

# GOOD Life News

*at Chandler Place Assisted Living*

NOVEMBER 2017

[www.chandlerplacesenior.com](http://www.chandlerplacesenior.com)

## Executive Director

November is a time to reflect on all the many blessings in our lives and to take a few moments to reflect and express gratitude. I am truly blessed and thankful to work and live in a community that allows me the opportunity to serve our greatest generation. Each day, the residents of Chandler Place teach me how to step outside of my own issues and care unconditionally. They teach me how to laugh at adversity and enjoy the simple pleasure of fellowship. Most of all, even in these uncertain times, they teach me that no matter how insurmountable the issues seem to be, we will make it through stronger and more united if we stick together!

*-William Huseonica*

## Soaring Spirits

### An Entangled Whale's Gratitude

A female humpback whale had become entangled in a spider web of crab traps and lines. She was weighted down by hundreds of pounds of traps that caused her to struggle to stay afloat. She also had hundreds of yards of line rope wrapped around her body, her tail, her torso and a line tugging in her mouth. This is her story of giving gratitude. A fisherman spotted her just east of the Farallon Islands (outside the Golden Gate) and radioed for help. Within a few hours, the rescue team arrived and determined that she was so badly off the only way to save her was to dive in and untangle her, a very dangerous proposition. One slap of the tail could kill a rescuer. They worked for hours with curved knives and eventually freed her. When she was free, the divers say she swam in what seemed like joyous circles. She then came back to each and every diver, one at a time, nudged them and pushed gently, thanking them. Some said it was the most incredibly beautiful experience of their lives. The guy who cut the rope out of her mouth says her eye was following him the whole time and he will never be the same.

May you be so fortunate, to be surrounded by people who will help you get untangled from the things that are binding you. May you always know the joy of giving and receiving gratitude.



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

## FIT Functional Fitness®

Our FIT Functional Fitness program is designed to go beyond typical senior fitness programs to help improve core strength, balance, cardiovascular health, and promote relaxation. Developed in partnership with a board certified exercise physiologist, the program's targeted exercises are created to deliver the maximum benefit for each participant. The goal is to increase overall health and wellbeing, reduce potential for falls and encourage residents to remain active. FIT Functional Fitness incorporates four fitness programs, taking current health levels into consideration and allowing all residents to participate.

## Resident Spotlight

Dolly K. was born on Jan. 12, 1918, to Arthur and Clara Maas in Arlington, Minn., at home on the Oaks Family Farm. Her great-grandfather was of German descent and homesteaded the land when he immigrated from Hamburg, Germany, in July 1865. Dolly had one older brother, two older sisters and two younger sisters. Living on a farm, there were always chores to do, and the Oaks Farm was no exception. Dolly loved spending time outside and enjoyed the chores given to her. She milked cows, drove the horses in hay time, fed the chickens and gathered eggs. Her favorite time was when she was riding her black Shetland pony, Topsy. They rode two miles to the mailbox to gather the mail, and they also went out into the fields, gathered the cows and brought them back in for the night.

Dolly attended the same one-room schoolhouse, grades 1-8, in Sibley County, as her dad had. After elementary school, Dolly went on to Arlington High School, which was five miles from the farm. She did not have transportation to and from school, so she lived with a couple in town. She took care of their two younger children during the school year to pay for her room and board. Dolly graduated in the summer of 1936, applied to three different colleges for Nursing, and chose the Nursing program at the University of Minnesota. She started classes in March 1937, carrying 17 credits her first quarter, which cost her \$45! She lived for a short time in the dorms at the University of Minnesota but then moved to the dorms at Hennepin County General Hospital, where she stayed until graduating in 1940. Near the end of her schooling, the Red Cross came to General Hospital and recruited senior nursing students for the military. She chose the Navy, requested California and Hawaii for her duty stations and was granted both. Dolly served from 1941-1945 and earned the rank of Lieutenant JG. To put her tuition into perspective, Dolly's beginning salary, after graduation, was \$55 a month; room, board, and laundry. As an Ensign, her salary was \$60 a month; room, board, and laundry.

Dolly arrived in San Diego, Calif., on Jan. 1, 1942. She developed a friendship with seven other girls while there. They were known as, "The 3rd Deck," and they remained lifelong friends. Dolly had many unique experiences while she was in San Diego. Bob Hope and Jerry Colonna visited, she was in frequent contact with Ellen Miller, Glen Miller's sister, and she often went to Coronado Island with her girlfriends for picnics. One night, she was out to dinner with friends in a small cafe and in walked a handsome Army soldier from Minnesota. He approached their table and asked one of the girls to dance. She danced with him and told him about her friend at the table who was also from Minnesota. He came back to the table and asked Dolly to dance. They dated a few times before Jim shipped out in the fall of 1942. In the meantime, Dolly shipped out to Honolulu. Jim sent her a Christmas card, which she eventually responded to. As it turned out, Jim was also stationed in Honolulu. They began dating, enjoying many nights of dancing and dinner. They married in December 1944 in a small church on the island of Honolulu and held their reception at Fort Shafter Base. World War II brought many challenges her way at Navy #10 Hospital; working around the clock admitting the wounded when they were brought in, caring for a young 15 year old who tragically lost his leg and censoring the mail cutting out parts of the letters that were not allowed (she said this was her worst job). Among the difficult times, a highlight was seeing FDR and his dog when he came to visit the island. When Dolly was discharged from the Navy, she came back to Minnesota and attended the University of Minnesota using her GI Bill to further her education. She received her Bachelor of Science and a Nursing Education Degree. Dolly was the head nurse at Hennepin County General Hospital in Pediatrics and taught for a year. She stayed home with the kids until they were three or four and then worked weekends and nights as a Nursing Supervisor. In 1959, she went back to full-time teaching in Pediatrics and then on to Medical Surgical Nursing where she was head of the department until she retired in 1981.

