

GOOD Life News

at Chandler Place

MARCH 2018

www.chandlerplacesenior.com

Executive Director

I have done some research on what makes a happy life, and there are many commonalities and themes that are shared by many periodicals and books on the subject. Common themes include eating healthy by reducing processed foods and sugars; eating more natural fruits and vegetables; getting enough sleep; exercising daily; socializing, staying connected with friends and family; and being part of something bigger than yourself.

Chandler Place's programs are second to none in areas of healthy eating with our Food for Life program and exercise with our rapidly growing FIT Functional Fitness™ program. Becky and the Life Enrichment team do a spectacular job providing programs that stimulate creative expression and Community connection opportunities for personal and spiritual growth.

Enjoy our food, exercise in our FIT programs and participate in the many fun, meaningful and challenging programs offered by our LE Department!

As the Bobby McFerrin song says, "Don't Worry, Be Happy," as you continue to grow as a person at Chandler Place Assisted Living!

Happy Spring!

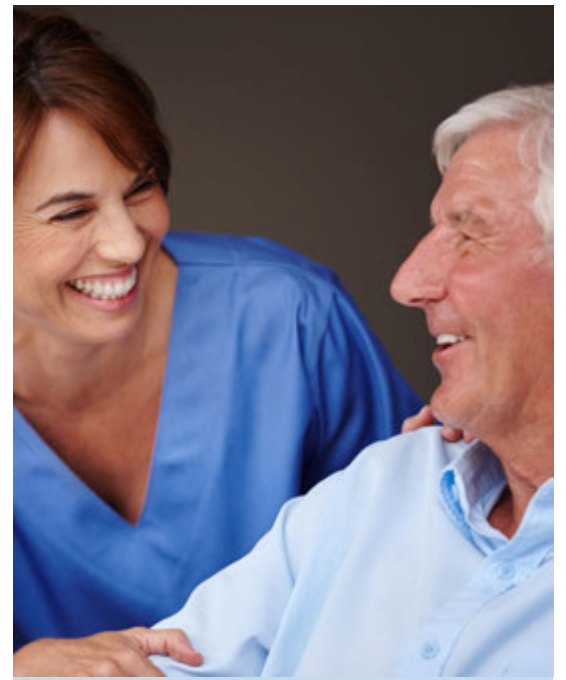
William

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 referred resident move-in.



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

**Platinum
Service®
Standard #20**

"I am an ambassador for our company and continually promote our services. I always conduct myself with integrity and uncompromising values."

What does it mean to be an ambassador for our community? An ambassador is not only a representative; being an ambassador means that what we do and the way we do it is the result of a direct personal connection with our team and residents. Being an ambassador goes well beyond the concept of being "good at our job," it requires an emotional connection. Here, we are fortunate to have such dedicated, skilled and upbeat team members who make our community a great place to live and work.

*"Integrity is what we do, what we say, and what we say we do."
—Don Galer*

Resident Spotlight

Betty K. was born in Hornet County, North Carolina on August 9, 1932, at home on her family's farm, to proud parents, Aulmon and Lula Childs. She had three sisters and six brothers. Betty was the baby of the family and said they had a noisy and busy home which she didn't mind at all! Her mother was very busy on the farm and was not able to spend a lot of time with Betty, so her oldest sister took Betty under her wing and was like a mother to her. Being the youngest of nine siblings, she was pampered and did not have to take part in many of the farm chores, which left her plenty of time to fulfill one of her passions; riding her horses and one in particular, Mozo. Betty made friends easily and enjoyed spending time with her diverse group of friends and listening to the music in the black southern churches. Betty grew up during the Depression and sadly, lost one of her brothers when she was only 10 years old. He was shot down by the enemy, captured, and spent his remaining days in a Japanese Prison Camp. That has left a life-long impression on her. Betty has lived in North Carolina, Texas, and Minnesota.

Betty went to grade school and high school in Clayton, North Carolina. After graduation, she worked in a department store at the cosmetics counter and loved every minute of it. One particular day, two handsome Navy guys came strolling into the store. One of them was a friend of her brother's. Betty didn't think too much of it until she got home from work, and there stood the handsome Navy guys. Her future husband, Richard had seen a picture of her on the coffee table and realized it was the beautiful girl from the cosmetic counter he had seen earlier that day. It was only a matter of a short time and he asked her out to dinner. The rest is history. They were married on June 23, 1951, in a small ceremony in Raleigh, North Carolina. Richard's parents lived in Minnesota, so they boarded a train and spent the next couple of days traveling to Minnesota so she could meet his parents. Betty loved the train ride and the luxury of the dining car encased in glass. Richard was deployed for a year after they were married, so many letters and phone calls were exchanged between the two of them.

