

April  
2021

# The Glenn Gazette

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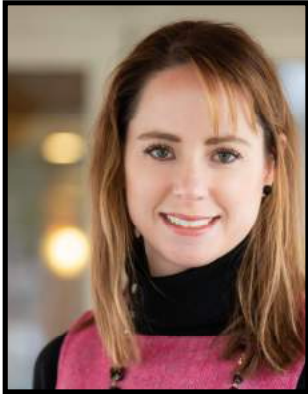
Birthdays,  
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5300 Woodhill Road Minnetonka, MN 55345

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## UPDATES FROM YOUR ADMINISTRATOR



Spring Greetings,

It was a long winter and at times felt like it would never end, however I am happy to report that we are seeing the first signs of spring. Over the next couple months you will see our lawn and landscape contractors beautifying our yards and gardens. Keep your eyes open for the tulips by our front entrance, they should be budding soon!

With spring comes the potential for increased severe weather. On Thursday, April 15th at 1:45pm & 6:45pm the National Weather Service offices issue simulated statewide tornado warnings. 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 within Hennepin County.

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.

Lastly, with the warmer weather approaching, Paul and I have many capital/building projects coming down the pipeline. The first and foremost project is to replace & repair the architectural concrete in the rear entrance many residents use when they cross over to go to the grocery store. Paul is meeting with contractors and collecting bids as I type this, so I do not have an exact date, however we want you to know it is our top priority to get this repaired as soon as possible. In the meantime, please use caution when crossing over to the strip mall.

Enjoy all the signs of spring that will be greeting you throughout this wonderful month!

Sincerely,

Shanna

## NURSING NOTES FROM YOUR DIRECTOR OF NURSING

Happy April!

The month of April 2021 has just way too many things going on for a short article: Easter, April Fool's Day, National Burrito Day, Eight Track Tape Day (for those of you that know what that is), Husband Appreciation Day (finally!), and the potential for drastic changes in weather without notice throughout the month, just to name a few!



The first day of Spring this year was on March 20<sup>th</sup> and though I'm certain we are all happy about that, pushing the winter behind us...I hope...April can still surprise us and not necessarily in a good way, so remain alert!

Don't rest on your laurels during this month. In the past 3 years we've had 3 rather large surprises in the way of snow.

April 2-3, 2018 we had a surprise of 9.0 inches dumped us in the Twin Cities.

April 10-12, 2019 the snow Gods gave us a bit of a reminder that this is still Minnesota and it can easily snow in the early spring as we were greeted with 9.8 inches of that miserable white curse in the Twin Cities.

And...

April 13-16, 2018 we had a blizzard that dropped 15.8 inches of the white heart attack-in-waiting stuff on the Twin Cities.

These are some pretty amazing amounts considering the average snowfall for the entire month of April in the Twin Cities in a mere 2.4 inches over the last 30 years...

April 1<sup>st</sup> always has the potential for surprises, both good and bad, some funny, some not. Consider this a warning!

Don't let your guard down after the 1<sup>st</sup> though...April is also National Humor Month, and what may be funny to some might be playing April Fool's Day jokes for the entire month.

Please, remember Holy Week between Palm Sunday on March 28 through April 3 (Holy Saturday), culminating on Easter Sunday on April 4, 2021.

Have a safe and blessed April, and don't eat all of your Easter Basket treats in one day!

- FRANK



## CHAPEL CHATS WITH DEACON MICHAEL



A blessed Holy Week and Easter to you all.

As we move into the holiest season of the year, I would like to report on some of the spiritual opportunities that will be happening in the month of April, and barring any virus-related setbacks, will continue into the months ahead:

On April 2<sup>nd</sup>, Good Friday, we will have Adoration and Rosary earlier than normal, at 8am. At 11am, we will have an ecumenical Good Friday worship service, and I will show the movie, "The Passion of the Christ" at 1pm in the chapel.

On April 4<sup>th</sup>, Easter Sunday, we will have Holy Mass said by Fr. Al Backmann at 10am and he will be with us every Saturday after Easter for Mass at 4pm until August. Fr. Al is a much beloved "retired" priest who was ordained later in life after his beloved wife died and brings many rich experiences from his life to his ministry. I am truly grateful that we will have him here for the next four months.

On Tuesday April 6<sup>th</sup> at 2pm, we are pleased to welcome back Gethsemane Lutheran Church for a worship service in the chapel. Please welcome Pastor John or Pastor Sarah back to The Glenn! It is my hope that they can join us for worship every first Tuesday of the month.

