

JULY
2021

THE GLENN GAZETTE

5300 WOODHILL ROAD MINNETONKA, MN 55345
952-345-4404 • THEGLENNMINNETONKA.COM

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UPDATES FROM YOUR ADMINISTRATOR



Happy Summer!

The blaze of summer is in full force in July. Be sure to stay hydrated and protect yourself from direct sun by wearing hats and/or lightweight clothing.

In this edition I'd like to share some information about the extensive parks and trail system in the Glen Lake area. We are fortunate to be in a City with a wealth of protected lands. Close to The Glenn is Kinsel Park, which borders the north shore of Glen Lake. There is a beautiful 0.6 mile trail, lovely boardwalk, and Minnetonka's largest ponderosa pine is located on the SE corner of this park. A little further west of The Glenn is Purgatory Park which has a lovely 1.2 mile trail loop with an abundance of wildflowers and birdlife. In this park you will cross a bridge that still has the concrete remnants of the bridge that was used many decades ago for the streetcar line that went from Minneapolis to Excelsior. Enjoy July- it's a great month to take advantage of Minnetonka's Parks and Trails.

As a reminder, here is where we are at with the latest COVID rules from the health department:

Masks are still required in all common areas regardless of vaccination status. The updated rules published by the CDC do not apply to health care facilities. We are considered a health care facility and therefore need to follow the Minnesota Department of Health rules which require us to continue to wear masks in all common areas.

Fully vaccinated residents and fully vaccinated visitors may be together in their private apartments without masking and without physically distancing.

Fully vaccinated residents & fully vaccinated visitors do not have to wear a mask outdoors. Staff must wear a mask at all times around residents and in care areas, regardless of vaccination status.

It is the responsibility of any UNVACCINATED individual, whether that be resident, visitor, or employee to wear and keep a mask on at all times when on our campus, whether that be indoors or outdoors.

Visitors may now participate and join in activities with residents.

Visitors can join residents for meals in a private setting such as a resident apartment or private dining room (unfortunately visitors are not yet able to comingle with other residents in the dining rooms at this time).

Wishing you and your loved ones a very safe and happy 4th of July.

~ Shanna

NURSING NOTES

Welcome Karla Evenson, our new Director of Nursing!!!

Hi! My name is Karla Evenson and I am the Glenn's new Director of Nursing. I am so looking forward to getting to know all of the staff, residents and their families. In the meantime, here is a little background on me.

- I have been in healthcare since 2003 starting as a CNA. I also have a BA in music and at that time, owned my own piano studio teaching music. The call to serve others through nursing was always in me, and I decided to pursue my nursing degree.
- I have worked with patients aged 4-105 with backgrounds in surgical, medical, psychiatric and trauma nursing (I have great stories!). Working with Seniors has been my favorite and I have found my home. I consider myself a leader with knowledge, humility, integrity and compassion.
- Outside of nursing, I am a mom to a wonderful 16 year old daughter Abigail, and an old, fat and fluffy dog named Josie. I enjoy spending time outside, seeing my friends and family, music, reading, good jokes, and the color pink. I am attaching a picture as well of my mom, Abigail and me.

I look forward to assisting the residents with all their healthcare needs as well as being a part of a vibrant community and excellent team. It is truly an honor. Please stop by my office and introduce yourself!

*Meet & Greet — Thursday July 1st
3:00 pm in the Perk!*

**Employee Appreciation Bulletin Board Updates!**

Many of you have probably already seen that we are doing something different to the bulletin board near the mailboxes. This year we will be recognizing and getting to know the employees who work here at The Glenn!

Did you know that we have over 80 employees here at The Glenn? That doesn't even include the Unidine staff! Every day we have over 40 employees walking through our building!

Many of the employees, especially our Home Health Aides are working either in memory care or care suites and many are here overnight. These home health aides may also answer pendant/emergency calls throughout the building. Please stop by the bulletin board and learn more about the staff who work so hard to care for our residents!



EMPLOYEE APPRECIATION

CHAPEL CHATS



The following prayer was composed by Baltimore Archbishop John Carroll in 1791 for the inauguration of President George Washington.

We pray, O almighty and eternal God, who through Jesus Christ has revealed thy glory to all nations, to preserve the works of your mercy, that your Church, being spread through the whole world, may continue with unchanging faith in the confession of your name.

