

# GOOD Life News

at Chandler Place

JANUARY 2019

www.chandlerplacesenior.com



## Executive Director

What a great year we had at Chandler Place! We ended the year with wonderful holiday activities, including our annual Holiday Boutique. The event was a huge success. A special thanks to all of the vendors who participated, the Life Enrichment Department who coordinated it and the Kitchen for making such a delicious lunch. Your participation and holiday spirit made it a fun and festive afternoon!

As we say goodbye to 2018, I would like to say it has been a pleasure serving you and I look forward to continuing our quest in making Chandler Place a comfortable, safe and memorable home for you! Happy New Year!

— William

## 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 night's 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 New Year and happy zzzs!

Natalie

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

**Platinum Service®  
Standard #6**

*"I enjoy what I do. I have a warm, caring and positive attitude that makes our communities great places to live and work."*

Having a positive attitude and an optimistic view of life are two things that intertwine to help us find happiness, both in our personal lives and at work. As we head into the new year, Platinum Service Standard #6 reminds us to reflect on and be thankful for the opportunity to serve our residents and fellow staff members. A warm tone of voice, a smile, and kind manners are examples of our Platinum Service® promise, which we strive for in all things we do. When employees genuinely enjoy what they do, they serve others with a sense of purpose. May you all have a very happy and blessed New Year.

## Employee Spotlight

Hello my name is Tyler Pomeroy! I am the New Resident Services Coordinator at Chandler Place and Pearl Garden. I was born and raised in the beautiful town of Mounds View, Minn. I attended St. John The Baptist school from kindergarten through eighth grade and went to Irondale High School. When I was in high school, I wasn't sure what I wanted to do for a career. I thought the best idea would be to try out different opportunities. My work career started at Chandler Place when I was 15 years old on the wait staff. I wasn't sure how I was going to like it.. Well I ended up loving it! This experience has made me a better person. It helped me understand senior care and life in general. After graduating from high school in 2010, I was still at a loss of what I wanted to do for my career path. My sister Natalie was in school for nursing, and was working as an LPN at Chandler as well. I saw how much she enjoyed working with the residents. Finally, after much contemplation, I signed up for school and decided on nursing for a career path. I graduated with my CNA and worked overnights at Chandler Place and Pearl Garden memory care for 2 years. After many overnights, I decided I wanted to see more sunlight. I moved on into the sales world of Business to Business sales for Staples, and traveled the Midwest for almost 2 years. During this time at Staples, I accomplished top sales representative three months in a row and was rewarded with the "Star Sales award" given only to three people out of thousands at the end of the year. After being away and living on the road, I realized that my heart was still in senior care. I enjoy the relaxed environment that is at Chandler Place and after being in a chaotic sales role, I knew I was making the right decision to come back to Chandler Place. After a few years, I felt the urge to go try another avenue for a career path, and that happened to be very interesting for me. I had very little experience in the food industry, but I loved the fast-paced work environment that it brought with the job. I laughed as I filled out an application for Boston Market, because it is my favorite restaurant. After interviewing, they offered me a position in Chicago where I learned how to manage/operate multiple restaurants at a fast pace. I was excited to try something different and new, but it was once again a bittersweet transition. I missed the residents I had gotten to know here so well. For a few months, I went about my work in Chicago and enjoyed the fast pace and the new information I was learning, but deep down I knew that I was missing something. That something was the caring and compassionate job that I had left behind once again. It motivated me to call William. I had a lengthy conversation with him on how I missed my work there, and how different this job in Chicago was for me. After a little time went by, I received a call from Joan Roberts saying they needed an overnight Preceptor, and without hesitation I accepted the position. I was back to working with the people I care about, and felt a purpose. I took a management level position, and couldn't wait to help in any way I could. One year later, I was offered the Resident Service Coordinator position, and was thrilled. My dream of working days, and staying in the building had finally come true. I am so grateful for everyone that has helped me in my career and in my life. A special thank you to all the residents and staff at Chandler Place that encouraged me to try new things, and take risks in life. I look forward to many more years to come, and cannot wait to see what the future holds.

## Life Enrichment Highlights

### Valiant Veterans® Pancake Breakfast

Tuesday, Jan. 8, 9:30 a.m.,  
Dining Room

### Winter Wreath Making

Monday, Jan. 14, 1 p.m.,  
Community Room

### Taylor Marie's Shopping

Tuesday, Jan. 15, 1-3 p.m.,  
Community Room

### Music Men

Wednesday, Jan. 30, Dining  
Room



## Marketing Minutes

Hello from Mary and Tyler in Marketing!