Dolly and Jim had two children; a boy and a girl. They were a busy family, spending time at school with activities throughout the kids' elementary and high school years. They traveled to Wisconsin, Virginia, Florida and Nassau as a family. Dolly and Jim traveled to Paris, London, Alaska, the Panama Canal, the Caribbean Islands and Hawaii twice. They went back to see Navy #10 Hospital where she had been stationed, and it was a large housing development. Things had definitely changed!

Dolly is the proud grandma of three grandchildren and two great-grandchildren. She is very enthusiastic when she talks about them, and I was privileged to be able to see recent pictures of Parker and Lily. Like I always say, "It's all about the grandkids!"

Dolly and Jim lived in Arizona for 18 years. Jim loved to golf, but Dolly, not so much. She spent her time volunteering at the nearby hospital in the Emergency Room Department and eventually, the Outpatient Clinic.

It was a joy to visit with Dolly. Her apartment is beautiful with its neutral and cream tones. There are numerous family photos everywhere in her home, so I know family is very important to her. Dolly is active at Chandler Place and frequently attends the veteran activities each month. I loved listening to her history and the stories she had to tell. Dolly moved into Chandler in March 2011.



## Food and Beverage/ Dining Services

I welcome and encourage you to attend our Food Forum Meetings so we can get your feedback on the food we serve, your suggestions for special meals and some of your other food preferences. The next Food Forum Meeting will be Tuesday, Nov. 7, at 10:15 a.m., in the Pub, located just off the Dining Room on the 2nd Floor.

Bon Apetit  
*Chef Patrick*

## Nursing Notes

Once again our Chandler Place/Pearl Garden annual Flu Clinic was a great success. Many of our residents took advantage of this opportunity and received their flu shots.

Seasonal flu vaccines protect against the influenza viruses that research indicates will be the most common during the upcoming season. About two weeks after vaccination, antibodies that provide protection against the influenza virus in the vaccine develop in the body offering the best protection against the seasonal flu.

If you missed the clinic we strongly advise you to see your primary physician for the vaccination. Remember, Cub and Walgreen's offer this service as well and are both located nearby.

Stay well, get plenty of rest and drink at least four large glasses of fluids each day.

*Joan Roberts, RN, Director of Nursing*

## Life Enrichment Highlights

### Thanksgiving Wreath Decorating

Wednesday, Nov. 1, 2 p.m., Activity Room

### Joyful Hymnsters

Monday, Nov. 6, 1:30 p.m., Dining Room

### Veterans Day Program

Thursday, Nov. 9, 2 p.m., Dining Room

### Chandler U, Presentation by Dr. David Sawyer, Dr. of Optometry

Monday, Nov. 13, 10 a.m., Community Room

### Washburn-McGreavy, Funeral Preplanning

Monday, Nov. 20, 2 p.m., Community Room

### Volunteer Luncheon

Tuesday, Nov. 21, 12 p.m., Activity Room

Attention residents, family friends and Chandler Place staff!

Please turn in your favorite recipes to Char in the Life Enrichment Office. These will be included in our new "Chefs of Chandler Place Cookbook" coming out in 2018!

## New Residents

Our next New Resident Wine and Cheese Social will be on Wednesday, Dec. 6, at 2 p.m., in the Dining Room. Come and meet your newest neighbors while you enjoy some delicious refreshments.

## Marketing Minutes

Chandler Place was voted best Assisted Living 2017, so as a way of saying thank you we are offering a \$1,000 bonus if you refer a friend! If you refer a friend and they move in, you both receive \$1,000! Available until Nov. 30, 2017.

### Fine Print:

1. Prospect or prospect family member must share resident's name upon inquiring about Chandler Place by phone, email or on tour.
2. Chandler resident must share name of prospect they are referring. Alert Megan or Jenny in person or by phone.
3. Upon prospect becoming a new resident and signing a lease, they will be award \$1,000 off their first month's rent.
4. After new resident has resided 60 days, the referring resident will receive a \$1,000 credit on their monthly statement.
5. Offer available until Nov. 30, 2017

## Resident Birthdays

Delores N., 5th

Marlys H., 13th

Norma N., 15th

Jack M., 24th

Don B., 27th

## Community Outings

### Karta Tai Restaurant

Thursday, Nov. 2, 11 a.m.

### Mystic Lake for Gambling and Lunch

Thursday, Nov. 16, 10 a.m.

### Scenic Drive

Thursday, Nov. 30, 1 p.m.





## CHANDLER PLACE

Senior Living

3701 Chandler Drive NE  
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COMMUNITY MANAGED BY



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## Staff

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Linda Boyadjis

## Like Us on Facebook

Go to [facebook.com/ChandlerPlaceAssistedLiving](https://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!

