by gas.

Airplanes were grounded,  
Travel was banned.  
Borders were closed  
Across air, sea and land.

As the world entered lockdown  
To flatten the curve,  
The economy halted,  
And folks lost their verve.

From March to July  
We rode the first wave,  
People stayed home,  
They tried to behave.

When summer emerged  
The lockdown was lifted.  
But away from caution,  
Many folks drifted.

Gone went November  
when cases were spiking,  
Wave two had arrived,  
Much to our disliking.

Frontline workers,  
Doctors and nurses,  
Try to save people,  
From riding in hearses.


It's true that last year  
Has had sadness a plenty,  
We'll never forget  
The year 2020.

And just 'round the corner -  
was the holiday season,  
But why be merry?  
Is there even one reason?

To decorate the house  
And put up the tree,  
When no one will see it,  
No one but me.

But outside my window  
The snow gently falls,  
And I think to myself,  
Let's deck the halls!

So, I gather the ribbon,  
The garland and bows,  
As I play those old carols,  
My happiness grows.

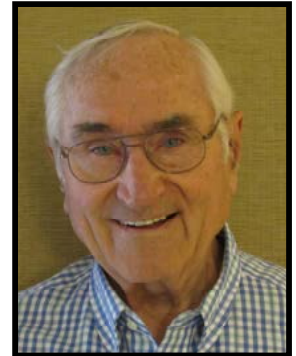
Christmas was not cancelled  
And neither is hope.  
If we lean on each other,  
I know we can cope 



YOUR SUBMISSIONS, ANNOUNCEMENTS, & PUZZLE ANSWERS

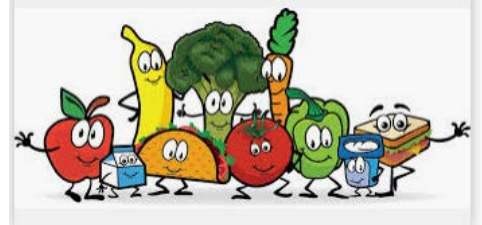
**Limericks By Liska**

We have a jovial veteran Independent Living Resident named Ruth, who was never known to stretch the truth! She has an intense passion for cookies & candy, and most anything sweet would be jim-dandy—so, do you reckon that Ruth may have a sweet tooth?



**Dining Committee Meeting with Unidine**

**Tuesday January 19th  
2:00 pm in the Chapel**



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



Concentration Puzzle on Page 7

***Solutions***

- Puzzle #1 Welcome wagon
- Puzzle # 2 Speaking of which
- Puzzle #3 Keep your chin up
- Puzzle #4 I'm on the fence

9

**Patch Word Puzzle**

(solution)

W	A	G	
H	U	E	
A	R	T	
T	A	S	T E

## INSIGHTS FROM INTERIM

### Are You More Likely to Be SAD This Winter?

Also called winter depression, how do we cope?



#### SEASONAL DEPRESSION

Also called winter depression, seasonal affective disorder or SAD, is linked to a biochemical imbalance in the brain prompted by shorter daylight hours and less sunlight in winter. The American Psychiatric Association estimates that about 5% of adults in the U.S. experience SAD. Symptoms include depression and fatigue, carbohydrate cravings, increased appetite and weight gain, and withdrawal from other people.

#### COVID LIMITS SOCIAL CONNECTING

People with SAD can have double trouble: their usual symptoms combined with what the pandemic has created, are especially vulnerable this time of year. Worrying and uncertainty are a perfect combination for a storm. University of Chicago Medicine says replacement strategies can mitigate stress. Connecting virtually can give the opportunity that it's not about physical presence, it's about emotional connectedness.



#### WHAT CAN WE DO?

Highlight the small pleasures that we take for granted, making a cup of tea, preparing an indoor garden, practicing yoga, learning a new handcraft... paying attention to small rituals on a daily basis.

---

Getting enough sleep, exercise, and healthy eating are important. Minimize carbs and sugar.

---

Exposure to bright light can alleviate symptoms. Position furniture or your favorite chair near a window.

---

Write letters or pick up the phone to call family and friends. Be mindful of reaching out to those we love.

---

Take care of a houseplant. Start an indoor garden.

TIPS FROM LIVE 2B HEALTHY



# Resident Wellness Newsletter



## The Mind-Body Connection

Our thoughts, feelings, beliefs and attitudes can positively or negatively affect our biological functioning. At the same time, what we do with our physical body (what we eat, how much we exercise, even our posture) can impact our mental state (either positively or negatively). This connection is referred to as "the Mind/Body Connection".

The Mind-Body Connection can help us learn to recognize when we are experiencing undue stress and teach us methods of reducing stress, thus decreasing the risk of stress-related health issues. Emotions like anger, fear, guilt, anxiety, sadness, resentment, jealousy, depression, and stress can manifest within the body and contribute to imbalance and disease. For example, you are likely already familiar with the way that fear can contribute to digestive upset or how tension can lead to headaches. Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. It's about knowing what is on your mind. It is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. Often, we experience injuries



or falls when we are "not paying attention" to where we are walking or to the job we are doing. For instance, I once shut my head in my overhead SUV door because I was busy thinking about something else. Clearly, if we are able to practice mindfulness in our actions, we will be better able to avoid injuries from many accidents. What does practicing mindfulness in our daily actions look like?

Pick an activity you do on a daily basis which requires absolutely no concentration (brushing teeth, washing dishes, making coffee, other ideas) and actually pay attention the next time you perform those duties. Even talking out loud or to yourself, outlining the steps you are taking throughout. These types of practices can

help us to increase our mindfulness during every day activities. A wonderful way to increase mindfulness is through participating in a yoga-type class. In yoga, the instructor may have you hold a pose for several breaths, and ask you to tighten certain muscle groups, while feeling the stretch in other areas, all the while, maintaining awareness of your breath. If a yoga (or similar class) is available in your area, consider giving the class a try and see if you are able to increase your mindfulness over several weeks of practice.

Exercise Classes are held:  
Monday, Wednesday, & Friday  
at 9:00 am & 1:15 pm

You must reserve a seat to attend a classes.  
*Please sign up at the front desk!*

## January Resident Birthdays

1/6: Helena Herring

1/7: Robert Lindahl

1/11: Maurice Ansolabehere

1/14: Ruth Larson

1/15: Vera Erickson

1/16: Gladys Mulqueeny

1/20: John DeVeau

1/22: Carole Becker

1/26: Charles Coryell

1/28: Celeste Sandeen

1/29: Dean Wilson

## January Staff Birthdays

1/1: Maureen Kimaiga,  
Magdalene Mogere, Norah Moranga,  
Phyrace Nyabuto, Lilian Nyagwoka, &  
Pam Soukchareun

1/7: Amber Daggs

1/11: Tenzing Kinzom & Elisheba Memba

1/18: Mark Bakken

1/24: Dorine Onwonga

1/27: Eric Jokinen

Welcome January!

Did you know that January was named for the Roman god Janus, known as the protector of gates and doorways, which symbolize beginnings and ends. Janus is depicted with two faces, one looking into the past, the other into the future—a fitting symbol for this first day of the year.

*January is here,  
With eyes that keenly glow—  
A frost-mailed warrior striding  
A shadowy steed of snow.  
—Edgar Fawcett, American poet*

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



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