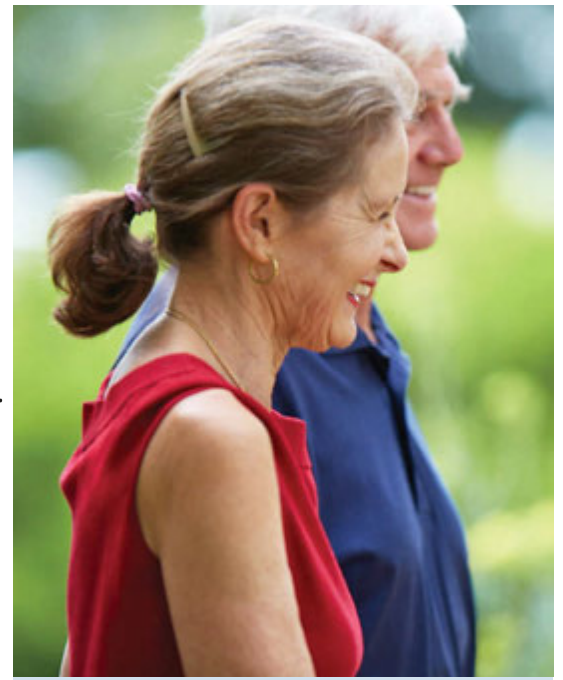


GOOD Life News

at Chandler Place Assisted Living

JUNE 2017

www.chandlerplacesenior.com



Executive Director

June is such a fun month for being active, getting together and enjoying the summer. In a few weeks on June 22, the community will celebrate our annual St. Anthony Campus Ice Cream Social. This event always reminds me of just how special a place this campus is. The evening is always filled with smiles, warm greetings, music and laughter.

It reminds me of one of the main reasons why people live so successfully here, and that is being social and part of a community.

Do you know how incredibly important that is? Researchers in Cambridge reviewed the files of 47 patients staying at an in-patient hospital last year, studying their levels of frailty and length of stay and quizzing them on perceived loneliness. Patients who reported feeling lonely stayed an average length of 24 days versus 17 days for those who said they didn't feel lonely.

This is a powerful reminder that socialization can heal!

— *William Huseonica*, Executive Director

Life Enrichment Highlights

National Doughnut Day in Remembrance of WWI Soldiers

Friday, June 2, 10:30 a.m., Lobby

Youth Choir Concert

Tuesday, June 6, 2 p.m., Dining Room

Northside Singers

Monday, June 19, 7 p.m., Lobby

Father's Day Celebration "A Taste of Nordeast"

Friday, June 16, 12-1 p.m., Dining Room

Community Ice Cream Social

Thursday, June 22, 7-8:30 p.m., Back Parking Lot

Community Outings

Olive Garden

Thursday, June 1, at 11 a.m.

St. Croix Luncheon Boat Cruise

Thursday, June 8, at 10 a.m.

Baker's Square

Thursday, June 15, at 11 a.m.

Key's Restaurant for Brunch

Thursday, June 22, at 10 a.m.

Scenic Drive

Thursday, June 29, at 1 p.m.

Our Talk. Our Walk. Every Day!

National Safety Month

Summer's start is a great time to think about safety. Warm weather may be calling people outside, but outdoor activities also open the door to potential accidents. The National Safety Council designates June as National Safety Month – a great time to reconsider how we can "Keep Each Other Safe," this year's theme. You may be surprised to hear that one in three people over 65 falls each year, making it the leading cause of injuries for the age group. Exercise can be the first defense against falls. FIT Functional Fitness® offers various programs that can help increase muscle and bone strength!

Resident Spotlight

We are so glad to spotlight Louise S. in our newsletter this month. Louise was born on Sept. 11, 1924, to Grady and Martha Eldridge in Quitman, Miss., right at home on the family farm. She had four sisters and one brother. Louise was the oldest and said she was the boss of the kids. When I asked her if she was bossy, she laughed and said, “No, I was the boss, not bossy!” Farm chores kept Louise and her siblings very busy; milking cows, feeding the chickens and collecting the eggs (which were sold to neighboring folks), cleaning the house and picking vegetables from the garden. Louise also spent a good amount of time cooking for all the kids, as her mom would oftentimes be busy with other chores. When she did have extra time, she would sit down and read. She loved reading a little bit of everything but really enjoyed their local magazine, Grit. No matter how busy she was, she always found time to play with her siblings and the neighborhood kids. Old time games were always a hit; Kick-the-Can and Hide-And-Go-Seek, but the best times were had playing in the rivers, creeks and ponds by their homes even though they found the occasional snake slithering along in the water! Other than Mississippi, Louise has lived in Texas, Alabama and Minnesota.



Louise attended Cedar Creek Grammar School, a one-room school house, and went on to graduate from Quitman High School.

Louise met Ralph, the man she would marry, at her church. She knew him most of her life, as they grew up in the same small town. Louise and Ralph started dating when she was 16. They spent a lot of time together at church going to potluck dinners, revival meetings and parties. They dated for two years, became engaged and then Ralph was drafted into the Air Force. They wrote many letters back and forth, and in September 1943, she traveled to Amarillo, Texas, where he was stationed and they were married. Shortly after, Louise traveled back to Mississippi, as she could not stay on base. Ralph returned to Mississippi in 1945 after the war, and they would become the proud parents of four children in four and a half years’ time!

