

GOOD Life News

at Chandler Place Assisted Living

MAY 2017

www.chandlerplacesenior.com



Executive Director

We know one of the best ways to create a welcoming and great experience for everyone who lives, works or visits our community is by receiving feedback. That's why we would like to thank you for taking the time to fill out "My Innerview" Surveys in April. Sharing your ideas, feedback and opinions is essential and always appreciated. It is your feedback from these interviews that will help us to better serve you! Thank you again and have a wonderful spring!

— William Huseonica

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

**Step into
Spring**

There's nothing like the beginning of a new season. Spring is the perfect time to get outside and spend time with your loved ones. Soaking up the sunshine can actually help improve cognitive function and increase one's happiness, according to the National Institutes of Health. Don't let Mother Nature have all of the fun — join her outside and try a fun springtime activity! Eat outdoors, partake in spring-cleaning, choose a local park or trail for walks, go on a picnic, or visit a plant nursery. We are here to help you experience whichever spring activity you most enjoy!

Nursing Notes

Now that spring is officially here, I thought I would share with you the following article I read in the "Hope Health" newsletter which I found to be very inspiring and helpful. It refers to different steps we can take to "spring clean our minds."

5 Ways to free your mind of "clutter":

1. Throw out bad feelings. Get rid of anger, bitterness, jealousy and self-doubt. Let go of unnecessary burdens.
2. Put stain remover on gossip and lies. Be sure to protect your mind and mouth from future spills. (Use words carefully.)
3. Scrub away procrastinations. Putting things off can lead to frustration and a feeling of being unproductive.
4. Put on a fresh coat of positive attitude. Count your blessings whenever your spirit starts to fade, and share your love, help, concern and care with others as much as possible.
5. Open the windows of your mind. See and do things in a new light. Add new habits and interests that challenge your mind in different ways.

Hope you find this advice as helpful as I did.

Happy spring

Joan Roberts, RN, DON

Resident Spotlight

Meet Our Chandler Place Resident of the Month

We are so glad to spotlight Patricia (Pat) M. in our newsletter this month. Pat was born on April 30, 1929, to Joe and Winnie Ullrich, in Fremont, Neb. She grew up on a cattle farm and had many of the typical chores kids do. She said she never complained about them because she loved living on the farm. Pat had one sister and two brothers. When Pat found the time to read, in-between her chores, she would sit down with a good mystery novel or one of her favorite Shirley Temple books. She had a horse named Cookie, and she enjoyed riding him to school every day. I love horses, so in my opinion, horseback riding is the best mode of transportation!

Pat attended high school in West Point, Neb. She was asked to join a group that was trying out for cheerleading. She attended her very first basketball game as a cheerleader. She graduated at 16 years of age with a Normal Training Teaching certificate. She taught for three years in the nearby country schools, teaching kids of all ages. Some of them were nearly her age.

Pat met the love of her life at her sister's wedding. His name was Francis, and he asked her to dance. Later, he said he fell in love with her during the very first dance. Pat was only 16 years old and Francis was 23. He did not know she was only 16, and Pat was not about to tell him! He said he would never have asked her to dance if he would have known she was that young, but the rest is history. They were married on Sept. 28, 1948, and honeymooned at Niagara Falls.

After they were married, Pat and Francis moved to a farm near Scribner, Neb. They raised six children on the farm. Their lives were busy with the kids and raising milk cows, pigs, chickens, corn and beans. Pat loved every minute she spent raising her family and working the farm. After her kids moved out, Pat worked for 10 years as a cook at Birchwood Manor, a local nursing home. When Pat and Francis retired, they moved to North Bend, Neb. During her retirement, she fixed up their home and had two special rooms, "The Rose Room and The Violet Room." Her home was always open to family and friends, and there was rarely a time when the guest rooms were empty. Pat and Francis loved traveling to Niagara Falls and Kawaii, which were two of their favorite destinations, among all the different states to visit their kids and grandkids.

Pat was a very busy mom. She loved crafts, decorating cakes and sewing. She sewed all of her girl's clothes, but only after the girls had designed them first. She was always an optimistic and cheerful person. She found the rainbow in every situation. Pat is the proud grandma of 14 grandchildren and 18 great-grandchildren. We both agreed, grandchildren are the sparkle in grandparents' eyes!

Pat spent many hours volunteering in the community and at her church. She taught religious classes to grade school and high school students weekly and was principal of the church's religious education program. She was also a 4-H leader for many years.

Pat is a mom, grandma and great-grandma who is loved very much. Many of her kids and grandkids sent their sentiments to me, and I have included a few in this article. "Mom was the best listener I could ever ask for; Grandma was always happy and cheerful. I never heard her complain and she always respected Grandpa; mom's list of some of the important things in her life are: faith, family, education, and nature; she was always full of life and talent; Grandma always made a grandchild's Christmas magical; mom could always find the good in any situation, even if it was a terrible situation." One of her daughters summed Pat up by saying, "it's just the wonderful way she's always been and continues to be."

