

SEPTEMBER
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 KARLA

PAGE 4

CHAPEL CHATS WITH
DEACON MICHAEL

PAGE 5

GLENN MINNETONKA &
UNIDINE HIGHLIGHTS

PAGE 6

FILMS & MOVIES
IN THE CINEMA

PAGE 7

WHAT'S HAPPENING AROUND
THE GLENN

PAGE 8

STAFF SUBMISSIONS

PAGE 9

UPCOMING EVENTS

PAGE 10

INSIGHTS FROM INTERIM

PAGE 11

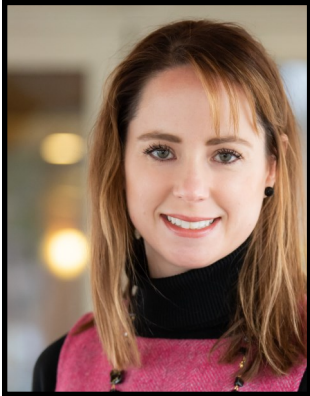
TIPS FROM LIVE2B HEALTHY

BACK PAGE

BIRTHDAYS,
SOCIAL MEDIA

INFORMATION, & COMMUNITY
LIFE CORNER WITH ALISSA,
TAYLOR, & CINDY

UPDATES FROM YOUR ADMINISTRATOR



Greetings & Happy Labor Day to all!

Welcome to the beautiful month of September! September is the month of transition from the hot sunny beach days of summer to harvest gold, brown, and red colored leaves decorating the hillsides and fields. To those who have grandchildren- Happy Grandparent's Day! Grandparent's Day is observed the first Sunday after Labor Day.

I am happy to introduce to you your new Executive Director, Jen Zinnel (see photo below)! Jen will be taking my place and comes with many years of experience in working in assisted livings, most recently as the Executive Director of our sister campus, The Glenn Hopkins:

As Executive Director, Jen brings almost 20 years of leadership experience in senior living across the spectrum of care including independent living, assisted living, memory care and skilled nursing. Jen joined the team at The Glenn Hopkins in 2015 as Resident Services Director and became Campus Administrator in early 2018. Jen has participated in Leading Age MN's Leadership Academy—a program designed to grow skills and knowledge in transformational leadership—as a fellow and coach. Forever passionate about serving older adults and their families, Jen's top priority is to ensure that all residents receive exceptional customer service and a high quality of care. Jen is very excited about getting to know the residents, families and staff of The Glenn Minnetonka.

Although we don't have a start date for Jen quite yet, I will be sure to keep you informed when we do and what the transition plan will look like. In the meantime, I hope you have a lovely September and enjoy the beauty of the changing season.

Sincerely,
Shanna



NURSING NOTES FROM YOUR DIRECTOR OF NURSING

"So for tonight, we pray for what we know can be. And on this day we hope for what we still can't see. **It's up to us, to be the change.** And even though this world needs so much more.....there's so much to be thankful for." -Josh Groban, "Thankful"



The world is a little frightening right now. Violence, the Taliban, race and gender issues, and especially, Covid-19. I hear from many of you that you are worried. Fearful of what's to come with this Delta Variant. Sick and tired of masks. I am afraid as well. I, too, want to burn my masks. As a person who had COVID and was hospitalized, as a colleague watching my friends go through enormous grief and stress at work, and as a nurse who stands ready to protect the residents and staff she serves, I feel a weight on my shoulders that I haven't ever felt in my 20-year career. I find that information is helpful and not a hindrance, so, it is my promise that as your Director of Nursing, I will always be as transparent and as factual with you as I can be.

