

GOOD Life News

at Chandler Place

OCTOBER 2018

www.chandlerplacesenior.com



Executive Director

This summer, Chandler Place received the 2018 Excellence in Action Award from My InnerView by National Research Corporation for customer satisfaction in assisted living. This honor recognizes senior living organizations that achieve the highest levels of satisfaction excellence, as demonstrated by overall resident or employee satisfaction scores that fall within the top 10 percent of the My InnerView product database, the largest in the U.S.

Jason Stevens, Senior Vice President of Business Development at National Research, states that this award defines what it means for providers to provide the right kind of care — patient-centered care — for residents, families and employees. It's an honor and a well-deserved accomplishment. I am very proud of this team's recognition for reaching the top 10th percentile in the areas of willingness to recommend as a place to receive care and appreciate our employees' dedication to providing exceptional Platinum Service® for our residents.

The Excellence in Action Award reflects our ongoing commitment to our residents, their families and our employees, and provides another valuable evaluation for families to use to select a senior living and health care community for their loved one. Chandler Place has been a part of the St. Anthony community for 32 years this November, and we look forward to serving the area for many more years to come.

-William Huseonica

Nursing Notes

Just a reminder for those of you who have signed up to receive your yearly flu shot here at Chandler Place:

Chandler Place/Pearl Garden Flu Shot Clinic

- Thursday, Oct. 17, 2018, from 1-3 p.m., Chandler Place Community Room

This clinic is being provided for us by Cub Pharmacy — St. Anthony. A cub pharmacist will be administering the vaccines.

Stop in the nursing office if you have any further questions about the flu shot clinic.

-Joan Roberts, RN, DON

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

Health Literacy Month

This annual observances month is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopting a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit: blog.thegoodmangroup.com.

Resident Spotlight

Herbert, "Herb" C. was born on Oct. 15, 1932 to Herbert and Elizabeth Colvin at Anchor Hospital in St. Paul, Minn. Herb had one brother and two sisters, and was right in the middle of his siblings. One of his sisters made it her mission to dote on and watch over Herb very closely, which he didn't mind at all. As a young person and on up into his high school years, Herb played hockey, baseball, softball, and ski jumped. His main passion as a young person was fishing. He spent many hours fishing with his dad. Herb attended St. John's Elementary School in St. Paul and high school in Siren, Wis.

Herb held various jobs over the years; he worked in a saw mill, spent 26 years at downtown Chevrolet and 15 years at a law firm in an administrative position. During the Korean War, he spent two years in the Army at Fort Bragg in the 2nd Airborne Division where he served as a paratrooper for two years and thoroughly enjoyed it. I told him that would not be my idea of fun; jumping out the back of an airplane!

Diane C. was born March 6, 1940 to Grace and Larry Presseller in Minneapolis, Minn. She is of French and German descent. Diane had three brothers and one sister. She was the second to the oldest and was extremely close to her brother who was only 13 months apart in age from her. Diane's mother worked evenings so all the kids had their specific household jobs that needed to be done. Diane's job was cooking suppers for the family so she learned to cook at an early age.

Diane loved music and sang operettas for six years while attending school at Holy Cross in NE Minneapolis. After elementary school, she graduated from Vocational High School. She held various employment positions; soda jerk at a drugstore, professional housecleaning, and administration at the same law firm Herb was employed at.

Herb and Diane met through a friend of Diane's. He called Diane as soon as they met and from there it was a whirlwind romance; dancing many nights at the well known dance halls and going to the movies were their favorite things to do together. They met in November, were engaged in February, and married on July 11, 1957. They were blessed with four kids; two girls and two boys. To say they were a busy family would be an understatement; juggling school, sports, cheerleading, and frequent trips to the North Shore where they fished, collected rocks, and hiked was their life in the early years. They also had a cabin for many years in Webster, Wis., right on the water. Herb has a couple of trophy fish he has mounted on the wall as a reminder of those fishing days gone by — very fond memories of time spent with friends and family.

Herb and Diane are the proud grandparents to 10 grandkids and they both mentioned they anxiously wait for the times they are able to see them. Diane said her kids are her whole world, but her grandkids are the best! Their apartment is a testament to their love of family. There are pictures all around the apartment and they both talked about their kids and grandkids most of the time I was visiting with them. Another love of their lives is their two gorgeous cats; Princess Sofia, "Sofie" for short, and Peanuts. Sofie never moved off the couch the entire time I was there and Peanuts was right there in the middle of our conversation!

I thoroughly enjoyed spending time with Herb and Diane and getting to know them better. They are very warm and hospitable people and they have a love for life. Herb is a veteran, and he and Diane are very active in the Veterans Club each month.

