

AUGUST  
2021

# THE GLENN GAZETTE



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



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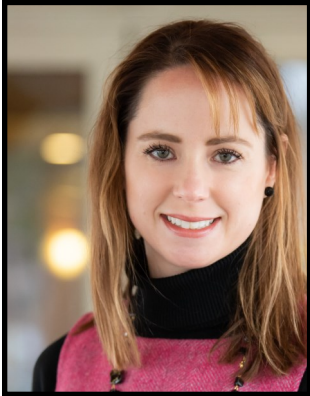
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## UPDATES FROM YOUR ADMINISTRATOR



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.

Unfortunately, nearly every state is experiencing an increase in covid positivity rates as well as hospitalizations; while increases are small so far, both of these data points are indicators that we could possibly experience yet another surge in COVID-19 infections. The data show those currently contracting COVID-19 are overwhelmingly unvaccinated; it appears that break-through infections are also rising, though generally not leading to hospitalizations. Vaccination has had a mighty impact on COVID-19 in our settings; we know it to be the single best tool we have to stop the spread of COVID-19 and the path to end this pandemic. As a reminder, here is where we are at with the latest COVID rules from the health department with regards to mask use:

- Masks are still required when you are moving around in common areas.
- Fully vaccinated residents and fully vaccinated visitors may be together in their private apartments unmasked.
- 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 are welcome to participate and join in activities with residents.
- Visitors and guests can join residents for meals, however they must eat in a different area of the dining room or private setting so as not to co-mingle with other residents.

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

Many blessings,

Shanna

## NURSING NOTES FROM YOUR DIRECTOR OF NURSING

**RESILIENCE:** “The capability of a strained body to recover its size and shape after deformation caused especially by compressive stress” and “an ability to recover from or adjust easily to misfortune or change.” -Merriam-Webster Dictionary

One of the reasons I love working as a nurse is that I love stories. I love to hear stories of courage, strength, heart and determination. There are times when the beginning and middle parts to the stories are heart wrenching and difficult to hear. But so many times in my career the endings are stories of true grit – patience – getting back up despite the odds. Stories of Resilience.

If you choose to live a life on this planet, hard things will happen to you and your loved ones. You cannot escape it. What experts tell us though, is that the key to having a fulfilling and happy life is how you “get back up.” **What do YOU do when adversity strikes? Are you resilient?**



As a nurse, I can tell you what your body does when it feels stress. It starts with your brain, which detects pain or stress (and the brain does not decipher between emotional or physical pain; it senses them the same), which triggers our adrenal glands, who then release adrenaline and cortisol. This impacts every major body system. Your blood vessels constrict, your heart beats faster, glucose is released more rapidly, inflammation sets in, and hormone levels drop. This all leads to high blood pressure, headaches, heartburn and subsequent ulcers, insomnia, muscle aches, a lowered immune system (putting you at higher risk for infections), and a decreased sex drive. Stress is very bad for your body! I believe that developing and maintaining resiliency is the best characteristic we can practice to have less stress and a more fulfilling life.

How do we build resilience? The good news here is that *at any age* you can build resilience. Working towards resilience every day as you age is linked to lower rates of depression and mortality. Here are four suggestions that I practice as many days as I can:

- 1: Spend time with others. Quality trumps quantity here. Reach out. Stay engaged with your loved ones.
2. Celebrate your birthday. Yes – for real! Research shows that older people who have a negative outlook on aging tend to have lower cognitive function and a higher risk of dementia (Mayo clinic). Focus on the positive thoughts. It is okay to be realistic. This is where I encourage the “and” statements. “I’m getting so old and I hurt all over, and I get to see my grandchildren graduate from high school.” Celebrating your life should be joyful, so put on that birthday hat and blow out those candles.
3. Build a sturdy brain with exercise. Did you know that exercising 30 minutes (even a walk) three times a week has shown to have the same effect as taking an antidepressant? Brain size does decrease with age, but research has shown that exercise can actually help reverse that (at any time!) So get out there and move. Your brain will thank you.
4. To me – this is the MOST important one. Practice gratitude. Many experts will say that the key to happiness is practicing daily gratitude. I have kept a gratitude journal for over 20 years now. Trust me, there were days, weeks, months that were very hard to come up with anything to be grateful for. Keeping my journal gives me perspective in the midst of the dark times. It is very simple. Every night I simply write 3 things I am grateful for from the day. As an added bonus, spread that gratitude by practicing small acts of kindness. Send a thank you note to someone. Compliment a stranger. Buy someone a coffee. You will reap the rewards, I promise you. Your body and your brain will thank you.