We pray Thee, who alone are good and holy, to endow with heavenly knowledge, sincere zeal and sanctity of life, our chief bishop, the pope, the vicar of Our Lord Jesus Christ, in the government of his Church; our own bishop, all other bishops, prelates

and pastors of the Church; and especially those who are appointed to exercise among us the functions of the holy ministry, and conduct your people into the ways of salvation.

We pray O God of might, wisdom and justice, through whom authority is rightly administered, laws are enacted, and judgment decreed, assist with your Holy Spirit of counsel and fortitude the president of these United States, that his administration may be conducted in righteousness and be eminently useful to your people over whom he presides; by encouraging due respect for virtue and religion; by a faithful execution of the laws in justice and mercy; and by restraining vice and immorality.

Let the light of your divine wisdom direct the deliberations of Congress and shine forth in all the proceedings and laws framed for our rule and government, so that they may tend to the preservation of peace, the promotion of national happiness, the increase of industry, sobriety and useful knowledge; and may perpetuate to us the blessing of equal liberty.

We pray for his excellency, the governor of this state, for the members of the assembly, for all judges, magistrates, and other officers who are appointed to guard our political welfare, that they may be enabled, by your powerful protection, to discharge the duties of their respective stations with honesty and ability.

We recommend likewise, to your unbounded mercy, all our brethren and fellow citizens throughout the United States, that they may be blessed in the knowledge and sanctified in the observance of your most holy law; that they may be preserved in union, and in that peace which the world cannot give; and after enjoying the blessings of this life, be admitted to those which are eternal.

Finally, we pray to you, O Lord of mercy, to remember the souls of your servants departed, who are gone before us with the sign of faith and repose in the sleep of peace; the souls of our parents, relatives and friends; of those who, when living, were members of this congregation, and particularly of such as are lately deceased; of all benefactors who, by their donations or legacies to this Church, witnessed their zeal for the decency of divine worship and proved their claim to our grateful and charitable remembrance. To these, O Lord, and to all that rest in Christ, grant, we beseech you, a place of refreshment, light and everlasting peace, through the same Jesus Christ, Our Lord and Savior.

Amen.

Have a blessed month of July and pray that our beautiful country may be granted peace, temperance, and prosperity.

Deacon Michael

GLENN MINNETONKA & UNIDINE HIGHLIGHTS



Join us in welcoming
our newest Glenn
Minnetonka
employees:

**Karla Evenson—Director of
Nursing**

Resident Meeting



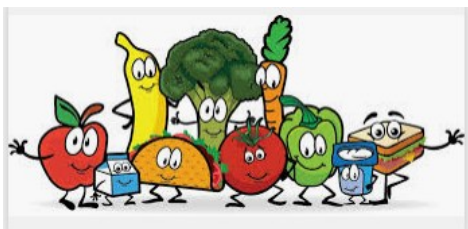
**Friday July 16th
11:00 am—Chapel**

All are welcome to attend!

Dining Committee Meeting with Unidine

**Wednesday July 21st
2:00 pm in the Chapel**

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

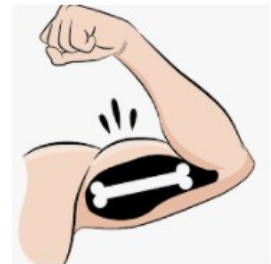


NUTRITION CLASS & TASTE-TEST

KATIE BLENKUSH MS, RDN, LD
UNIDINE CLINICAL DIETITIAN

Topic: Bone Health

**TUESDAY,
JULY 20TH
1:00 PM
ARTS ROOM**



*Unidine Staff
Birthdays*

Muna Musse 7th



FILMS & MOVIES IN THE CINEMA

TUESDAY FILMS

1:15 pm

*Every Tuesday
in July*

6th:

**Notre-Dame: Race
Against the Inferno**

13th:

**Secrets of the Whales:
Ocean Giants**

20th:

**Made in a Day: Electric
Cars**

27th:

**The World According to
Jeff Goldblum: BBQ**



THURSDAY MOVIES

2:15 pm

*Every Thursday
in July*

*All movies this month are
from The Jesse Stone
Series featuring
Tom Selleck*

1st:

Thin Ice

8th:

No Remorse

15th:

Innocents Lost

22nd:

Benefit of the Doubt

29th:

Lost in Paradise

SUNDAY MOVIES

2:15 pm

*Every Sunday
in July*

4th:

**When Everyday Was the
4th of July
(Tubi)**

11th:

**Little Women
(Hulu)**

18th:

**Witness for the
Prosecution
(Tubi)**

25th:

**The Dig
(Netflix)**



WHATS HAPPENING AROUND THE GLENN!