Herb and Diane moved into Chandler Place in October of 2016.



Life Enrichment Highlights

Oktoberfest Celebration and Rummage Sale

Thursday, Oct. 11, 1:30-3 p.m., 1st Floor and outside

The event will include German refreshments, entertainment, a rummage sale and a visit again from our three friends from the horse and donkey farm.

Chandler University, Great Decisions Presentation, "China's Geopolitics"

Monday, Oct. 15, 2 p.m., Community Room

Upcoming Changes Coming to the Medicare/Medicaid "Cost" Plans, Presented by Susan Ellingson, President of above and Beyond Benefits

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

Halloween Talent Show

Wednesday, Oct. 31, 1:30 p.m., Dining Room

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, Oct. 2, at 10:15 a.m., in the Pub, located just off the Dining Room on the Second Floor.

Bon Appetit!

Chef Dan

Community Outings

Arboretum for Lunch and Scenic Drive

Thursday, Oct. 4, 10:15 a.m.

Silverwood Park for Rolls and Coffee

Thursday, Oct. 18, 10 a.m.

Pine Tree Apple Orchard

Thursday, Oct. 18, 1 p.m.

Bachman's for Shopping and Afternoon Snack

Thursday, Oct. 25, 1 p.m.

Resident Birthdays

Bernita B., 2nd

Ethel P., 9th

Gloria C., 19th

Dixie M., 8th

Herb C., 15th

Jeanne R., 28th

Pizza Across the Planet

Pizza is a popular food in the U.S., with pepperoni, sausage, mushrooms and onions the top picks for ingredients. See what pizza toppings make the cut in other countries:

Italy — The place where pizza started boasts a variety of additions to their pies. Prosciutto, anchovies, eggplant, truffles and potatoes are among Italians' go-to choices.

Brazil — Green peas are a popular vegetable in this South American nation, and they're often found on Brazil's thin-crust pizzas, along with carrots, beets, raisins and quail eggs.

Japan — Seafood is a mainstay of this island nation, where pizza toppings include octopus, eel and seaweed. Squid ink is sometimes used to create a dramatic black sauce instead of the typical red tomato sauce.

Costa Rica — Coconut is the No. 1 pizza topping in this Central American country, and it's often paired with shrimp.

Sweden — A pie known as pizza Africana is very popular in this Scandinavian nation. Also called banana curry pizza, bananas and curry powder are the main ingredients, along with peanuts, chicken and pineapple.

Australia — Craving some "shrimp on the barbie"? Order an Aussie pizza with shrimp, pineapple and barbecue sauce. Local meats such as kangaroo, emu and crocodile are also featured on pies in the land Down Under.

Soaring Spirits

Pass it On

I meet up with many people every day as a Spiritual Director, and one thing that is always beautiful on each person is a smile. No matter what you are wearing or whether your hair is messy or neat, your smile is always the best. A smile is a reflection of joy, peace or any positive emotion you can think of. In fact, smiles are contagious, just like a yawn. Have you ever yawned and found the person next to you yawning? Try smiling and see if a person smiles back at you. According to a 2012 article in Psychology Today, when you smile at someone, you are creating a relationship that allows both of you to release feel-good chemicals in your brain, activate reward centers, make you both more attractive and increase the chances of you both living longer, healthier lives. Plus, it is easy to do and totally organic without bad side-effects. This fall when you are getting your flu shot, smile back at the nurse and just maybe he or she will catch The Smile Virus! The poem below was written by an unknown author.

The Smile Virus

Author Unknown

Smiling is infectious,
you catch it like the flu,
When someone smiled at me
today,
I started smiling too.

I passed around the corner
and someone saw my grin
When he smiled I realized
I'd passed it on to him.

I thought about that smile
then I realized its worth,
A single smile, just like mine
could travel round the earth.

So, if you feel a smile begin,
don't leave it undetected
Let's start an epidemic quick,
and get the world infected!

Have a wonderful day smiling!

Linda Boyadjis, Spiritual Director



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New Residents

The next New Resident Meet and Greet will be Wednesday, Nov. 7, at 1:30 p.m., in the Dining Room. At the Meet and Greet, we will introduce our newest neighbors. Come and enjoy some cheese, crackers, wine or punch as we visit with our old friends and give a warm welcome to our newest neighbors!

Marketing Minutes

Hello from Mary and Jenny.

As you've probably noticed, there are several new faces in the building, and there are more coming. Thank you so much for making our new residents feel welcome and at home!

I also want to thank you all for your friendly, kind words about Chandler Place when you see us touring with a family. This is what sets Chandler Place apart from other senior communities!



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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!