Covid-19 is serious. Per the CDC, 625,423 American citizens have died since January 2020. (That is direct deaths, not anything correlated to the Pandemic). To give perspective to this staggering number, the number of Americans that died directly *and indirectly* in WW1, WW2 and Vietnam is 580,135 (Congressional Research Dataset). In 2020, Covid-19 was the 3rd leading cause of death (JAMA). People often ask how to avoid/prevent cancer (2nd) and heart disease (1st), yet much contention and debate arises when asked about preventing COVID-19. So, how do we prevent COVID-19? How do we protect ourselves AND others? How are we going to get out of this mess? **It's up to us to be the change.**

-Get vaccinated. Millions in the US have received Covid vaccines under the most intense safety monitoring in US history. The vaccines were evaluated in tens of thousands of participants in clinical trials. They met the FDA's rigorous scientific standards for safety needed to support emergency use authorization. Did you know that acetaminophen (Tylenol), your supplements and your protein drinks/powders (Including Ensure) are all not FDA approved? The COVID vaccine (Pfizer) is. **No** vaccine is 100% effective against disease. But research has proven that Covid in vaccinated persons is less severe and can prevent serious illness, hospitalization and death. To quell some worries about the vaccine, I go to the numbers. Blood clots have made the news. Research shows a rate of 7 per 1 million vaccinated women a clot has occurred, and only in the J & J vaccine. Compare that to oral birth control, which is about 1 out of every 3,000 women (National Blood Clot Alliance). Anaphylaxis has occurred in approximately 2-5 people per million. The vaccines available do not contain live virus, so, shedding cannot occur, and your DNA is not altered as material never enters the nucleus of your cells (where DNA is kept). At The Glenn, I am highly encouraging residents, visitors and staff to get vaccinated. I am here to discuss with you your concerns and/or reservations. **It's up to us to be the change.**

-Wear a mask. Unvaccinated or vaccinated. Period. They are needed to reduce the transmission of Delta. Masks that are clean and over your mouth and nose are always expected while visiting or working in The Glenn. Residents, please wear your masks unless you are eating or drinking or while in your private apartment. I know they're a pain, but do you want to risk it? Do you want to put others in harms way? **It's up to us to be the change.**

-Social Distance. This is unchanged. At least six feet apart. Avoid large crowds especially while indoors.

-Stay home/in your apartment if you feel sick. I want and encourage visitors at the Glenn. Your mental health is just as important as your physical health. But if you do not feel well, please do not come.

-Residents and staff, if you have a known exposure, please contact me for guidance with testing.

My challenge to ALL of you – families, friends, residents and staff of The Glenn – how will you care for yourself and your neighbor? How can you be the change? My prayers of safety and health are with you all.

In good health,

Karla

(Information not cited is from the Centers for Disease Control)

CHAPEL CHATS



A blessed September to you all.

As we enter into the autumn season, I have been reflecting on this past summer, and what blessings I received during the last few months.

Taking time to reflect on the past has led me to consider an aspect of the virtue of justice that many of us practice poorly. That is, to give thanks to God for freely giving all that we receive as the poor little creatures that we are. The virtue of justice, when applied to God, is to give back to God whatever He is owed. In our lowliness, we can never repay God for His infinite goodness bestowed upon us, but we make a first step in the virtue of religion when we live in a spirit of gratitude. St Bernard of Clairvaux teaches, “Ingratitude is the enemy of the soul that destroys merit, corrupts virtue, and prevents grace. It is a scorching wind that dries up the fountain of the goodness and mercy of God. St. Augustine says, “We cannot think, speak, or write anything better or more acceptable than, Thanks be to God!”. What a more wonderful world we would live in if we all gave thanks to God for all the blessings and crosses we have received!

I would like to invite all veterans of the different branches of our armed services to join me in the private dining room on September 8th at 1pm for our monthly Veteran’s Group. This will be our second meeting, and it is a time to hear about the service you and others have given selflessly to our country. I look forward to seeing you there!

Have a blessed month,
Deacon Michael

Resident Meeting

Friday
September 24th
11:00 am—Chapel



All are welcome to attend!

