

GOOD Life News

at Chandler Place Assisted Living

JULY 2017

www.chandlerplacesenior.com

Executive Director

It's July, and that means we need to be aware of staying safe in the summer heat. Due to age-related physical changes, older adults can't cool down as well as younger adults. Older adults may not feel as hot when temperatures are dangerously high. They are also less likely to feel thirsty, even when they're almost dehydrated. We want to help prevent any of you from overheating this summer by encouraging you to run your air conditioners, close your windows and drink more fluids. Also, avoid outdoor walks at peak temperature times during the day. Consider a wide-brimmed hat and sunglasses along with sunscreen if you do go out in the summer heat. Stay safe and cool this summer as you enjoy the beautiful flowers and our beautifully landscaped grounds.

William Huseonica, Executive Director

New Residents

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

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 next trip to the Farmers Market will be on Tuesday, July 4, at 10 a.m.



**Our Talk.
Our Walk.
Every Day!**

**Enjoying
the Summer
Bounty**

At long, last summer is here! That means fresh fruits and vegetables straight from the garden, food co-op, roadside stand or local grocery. We're here to help you enjoy the best of the season's bounty and reap the benefits. Eating well this season is about fresh, colorful food, and on many occasions, eating outside with friends or family adds to the fun. Search out super foods like spinach, raspberries or blueberries. Research suggests that healthy eating can promote mental acuteness, resistance to illness and disease, and increased energy.

Resident Spotlight



Marion M. was born on Feb. 1, 1925, to Manus and Bessie Bush in Fallen Township, southeast of Wilmar, Minn. Marion was born in the family farmhouse. As she tells it, "My dad and the closest neighbor lady delivered me because I decided to arrive before the doctor, who was coming by horse and sleigh!" Marion was the youngest of five siblings. The family farm was always a hustle and bustle of activity. She had plenty of chores to help with from milking the cows, feeding chickens and pigs, and tending the large vegetable garden. She did have some spare time on her hands and filled it with reading Zane Gray and Tarzan books. No farm is complete without the family barn cats and dogs, and she had plenty of them. Marion thoroughly enjoyed dressing her cats up in doll clothes and pushing them around in a buggy! She had a pure white, blue-eyed cat named Bucky for the past 17 years, but sadly he died several months ago. He was definitely a beauty, and I loved seeing him occasionally when I would visit her apartment.

Marion attended the elementary school in Fallen Township. It was a one-room schoolhouse, and all the students had chores to do each day. They brought wood in to keep the fire stoked, washed the chalk boards, swept the floor and just about anything else the teacher asked them to do. Marion finished her education in the eighth grade, as she was needed at home to help with the farm.

Marion met the love of her life, Maurice, when she was in her teens. He was helping on a neighboring farm during harvest time and someone introduced them. Maurice didn't move fast enough asking Marion on a date, so she started dating someone else. Well, that wasn't in his plans, so he told the other fella to bug out and the rest is history. Marion and Maurice dated until he was drafted into the Army and left for California. He became very ill with malaria and was transferred to Florida to recover. Finally, two years later, after scores of letters had been written between the two of them, he was able to come home. They were married on Oct. 12, 1944, in a very small ceremony. After a short honeymoon in North Dakota, they returned to the farm and their life together. They had three daughters who were all very helpful on the farm when they weren't involved in school activities. They took vacations as a family and enjoyed the St. Croix River with all its beauty and serenity. Marion lived her entire life in Fallen Township until she moved to Chandler Place to be closer to her daughters who all live within a short distance of Chandler.

I was captivated by the many stories Marion had from growing up on the farm; nursing a chicken back to life that had fallen into the water tank and was headed for a certain death, sitting on top of the straw pile watching an angry bull circling at the bottom of the pile hoping there was not going to be disastrous results, a tornado that destroyed their barn and chicken house, and last but certainly not least, trying to ski down the snow-covered straw pile on skis too big for her. Ultimately, she ended up on her face going down the straw pile without her skis. She said if you had an imagination you could do anything, or be anyone, you imagined!

Marion was able to travel with a cousin to Israel, Egypt, France and Switzerland. She never hesitated when I asked what her favorite countries were. Israel and Egypt were at the top of the list because of their archeological significance. She loves to read about ancient archeology and was able to ride on a camel by the pyramids. She said that was a sight to behold; the pyramids and her on a camel!

