

GOOD Life News

at Chandler Place Assisted Living

JANUARY 2018

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 2017, I would like to say it has been a pleasure serving you this year, 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/Health Care

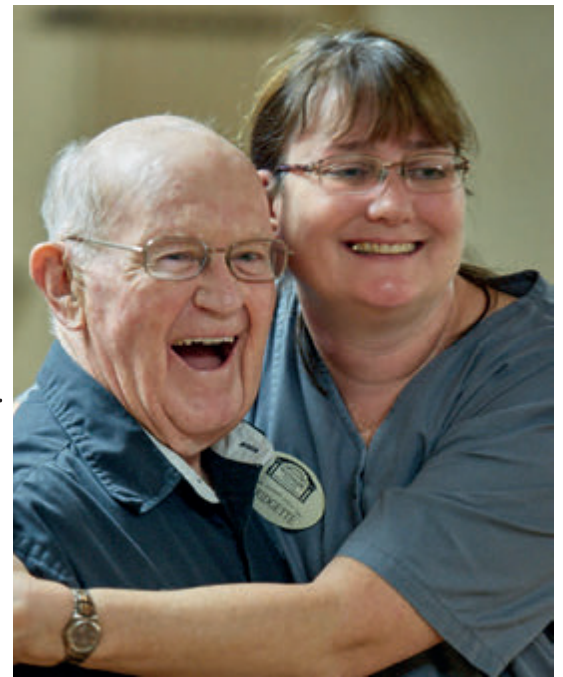
Each year at this time, I like to address a few safety concerns that can affect seniors in particular and ways in which to promote health and safety during the winter season.

Here again are a few tips to stay safe, healthy and warm:

1. If you have not yet had your flu shot, consider getting one, as seniors are at an especially high risk for complications from the flu.
2. Wash your hands frequently and thoroughly.
3. Get enough sleep — at least eight hours in a 24 hour period.
4. Eat a healthy diet — fill up on whole grains, lean proteins, fruit and vegetables.
5. Stay warm. Bundle up when you go outside. Don't turn your thermostat below 68 and risk hypothermia.
6. Walk carefully. Avoid slippery patches when walking outdoors. Wear boots. Don't walk outside alone in inclement weather.
7. Exercise. Take short walks and/or attend the exercise classes offered by our Life Enrichment Department.
8. Stay positive and socialize. It's the best way to combat seasonal depression.

Happy New Year!

— Joan Roberts, RN-DON



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"I am responsible for the quality of the work environment and I am valued when I share ideas, feedback and opinions in a professional manner."

We know that one of the best ways to create a welcoming and great experience for everyone that lives, works or visits our community is by considering each person's feedback. Here, we are fortunate to have an employee base committed and dedicated to our residents and their wellbeing. Being committed to involving each resident and employee helps us improve our overall service. Sharing ideas, feedback, and opinions is essential and always appreciated. Our door is always open!

Employee Spotlight

Care Providers of Minnesota is a non-profit membership association with the mission to Empower Members to Performance Excellence. They are the state affiliate for the American Health Care Association/ National Center for Assisted Living. Each year, Care Providers presents exceptional individuals with various awards. The individuals are chosen from many, many applicants within health care facilities throughout the state of Minnesota.

We have two individuals at Chandler Place who have been chosen this year and have received their awards at a Care Providers meeting in November. These individuals have shown top-quality care and concern for the residents at Chandler Place and Pearl Garden.

Naomi Stern has been a Home Health Aide at Chandler Place since 1987; 30 years! She was presented with the 2017 Care Providers "Excellence in Leadership" award. She had been nominated for a different award, "Care Provider of the Year," but when her application was read by the Care Providers committee, they advanced her to a leadership award. This leadership award is usually given to an Executive Director or Director of Nursing, so this is a particularly huge honor! Naomi's strengths in particular are leadership, training new hires and mentoring new and existing Home Health Aides. She also has a fairly new role in Nursing as a Home Health Aide Preceptor. Basically, Naomi still does health care, but she also oversees the shifts to make sure all is running well for the other Home Health Aides, ensures the computers and other devices are in working order and trains new hires when she is available to do so. In other words, she is a Home Health Aide Supervisor or lead Home Health Aide.

