

GOOD Life News

at Chandler Place Assisted Living

SEPTEMBER 2017

www.chandlerplacesenior.com

Executive Director

"Family isn't always blood, it's the people in your life who want you in theirs: the ones who accept you for who you are, the ones who would do anything to see you smile and who love you no matter what."

— Maya Angelou

In September we will be celebrating Assisted Living Week. The theme this year is "Family Is Forever." To celebrate this theme, Chandler Place is planning a "Family Is Forever" Photo Exhibit. We are asking residents and staff to bring their favorite family photos to display. Keep in mind that family does not have to include only immediate family but it can include other people or animals that have played an meaningful part in your life. Start digging through your pictures to find your favorite ones to share with our Chandler Place family! Don't forget to invite your family and friends to this fun and meaningful event. Refreshments will be served.

Have a wonderful fall!

William Huseonica

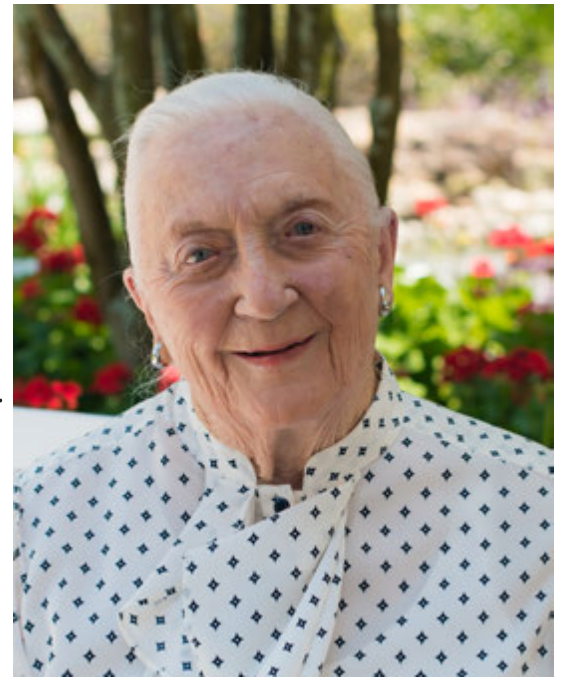
Marketing Minutes

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 Oct. 1, 2017.

Fine Print:

1. Prospect or Prospect family member must share residents 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 Oct. 1, 2017.



Our Talk. Our Walk. Every Day! Healthy Aging Month

This month's theme is designed to focus national attention on the positive aspects of growing older. Just like Carolyn Worthington, editor-in-chief of Health Aging Magazine, we believe it's never too late to find a new career, sport, passion or hobby. She says, "Use September as the motivation to take stock of where you've been, what you really would like to do if money was no object. And try it! Who says you have to do something related to what you studied in school? Who says, you can't start your own home business later in life, test you're your physical prowess, or do something wildly different from anything you've done before? Only that person you see in the mirror!"

Resident Spotlight

Geraine M. was born on Oct. 23, 1936, to Leonard and Elvira Thompson, who were of Norwegian descent, in Halstad, Minn., a small farming community of 500 people. She was born in the family farmhouse. Geraine has three brothers and one sister and is the second from the oldest. Much of her time was spent helping her mother with household chores and also working with her siblings doing outside chores around the farm. Geraine and her siblings spent their free time, the little they had, playing outdoor games as a family and occasionally, playing with the neighborhood kids. She was able to join the Girl Scouts and spent many summers on camping trips with her leaders and friends. She was known throughout the area she grew up in as the “town babysitter.” Her one passion growing up, and to this day, was reading. As a child, she read books nonstop, and whenever I see her outside or in the Lobby at Chandler Place, she usually has a book in her hands.



Geraine attended the one-room Halstad Elementary School and went on to attend and graduate from Halstad High School. She enjoyed her school days so much she said she would not mind reliving them! Geraine attended Fargo Business College for one year and graduated with a Business Degree. She and her girlfriend walked to the college every day and thoroughly enjoyed the year they spent there.

Geraine met the man she would eventually marry when she was in high school. He, Noel, attended another high school in a neighboring town. They knew of each other for many years when Noel decided it was time to make the “move.” He asked her out, and the rest is history. They dated for two years, going to movies and dancing the nights away in Fargo. They were married in April 1954 in her home church. They traveled west for their honeymoon and made stops in Wyoming and Montana, staying in cabins along the way. Geraine and Noel had eight children, two boys and six girls, during 13 years of marriage. To say she had a busy household would be an understatement! Between the kids, band practices and concerts, PTA, sports and all the other busyness of life, needless to say, Geraine would fall into bed at night!

She is now the proud grandma to 26 grandchildren and eight great-grandkids.

Geraine not only raised eight kids, but she also worked during that time. She drove a school bus for many years, had a licensed day care and what I find the most fascinating, she built colored weather radar for a small private business located by the Minneapolis International Airport. She wired the very first Doppler Radar that was produced during WWII! Her love of gardening was very well-known to her neighbors, friends and family. She always had beautiful gardens and took care of them so they looked meticulous. Peas, green beans, tomatoes and cucumbers found their way into her freezer and canning jars to be enjoyed throughout the winter months. At one point in time, she had canned 300 quarts of veggies!