Jeopardy with Alissa

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

- Thursday July 15th
- 11:00 am—Cinema

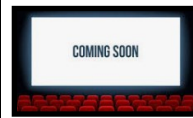


MOVIE COMMITTEE WITH ALISSA

Thursday July 8th

11:00 am—Cinema

*Please join me to plan the movies/
documentaries to be shown
next month!*



*Please bring ideas &
suggestions!*

Cardio Drumming with Felicia

Saturdays July 3rd & 17th

in the Chapel

10:30-11:15 am



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

Nail Filing & Polishing and Paraffin Wax Hand Dips with Alissa



Wednesday July 7th

2:00-4:00 pm

Arts Room

&

Wednesday July 21st

2:00-4:00 pm

Arts Room

Please book an appointment at the front desk!

Armchair Travel

Explore Washington DC with Alissa



Thursday

July 22nd

11:00 am—Cinema

Live Music + Trivia with Volunteer Lilia

Wednesday

July 28th

3:30 pm in the

Chapel



STAFF SUBMISSIONS



Resident Glimpses: Deborah “Deb” Twadell ***by Marketing Assistant, Darcie Bruss***

Deborah was raised in Iola, Kansas. She is the third of four girls. Some of Deborah’s fondest memories are the adventures she had with her Dad! He was an adventurous soul which offered many wonderful memories for Deb. One of those opportunities was to accompany her dad flying in his airplane!! Saturday mornings were often spent on a flying adventure and Deb was given the opportunity to take control of the plane, flying it on her own when she was as young as ten years old! One such adventure was flying from Iola, Kansas to Tulsa, Oklahoma! When they’d land, Deb’s dad would give her a dime and tell her to call her mother and let her know where she was that morning! Sadly, Deb’s father died from cancer when she was only fourteen years old!

Deborah was honored with a scholarship to the University of Kansas. There she studied education and majored in English Literature and Speech.

After college she married Michael Mead. Deborah and Michael had two children, Katie and Steven. They moved to Palo Alto, CA and Deborah had the opportunity to teach at San Jose High School. She taught 9th grade Honors English, which she especially enjoyed, while also teaching basic English classes to 7th & 8th graders. Deborah’s career went from education to corporate training with Miller Brewing Co. While working for Miller Brewing in Milwaukee she was sent to California to direct a training film to be used as a part of new employee orientation for the company. Deborah’s experience as corporate trainer didn’t stop there. She took on the responsibility as Vice President of Corporate Development at Mortgage Guarantee Insurance Co. in Milwaukee.

Deborah later married a gentleman named Goran Raspudic and they were married sixteen years. Goran fought pancreatic cancer and sadly it took his life...

However, during Deborah’s sixteen years with Goran, they enjoyed time traveling. One of their travels took them to Budapest. Deb was contracted to lead a training program for a large bank in Hungary and Goran accompanied her there and later they traveled from Budapest to Zagreb, Croatia to visit relatives of Goran’s.

Deb’s travels continued when she sought to invest wonderful memories with her grandchildren by taking them on trips around the world...she’s taken granddaughter Megan to England, and grandsons Jackson to Italy, Henry to Spain, Owen to England & Scotland, and her daughter Katie to Ireland! Her children & grandchildren no doubt are very grateful for Deb’s generous gifts of travel. They had a chance to thank and celebrate her on her 80th birthday with a grand party on Lake Minnetonka!

We’re thrilled to have Deborah as part of our vibrant community. You will be captivated by her stories of travel and experiences! So, grab a cup of coffee and pull up a chair next to Deb in The Perk and enjoy getting to know another one of our delightful residents.



UPCOMING EVENTS

Air Conditioner Reminders!

As the weather continues to heat up we need to be sure we all follow some summer rules to keep our building comfortable and our air conditioners running in good condition.

The best thing for your air conditioner is to LEAVE IT ON AT ALL TIMES!!! Most people experience the most comfort when they "set it and forget it" between 74-76 degrees.

- Why do we do this? It's so hard on the air conditioner to go back and forth from on to off, and it will cause the internal mechanisms to fail, causing more and more need for repair.

