

GOOD Life News

at Chandler Place Assisted Living

AUGUST 2017

www.chandlerplacesenior.com



Executive Director

If you are a resident who receives Home Care Services from our Chandler Place Home Care Team, this reminder is for you!

Each person receives services according to a Service Schedule. These service schedules are utilized by the staff to coordinate their time and ensure each and every one of the services is approached and completed in a timely fashion. There are times when an emergency occurs that may take them away from their normal routine, but they will be with you shortly after the emergency is cared for. One thing you can do to assist the Home Health Aides in ensuring they get to your service timely: Only press your pendant for an emergency (falls, shortness of breath, etc.). If you already have a scheduled service, the staff will come within the allotted time frame that is scheduled, but once a pendant is pushed, that will take priority. If it is not an emergency, they need to get back to their schedules, thus taking valuable time away from another resident who has scheduled service.

Thanks!

William Huseonica

Community Outings

Lunch at Famous Dave's/Arboretum 3 Mile Drive on the Van

Thursday, Aug. 3, 10:30 a.m.

St. Anthony Villagefest Parade

Friday, Aug. 4, 6:15 p.m.

Arby's or McDonald's for an Early Lunch/Mississippi Boat Ride from Harriet Island in St. Paul

Thursday, Aug. 10, 10:30 a.m.

Shakopee Dakota Pow Wow at the Mall of America/Lunch at the Mall

Thursday, Aug. 17, 10:30 a.m.

Walker Art Center Sculpture Garden

Thursday, Aug. 24, 1 p.m.

Minnesota State Fair

Thursday, Aug. 31, 9 a.m.-2:30 p.m.

**Our Talk.
Our Walk.
Every Day!
29 Years
Recognizing
Senior
Citizens Day**

The U.S. Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom leadership and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.

Resident Spotlight



We are so glad to spotlight Rita S. in our newsletter this month. Rita was born on Aug. 30, 1926, in Minneapolis, Minn., to Carl and Francis Schwaab. Rita's parents and both sets of her grandparents were German. She had three brothers and one sister; Rita is second from the oldest. She said they had a busy family, and as siblings, they enjoyed playing the old-time games; Red Rover, Kick-the-Can, Annie Annie Over, and Starlight Star Bright, just to name a few. She loved playing dolls in Logan Park with her friends and especially loved to read. When she was 10 years old, in 1935, her Aunt gave her a "Heidi" book, which she still has to this day. It was her favorite book to read along with "The Merriweather Girls." She often walked to the local library, so she always had a good book to read. Rita lived most of her life in NE Minneapolis. Growing up, she lived near her grandparents who owned the Monroe Baking Company. Rita and her husband lived for a short time in Crystal, but then moved back to NE Minneapolis.

Rita attended St. Boniface Elementary School and graduated from St. Anthony of Padua High School. She remembers her graduation day with mixed feelings. It was not only the day she graduated from high school but also the infamous day we remember as D-Day.

Rita met the love of her life, Charles, "Chuck," on a blind date. They were supposed to go to Hidden Falls for a hot dog roast, but it was so well hidden they never did find it! They ended up going to the St. Peter River and had a wonderful time. Shortly after they went on their first date, Chuck joined the Air Force at the ripe old age of 17! He was stationed in England for two years, during which time they wrote many, many letters back and forth. He returned home in 1945. During the two years they dated before they were married, two things really made an impression on Rita. Chuck took her to the Minnesota State Fair for the very first time in her life, and they went to Excelsior Amusement Park. Rita remembers the giant white roller coaster (which I'm sure many of you do too) and the many, many times she had to ride it before she could keep her eyes open to enjoy the scenery going past her down the steep tracks! Rita and Chuck were married on July 12, 1947. They honeymooned at Mission Lake, Minn., in a quaint country cabin.

Rita and Chuck had a very busy household. With three boys and two girls, there was always something to do. School activities, sports, music, concerts and gymnastics took up much of their time, but they enjoyed doing those things as a family. Going to Bemidji every year for a family vacation at a cabin is a very fond memory for Rita.

Rita kept busy for many years being a stay-at-home-mom. When she worked outside the home, she enjoyed doing administration work in various doctors' offices. She also worked at Northrup King, St. Barnabas Hospital, North Memorial Hospital and as a docent in the Japanese Gardens at Como Park.

Rita is what I would call a "world traveler." She has traveled with Chuck to most of the United States, Hawaii, Australia, Ireland and New Zealand. They were also able to visit the place where he was stationed in England. Rita took a European trip with her niece. They went to France, England, Italy (where she was kissed on the street by a complete stranger!), Greece and Germany. Germany was the highlight of her trip. She found family members she had been searching for, visited a 1,000 year old castle and observed a celebration of a 2,000 year old town!

Rita has volunteered for many years at St. Charles Borromeo Church and still does. She still fills much of her time with reading; novels, mysteries, history and biographies are at the top of her list. She is a volunteer in the Chandler Place library on 5th Floor and occasionally calls Bingo. She attends many of the activities at Chandler Place and occasionally goes on an outing with us.

Rita's apartment is warm and charming. She has a beautiful hutch filled with mementos from her world travels. The pictures she has displayed in her apartment are a reminder of how important family is to her. I had a great time reminiscing with Rita and getting to know her life story.