GLENN MINNETONKA & UNIDINE HIGHLIGHTS



Join us in welcoming our newest Glenn Minnetonka employees:

Cindy Tague:
Community Life Coordinator
Bloom Dayiv: Resident Assistant

National Assisted Living Week



Sunday 9/12-Saturday 9/18

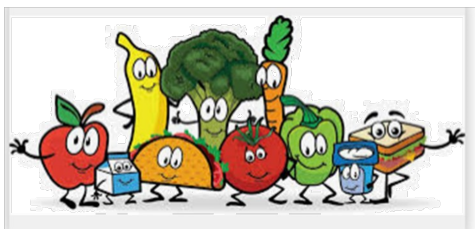
Celebrate with us!

Musical Entertainment with Gloria Jespersen
Wednesday 9/15 @ 3:30pm—Chapel

Dining Committee Meeting with Unidine

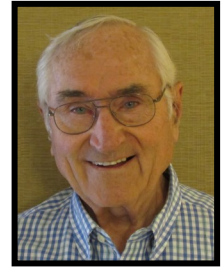
Wednesday September 15th
2:00 pm in the Chapel

See Dining Services Manager Carole from Unidine with any questions!



Limericks with Liska

We have a new Director of Nursing named Karla, who searched longingly for her Shangri-la !



She finally found it in Hawaii, near the beach in Waikiki— would it not be great to see Karla dancing the hula?



Unidine Staff Birthdays



- 16th John Griffin
- 18th Joe Kneprath
- 29th Sadie Lam

Infused Waters by Joe



We hope everyone has tried

and is enjoying our daily infused water, located in



The Perk, The Garden Suites Kitchen, & The Fireside Suites Piano Lounge. Daily creations are prepped the night before for maximum infusion. Joe even uses

fresh herbs in the waters that are grown right here in The Glenn Gardens!



Hydration is key to life!!!

FILMS & MOVIES IN THE CINEMA

**TUESDAY
FILMS**

1:15 pm

*Every Tuesday
in September*

7th:
**Europe From Up Above:
Italy**

14th:
**The Incredible Dr. Pol:
Vet & Wild**

21st:
**India From Up Above:
Natures Wonders**

28th:
Lost Temple of Inca



**THURSDAY
MOVIES**

2:15 pm

*Every Thursday
in September*

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

2nd: State Fair Week!!!

The Greatest Show on Earth

9th:
**The Mentalist: Season 1
Episodes 9 & 10**

16th:
**The Mentalist: Season 1
Episodes 11 & 12**

23rd:
**The Mentalist: Season 1
Episodes 13 & 14**

30th:
**The Mentalist: Season 1
Episodes 15 & 16**

**SUNDAY
MOVIES**

2:15 pm

*Every Sunday
in September*

5th:
High Noon

12th:
Little Women

19th:
**Witness for the
Prosecution**

26th:
JoJo Rabbit



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 September 16th
 - 11:00 am—Cinema

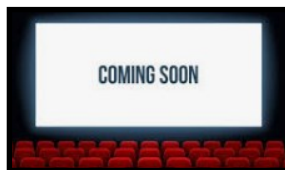


MOVIE COMMITTEE WITH ALISSA

Thursday September 2nd

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 September 4th & 18th

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,

September

1st, 15th, & 29th

2:00-4:00 pm



Please book an appointment at the front desk!

Armchair Travel with Alissa

*Wenatchee, Washington:
The Apple Capital of the World*



Thursday
September 23rd
11:00 am—Cinema

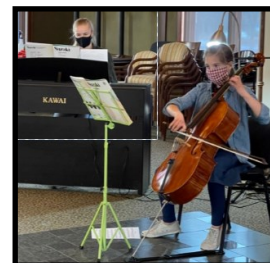
Live Music + Trivia with Volunteer Lilia

Wednesday

September 29th

3:30 pm in the

Chapel



STAFF SUBMISSIONS



Resident Glimpses: Flashback to April 3rd, 2012

*Originally written by former Community Life Coordinator,
John Liekhus*

Have you ever wondered which one of you have lived here the longest? Our longest current resident is Doris DeVeau, who moved into The Glenn Minnetonka on April 3rd, 2012.