Lisa King has been the Life Enrichment Coordinator at Pearl Garden for five years. She has also taken on the roles of Volunteer Coordinator and is our trainer for the Montessori Program which has been implemented at Pearl Garden. Lisa is a very busy and dedicated employee at Pearl Garden. She was presented with "The Rising Star" award in November 2017. This award recognizes the contributions of the employee and the impact they have made in their place of employment. Lisa has had a "can do" attitude throughout her time here at Chandler Place and Pearl Garden. She is a team player and has had a positive impact on those who serve the residents alongside of her. Lisa works closely with the families of the residents at Pearl Garden and has deep compassion for her residents.



New Residents

New Resident Wine and Cheese Social!
Wednesday, Feb. 6, 2 p.m.,
Dining Room

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 percent of physical communication is from the spoken word. 38 percent of communication comes from our tone of voice and a whopping 55 percent comes from body language. It is amazing how much we can say while remaining completely silent. Charles Swindoll addressed 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

Soup's On

Whether it's a hearty chowder or a delicate broth, a bowl of soup can warm you up on a winter day. During National Soup Month in January, take stock of these common types:

Chowder — This is a chunky soup that often features pieces of seafood and vegetables. European fishermen introduced chowder to America, where it became a signature dish in New England.

Bisque — Originating in France, bisque is a rich, creamy soup traditionally made with pureed shellfish. In the past, recipes called for the shells to be ground into a paste and added to the soup to thicken it.

Broth/Stock — The light liquid that remains after cooking meat and vegetables in water and then straining it is called broth. To create stock, meat or fish bones are simmered to create an intense, flavorful base for other recipes.

Cream — By itself or used as an ingredient in casseroles and other dishes, this popular soup is made by adding cream to a pureed vegetable or meat stock. Mushroom, tomato and chicken are classic varieties.

Consommé — This is a broth or stock that has been clarified, meaning all the tiny bits of food used to create its flavor are removed to create a clear, concentrated soup.

Chilled soups — Spanish gazpacho and French-style vichyssoise are common examples of soups that are served cold. Blended or pureed vegetables and fruits create their flavor and texture.

Marketing Minutes

We want to thank you for making Chandler Place your home in 2017 and for making our community a wonderful place to live. We hope 2018 brings you good health and much happiness so you can continue to live your life to its fullest at Chandler Place!

Happy New Year!
The Marketing Department

Bugles Across America

In just 24 notes, the familiar bugle call known as taps has been sounded as part of a long-held tradition to honor those who have served in the military.

By law, every honorably discharged veteran has the right to a military honor guard at their memorial service. The honor guard must consist of at least two members of the military who fold and present the U.S. flag to the family and arrange for the sounding of taps, either live or recorded.

U.S. Marine Corps veteran Tom Day of Illinois felt those who had served their country deserved a proper tribute that included a live rendition of taps, so he founded Bugles Across America in 2000. The organization provides musicians free of charge to sound taps at military funerals.

Families can request a bugler at BuglesAcrossAmerica.org, and a notice is then sent to volunteers in the area. More than 4,000 people of all ages, in all 50 states and several countries, have registered as volunteer buglers.

Life Enrichment Highlights

Winter Wreath Making

- Monday, Jan. 8, 2 p.m.,
Activity Room

Valiant Veterans® Club

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

Movie Matinee with Refreshments

- Wednesday, Jan. 24, 1 p.m.

Community Outings

Sarna's for Lunch

- Thursday, Jan. 4, 11 a.m.

The 5-8 Club Restaurant for Juicy Lucy's and more!

- Thursday, Jan. 11, 11 a.m.

Gandhi Mahal Indian Restaurant

- Thursday, Jan. 18, 11 a.m.

Scenic Drive

- Thursday, Jan. 25, 1 p.m.

Resident Birthdays

Helen M., 2nd
Bethel F., 4th
Ray W., 6th
Adele D., 8th
Fay S., 9th
Dolly K., 12th
Eva A., 16th
Gladys J., 21st
Marian P., 26th
Bev P., 27th
Jean K., 31st



CHANDLER PLACE

Senior Living

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Staff

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William Huseonica

Director of Nursing
Joan Roberts

Sales and Marketing Director
Megan Moriarty

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

We would like to welcome our new Chef, Dan Vansterling, to Chandler Place and say thank you and good luck to Patrick as he begins his retirement!

The next Food Forum Meeting will be: Tuesday, Jan. 2, at 10:15 a.m., in the Pub, located just off the Dining Room on the 2nd Floor. Come and meet our new Chef, Dan!

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!