I enjoyed visiting and reminiscing with Pat. Her optimistic and friendly attitude just rubs off on you when you are with her. Pat always has a smile on her face, and she is a constant presence at the parties and activities at Chandler Place since she moved into Chandler in April 2015. She has made many friends and thoroughly enjoys living at Chandler Place.



New Residents

Our next New Resident Wine and Cheese Social will be on

Wednesday, June 7, at 2 p.m., in the Dining Room. Please come to the New

Resident Social to enjoy some delicious refreshments while you get to know your newest neighbors.

Soaring Spirits

It's the Hardest Thing to Give Away

The contemporary Christian music artist Matthew West composes his songs based on the stories he hears from other people who write to him. He receives a multitude of letters. Mr. West received a letter from a woman who had lost her daughter to a drunk driver and spent several years being consumed with anger and rage. She realized when she began focusing on forgiving the man who had made a tragic mistake, she started to feel better physically and eventually felt a sense of peace she had not experienced for a long time. In the song "Forgiveness," Mr. West's words remind us why we are to forgive even when the voluntary act of forgiveness steps on our pride and the world is telling us to hold a grudge. Below are the lyrics to "Forgiveness" by Matthew West.

"It's the hardest thing to give away
And the last thing on your mind today
It always goes to those who don't deserve
It's the opposite of how you feel
When the pain they caused is just too real
Takes everything you have to say the word...Forgiveness
It flies in the face of all your pride
It moves away the mad inside
It's always anger's own worst enemy
Even when the jury and the judge
Say you've got a right to hold a grudge
It's the whisper in your ear saying set it free...Forgiveness
It'll clear the bitterness away
It can even set a prisoner free
There is no end to what its power can do
So let it go and be amazed by what you see through eyes
of grace
The prisoner that it really frees is you...Forgiveness"
The month of May is a time to witness the explosion of color as the flowers begin to bloom and the trees find the freedom to grow new leaves. If you find that you are struggling to forgive, I invite you to find a refreshing freedom and new peace to "let it go and be amazed by what you see through eyes of grace." This could be hard work. If you need help, please feel free to give me a call. 651-252-9650

Peace be with you,

Rev. Linda Boyadjis, Spiritual Director

Life Enrichment Highlights

Valiant Veterans® Club

- Tuesday, May 2, 1:30 p.m., Dining Room
- Cinco de Mayo Happy Hour

Friday, May 5, 2 p.m., Dining Room

Woodcrest Baptist Academy Choir and Bells Concert

Monday, May 8, 10:30 a.m., Dining Room

- Fabulous Fifty's Luncheon!
- A Mother's Day event to celebrate all of the ladies of Chandler Place.
- Family and Friends are invited to this event.

Friday, May 12, 12-1:30 p.m., Dining Room

- Joyful Hymnsters

Monday, May 15, 2 p.m., Dining Room

- Chandler University
- Speaker: Tim Lestmeister, Fishing and Hunting Radio and TV Personality

Tuesday, May 16, 1:30 p.m., Community Room

- Free Spaghetti Dinner, A Veterans Fundraiser for Beyond the Yellow Ribbon
- Donations will be accepted and the event will include a raffle with amazing prizes!

Monday, May 22, 4:30-6:30 p.m., Dining Room

Community Outings

La Casita Mexican Restaurant

- Thursday, May 5, 11 a.m. Departure
- Arboretum and Lunch at Famous Dave's
- Thursday, May 11, 10 a.m.

Lowell In and Scenic Drive of Stillwater

- Thursday, May 18, 10:30 a.m.

Spring Scenic Drive

- Thursday, May 25, 1 p.m.

Food and Beverage/Dining Services

I welcome and encourage you to attend our Food for Thought Meetings so we can get your feedback on the food we serve, your suggestions for Resident meals and some of your other food preferences. The next Food for Thought Meeting will be Tuesday, May 2, at 10:15 a.m., in the Pub, 2nd Floor at Chandler Place.

Bon Apetit
Chef Patrick

Chandler Place

Assisted Living

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Marketing Minute

Bonus Referral Program

Refer a friend and when they move in, you both receive \$1,500 credit!

Fine Print:

1. Prospect or prospect family member must share resident's name upon inquiring about Chandler Place by phone, email or on tour.
2. Chandler resident must share name of prospect they are referring. Alert Marketing, in person or by phone.
3. Upon prospect becoming a new resident and signing a lease, they will be awarded \$1,500 off their first month's rent.
4. After new resident has resided 60 days, the referring resident will receive a \$1,500 on their monthly statement.

**Extended until May 31, 2017

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!

