

GOOD Life News

at Chandler Place

JULY 2018

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Executive Director

July brings warm summer days and our nation's Independence Day! One of the Platinum Programs I admire most at Chandler Place is our Valiant Veterans® program. Each month, the Life Enrichment Team provides special programming to honor our veterans and recognize their continued importance in our community and our country. I want to say thank you to our veterans who made it possible for us to enjoy our freedom. I am thankful to live in this great country and work with the greatest of generations who call Chandler Place home.

Thanks!

—William Huseonica

Landmarks Across America

The United States is home to dozens of must-see landmarks that are widely recognized symbols of the country. Have you visited any on this list?

Statue of Liberty — A gift from France in 1886, Lady Liberty stands proudly in New York Harbor with her torch symbolizing enlightenment and freedom.

White House — A highlight of historic sites in Washington, D.C., the home and office of the U.S. president is the only private residence of a head of state that is open to the public free of charge.

Gateway Arch — This 630-foot-tall monument to America's pioneering spirit and expansion of the West offers spectacular views of St. Louis and the Mississippi River.

Mount Rushmore — The giant faces of Presidents George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln are carved into a granite cliff in South Dakota.

Grand Canyon — This geological wonder in Arizona was formed millions of years ago, when the Colorado River eroded a 277-mile ravine through layers of rock, creating breathtaking vistas.

Golden Gate Bridge — Instantly recognized by its "international orange" paint color and art deco design, this San Francisco landmark was voted one of the seven engineering wonders of the modern world.

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

**Platinum Service®
Standard #2**

"I build lifetime relationships with our residents by creating memorable experiences."

"The customer always comes first" is an old saying that still rings true today. When surveyed, customers said they didn't feel it was a good service experience when employees worked on something else when they were waiting for assistance or when employees continued talking to each other as the customer waited for help.

At The Goodman Group and in our managed communities, Platinum Service® shows how we are always trying to focus on our residents to ensure these types of things do not happen. Through our service standards and our service approach, we make these promises to our residents: To be genuinely caring, reliable, create a great personalized experience, and be friendly and cooperative.

Resident Spotlight

Helen M. was born on Jan. 2, 1925, to John and Sofie Rzeszutek (now that's a 100 percent Polish name to try to pronounce!) at their home in Northeast Minneapolis. She was the middle child in the family and grew up with two older brothers and two younger sisters. She loved being in the middle and said the family was very close and enjoyed spending time together. Funds were pretty tight when she was growing up, so they didn't travel much as a family. She grew up a city girl. She visited a farm one time in her life and absolutely loved it. Helen was not much of a reader, but if you gave her any kind of a ball, she was occupied for hours. She loved basketball, baseball, softball, volleyball and speed skating. Helen, her siblings, and their friends spent many, many hours over the years at the city parks. Volleyball was one of her favorites at Logan Park. She had a killer serve and spike. Once, she broke her opponent's finger (accidentally) with a spike over the net. She became known as the player you didn't want to face at the net. I always say never underestimate the power that comes in little packages!



Helen attended Sheridan Elementary School and graduated from Edison High School. At the time, they did not have organized sports, so Helen played intermediate sports. She said she could have never given up sports in her high school years. After high school, Helen worked at the University of Minnesota for several years in the Administration Department.

Helen met the love of her life when she was 20 years old. Stanley and Helen met at Logan Park while she was there with friends playing basketball. They hit it off right away and began dating. They enjoyed going to movies, but their real passion was dancing. The Prom Ballroom was their favorite night spot and just about every other dance hall they could find. They dated for two years, and the rest is history; they were married in the summertime with close family attending and honeymooned in beautiful Duluth.

Helen and Stanley had three daughters. Helen was able to be a stay-at-home mom while the girls were growing up. Much of their time was occupied with going to the girls' band concerts, coaching basketball games and attending PTA meetings. Many great memories were made during those years for Helen, Stanley and the girls. She is now the proud grandma of one granddaughter, who she made sure I knew had graduated Summa Cum Laude! Helen and I both agreed, kids are wonderful, but grandkids are the best!