Geraine did not do a lot of traveling when the kids were young, but she did travel to California and Florida. She took an overseas trip to England and France with her girlfriends, and they had a wonderful time. She loved England because of its history, and it reminded her of home. In England, she found a beautiful, white coffee set and said she just had to buy it because it had pink geraniums on the front!

Geraine married again later in life. Joseph was a wonderful and patient man, and they thoroughly enjoyed their time together. They both loved to fish and spent many, many hours on the lake and at the cabin. Sadly, Joseph passed away five short years after they were married.

Geraine attends the vast majority of activities at Chandler and occasionally goes on our outings. She thoroughly enjoys being outdoors and loves living at Chandler Place.

I had a great time reminiscing and laughing with Geraine. She has an obvious love for life and enjoys living hers. She reiterated at the end of our conversation she would not mind reliving her life, because she’s had a great life and she has enjoyed life to the fullest. I have been in her apartment, and the pictures she has displayed everywhere you look are evidence of the love she has for her family. Her apartment is decorated beautifully and is warm and inviting.

Geraine moved into Chandler in February 2015 and says she suggests Chandler Place to everyone she can because she knows it is a great place to live.

New Residents

Our next New Resident Wine and Cheese Social will be on Wednesday, Oct. 4, at 2 p.m., in the Dining Room. Come and meet your newest neighbors while you enjoy some delicious refreshments.

Soaring Spirits

As I write this article today, it is Aug. 3, and my umbrella is drying in the corner of my office. The outdoor temperature is nearly 30 degrees cooler than yesterday, and the wind will pick up by the time I go home this afternoon. This is very unusual for August, but by the time September arrives, we will be expecting dramatic changes in the weather. That is the cycle of life on our planet, and in Minnesota, the changes are breathtaking.

Breathtaking is a good way to explain my thoughts as I walked to my car at 7 a.m. I thought about the days ahead when it will be dark in the morning as I leave and dark when I return home. The long commutes with icy roads and traffic jams are not appealing either. However on one cold day in August, I had allowed my mind to focus on frustrating images of the seasonal change that is ahead. Henry David Thoreau once said, “It’s not what you look at that matters, it’s what you see that counts.”

Seeing the chance to enjoy crisp cool and sunny days in the weeks ahead was blotted out by focusing on unpleasant memories of the past. I looked at a cold day and failed to see to opportunities for beautiful trees, fresh apples, migrating birds, family gatherings and children playing in piles of leaves.

My invitation to you this month is to look at the world around you and despite your circumstances, be able to see the beauty and opportunities that exist right in front of you.

*“By all these lovely tokens September days are here,
With summer’s best of weather
And autumn’s best of cheer.”*

— Helen Hunt Jackson

Have a wonderful September!

Chaplain Linda Boyadjis

Community Outings

Red Lobster for Lunch

Thursday, Sept. 7, 11 a.m.

Veterans Outing to Fleming Field

Wednesday, Sept. 13, 10:30 a.m.

Pine Tree Apple Orchard

Thursday, Sept. 21, 1:00 a.m.

Scenic Drive to the new Stillwater Bridge

Thursday, Sept. 28, 1 p.m.

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, Sept. 5, at 10:15 a.m., in the Pub, located just off the Dining Room on the 2nd Floor.

Bon Appetit
Chef Patrick

Life Enrichment Highlights

“Family is Forever” Photo Exhibit

- Tuesday, Sept. 12, 2-3:30 p.m., Activity and Community Room
- (See Executive Director’s Article for more info)

Book Club

- Friday, Sept. 15, 1 p.m., Library (5th Fl)

Special Entertainment by James Shaw (Piano and Vocals)

- Saturday, Sept. 16, 2 p.m., Dining Room

Coping With Aging Eyes

- Monday, Sept. 18, 2 p.m., Community Room

Chandler University

- Great Decisions Lecture, “Saudi Arabia in Transition”
- Tuesday, Sept. 19, 1:30 p.m., Community Room

Special Entertainment by the Showtime Gals

- Thursday, Sept. 21, 10 a.m., Dining Room

If you are interested in making an appointment with an audiologist, call

Dr. Shirley Fors at (763) 559-0603 for an appointment and more information. She will come to Chandler Place to meet with you.

Resident Birthdays

Frank P., 3rd Louise S., 11th

Lorna P., 4th Ray D., 15th

Dotti D., 4th Bennie R., 27th

Milt S., 9th Jeanette F., 27th



CHANDLER PLACE

Senior Living

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Housekeeping Director
Bekira Buljubasic

Maintenance Director
Bill Stern

Culinary Operations
Patrick Conway

Spiritual Director
Linda Boyadjis

Nursing Notes

Resident Safety Checks

Our nursing department provides daily safety checks for all residents residing at Chandler Place. These checks generally occur between 10-10:30 a.m. each morning. We ask that all of our residents place their "I'm O.K." status bar (outside their apartment door) in that position when they arise each morning. Sliders that do not indicate "I'm O.K." will cue the nursing staff to enter an apartment to check on that resident's well-being. In order for our nursing staff to be as efficient as possible with this process, we ask for your diligent help in addressing this issue first thing each morning.

Your safety and comfort is our priority, and we thank you for your participation in this program.

— Joan Roberts, RN-DON

Like Us on Facebook

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!