Finally, on Tuesday April 20<sup>th</sup>, Pastor Antonio Machado will be back with us for a Lutheran Service at 2pm. In May, Pastor Antonio will be with us twice a month to lead worship services on Tuesday afternoons. I am grateful for his return to The Glenn, and also for his friendship over the years.

I wish you all a blessed and glorious Easter season. May God continue to bless our community during this season of grace.

Deacon Michael

## EMPLOYEE & VOLUNTEER HIGHLIGHTS



Join us in welcoming our newest Glenn Minnetonka employees:

Alberta Cholopray- Resident Assistant

Mattu Saidu- Resident Assistant

*and a warm welcome back to: Pam Soukchareun—Housekeeping*

## Cello & Piano With Volunteer Lilia



Friday April 23rd

2:30 pm in the Chapel

*Please reserve a seat at the front desk!*



## Parkinson's Disease Education Month

The Glenn Minnetonka in an effort to improve the care of our residents living with Parkinson's Disease has chosen to become a member of the Struthers Parkinson's Care Network. Staff training has been provided to increase awareness, maximize safety, and improve quality of life for people with Parkinson's. Most of our staff have been through specialized training to best care for those with Parkinson's, those who have participated in the training usually wear a Red Tulip on their name tag.

*The Parkinson's Tulip. The tulip is a reminder that regardless of affiliation, we are one community working toward common goals: to help people with Parkinson's live better longer, to discover better treatments, and to strive for a cure.*



April 2021

FILMS & MOVIES IN THE CINEMA

## TUESDAY FILMS

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

**6th:**  
Lost Temple of Inca

**13th:**  
Wild Russia:  
Kamchatka—Ring of Fire

**20th:**  
Lost on Everest

**27th:**  
Worlds Greatest Dogs



## THURSDAY MOVIES

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

**1st:**  
Tooth Fairy  
(Hulu)

**8th:**  
Penguin Bloom  
(Netflix)

**15th:**  
The United States Vs. Billie  
Holiday  
(Hulu)

**22nd:**  
The Boys: The Sherman  
Brothers Story  
(Disney+)

**29th:**  
And So It Goes  
(Hulu)

## SATURDAY MOVIES

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

**3rd:**  
I Am Woman  
(Netflix)

**10th:**  
Pete's Dragon (1977)  
(Disney+)

**17th:**  
Bonnie & Clyde  
(Netflix)

**24th:**  
Mr. Magoo  
(Disney+)



## WHATS HAPPENING AROUND THE GLENN!

### Jeopardy with Alissa in the Cinema

*Join me for some fun trivia as we turn the cinema into a game show—played together as a group!*

- Thursday April 22nd @ 11:00 am—Jeopardy

Lots of laughs are promised!!!



- Mondays @ 2:30 pm with Judi
- Wednesdays @ 6:45 pm with Becca & Larissa
- Saturdays @ 2:30 pm with Judi

All games played in The Lafayette Dining Room

*Please sign up at the front desk for a spot!*

*You are welcome to play more than once/week*

### Movie Committee with Alissa

Thursday April 8th

11:00 am—Cinema



*Please join me to plan the movies/documentaries to be shown during the month of April*

*Please bring ideas & suggestions!*

*All are welcome!*

## YOUR SUBMISSIONS & UPCOMING EVENTS



Cardio Drumming— a fun new exercise craze!

Saturday, April 17th with Felicia

10:30-11:00 am *in the Chapel*

*Sign up at the front desk to reserve a spot!*

### Limericks By Liska

We have a new part-time receptionist named Kimberly,  
who is not at all impressed with hyperbole.  
She has mastered most of the myriad of multi-tasking  
chores,  
and I doubt she hasn't really checked *all* of the drawers-  
I expect, though, that she will complete the work summarily!



### Dining Committee Meeting with Unidine

Wednesday April 21st  
2:00 pm in the Chapel

*See Dining Services Manager Carol  
from Unidine with any questions!*



### Nail Filing & Polishing with Alissa



Tuesdays: April 6th & 20th

1:30-3:30 pm

Private Dining Room



*Please book an  
appointment at the  
front desk !*



## UPCOMING EVENTS CONTINUED...



### Lake Rose Strings—Violin Duet

Wednesday, April 28th in the Chapel

2 Performances: 2:30 pm and 3:15 pm

*Sign up at the front desk, indicating which performance to reserve a seat!*

### Gentle Morning Stretches & Meditation with Jeanne Ward



- Tuesdays: April 6th, 13th, 20th, & 27th
- 9:00-9:30 am in the Chapel

*Sign up at front desk to reserve a chair!*

Medical/Dental Shuttle is back!