Doris was born to Wilard and Dorothy Anderson of Eden Prairie, MN on June 1, 1927. That day her family of 3 became 5! She is an identical twin. She also has an older brother, Bill. She grew up on a farm that is now where the Flagship Tennis Club (Lifetime) is located. They farmed soybeans, onions, and corn. After graduation from high school she and her sister Dorothy moved into town, (Minneapolis) to work at Northwestern Life Insurance Company.

She met Jim DeVeau on a blind date, (with his best friend and her sister). And a few years later they were married in the summer of 1949. Where their family grew to 4. Having a son, Tom and a daughter, Ann. She was totally devoted to the love of her life, Jim where she helped run his family business DeVeau Bus Company, until 1977 when it was sold. They traveled across the country to attend the National School Bus Association conventions. (as, Jim was president for a time.) C.S. Lewis describes her career as this. “The homemaker has the ultimate career. All other careers exist for one purpose only and that is support the ultimate career.” She was the Homemaker!

She looked forward to seeing her sister here in Minnesota or in Springfield, MA where she lived. Those long-distance phone calls were so exciting. Her heart was broken at 57 when Dorothy passed away. She had lost half of herself. Her always present faith was intensified through Bible study after Dorothy’s passing.

Soon her life was blessed with 4 grandchildren, Sara, Jennifer, Jim, and Ben. Busy entertaining, playing games, taking them to the park, vacation Bible school, lunch at Roses and attending school functions, sports & recitals.

Life took another turn when Jim suffered a heart attack at age 75 and underwent bypass and the development of Parkinson’s. She was so devoted to the care of her soul mate. After he passed she decided that she needed to move on. So she moved into The Glenn just 2 days after the doors opened. All the activities here kept her so busy that she said “I don’t even have time to unload the dishwasher”. Card games, Scrabble, walking, visiting with friends at The Glenn kept her very busy. She was again blessed with 4 great-grandchildren. Audrey, Andrew, & Allison and Katelyn (who are also identical twins.)

Doris’s family and her faith are the most important things in her life. She is looking forward to being reunited with those who have gone on before her. Soul mate-Jim, Sister Dorothy, and loving parents – Willard and Dorothy.

Guided Autobiography Classes

Residents Ann & Phillis just “graduated” from an 8 week course given by Certified Instructor, Bill Marsella. During the course, they wrote stories from their lives in individual chapters. We would love to offer the class again here at The Glenn if there is interest. Please contact Alissa in Community Life for info.



UPCOMING EVENTS

INTRODUCING YOUR RESIDENT COUNCIL

Our Mission: "The Resident Council shall provide assistance to the residents and respond to the written and verbal requests and concerns that come to the Council from the Residents. The facility (The Glenn Minnetonka) will consider the views and recommendations of the Resident Council and respond promptly."

To Contact Us: Resident Council Members may be contacted directly or by leaving a response in the Resident Council box located in the mail area. Written or verbal communication to The Council will be treated with confidentiality.



Resident Council Member Photo from Right-Left:

Celine Watters, RoseAnn Schoenbauer, Tom Conboy, Phillis Bennett, & Jim Liska

Monthly Veterans Group

Wednesday

September 8th

1:30 pm—Private Dining Room

Join Deacon Michael to share stories & experiences and support each other—spread the word and invite a friend!!!



Gentle Morning Stretches & Meditation with Jeanne Ward

Tuesdays: September
7th, 14th, 21st, & 28th
9:00-9:30 am in the Chapel



Welcoming Cindy Tague:

Community Life Coordinator



Five Fun Facts about ME!

