

JANUARY  
2022

# THE GLENN GAZETTE



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GLENNSENIORLIVING.COM/MINNETONKA



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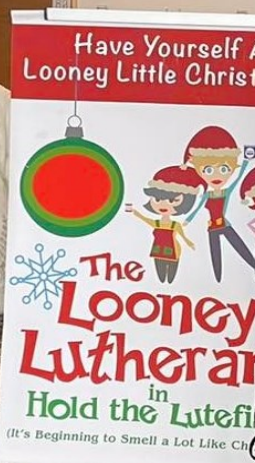
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## UPDATES FROM YOUR ADMINISTRATOR



Dear Residents and Families,

Leading up to the end of the year, I've heard much talk about how "2021 was supposed to be better than 2020" and "who really knows what 2022 will bring?" It is probably safe to say that most of us have had such a thought cross our mind. That said, I want to acknowledge a few things for which I am very grateful for throughout this past year, most especially the last few months.

Amazing residents of The Glenn Minnetonka—throughout all the difficulties, frustrations, challenges and illness, I have been humbled to have the opportunity to work and care for such an amazingly kind, considerate and supportive group of residents. **YOU** are the reason we have pushed our way through the uncharted waters of this pandemic.

Supportive families of residents—I cannot express enough how much our team appreciates the ongoing support, words of encouragement, generosity, compassion and grace demonstrated by so many throughout the most challenging times.

A dedicated team of staff—I feel so honored to work with the members of our team each day. This year has given us so many examples of staff living the Great Lakes Management Company mission-To make a positive difference in the lives of others.

Technology—without electronics, maintaining family and resident connections and resident programming would have been that much more difficult and would likely have been far less engaging.

Learning—without the many obstacles we have faced together this year (and last year!), there would have been far fewer opportunities to learn and improve.

With the calendar turning to 2022, I hope you will take a few moments to reflect on some of the positives you have experienced this past year.

-Jen





# Dear Santa:

PLEASE! No more COVID!!!

*And some pretty jewelry too!!*



*My Name: Karla*

*My Address: The Glenn Minnetonka*

**MERRY CHRISTMAS!!!**

CHAPEL CHATS FROM DEACON MICHAEL



Happy New Year!

A traditional prayer to begin the New Year and renew our commitment to God:

*O Eternal Father, after having thanked thy infinite bounty for thy exceeding benefits in the past, we humbly implore pardon for our manifold sins and negligence's, for the time we have consumed and wasted in vanities and in things that profit not unto salvation, and for the woeful want of correspondence with Thy graces which we have so habitually manifested.*

*But filled with confidence in Thy mercy, so lavishly displayed in a multitude of ways, we ask Thy blessings upon our good purposes and resolutions. For now we renew the sacred promises we made in Baptism, when we first became Thy children and heirs of the heavenly kingdom, and we renounce Satan with all his works and pomp's.*

*Firmly convinced that the salvation of our immortal souls is the one great business of life, the purpose for which we have come into the world, we solemnly resolve for the future not only to do all in our power to avoid every grievous sin in thought, word, and deed but also to shun every unnecessary occasion that might imperil our souls. We further resolve to fulfill with greater exactness and fidelity the duties of our station in life, to give more attention to our progress in things spiritual, to be more devoted to holy Mass, to receive the Sacraments more frequently, and to pray more often and more fervently.*

*Bless, O my God, these good resolutions which we offer to Thee at this, the threshold of a new year. Give us Thy precious grace and make us truly wise. The days and years of our life are passing so swiftly away. Help us, in Thy mercy, to utilize them, as we ought to do, for Thy greater honor and glory, for the good of our neighbor, and for our sanctification. The night cometh in which no man can work longer; soon, at best, we shall have to appear before Thee to render an account of our stewardship. May we then be found worthy to receive from Thee that divine welcome: "Well done, good and faithful servants, enter into the joy of thy Lord."*

I wish you all a blessed and holy New Year. Let us continue to pray for one another.