“Although the world is full of suffering, it is also full of the overcoming of it.” – Helen Keller

In good health, Karla

CHAPEL CHATS



A blessed August to you all.

It seems like we are going from crisis to crisis in our current culture, with pandemics, politics and violence dominating the news. Many of these things that are happening may leave us with a sense of helplessness or even despair because we have no control over them. Although it is not good to despair, there is some good that can come out of realization that we can do little to fix the problems of the world: turn to prayer knowing that God can fix problems-and that we are not God!

One of the overlooked problems we face that may not seem apparent if you look out your window is the current drought we are experiencing. Currently, the majority of Minnesota is facing a moderate drought to a severe drought which may affect how the crops turn out for our farmers, which in turn can affect how expensive food is. Paying more for food may not be a problem for most of us, but for the poor, it can be disastrous.

The Church, since ancient times, has turned to God in supplication to provide for rain and the end of drought and pestilence with special prayers. I invite you over this month to join me in praying for gentle rain upon our fields so that the poor may be fed by the work of our farmer's toil.

O God, in whom we live and move and have our being, grant rain in plenty, so that as we amply experience your gifts of the present time we may all the more confidently desire those of eternity.

Grant, we beg you, almighty God, that we who put our trust in you in this affliction may be shielded from all adversities.

Lord, give us, we pray, plentiful rainfall, and graciously pour out on the parched earth moisture from Your heavenly vaults; through Christ our Lord. Amen

Blessings,

Deacon Michael

GLENN MINNETONKA & UNIDINE HIGHLIGHTS

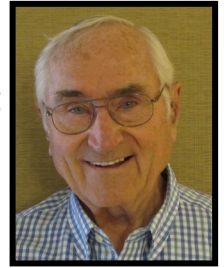


Join us in welcoming our newest Glenn Minnetonka employees:

- Ophelia Roberts—Resident Assistant
- Joseph Mogaka—Licensed Practical Nurse (LPN)

Limericks with Liska

The chief of our housekeeping crew is nicknamed Cat- who claims she never had a feline named Scat!



Her housekeeping methods are truly shrewd- but she frowns on a hair covering called a snood, if she wore it, however she might be called The Cat in the Hat!



Resident Meeting



Friday August 20th  
11:00 am—Chapel

*All are welcome to attend!*

Unidine Staff Birthdays

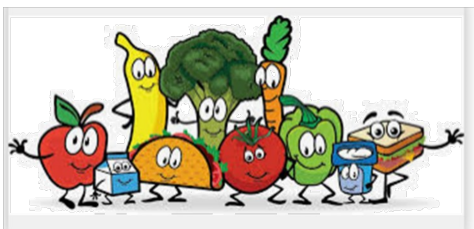


Sue Mohawk: 11th

Dining Committee Meeting with Unidine

Wednesday August 18th  
2:00 pm in the Chapel

See Dining Services Manager Carole from Unidine with any questions!



