



CHANDLER CHATTER

APRIL 2012

www.chandlerplacesenior.com

EXECUTIVE DIRECTOR

Spring is near and we will welcome it with open arms.

We have many projects that will take place this year, including the following:

- The back elevator will have the interior replaced to match the decor of the building.
- The kitchen ceiling tiles will be replaced.
- The sidewalk around the pond will be replaced.
- The exterior caulking around the windows will be replaced.
- Windows will be replaced.

We are always looking for ways to improve the community and its surroundings.

As always, we look for your input in the monthly Resident Council meetings. Last month we discussed putting some picture signage in the trash rooms to visually assist with placing items in the right recycling containers.

We welcome your ideas and encourage more at the next meeting.

We are in the process of interviewing to fill the Resident Services Coordinator position and will keep you informed on that as we move forward.

We hope you enjoyed the St. Patrick's Day Casino night and look forward to spring events around the corner.

Happy spring!

— Jodi

OUTINGS

Como Zoo: Wednesday, April 4. Depart at 10:30 a.m. Please join us as we embark on a trip to the Como Zoo. While visiting the zoo we will eat lunch at the Zabota Café. Following lunch we will go and listen to the Garden Talk at the Conservatory. For the remainder of your visit you can explore the conservatory. Cost = Your Meal and \$2 donation to the Zoo

Breakfast at Bakers Square: Thursday, April 12. Depart at 8 a.m. Join us for a delicious breakfast starting around \$5.50. They have a variety of breakfast items, from eggs to

pancakes, omelets and French toast (to name a few). Cost = Your Meal

St. Anthony Village High School Presents "The Crucible": Sunday, April 15. Depart 1:15 p.m. We will go see the high school's spring production of "The Crucible." The play is about the Salem witch trials that took place in Massachusetts from 1692 to 1693. Cost is \$5.

Scenic Drive: Wednesday, April 25. Depart at 2:15 p.m. Take in the sights and sounds of spring around the Twin Cities for an afternoon with your neighbors. Free of charge.

CHAPLAIN'S CHAT

Spiritual Care at St. Anthony Senior Living exists to support and enrich the spiritual journey of each resident. In April the Christian Church celebrates the holiest of days. The western Christian Church observes Holy Week with Maundy Thursday, Good Friday and Holy Saturday (April 5, 6, 7) and the Festival of the Resurrection on April 8. St. Anthony Senior Living will conduct an Ecumenical Good Friday Service on April 6 at 10 a.m. in the Chandler Dining Room. There will also be an Easter Festival Worship on Sunday, April 8, at 2 p.m. in the Chandler Dining Room. All are welcome to attend these ecumenical services. The Orthodox Church observes Pascha (Festival of the Resurrection) this year on April 15. Orthodox Holy Week begins with Lazarus Saturday (this year April 7), which is the day before Palm Sunday (this year April 8). An Orthodox Liturgy in Lent will be held for St. Anthony Senior Living on Thursday, April 5, at 10 a.m. in the Chandler Community Room. We continue our reading of "The Screwtape Letters" by C.S. Lewis every Thursday at 1:30 p.m. in the Chandler Library. There is lively discussion as we work through some of the major issues in the Christian journey. Please feel free to join us. Each week is new and different, so if you have to miss one week you can step right back in the next week. Please feel free to call me if you would like to talk or have prayer together. You may contact me through the staff or by calling 612-913-5352.

LIFE ENRICHMENT HIGHLIGHTS

- Global Academy Second Grade Visit: Friday, April 13, at 1:45 p.m.
- Volunteer Recognition Social: Monday, April 16, at 1:30 p.m. in the Dining Room
- Glad Tidings Choir Concert: Tuesday, April 17, at 7 p.m. in the Dining Room
- St. Mary's Orchestra Balalaika: Tuesday, April 24, at 7 p.m. in the Dining Room

NURSING NOTE

MEMORY LOSS

As the body ages, so does the brain. Memory loss can result from the changes taking place in our bodies as we grow older. Some individuals experience only mild memory loss, while others are impacted more. For most people with memory loss, it's the recent events that are more difficult to remember rather than those events that happened in the distant past. Some ways to help prevent memory loss are outlined below:

- Exercise Regularly — This improves circulation and blood flow/oxygenation to the brain.
- Keep Your Mind Active and Sharp — Read books, work crossword puzzles, play trivia, keep up with local and world events and participate in the activities offered through Chandler Place Life Enrichment.
- Follow a Healthy Diet — Eat nutritious foods such as fruits and vegetables, whole grains and lean meats.
- Get Enough Sleep — Sleep at least eight hours each night. Speak with your doctor if you are having trouble sleeping on a regular basis.
- Reduce Stress Levels — Physical and mental stress can interfere with concentration.
- Limit Alcohol Intake and Avoid Smoking — Both can adversely impact one's memory process.

Talk with your doctor if you have any concerns related to memory loss or other health issues. Early detection and intervention is always the goal.