- My heritage is German/Russian and Belgian. I belong to a Russians from Germany cooking group and don't get me started on Belgian beers!
- I love to cook, especially old family recipes. Dumpfnoodla and custard Kuchen to name a couple.
- I've been married for 33 years to my husband Jeff, and we have one son, Josh.
- I enjoy traveling both landlocked and over seas. Belgium and Hawaii are my favorites!
- I am an animal lover, except snakes!



Musical Performance with

Tim Patrick

Wednesday,
September 22nd

2:30 pm—Chapel





INTERIM INSIGHTS



Healthcare Highlights from Interim Healthcare

5 Myths About Aging

1. To be old is to be sick

Truth- Seniors are in remarkably good health.

2. You can't teach an old dog new tricks

Truth- Research shows that older people can & do learn new things, and learn them well.

3. The horse is out of the barn

It's never too late to benefit from healthy living.

4. The secret to successful aging is to choose your parents wisely.

A study from the MacArthur Foundation showed that lifestyle changes are as important indicators of successful & healthy aging as hereditary is.

5.. The elderly don't pull their own

Seniors play some of the most important roles in society, both in formal positions in the community (paid & Volunteer) as well as personal roles with family & friends. New work opportunities are growing as traditional retirement ages change.

What Else Do We Know About Healthy Aging?

What factors influence healthy aging? Research has identified action steps we can take to maintain our health and function as we get older. From improving our diet and levels of physical activity to getting health screenings and managing risk factors for disease, these actions may influence different areas of health.

TIPS FROM LIVE 2B HEALTHY

Why Are Seniors More Prone to Dehydration?



1. Thirst sensation in adults older than 65 are commonly far lower than indicative of the body's actual fluid needs.
2. The kidneys naturally lose some of their ability to conserve water and concentrate urine, leading to great fluid loss through urination.
3. A decline of muscle mass can also reduce how much water the body can store. Muscles serve as a holding area for water molecules.
4. Age-related health conditions such as:
 - ◆ Undiagnosed or uncontrolled Type II diabetes can increase urination
 - ◆ Urinary incontinence (and resulting anxiety surrounding accidents) can cause seniors to deliberately reduce their fluid consumption.
 - ◆ Reduced mobility can cut down on how often people are willing to make trips to get water or use the restroom.
 - ◆ People with Alzheimer's or dementia are also at an increased risk of not drinking enough water.
5. Over-the-counter and prescription medications may contribute to fluid losses. Blood pressure medications such as diuretics are commonly associated with dehydration, as are antihistamines and laxatives.

**Exercise Classes with
Mary are held:
Monday, Wednesday,
& Friday at 9:00 am
in the Chapel**

SEPTEMBER RESIDENT BIRTHDAYS

9/1: Mary Morton

9/5: Joyce Volkert

9/11: Marlys Evans

9/15: Jim Liska

9/19: Mike Peterson &
Celine Watters

9/24: Aldine Grindy,
Eda Attringer, & Gen Neururer

9/26: Hugh Livingston

9/28: Anita Wilharm

9/30: Margaret Morton

SEPTEMBER STAFF BIRTHDAYS

9/2: Ruth Ntenga

9/6: Johnson Oyugi

9/9: Alissa Dvorak

9/11: Paul Retterath

9/21: Lamine Sackor

september

Well Hi There, September!

*We would like to extend a
warm welcome to
Cindy Tague, the newest
member of the
Community Life Team!*

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



Dear Residents and Staff,
As most of you probably know by now, I have left my position as Community Life Coordinator. I have enjoyed my time here and it has been such a blessing to get to know many of you. Thank you for welcoming me into your home and for being so kind to me during my time at The Glenn. I wish you all the best! -Kelly Vincent

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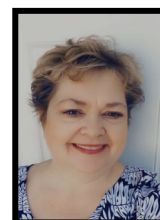


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www.TheGlennMinnetonka.com



WE CANT WAIT TO HEAR FROM YOU!

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tsimone@greatlakesmc.com**

*** Cindy: 952-345-4410
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