Deacon Michael

GLENN MINNETONKA & UNIDINE HIGHLIGHTS



Join us in welcoming our newest Glenn Minnetonka employees:

- **De'Shanae Ray:**  
**Resident Assistant**

**FAMILY COUNCIL**

Families have the right to meet with other family members at The Glenn Minnetonka. We have reserved the Chapel every second Wednesday of the Month at 5:00pm. Please note this meeting is not attended by a staff person unless requested by the families participating.



**Cindy Ehlen, Director of Resident Services,** is the designated staff member to provide support and follow-up as needed. We are happy to assist with coordinating a speaker if there is interest in a particular topic. Please contact Cindy at [Cehlen@greatlakesmc.com](mailto:Cehlen@greatlakesmc.com) or 952-345-4408 if you have questions.

**Resident Meeting**

Friday  
January 21st  
11:00 am  
Chapel



*All are welcome & encouraged to attend!*

**Dining Committee Meeting with Unidine**

**Wednesday  
January 19th**

**2:00 pm**

**In the Chapel**

*See Carole: Unidine Dining Services Manager with any questions, comments, or concerns!*



**NUTRITION CLASS & TASTE-TEST**

**ARELIS TORRES: UNIDINE DIETITIAN**

**Health Benefits of Citrus Fruits**



**TUESDAY, JANUARY 4TH**

**1:00 PM IN THE ARTS ROOM**

We have 2 married Residents named Lorraine who wished to ride on a train in the rain to a plain in Spain!

They hoped to travel to the ends of the Earth, and do it with gusto and lots of mirth-

so why did they pass on a free tour of Ukraine & Bahrain?

P.S. Their favorite salad has a bed of romaine grown near a moraine in Maine!

**Limericks**

**with Liska**



FILMS & MOVIES IN THE CINEMA

SUNDAY  
MOVIES

*2:30 pm*  
*Every Sunday*  
*in January*

**2nd:**  
**Mary's**  
**House: All**  
**Are Invited**

**9th:**  
**Minari**

**16th:**  
**Music Hall**  
**Days**

**23rd:**  
**The Man in**  
**the White**  
**Suit**

**30th:**  
**Cruella**  
**(2021)**

TUESDAY  
MOVIES

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

**4th:**  
**Walter**  
**Grotz's**  
**POW**  
**Experience**

**11th:**  
**Fiddler on**  
**the Roof**

**18th:**  
**The**  
**Treasure of**  
**Sierra**  
**Madre**

**25th:**  
**Mutiny on**  
**the Bounty**

THURSDAY  
MOVIES

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

**6th:**  
**For Whom**  
**the Bell Tolls**

**13th:**  
**High Sierra**

**20th:**  
**Doctor**  
**Zhivago**

**27th:**  
**The Third**  
**Man**

FRIDAY  
MOVIES

*7:00 pm*  
*Every Friday*  
*in January*

**7th:**  
**The Music**  
**of Silence**

**14th:**  
**Knives Out**

**21st:**  
**The Quiet**  
**Man**

**28th:**  
**War & Peace**



WHATS HAPPENING AROUND THE GLENN!

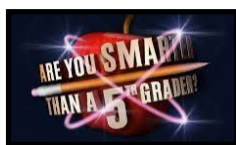
Trivia Games with Alissa

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

- Thursday January 20th—Jeopardy
- Thursday January 27th— Are You Smarter Than a 5th Grader