Betty and Richard settled into married life in Minnesota. She worked as a bank teller and also at a cosmetics counter. She eventually tried her hand at design and fashion, and made many of her own clothes and clothes for her girls. They had four kids: Two girls and two boys. Their lives were busy with home life, band concerts and practice, sports, PTA, Girl Scouts, Boy Scouts and church groups. Eventually, one of Betty's sons went on to play college football at North Dakota State and one of her daughters started her own modeling and magazine company. Betty was thrilled when she was able to be featured in the magazine as a model! Betty has six grandkids and two great-grandkids. She sees them often and loves to do crafts with them.

Betty is a woman of many talents. She paints, designs, sews, gardens, and just about anything else you can imagine. She always has beautiful seasonal decorations on her patio outside her apartment, and on the door of her apartment. She said she loves to sew and do crafts. Betty is very artistic and being in her apartment, you feel like you have been transported to a Better Homes and Garden's house.

Betty is very proud of her kids and grandkids, and has many pictures displayed in her apartment where you can clearly see them! Betty and I both share a common hobby; antiques. I loved being able to see all the antiques she has acquired at estate sales and over the years of antique shopping. I had a great time reminiscing with Betty and I am so grateful I was able to get to know her a little better. She's a great lady to chat with.

Betty moved into Chandler Place in July 2015 from the great state of Texas.



Community Outings

Carol's Kitchen for Lunch

- Thursday, March 1, 11 a.m.

Introduction to Electronics including Smartphones, Tablets, Computers, etc.

- This class will be held at the St. Anthony Community Center
- Tuesday, March 6, 1:30 p.m.

Thursday, March 8, 11 a.m.

- Coopers Irish Pub, 10:45 a.m.

Arboretum Scenic Drive, Arboretum Cafeteria for Lunch

- Thursday, March 8, 10:30 a.m.

Old Log Theater for Lunch and Show (Cost: \$51.71)

"Guys and Dolls"

- Thursday, March 22, 11:15 a.m.

Como Park Conservatory

- Thursday, March 29, 1 p.m.

New Residents

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

Life Enrichment Highlights

St. Patrick's Happy Hour Party!

- Friday, March 16, 2 p.m., Dining Room

Military Wives Luncheon

- Tuesday, March 20, 11:30 a.m., Dining Room

Chandler University: A Great Decision Presentation on South Africa

- Monday, March 26, 2 p.m., Community Room

Music Men Performance!

- Wednesday, March, 28, 7:15 p.m., Dining Room

Soaring Spirits

The Beauty of Simplicity

It may be a stretch, but some days I feel there is more wisdom within the walls of Chandler Place and St. Anthony Health the Rehabilitation than all the encyclopedias ever written. The younger we are, the harder it is to see the beauty in the simplicity of life. The following reflection repeats the thoughts of many residents whom I have had the honor to speak with.

I Would Pick More Daisies by Don Herold

When the late Nadine Stair of Louisville, Kentucky, was 85 years old, she was asked what she would do if she had her life to live over again

"I'd make more mistakes next time," she said. "I'd relax. I would limber up. I would be sillier than I have been on this trip. I would take fewer things seriously. I would take more chances. I would climb more mountains and swim more rivers. I would eat more ice cream and less beans. I would perhaps have more actual troubles, but I'd have fewer imaginary ones. You see, I'm one of those people who live sensibly and sanely hour after hour, day after day. Oh, I've had my moments, and if I had to do it over again, I'd have more of them. In fact, I'd try to have nothing else. Just moments, one after another, instead of living so many years ahead of each day. I've been one of those persons who never goes anywhere without a thermometer, a hot water bottle and a raincoat. If I had to do it over again, I would travel lighter than I have.

If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall. I would go to more dances. I would ride more merry-go-rounds, and I would pick more daisies."

May it be so.

Linda Boyadjis
Spiritual Director

Nursing Notes

Insomnia is one of the most common sleep disorders, and it affects many senior citizens.

Insomnia is the inability to get to sleep and stay asleep night after night. This disorder can cause significant stress to those who suffer from it and can cause those individuals to be extremely tired during daytime hours, which consequently affects the quality of their lives.

The following are just a few tips for promoting a better nights sleep:

1. Avoid eating foods that contain a lot of sugar.
2. Cut down on your caffeine intake; avoid coffee, tea and caffeinated sodas after noon.
3. Exercise.
4. Eat a light dinner.
5. Read a book or watch a relaxing TV program before bed. Avoid the news or violent TV programs that can cause stress.
6. If a worry is keeping you awake at night, discuss that concern with a family member, friend or pastor.
7. Make sure your bedroom is not too warm.
8. A shower or bath before bedtime often works wonders.

Happy Zzzs!

Resident Birthdays

Carol K., 1st

Dianne C., 6th

Carolyn M., 8th

Gerry M., 9th

Jean S., 18th

Don M., 26th



CHANDLER PLACE

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Food and Beverage/ Dining Services

We 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, March 6, at 10:15 a.m., in the Pub, located just off the Dining Room on the 2nd Floor.

Bon Appetit!

Chef Dan



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Visit 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!