As you've probably noticed, we have many new faces in our community. Thank you all for the roles you have played in making this happen. Your kind words and friendly faces mean so much to our families. Choosing the appropriate senior living place for a loved one can be one of the most difficult decisions a person has to make. I am proud to say our Chandler Place residents make that decision easier.

Happy Holidays to you and yours!

## How the World Celebrates the New Year

In the U.S., the New Year is often ushered in with parties, fireworks and a midnight kiss. The rest of the world revels in a variety of traditions.

**Spain** — At the stroke of midnight, people in Spain eat 12 grapes, one for each month of the year ahead, for good luck.

**Russia** — In the country's region of Siberia, divers plunge into icy lakes to place a New Year tree, or "yolka," beneath the water's surface, symbolizing a new beginning.

**Germany** — Germans give a sweet greeting to Jan. 1 by eating the jelly doughnut known as a "Berliner," "Pfannkuchen" or "Krapfen."

**Japan** — All across this Asian nation, the sound of cities ringing in the New Year can be heard at midnight, when bells chime 108 times as a cleansing ritual.

**Colombia** — Those hoping for travel adventures in the coming year will carry an empty suitcase with them, a custom in Colombia and other Latin American countries.

**Greece** — Symbolizing renewal, onions are hung on doorways as a good luck token.

**Brazil** — To bring prosperity and good luck, Brazilians wear white on New Year's Eve and toss white flowers and candles into the ocean.

**Turkey** — At midnight, people here sprinkle salt on their doorsteps, which is believed to bring peace and good fortune.

**Finland** — A crafty custom in Finland is to melt down some tin and then pour it into cold water. When the metal hardens, the shape it forms gives a prediction for the year to come.

**Romania** — For protection in the new year, many dress up as bears and perform a dance to scare away bad luck.

## Community Outings

### Red Lobster

Thursday, Jan. 3, 11 a.m.

### Omni Theater/Lunch

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

### Olive Garden

Thursday, Jan. 17, 11 a.m.

### Bell Museum/Lunch

Thursday, Jan. 24, 10 p.m.

### Scenic Drive

Thursday, Jan. 31, 1 p.m.

## Soaring Spirits

Thomas Jefferson had a 'Yes' Face

Thomas Jefferson can teach us quite a bit about our body language. The latest research has shown that only 7% of physical communication is from the spoken word. 38% of communication comes from our tone of voice and a whopping 55% comes from body language. It is amazing how much we can say while remaining completely silent. Charles Swindoll addressed the power of body language in a story he told about Thomas Jefferson:

"During Thomas Jefferson's presidency, he and a group of travelers were crossing a river that had overflowed its banks. Each man crossed on horseback fighting for his life. A lone traveler watched the group traverse the treacherous river and then asked President Jefferson to take him across. The president agreed without hesitation, the man climbed on, and the two made it safely to the other side of the river where somebody asked him: "Why did you select the President to ask this favor?" The man was shocked, admitting he had no idea it was the President of the United States who had carried him safely across. "All I know," he said, "is that on some of your faces was written the answer 'No' and on some of them was the answer 'Yes.' His was a 'Yes' face."

In the world of chaplaincy, we call this the "ministry of presence." Jefferson presented himself as a welcoming and helpful man without saying a word. A gentle smile and a helping hand can say so much in complete silence. When you find yourself in a situation where the right words are hard to find, remember, a welcoming presence or a kind gesture will say more than words.

— Linda Boyadjis, Spiritual Director/Chaplain

## Resident Birthdays

Pat R., 2nd

Bethel F., 4th

Bill H., 7th

Adele D., 8th

Gladys J., 21st

Marian P., 26th

Bev P., 27th





# CHANDLER PLACE

Senior Living

3701 Chandler Drive NE, Minneapolis, MN 55421  
612-788-7321 | [www.chandlerplacesenior.com](http://www.chandlerplacesenior.com)



MANAGED BY  
 The Goodman Group

## Staff

**Executive Director**

William Huseonica

**Director of Nursing**

Joan Roberts

**Sales and Marketing Director**

Mary Gaspers

**Life Enrichment Director**

Becky Aune

**Business Office Director**

Mary Jo Dillon

**Housekeeping Director**

Bekira Buljubasic

**Maintenance Director**

Bill Stern

**Culinary Operations**

Dan Vansterling

**Spiritual Director**

Linda Boyadjis

## Food and Beverage/ Dining Services

The next Chef's Chat will be Tuesday, Jan. 8, at 10:15 a.m., in the Pub, located just off the Dining Room on the Second Floor. Bon Appetit!

## New Residents

The next New Resident Social will be Wednesday, Jan. 23, at 1:30 p.m., in the Dining Room. Be sure to come and welcome our newest residents while you enjoy some refreshments!



## Like Us on Facebook

@ChandlerPlaceAssistedLiving

Visit [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!