Helen and Stanley traveled quite a bit once the girls were grown and gone from the house. Until then, she said with band and sports, they didn't have much time to travel. Helen and Stanley went on several cruises and traveled to Ireland, Michigan and much of the United States. Her favorite place to travel was definitely right here at home in the United States.

I enjoyed visiting and reminiscing with Helen. She had a great time talking about her three daughters and her granddaughter. She has many photos in her apartment that tell a great history of her family and her life.

Helen moved into Chandler Place in April 2016.

Resident Birthdays

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

New Residents

The New Resident Social will be Wednesday, Aug. 1, at 2 p.m., in the Dining Room. Be sure to come and welcome our new residents while you enjoy some wine, punch, cheese and crackers.

Life Enrichment Highlights

Independence Day Party

Tuesday, July 3, 1:30 p.m., Dining Room

Chandler University Hang Up on Fraud, Informational Meeting on Phone Scams

Tuesday, July 10, 2 p.m., Community Room

Valiant Veterans® Picnic Lunch and Motorcycle Show

Tuesday, July 17

Picnic Lunch, 11:30 a.m., Dining Room

Motorcycle Show, 12:30 p.m., Back Parking Lot

Nursing Notes

Summer Safety — Keep Hydrate

Well, summer is here, and with the warmer weather comes the risk of dehydration — especially in young children and the elderly population.

Did you know when you start to feel thirsty you are actually experiencing the onset of dehydration? Thirst is the body's way of telling us we need to consume fluids.

Some of the warning signs of dehydration include:

- Thirst
- Dry mouth
- Weakness
- Sleepiness
- Confusion
- Headache
- Dizziness or Lightheadedness
- Decreased blood pressure
- Heart palpitations
- Decreased urine output
- Dry Skin

The following tips can help you avoid becoming dehydrated:

- Drink plenty of water throughout the day
- Keep your caffeine intake minimal (coffee, tea, colas, etc.) — they increase urine output and make you dehydrate faster
- Eat foods that contain a lot of water — fruits and vegetables
- Limit the amount of salt in your diet
- Stay indoors on very hot days
- Use your air conditioner when your apartment gets too warm
- Wear lightweight clothing
- Exercise during the hours of the day when it is coolest

If you experience any of the symptoms of dehydration, report them to your family or healthcare provider right away.

Have a happy and safe summer,

Joan Roberts, RN-DON

Community Outings

Outback Restaurant

Thursday June 5, 11 a.m.

Fishing at Lake Johanna (Limit of 5)

Thursday, June 12, 8:45 a.m.

Franconia Sculpture Park (\$4, Limit of 7)

Thursday, July 19, 10 a.m.

Located in the scenic St. Croix River Valley, Franconia Sculpture Park is a nonprofit arts organization operating a 43-acre outdoor sculpture park, active artist residency and community arts programming. Franconia was founded in 1996 by a small group of professional artists, including current Artistic Director/CEO John Hock, who envisioned a supportive artist residency community and open-air sculpture laboratory accessible to all.

Scenic Drive with a stop at Grandpa's Ice Cream Shop

Thursday, July 26, 1 p.m.

Soaring Spirits

A True Story Of 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 of 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.

—Linda Boyadjis, Spiritual Director

612-252-9650

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, July 3, at 10:15 a.m., in the Pub, located just off the Dining Room on the 2nd Floor.

Bon Appétit!

Dan



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Marketing Minutes

Greetings from the Marketing Department!

We hope you enjoyed our annual Ice Cream Social. It was so fun to get together with our friends and neighbors to celebrate summer and the wonderful community of St. Anthony and St. Anthony Senior Living. A special thank you to the St. Anthony Chamber Orchestra for bringing the event to life with their inspiring and entertaining music.

Please join us in welcoming our new residents to Chandler Place this month. I would like to take this time to thank you all for being so friendly and welcoming when I am touring our guests.

Did you know if you like us on Facebook you have a chance to win a \$100 Target gift card?

Enjoy your summer!

—Mary



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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!