Wednesdays

April 14th & 28th

Departures @ 8:15 am & 9:45 am



*Please inquire at  
the front desk  
with all  
questions/  
details & to  
book ride  
appointments!*

Hennepin County Library In-Home  
Out-Reach Day with Janie

Wednesday April 14th

2:00 pm

Conference room

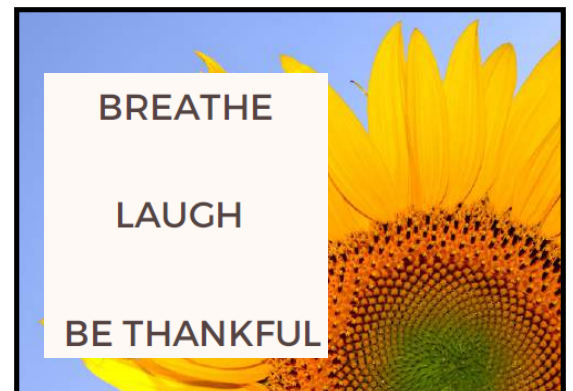


*All are welcome to utilize this FREE  
service! Come check it out!*

# STRESS MANAGEMENT

## *10 Resources for Stress Management*

- Connect with others.
- Close your eyes and think of a very peaceful, relaxing place.
- Relax your muscles.
- Listen to calming music.
- Journal daily-write down your thoughts.
- Enjoy **SUNSHINE**.
- Talk to yourself : "Be gentle first with yourself if you wish to be gentle with others." -Lama Yeshe
- Eat nutritious food.
- Complete a puzzle/color.
- Bake a new recipe.



## TIPS FROM LIVE 2B HEALTHY

## How Does Exercise Boost Immunity?

Now more than ever, seniors are looking for methods of boosting their Immunity. Let's take a closer look at the #1 recommended method - Exercise.



### **IMPROVED IMMUNE RESPONSE**

- People typically have a limited number of immune cells circulating throughout their body. These cells tend to “hang out” in the lymphoid tissues and organs like the spleen, where they kill viruses, bacteria and other microorganisms which cause disease. According to a 2019 scientific review in the Journal of Sport & Health Science, because exercise increases circulation of blood, it also increases the circulation of immune cells, causing them to roam the body at a higher rate and at higher numbers. Think of exercising as you do housecleaning: If you vacuum your home for the first time in months, your home will look better than if you never vacuumed. However, if you started vacuuming thereafter 3 times a week, your home will get cleaner and cleaner each time you vacuum.

### **REDUCED INFLAMMATION**

- Another benefit of exercise is that it decreases inflammation in the body—which, in turn, can also improve immunity. In fact, some research, like the 2004 study in the Journal of the American Geriatrics Society, links decreased levels of inflammatory markers to those that exercise more often and have higher fitness levels. Nieman says that goes hand-in-hand with immunity. “When immune cells try to function with inflammation, it puts the immune system in a chronically inflamed state too,” he says, which makes it harder to fight infection. Exercise naturally assists the body in fighting inflammation.



*“Exercise really is a housekeeping activity, where it helps the immune system patrol the body and detect and evade bacteria and viruses,” says study author David Nieman.*

In-Person Exercise Classes  
with Mary & Scott are held:  
Monday, Wednesday, & Friday  
in the chapel

## April Resident Birthdays

4/1: Doug Wood  
4/4: Bob Thompson  
4/5: Leila Froehlich &  
Tom Wilharm  
4/6: Elaine Born  
4/13: Janice Favorite  
4/14: Clara Dolan  
4/22: Ann Ragozzino  
4/25: Ann Gaukel &  
Bill Pollard  
4/28: Grayce Muske  
4/29: Tom Taragos

## April Staff Birthdays

4/22: Cecelia Thompson

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

## 2021 Garden Plots



We have a limited number of raised garden bed plots available for Resident use. Please see Alissa if you'd like to use one this summer!

## Happy April!

Did you know that April is Volunteer Appreciation Month ?

*Volunteers do not necessarily have the time; they just have the heart!*

*-Elizabeth Andrew*

We are so excited to welcome our Community Volunteers back into the building this month, and are so thankful for our Resident Volunteers for their continued service (*as able*) during this past year!



**Alissa: 952-345-4422 or [advorak@greatlakesmc.com](mailto:advorak@greatlakesmc.com)**

**Kelly: 952-345-4414 or [kvincent@greatlakesmc.com](mailto:kvincent@greatlakesmc.com)**