**BEST TEAM EVER**  
*Thank You!*

## TUESDAY FILMS

*1:15 pm*

*Every Tuesday  
in August*

**3rd:**  
**Lost City of Machu  
Picchu**

**10th:**  
**Into The Grand Canyon**

**17th:**  
**Birth of Europe**

**24th:**  
**Sea of Hope: America's  
Underwater Treasures**

**31st:**  
**America's National  
Parks: Olympic**

## THURSDAY MOVIES

*2:15 pm*

*Every Thursday  
in August*

*This month we are  
following the series:  
The Mentalist*

**5th:**  
**The Mentalist: Season 1  
Episodes 1 & 2**

**12th:**  
**The Mentalist: Season 1  
Episodes 3 & 4**

**19th:**  
**The Mentalist: Season 1  
Episodes 5 & 6**

**26th:**  
**The Mentalist: Season 1  
Episodes 7 & 8**

## SUNDAY MOVIES

*2:15 pm*

*Every Sunday  
in August*

**1st:**  
**Patton  
(DVD)**

**8th:**  
**My Fair Lady  
(Netflix)**

**15th:**  
**Into the Woods  
(DVD)**

**22nd:**  
**Air Force One  
(Netflix)**

**29th:**  
**Hugo  
(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 August 12th
- 11:00 am—Cinema

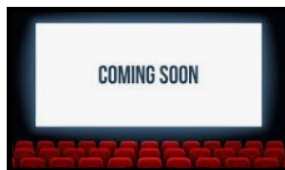


MOVIE COMMITTEE WITH ALISSA

Thursday August 5th

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 August 7th & 21st

*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*

**Wednesdays:**

**August 4th & 18th**

**2:00-4:00 pm**



*Please book an appointment at the front desk!*

**Armchair Travel**

Hottest Place in the USA with Alissa



Thursday  
August 19th

11:00 am—Cinema

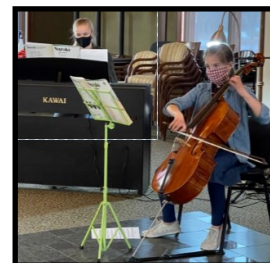
*Live Music + Trivia with Volunteer Lilia*

Wednesday

August 25th

3:30 pm in the

Chapel



STAFF SUBMISSIONS

**Resident Glimpses: Meet Don Bates**

*by Marketing Assistant, Darcie Bruss*



Don grew up in Mankato, MN with his parents, sister and brother. His dad worked a variety of jobs while Don was growing up, but on weekends, Don's parents, sister, two uncles and a cousin made up a family band and entertained communities across southern Minnesota and even Wisconsin playing their delightful music. They would often play at the local VFW or Legion. But, their favorite and most popular spot was right at home at the Moose Lodge in Mankato. His parents were natural musicians, dad playing drums and mom playing piano. She played every tune by ear and had a great ability to play bass notes with her left hand so that they had no need for a bass player. By the time Don was 10 he joined the band, playing both the trombone and trumpet. He was earning a wage doing what he loved best, playing music.



After graduating from high school, Don attended Mankato State where he met the love of his life, Martha. They were married on Christmas Eve, 1960. The Spring of 1961 Don was drafted into the Army and stationed in Ft. Hood, Texas. He served as a Fire Direction Control Specialist; doing what computers do now, while Martha was able to teach school right on the base where he was stationed. Don and Martha had three boys, David, Chris, and JT. All of their sons went on to be musicians themselves. David playing sax, Chris bass, and JT a drummer. All of them have made music their careers, as well!

After being discharged from the Army, Don continued his education at MacPhail in Minneapolis, earning his Bachelor of Music Education. While there, he was instrumental in getting a jazz band organized.

Also, while at MacPhail, Don had the opportunity to play trumpet with the Letter Carrier's Band. I was surprised to discover that when the band was playing at an event he met my dad for the first time!! The Letter Carriers Band was entertaining with their music and my dad was entertaining the audience as TN Tatters, the television clown character he played on what was then WTCN, Channel 11.