Rita moved into Chandler Place in July 2015.

Food and Beverage/Dining Services

Please join me on the next trip to the Farmers Market on Tuesday, Aug. 1, at 10 a.m.

Soaring Spirits

Welcome to the Dog Days of summer! It is a time when we feel lazy and stay indoors with air conditioners whirling away while we wait for the crisp days of fall. It can be a summertime version of winter cabin fever when we hunker down and wait for spring. But why put the blame on our dogs?

Well, it all started with the Romans who saw the Sirius star, known as the Dog Star, rise every morning just before the sun. This occurred during the hottest and most humid time of year between July 24 and Aug. 24. Today, The Old Farmer's Almanac lists the traditional timing of the dog days of summer as being July 3 until Aug. 11.

I found it interesting that the Romans must have been enjoying beautiful summer mornings during the hottest time of the season. Mornings at this time of year are a gorgeous gift for us to enjoy and remember next January. While the heat of midday can be dangerous for many of us, the early mornings can be cool and remind us of the carefree summers of our childhood.

When I close my eyes while sitting outside in the morning, I can remember the way summer touch my senses. For me summer was full of color; green plants, a rainbow of flowers, a deep blue sky and the crazy bright bathing suits my friends wore. It tasted like watermelon and cherries, smelled like fresh mowed grass, sounded like baseball and thunderstorms and I felt warmth that I hoped to remember in January.

It is impossible to physically revisit most of our childhood memories today. However I invite you to take some time early in the mornings outside, find a comfy seat, close your eyes and after several deep breaths imagine the happiness of summer days gone by. After your imaginary trip, write down what you noticed. Then in January, find a warm sunny window and with your face flooded in sunlight, close your eyes and take another trip to summer.

Bon Voyage

Linda Boyadjis;

Spiritual Care Director

New Residents

Our next New Resident Wine and Cheese Social will be on Wednesday, Aug. 7, at 2 p.m., in the Dining Room. Come and meet your newest neighbors while you enjoy some delicious refreshments.

Life Enrichment Highlights

Valiant Veterans® Club

Tuesday, Aug. 1, 1:30 p.m.,
Dining Room

**Complimentary
Professional Photos**

You will receive a free 5x7 photo
and the opportunity to purchase
more if you would like.

Monday, Aug. 7, 9-11 a.m., Pub

Solar Eclipse Viewing

Monday, Aug. 21, 12-1:30 p.m.

Chandler University

Nuclear Security, Presented by
George Wells

Monday, Aug. 22, 1 p.m.,
Community Room

Nursing Notes

Chronic Pain — Tips for Seniors

Chronic pain is very prevalent in the senior population — in fact, 88 percent of all seniors suffer from some form of chronic pain.

Many of the questions we receive in the nursing department from our residents are related to pain and pain control.

The following are tips you might find helpful if you are living with chronic pain.

- Be honest with your doctor about your pain — do not minimize the level of your pain or how it impacts your life. Your doctor cannot treat your pain effectively if he or she does not have a good understanding of the pain you are experiencing.
- Take your pain medications as directed. Always take your medications on time before your pain level builds up. Never discontinue your medications abruptly without talking to your doctor.
- Use your assistive devices (walkers, canes, shower chairs, etc) — these devices are intended to make your life easier and can save you pain in the long run (prevent excessive stress on the body, falls).
- Be active, within reason. Talk to your doctor about an exercise program that would be beneficial for you. Regular exercise keeps your muscles in better shape and your stamina up.
- Get support by talking to family, friends or peers. You are not alone — many seniors experience chronic pain. Talking to someone else who understands what you are going through can help you deal with the emotions related to living with chronic pain.

Resident Birthdays

Wanida S., 6th	Dee S., 23rd
Nova B., 8th	Maxine L., 24th
Betty K., 9th	Bill A., 25th
Rose S., 11th	Kenneth H., 29th
Audrey J., 13th	Rita S., 30th
John K., 14th	



CHANDLER PLACE

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Joan Roberts

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Megan Moriarty

Life Enrichment Director

Becky Aune

Business Office Director

Mary Jo Dillon

Housekeeping Director

Bekira Buljubasic

Maintenance Director

Bill Stern

Culinary Operations

Patrick Conway

Spiritual Director

Linda Boyadjis

Marketing Minutes

Greetings from the Marketing Department!

Did you know over 75 percent of the prospects who take the time to tour Chandler Place were referred to us by word of mouth?

When an internal resident refers a prospective resident, they will receive a discount off the following month's rent after the referred resident moves in. Each resident will have the opportunity to refer up to four prospective residents, with the monetary amount of the discount increasing with each referral.

- First referral: \$250 discount off rental fee, awarded the month following referred resident move-in.
- Second referral: \$500 discount off rental fee, awarded the month following referred resident move-in.
- Third referral: \$750 discount off rental fee, awarded the month following referred resident move-in.
- Fourth referral: \$1,000 discount off rental fee, awarded the month following referred resident move-in.

Like Us on Facebook

Go to facebook.com/ChandlerPlaceAssistedLiving to see pictures and catch up on all the fun here at Chandler Place. This is a great way for family members and friends to stay connected!