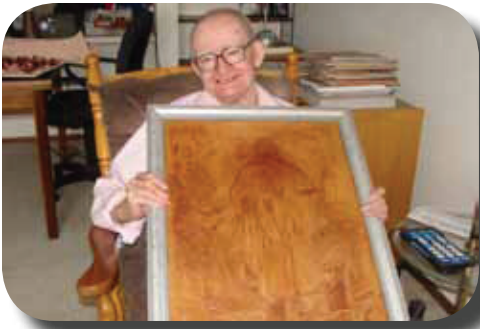
— Joan Roberts, RN, Director of Nursing

ST. ANTHONY SENIOR LIVING

MEMORY CARE NETWORK

This group was formerly known as the Dementia Support Group. This group is for families who have loved ones with memory loss. Thursday, April 12, 2012, at 6:30 p.m. in the Chandler Place Community Room on the First Floor. For further information, please contact William Huseonica at 612-913-5390. Sponsored by Life Enrichment and Spiritual Care

RESIDENT SPOTLIGHT



Bill A. was born on August 25, 1934, to proud parents Gustof and Anne. Anne and Gustof had four boys, of whom Bill is the oldest. With four boys, I am sure Bill's mother cherished her quiet time by herself -- if there

was any to be found! Bill was raised on their family farm in Clayton, Wis., until he was 2 years old. The family moved to Northeast Minneapolis, where Bill's parents knew they had excellent medical and educational care for his cerebral palsy. Bill attended Michael Dowling School during his grade school days and Sheridan Junior High until ninth grade. Bill spent 45 years of his life dedicated to working at the Cerebral Palsy Shelter in Golden Valley. He did many projects during those 45 years and speaks fondly of his time there with great pride. Some of Bill's fondest memories as a child include going to the cabin on Big Round Lake in Wisconsin. He spent many hours with his dad and brothers fishing and caught enough fish to tell many of those famous "fish stories!" Bill has a picture in his apartment of a Northern he caught several years ago. It was close to three feet long and was a beauty.

Needless to say, it is a picture Bill shows off with great pride!

He still enjoys going to the cabin occasionally with his brothers to fish, and he loves being able to go see the Twins play in their new ballpark. Of course, you can't make a trip to the stadium without eating one of the famous Dome Dogs, which Bill makes sure he does. He is definitely a big Twins fan. Bill has spent much time volunteering with his church, Gustavus Adolphus, and many hours here at Chandler Place doing various volunteering. When asked to do any volunteering at Chandler, Bill is always cheerful and more than willing to be of assistance. "It is more blessed to give than to receive" is Bill's motto for volunteering. Bill has been a resident here at Chandler Place since November 2001. He moved into Chandler on the fifth floor with his mother and cared for her until her death in 2004. He then moved to his apartment on the fourth floor, where he presently lives. Bill fills much of his free time doing leather crafting. When you walk into his apartment, the first thing you notice are the many, many leather projects he is currently working on. Bill also proudly displays the leather pictures that hang on each and every wall in his apartment. Some of his pictures have taken him over a year from start to finish! Bill still attends leather classes once a month, where he learns to perfect his craft. He has over 400 tools for his leather work, and all are neatly lined up on wooden blocks! He has made checkbook covers, purses and his famous poinsettias, which can be used for napkin holders and place cards. Bill has the same motto about giving his crafts away as he does his volunteering, "It is more blessed to give than to receive." Bill has overcome many obstacles in his life due to his physical disability. He has done so with a cheery attitude, and his family would attest to that. They would describe him as dependable, helpful and reliable. At Chandler Place we have definitely seen that with his volunteering. We are very lucky to call Bill a friend and a neighbor here at Chandler. If you see him in the hallways, take a moment to say hi. A smile always brightens everyone's day! Thank you so much for sharing your story with us, Bill.

BIRTHDAYS

Bob K., 1st

Ben R., 1st

Rose K., 7th

Betty K., 8th

Bernadine D., 10th

Nettie B., 15th

Marge F., 15th

Pauline R., 15th

Mary B., 16th

Virginia T., 18th

Barney L., 20th

Kay B., 24th

LaVerne B., 24th

Jennie N., 30th



Chandler Place

Assisted Living

3701 Chandler Drive NE
Minneapolis, MN 55421
612-788-7321



A COMMUNITY
PROFESSIONALLY MANAGED
BY THE GOODMAN GROUP



STAFF

Executive Director
Jodi Saeko

Director of Nursing
Joan Roberts

**Sales and Marketing
Director**
William Huseonica

Life Enrichment Director
Becky Aune

Business Office Director
Shawna Viers

Housekeeping Director
Bekira Buljubasic

Maintenance Director
Jason Ekholm

Chaplain
Steve Arnold

FOOD AND BEVERAGE/DINING SERVICES

CHANDLER PUB RESIDENT CHOICE WEDNESDAY SPECIALS FOR THE MONTH OF APRIL, 2012

- Wednesday, April 4: Build Your Own Taco — Seasoned beef, shredded cheese, diced tomatoes, salsa, sour cream, onions and lettuce with sides of refried beans and Spanish rice
- Wednesday, April 11: Fish Sandwich on a Bun — Served with a side of fries and coleslaw. Tartar sauce available.
- Wednesday, April 18: Cream Chipped Beef — With toast or mashed potatoes (or a little of both). Served with a small side salad.
- Wednesday, April 25: Grilled Reuben Sandwich — Served with crispy cube potatoes and a small side salad.

WELCOME, NEW RESIDENT

JULIA S.

Come and get to know your new neighbor at the New Resident Social on Wednesday, April 11, at 2 p.m. in the Dining Room.