11:00 am  
Cinema

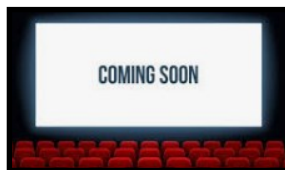


MOVIE COMMITTEE WITH ALISSA

Thursday January 6th

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

January 8th & 22nd

*in the Chapel*

10:30 am

**Please sign up  
at the front  
desk to reserve  
a drum!**



*Nail Filing & Polishing and*

*Paraffin Wax Hand Dips with Alissa*

Wednesdays

January 5th, 12th, 19th, & 26th

2:00-4:00 pm



***Please book an  
appointment at the  
front desk!***

Gentle Morning Stretches & Meditation  
with Jeanne Ward



Tuesdays & Thursdays

9:00 am—Chapel

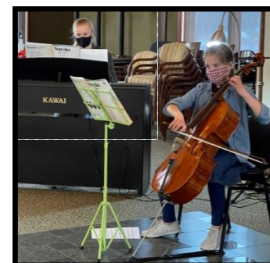
Fun with Volunteer Lilia + Friends

Wednesday

January 26th

3:00 pm in the

Chapel





RESIDENT GLIMPSES: MEET DOLLY DE SOUZA

Dolly was born in Bombay, India on March 23, 1926 to Burjorji K. and Shirin B. Irani. Dolly has three siblings: sister Tehmi Mulla, and brothers Keki Irani and Jamshed Irani. Burjorji worked as an accountant, and Shirin kept busy at home with the children as a homemaker.

Dolly attended Gamadia School for Parsi Girls from 1<sup>st</sup>- 8<sup>th</sup> grade. She then attended Alexandra High School in Bombay, St. Xavier's College in Bombay for two years, and Grant Medical College in Bombay for four years. Dolly then went on to have a very successful career as a General Practitioner. She started with her residency at Cama Hospital in Bombay. She then worked as a General Practitioner at Tanga Hospital in Tanganyika, followed by a maternity ward at Lira Hospital in Lira, Uganda and then worked in the women and children's ward at Mulago Hospital in Kampala, Uganda until 1971. While Dolly was building her career, she was able to live in a variety of places including Bombay, Tanzania, England, Uganda, Toronto, Canada, and Golden Valley, Minnesota. In addition to English, she also speaks Gujarati and some Swahili.

Dolly was happily married to Leo de Souza and together they had four wonderful children: Louella, Mario, Lea, and Joanna. Dolly also has beautiful grandchildren: Drew, Nicholas, & Matt Anderson, Shirin & Luke de Souza, Olivia & Noah Speeter; Billy & Skailer Huffman and great grandchildren: Julia, Levi, James, & Owen.

Dolly was a member of Golden Valley Women's Gourmet Cooking Club; her favorite food being Indian cuisine. Dolly loves to be very social by exercising at least three times per week, playing bingo, attending any music programs, and doing word & crossword puzzles. She enjoys attending prayer groups with Deacon Michael, watching Mass from Good Shepherd Church, where she was an active member for many years, and attending Masses here at The Glenn. She also enjoys getting her hair done every week with Rose at our in-house salon. Before Dolly is off to her favorite programs, be sure she has her hearing aids, walker for short distances, or wheelchair for longer distances outside of the Fireside Suites, per her request.

A fun fact: Dolly has traveled all over the world- you will have to ask her what her favorite place was!





UPCOMMING EVENTS

5 Crowns  
with Alissa

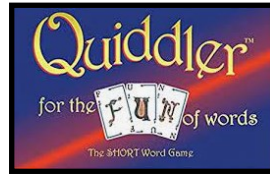


Tuesdays

January 4th & 18th

11:00 am—Club Room

Quiddler  
with Alissa



Tuesdays

January 11th & 25th

11:00 am—Club Room

Winter Wonderland Day

Thursday January 13th

9:30 am—Perk

Cocoa Bar &  
Snowball Donuts



10:45 am—Arts Room

Snowman  
Canvas

Painting Class  
with Alissa



(Please sign up at front  
desk to reserve a canvas)

**Monthly Veterans Group**

Wednesday

January 12th

1:30 pm—Private Dining Room

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



Monthly Birthday Celebration

musical performance with

TIM PATRICK



Thursday,  
January 20th

2:30 pm  
in the Chapel

January Outings

- Wednesday 5th @ 11:30 am  
Pub 42 Lunch Outing
- Thursday 13th @ 10:00 am  
Symphony Hall Coffee Concert  
Shuttle Bus
- Thursday 13th @ 12:15 pm  
Concert at Gethsemane Lutheran  
Church: Travis Anderson Trio
- Thursday 20th @ 11:30 am  
Red Lobster Lunch outing
- Friday 28th @ 11:30 am  
Culvers MTKA Lunch Outing



# New Year, New Resolutions!

Are you a resolution maker?