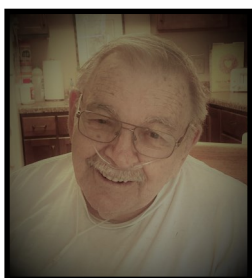
Don started his teaching career in the Hopkins School District at South Jr. High. He went from there to the brand new Hopkins Lindbergh High School when it opened in 1970. He continued in that position for the next 29 years until he retired from teaching. As a student at Lindbergh in 1970, I had the honor to meet Don Bates as the band director in an unusual set of circumstances which has built a bond between us since then.

When interviewing Don for this article, I asked him about some of his highlights during his career at Hopkins (Lindbergh) High School. His students over the years loved Don, but he maintains that he was the most spoiled band director in Minnesota! He was so grateful for kids who wanted to learn and grow, as well as their parents who supported him. They were never afraid to take on the challenge of trying new music. Don's philosophy was that the kids could decide What, Where and When the band played. His job was to teach them How they played!

That said, the student's favorite concert was always the Pops Concert. They were inspired by Edina's Pops Concert and decided Hopkins (Lindbergh) needed to make it happen also! The students put it together, picking all the music while Don wrote some of the arrangements. This tradition started in 1972 and continues today!

Don recalls that perhaps his greatest career highlight was a band trip to Washington DC in 1999. He was never more proud to play "Stars and Stripes Forever" on the US Capital steps with his students. It was a moment that brought tears to his eyes, which isn't typical for Don.

To honor Don when he retired in 1999, the school celebrated by inviting alumni from all the bands Don conducted over the years. On a Sunday afternoon the Mall at Hopkins High School was filled with students and music celebrating the beloved band director who devoted his career inspiring students, helping them achieve and fulfill their love of music and sharing it with others.



When Don moved to the Glenn Minnetonka, Don was happily surprised to see Gen Neururer living here. Her two sons were 2 of his best saxophone players.

8 When you see him, take the opportunity to get to know your fellow resident and neighbor, Don Bates.

No doubt he will inspire you with his stories and encourage you to share yours as well.



UPCOMMING EVENTS

**Calling All Veterans! Help Us Form A New Group!**

**1st Meeting: Wednesday August 11th**

**1:00 pm—Private Dining Room**



*Join Deacon Michael to share stories & experiences and support each other  
—spread the word as we are looking to make this a monthly gathering!*

**Musical Performance by Duetto**



*Featuring Gayle Thomas & Mark Fildeldy*

**Tuesday, August 24th**

**6:30 pm**

**In the chapel**

*Have you ever wondered what  
it would be like to be a  
cartoonist?*

*Come Meet Joe Ansolabehere*

*Professional Cartoonist*

**Educational  
Lecture**

**Wednesday  
August 18th**

**3:00 pm**

**In the Cinema**



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

Tuesdays: August 10th,  
17th, & 31st

9:00-9:30 am in the Chapel



**Musical Performance with**

***Dale Martell***

**Wednesday,  
August 11th**

**2:30 pm**

***In the chapel***



INSIGHTS FROM INTERIM: CATARACTS

Cataracts are cloudy areas that develop in the lens in the front of the eye. Normally, the lens of the eye is clear like a camera lens. Cataracts keep light from easily passing through the lens to the back of the eye (the retina), causing blurry vision. Cataracts usually form slowly, causing no pain, redness, or tearing in the eye. Some stay small and don't alter eyesight. If they become large or thick and have a significant impact on vision, they can almost always be removed with surgery. Cataract surgery is very safe and is one of the most common surgeries done in the United States and around the world. During surgery, the doctor takes out the clouded lens and, in most cases, puts in a clear plastic lens, restoring normal sight if the eye is otherwise healthy.

Signs and symptoms of cataracts include:

- Clouded, blurred or dim vision
- Increasing difficulty with vision at night
- Sensitivity to light and glare
- Need for brighter light for reading and other activities
- Seeing "halos" around lights
- Frequent changes in eyeglass or contact lens prescription
- Fading or yellowing of colors
- Double vision in a single eye



At first, the cloudiness in your vision caused by a cataract may affect only a small part of the eye's lens and you may be unaware of any vision loss. As the cataract grows larger, it clouds more of your lens and distorts the light passing through the lens. This may lead to more noticeable symptoms.