Also a reminder to keep all windows closed as the high levels of humidity that come into our homes/hallways/common spaces cause the air conditioners to have to work extra hard to catch up on super hot and/or humid days!

*Please see Paul:
Maintenance Director
with any questions!*



**Gentle Morning Stretches &
Meditation with Jeanne Ward**

Tuesdays: July 6th & 27th

9:00-9:30 am

Chapel



CHRISTMAS IN JULY WITH ALISSA

**Sing-Along, Trivia, &
Christmas Cookies**

Friday, July 23rd



11:00 am

Club Room

**Musical Performance with
Bog Scoggin**

Wednesday, July 14th

2:30 pm

In the chapel



INSIGHTS FROM INTERIM: UV SAFETY AWARENESS MONTH

People who reach the age of 65 can expect to live, on average, 2 more decades. This means that efforts to improve the use of sun protection and reduce sunburn among older adults would likely help to reduce skin cancer risk in later decades of life. More research can help us to understand the best ways to promote and support sun safety among older adults. Communities can continue making sun protection options easily accessible to older adults by increasing shade in outdoor public spaces. Less than half of older adults protect their skin from the sun when outside for an hour or more on a warm, sunny day. This may raise their risk of getting skin cancer.

Each year in the United States, more than 5 million people are treated for skin cancer at a cost of about \$8.1 billion. Most cases of skin cancer are found in people older than 65 years of age, but little attention has been given to ways to reduce skin cancer risk among people in this age group. Because older adults are living longer, the need for public health efforts to promote life-long skin health is more critical than ever.

WHAT CAN YOU DO?

1. **Cover Up:** Wearing a Hat or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and Sunglasses - for eye protection.
2. **Stay in the Shade:** The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.
3. **Choose the Right Sunscreen:** This is extremely important. The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.
4. **Use the Right Amount of Sunscreen:** According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important that you apply at least



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HOME CARE AND HOSPICE



one ounce (a palmful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is water-proof.




Information

from the CDC &



TIPS FROM LIVE 2B HEALTHY: BRAIN HEALTH



Healthy Pantry

Staples to Have On-Hand

Keep your pantry stocked with these 12 items to help you to make healthier cooking choices:

1. Pasta Sauce
2. Canned Tuna
3. Canned Beans
4. Peanut Butter
5. Dry Pasta
6. Nuts
7. Broth
8. Canned Tomatoes
9. Canned Fruits
10. Whole Grains
11. Olive Oil
12. Potatoes



Exercise Classes with
Mary & Scott are held:

Monday, Wednesday, & Friday
at 9:00 am in the chapel

Live2B
HEALTHY
SENIOR FITNESS

JULY RESIDENT BIRTHDAYS

7/ 7: Roseann Schoenbauer

7/9: Marilyn Mason

7/14: Eileen Clifford

7/15: Mary Starshack

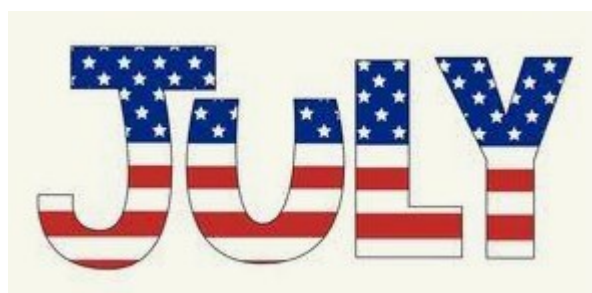
7/19: Patricia Canterbury

7/21: Ann Cheleen

7/22: Carol Ansolabehere

7/25: Shirley Hill

7/26: Helen Werner



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JULY STAFF BIRTHDAYS

7/16: Deacon Michael Nevin

7/18: Soniah Kumar

7/21: Alberta Cholopray

7/22: Leah Maber

7/24: Rebecca Otata

7/27: Cheri Boeser

7/29: Pam Lane

7/30: LaToya Rogers

7/31: Agnes Barlue &
Morris Tamba Commesor

July is here!

*Did you know there are many countries
which have their Independence Day
during the month of July???*

*Let July bring nothing but
positive vibes &
great memories...*

**Have a suggestion or comment?
We would love to hear them!
Your input helps us to build our
activity calendars each month.**

WE CANT WAIT TO HEAR FROM YOU!



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*** Taylor: 952-345-4410
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