Louise and Ralph had a very busy household. I asked her if she did any volunteering while the kids were young. She laughed and said she barely had time to read the newspaper! As the kids got older, she would bring them to music lessons, sports practices and sports games. As if she was not busy enough with all the family activities, she worked in a dental office as a dental assistant for 17 years. Back then, you didn’t have to go to school because the dentist taught you what you needed to know as you went along.

When the kids left home, Louise decided it was time to go back to school, and that is just what she did! She attended a junior college for two years and decided to take her general courses. She did not graduate with a particular degree, but said she just wanted to do it to prove she could. She also had a side business for 20 years decorating cakes. It was all word of mouth, but she had more business than she knew what to do with. Louise showed me some of the paintings she painted and they were absolutely breathtaking. Louise is the proud grandma of six grandkids and two great-grandkids. She said they are all adorable and they are the best thing about life!

Louise moved into her daughter’s home in Fridley, Minn., in 2001. She became involved in a church shortly after moving here and met Robert (Bob) S. Five years after she met him, he called to ask her for a dinner date. She said the next day she was so nervous, that she was going to call him to tell him she couldn’t go out with him! She decided to go and the rest is history. They married 18 months later and settled in northeast Minneapolis and later moved to Chandler Place. He was a preacher for many years and Louise said her dream was to marry a preacher. During their marriage, they were able to travel to Branson, Itasca State Park and The Wisconsin Dells. They had 10 years of wonderful times together and now that Bob has passed on, she has many fabulous memories of him.

Louise moved into Chandler Place in January 2015. She is very involved in many of the activities at Chandler Place and enjoys going on an occasional outing with us. Louise is an avid gardener and you will find her outside most days in the growing season, weather permitting, tending to her flower and vegetable gardens. She is a very charming lady and I thoroughly enjoyed my time visiting with her. Her apartment is filled with memorabilia, frames full of family pictures and many of the personal paintings she has done. Louise has the southern hospitality I’ve always heard about and I felt right at home.

Nursing Notes

Blood Pressure 101

Residents frequently ask our nurses questions about their blood pressure — especially what is the normal or “good” blood pressure. Since we do get so many inquiries, I thought I would share with you some basics about blood pressure.

What does blood pressure mean? Blood pressure is the pressure of the blood within the arteries. It is produced primarily by the contraction of the heart muscle.

How is blood pressure measured? The measurement of blood pressure is recorded by two numbers — systolic and diastolic pressures — better known by the average person as the “top and bottom” numbers. High blood pressure is called “hypertension” and low blood pressure is called “hypotension.”

What is a normal blood pressure? Normal blood pressures are generally less than 120/80 — high blood pressures are readings greater than 140/90.

What are signs/symptoms of high blood pressure? Signs of high blood pressure may include but are not limited to headache, dizziness, blurred vision, nausea, vomiting, chest pain and shortness of breath.

What are signs/symptoms of low blood pressure? Signs of low blood pressure may include dizziness, light-headedness, fainting, decreased concentration, nausea, cold-clammy-pale skin, rapid-shallow breathing, fatigue, thirst and depression.

What can I do to have a healthy blood pressure? Doctors recommend that their patients limit their sodium intake and the consumption of high fat foods, eat fruits, vegetables, whole grains and healthy carbohydrates, do not smoke, limit the intake of alcoholic beverages and exercise daily. Also take blood pressure medications as ordered by your doctor.

All adults should have their blood pressures monitored on a regular basis or as one’s physician recommends. Make sure you take advantage of the monthly blood pressure clinic that Chandler Place offers free of charge to all of our residents.

Joan Roberts, RN-DON

Soaring Spirits

Some Thoughts on the Love of God

“Greater love has no one than this, than to lay down one’s life for his friends.” -John 15:13

Our journeys of faith are as unique as our fingerprints, and God has loved us through every twist and turn. However, the world is not so understanding and accepting of our uniqueness.

Our world loves you when you are young and beautiful; God loves you when you are old and not so attractive.

Our world loves you when you are famous and a celebrity; God loves you when you are unknown and a complete nobody.

Our world loves you when you are rich and powerful; God loves you when you are penniless and weak.

Our world loves the extraordinary. God loves the ordinary. People like you and me. Peace be with you.

Linda Boyadjis, Spiritual Director

New Residents

Our next New Resident Wine and Cheese Social will be on Wednesday, June 7, at 2 p.m., in the Dining Room, to meet your newest neighbors.

Resident Birthdays

Howard Y., 9th
Eunice W., 12th

Food and Beverage/ Dining Services

As a Chef, I look forward to the summer. It means I will be able to buy fresh, locally-grown produce. I am especially excited because I have arranged to go with you on the Chandler van to the Roseville Farmers Market the first Tuesday of every month this summer.

Please join me on these excursions. I’m sure you would like to fill your refrigerators with some of this fresh produce!

The first trip to the Farmers Market will be on Tuesday, June 6, at 10 a.m.



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3701 Chandler Drive NE
Minneapolis, MN 55421
612-788-7321



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Spiritual Director

Linda Boyadjis

Marketing Minutes

Greetings from the Marketing Department!

Did you know that 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 resident move-in

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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!