Am I at risk? Factors that increase your risk of cataracts include:

- ·Increasing age
- ·Diabetes
- ·Excessive exposure to sunlight
- ·Smoking
- ·Obesity
- ·High blood pressure
- ·Previous eye injury or inflammation
- ·Previous eye surgery
- ·Prolonged use of corticosteroid medications
- ·Drinking excessive amounts of alcohol



What can I do to prevent them?

No studies have proved how to prevent cataracts or slow the progression of cataracts. But doctors think several strategies maybe helpful, including:

- Have regular eye examinations. Eye examinations can help detect cataracts and other eye problems at their earliest stages. Ask your doctor how often you should have an eye examination.
- Quit smoking. Ask your doctor for suggestions about how to stop smoking. Medications, counseling and other strategies are available to help you.
- Manage other health problems. Follow your treatment plan if you have diabetes or other medical conditions that can increase your risk of cataracts.
- Choose a healthy diet that includes plenty of fruits and vegetables. Adding a variety of colorful fruits and vegetables to your diet ensures that you're getting many vitamins and nutrients. Fruits and vegetables have many antioxidants, which help maintain the health of your eyes.
- Wear sunglasses. Ultraviolet light from the sun may contribute to the development of cataracts. Wear sunglasses that block ultraviolet B (UVB) rays when you're outdoors.
- Reduce alcohol use. Excessive alcohol use can increase the risk of cataracts.

## TIPS FROM LIVE 2B HEALTHY

# HEALTHY & HYDRATED

Seniors are more prone to dehydration than younger adults for a variety of reasons. According to WebMD.com, adults should try to drink between half an ounce and an ounce of water for each pound of weight, every day. For example, if you weigh 150 pounds, that would be 75 to 150 ounces of water a day. An oft-heard remark upon hearing this requirement is, 'but I'm just not thirsty'. Thirst is a condition that presents after dehydration sets in, so, we would say in response, 'you should be drinking even if you are not experiencing thirst.' While many people believe they do not experience thirst on a regular basis, most of us can recall a time in the not-so-distant past when we did experience what we assumed to be HUNGER (growling stomach, emptiness, slight dizziness, lightheaded-ness). According to many nutrition experts, those symptoms can also indicate thirst. For this reason, it is recommended that upon first noticing "hunger pangs", we go to the sink and pour ourselves a cool, refreshing 8 oz. glass of water before we head to the cookie jar!

*Staying hydrated will heed these warning signs of dehydration:*

- Thirst
- Headache
- Weight loss
- Darker colored urine
- Increased heart rate
- Lowered blood pressure
- Sunken eyeballs
- Less frequent urination
- Dry mouth & eyes
- Constipation



**Exercise Classes with  
Mary are held:**

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

## AUGUST RESIDENT BIRTHDAYS

8/1: Larry Watts

8/3: Marilyn Dickey

8/6: Joyce Hank

8/16: Mary Baker & Kim Minea

8/21: Rhoda Jean Westervall  
& Dorothy Follese

8/22: Jeannine Weeks

8/27: Marilyn Aldritt

8/28: Florence Cosentino

8/29: Barbara Keeble

## AUGUST STAFF BIRTHDAYS

8/5: Mona Lindemoen

8/7: Shanna Swanson

8/10: Jackline Mochoge

8/12: Cyrus Nyagwoka

8/13: Darcie Bruss

8/28: Merylyn Schliep

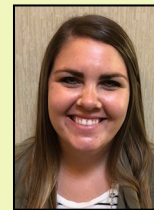
## **August Days Are Here**

*Did you know the month of August was named to honor the first Roman emperor, Augustus Caesar?*

*The Dog Days of Summer are Here...*

**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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