*If so, here are some great healthy ideas for 2022*

- Eat more nutrient dense foods
- Do a variety of physical activity regularly
- Think Positively
- Stimulate your mind & challenge yourself to learn something new
- Help others. Giving back keeps you active and helps reduce stress and depression
- Stay connected with friends and make new ones.
- Engage in the arts: Painting, reading, writing, music.
- Share a good laugh – Laughing is good for your immune system, lowers stress, and improves mood.



## TIPS FROM LIVE 2B HEALTHY

*Over the past few years, Live 2 B Healthy® has brought you monthly Balanced Wellness topics. As we start yet another New Year - 2022 - we wanted to take this month to highlight the TOP 4 Healthy Habits that will bring you the best results. Implement these 4 top habits, and you will notice a difference in your quality of life in 2022!*

1. **Move More/Sit Less:** If you are reading this newsletter, then you are probably one of the lucky older adults who has access to weekly fitness classes through Live 2 B Healthy®. Make 2022 the year that you win the “Best Participation” award each month. Simply by attending our fitness classes 2-3 times per week (or more), you will increase your activity level. Not only will you move more during class, but you will also feel more comfortable moving outside of class for a number of reasons: Motion is lotion - so those aches and pains in your joints will ease as you increase your activity level; You will gain more confidence in your ability to prevent falls as you gain strength, flexibility and practice your balance skills; You will make new friends who also value healthy lifestyle choices, making it easier for you to remember your commitment to treat yourself better.
2. **Eat a Balanced Diet:** Every year, especially in January, we begin to hear about the latest and greatest diet craze that promises to “change the world”. Diets come and go, but the one thing that never changes is the direction to eat a balance diet. Make certain to include protein and fruits and vegetables in every meal, and reduce your reliance on over-processed carbs and sugary foods. Additionally - keep hydrated!
3. **Reduce Stress:** Stress has been shown to negatively influence every single component of your entire body, from inflammation to chronic diseases. Unfortunately, the past few years have not been “stress-free”. However, it is possible to learn to live with less stress in your life. Look for mindfulness-based programs in your community such as Yoga, Tai Chi and meditation, and make 2022 the year to be brave and try something new! We often hear that those who begin to practice mindfulness in their everyday lives suddenly feel a great sense of relief from burdens they never even realized they had been carrying around for years.
4. **Make Sleep a Priority:** Aim for 7-9 hours of good sleep every night - NO EXCUSES!



Exercise Classes with  
Mary are held:

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



JANUARY STAFF BIRTHDAYS

1/1: Magdalene Mogere,  
Norah Moranga,  
Phyrace Nyabuto, &  
Lilian Nyagwoka  
1/2: Sandra Katz  
1/7: Amber Daggs  
1/11: Tenzing Kinzom &  
Elisheba Memba  
1/18: Mark Bakken  
1/24: Dorine Onwonga

JANUARY RESIDENT BIRTHDAYS

1/6: Helena Herring  
1/9 Jeanette Holden  
1/11: Maurice  
Ansolabehere  
1/13: Joy Hicks  
1/14: Ruth Larson  
1/15: Vera Erickson  
1/16: Gladys Mulqueeny  
1/22: Carole Becker  
1/28: Celeste Sandeen



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**Happy New Year!  
Hello 2022!**

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



**WE CAN WAIT TO HEAR FROM YOU!**

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tsimone@greatlakesmc.com**

**\* Cindy: 952-345-4410  
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