Marion attends the vast majority of activities at Chandler and frequently goes on our outings. She thoroughly enjoys being outdoors feeding the ducks and walking out by the pond. She loves living at Chandler and loves the staff here.

I had such a great time reminiscing and laughing with Marion. She has an obvious love for life and enjoys living hers. Marion moved into Chandler in August 2015.

Resident Birthdays

| | | | | |
|--------------|----------------|----------------|-----------------|-----------------|
| Pat C., 1st | Norma Z., 17th | Betty S., 18th | Eugene T., 24th | Billie D., 24th |
| Cay M., 14th | Debra T., 18th | Marge S., 19th | Emily D., 24th | |

Community Outings

Keys Restaurant

Thursday, July 6, 11 a.m.

Picnic Lunch at Como Park

Thursday, July 13, 10 a.m.

Coffee and Donuts at the Nature Center

Thursday, July 20, 10 a.m.

Concert at Salo Park

Thursday, July 20, 6:30 p.m.

Soaring Spirits

During the last six months as your chaplain, I have had wonderful conversations with many of you and look forward to hearing more of your stories and experiences. Some of you have asked a very good question, "What is the difference between a pastor and a chaplain?" I will do my best to answer that question as simply as possible.

Pastors and chaplains are both ministers but function in different ways. Pastors usually serve in a congregation where a group believes similarly and the people come to worship. A chaplain will go to where the people are and will meet them where ever they are in their spiritual journey. To a chaplain, many of our problems are similar whether a person is a devout Christian, Muslim, Jew, Hindu, Buddhist, Atheist, Agnostic or any other faith tradition. In this life, we all experience abandonment, loss, rejection, loneliness, fear, illnesses, family stress, changes in life and dreams for the future. The chaplain will listen and walk alongside a person in their struggles and joys while respecting their spiritual journey.

Today's new chaplains have received additional training beyond seminary. After serving as a congregational pastoral assistant for four years during seminary, I became an ordained pastor and received almost two years additional chaplaincy training at The University of Minnesota Medical Center and Park Nicollet Methodist Hospital. During that time, I ministered to people from 10 different religions and 14 different denominations within the Christian church. At the Ecumenical Christian Worship services on Wednesday mornings, it may seem I am filling the role of a pastor, and in many ways I am, but when constructing service I am very mindful of denominational differences in the room and address those things which we have in common.

In short, I will never force any spiritual teaching on a person, and I see a chaplain as "a wounded healer encountering other wounded people; one who is not afraid to enter their inner spaces, to listen, sit with them and bring peace, calmness, and hope." (Wanjiru Mukunga, 2013)

— Rev. Linda Boyadjis; Spiritual Director

Nursing/ Health Care

As a nurse, when I am asked about the one thing someone can do to improve his or her overall health, I don't have to think twice. I always reply, "drink a lot of water."

Drinking a healthy amount of water is vital to your health. It is noteworthy that approximately two-thirds of our body composition is made up of water. Everyone can gain tremendous health benefits by increasing their fluid intake, including some of these advantages:

- Weight loss
- Natural remedy for headaches and back pain due to dehydration
- Healthier skin
- Improved brain function (helps you "think better")
- Improved exercise regime through increased energy
- Aides in the digestion process by raising metabolism
- Decreases likelihood of constipation
- Decreases risk of urinary tract infections
- Relieves fatigue
- Improved mood (when your body feels better, so does your mood)
- Reduces the risk of cancer related to the digestive system

Here is to a healthier lifestyle, drink six to eight glasses of water each day. Cheers.

Life Enrichment Highlights

Independence Day Celebration

Monday, July 3, 2 p.m., Dining Room

Valiant Veterans® Picnic and Motorcycle Show & Rides

Tuesday, July 11, 11:30 a.m., Dining Room and Back Parking Lot

Chandler University: Latin America's Political Pendulum

Tuesday, July 18, 1:30 p.m., Community Room

Matinee Showing of "La La Land"

Thursday, July 27, 1 p.m., Community Room



CHANDLER PLACE

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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 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!

