

GOOD Life News

at Chandler Place

MAY 2018

www.chandlerplacesenior.com

Executive Director

Greetings! This time of year is always fun, with things starting to blossom and our world becoming full of color again.

"May Day" is always a fun way to ring in the month. For centuries, the first day of May, commonly called May Day, has been observed as a celebration of spring, new life and the coming summer. One tradition that marks this occasion is the giving of May baskets. The baskets may be small and simple or large and elaborate. They are often filled with flowers, candy or small trinkets. The person giving the basket usually leaves it on the doorknob or doorstep of a friend or neighbor, rings the bell or knocks on the door, then quickly runs away.

The lucky recipient of the May Day delivery finds the surprise at their door and, in some versions of the tradition, tries to catch the basket's giver. If caught, he or she then gets a kiss. What a fun way to ring in the month of May! Put on your running shoes and pucker up! You never know what surprises might be in store for you on May Day!

— William Huseonica

New Residents

The New Resident Social has been rescheduled for Wednesday, June 6, 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.

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, May 1, at 10:15 a.m., in the Pub, located just off the Dining Room on the 2nd Floor.

Bon Appetit!

— Chef Dan



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

**Platinum
Service®
Standard #1**

"I place our residents at the center of everything I do, personalizing my services to meet their preferences."

Our service delivery is designed to consistently create resident satisfaction and to build loyalty. Through our Platinum Service program, we practice the fundamentals of business etiquette, such as promptly greeting residents and guests with a warm and sincere welcome, introducing ourselves, and if necessary, offering assistance. Our interactions are personalized and appropriately paced to meet the unique needs of our residents. Service is then adjusted to their diverse backgrounds and cultures, creating memorable experiences. We are attentive, friendly and caring, delivering to our residents, guests and visitors a distinctive experience.

Resident Spotlight

Catherine, "Cay," M. was born in Sheboygan, Wis., on July 14, 1934, to proud parents, Milford and Carol Wachter. She is of English and German descent (we both agreed that is quite a combination)! Cay had one older brother and one younger brother. Her older brother was quite ill most of Cay's life, so she took on the role of caring for him, and they grew very close. Growing up, Cay occupied herself with roller skating, playing jacks (with the old-fashioned metal jacks, not those cheap plastic ones they sell today!) and making numerous trips a week to the local library. She loved to read and her favorite series of books were the "Nancy Drew Mysteries." Cay has lived in Sheboygan, Milwaukee, St. Paul, Minneapolis and during her years as an RN, she lived in the dorms on the University of Minnesota campus. She lived in St. Paul until she moved to Chandler Place.



Cay attended grade school and high school in Sheboygan. She said they were the only schools in the town, so she really didn't have a choice. Even though Cay had to work very hard for her A's, she had the tenacity after graduating high school to attend Columbia Hospital School of Nursing in Milwaukee for three years. She graduated with an RN degree in Nursing.

Cay met the love of her life, Bob, on a blind date set up by friends. Her first impression of him was his beautiful brown eyes. Neither of them had much money to speak of, so they enjoyed many, many walks along the lakeshores and going to frat parties and an occasional movie during the six to seven years they dated. They married on June 22, 1957, in a beautiful church service. Their reception was held at the church, and the following day, at her parent's home, they had a big grilling party; steaks, brats, hot dogs and all the trimmings. Shortly after, Cay and Bob set off for a week-long honeymoon in the gorgeous Smoky Mountains.

Cay and Bob came back from their honeymoon and jumped right into life. Cay spent many years at the University of Minnesota as an RN. She chose to work in several different areas of nursing, including pediatrics, so she would be diversified and have a desirable resume. When the kids were growing up, Cay worked nights until her youngest went off to K-5. She went back to full-time nursing at a Health Care Center and finished her last 20 years at Wilder. Cay and Bob have two boys and two girls. They were a very busy family and Cay was involved in PTA, being a room mother, Cub Scouts, Campfire Girls and the list goes on. When the kids were fairly young, the entire family became involved in rock climbing with the encouragement of the girl's science teacher. An activity that started out as a hobby became a 30 year commitment. They have rock climbed in many different states and at many different levels of difficulty. Even though Cay is not a fan of heights, she did climb one of the highest Cathedral spires to be found, but only once! From then on, she would stay back and prepare meals for the 17 people involved in their club. Their entire family also made many, many wonderful memories at the cabin boating, fishing, playing games, water skiing and swimming.

Cay and Bob enjoyed traveling to Hawaii, Alaska on a cruise and Japan. She loved the sights, sounds and food they were able to experience in Japan. They were on a bowling league for over 50 years and traveled extensively within the United States to attend the National Bowling Tournaments. Cay had an impressive average of 165-175.

Cay moved into Chandler Place in May 2016. She is very involved in activities, outings and the Volunteer Program at Chandler Place. She is always looking for ways to help in different areas and takes a genuine interest in helping people around her. I enjoyed visiting with Cay and hearing her life stories and experiences. She is a wealth of knowledge and is a very fun lady to be around. Cay said if she were to sum her life up in one important word it would be, "memories."

Resident Birthdays

Dolores H., 3rd
John P., 6th

Dolores S., 11th
Lanie V., 19th

Delores I., 23rd
Shirley W., 30th

Nursing/Health Care

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

Soaring Spirits

The Art of Listening

One of the most important lessons for a chaplain to learn is to listen. Like anyone, we initially want to do or say something to help someone when they are hurting. However, many times, the best thing to do is to listen. That doesn't mean to do nothing. It means to sit and listen to their story without any desire to judge or fix their situation. We all can be chaplains in this manner. By quietly sitting and listening, you are giving a voice to their struggle.

Sometimes it means listening to silence. That is what we call the "ministry of presence." By simply being with a person without spoken words, you may have brought some peace to them even though you do not see or hear any response.

The story below is about just that kind of presence.

Rocking With Me

Author Unknown

There was once an elderly, despondent woman in a nursing home. She wouldn't speak to anyone or request anything. She merely existed — rocking in her creaky old rocking chair.

The old woman didn't have many visitors. But every couple mornings, a concerned and wise young nurse would go into her room. She didn't try to speak or ask questions of the old lady. She simply pulled up another rocking chair beside the old woman and rocked with her.

Weeks or months later, the old woman finally spoke.

"Thank you," she said. "Thank you for rocking with me."

It is okay if you don't know what to say to someone who is in pain. Sitting with them and listening may be the best medicine. May it be so.

— Linda Boyadjis, Spiritual Director

Life Enrichment Highlights

Valiant Veterans®' Club

Tuesday, May 1, 1:30 p.m., Dining Room

Cinco de Mayo Happy Hour

Friday, May 4, 2 p.m., Dining Room

Mother's Day Kentucky Derby Happy Hour

Friday, May 11, 2 p.m., Dining Room

Low Vision Informational Presentation

Tuesday, May 15, 2 p.m., Community Room

Chandler University, A Great Decision Presentation

The Waning of Pax Americana?

Speaker, John Harrington

Monday, May 21, 2 p.m., Community Room

During the first months of Donald Trump's Presidency, the U.S. began a historic shift away from Pax Americana, the liberal international order that was established in the wake of World War II. Since 1945, Pax Americana has promised peaceful international relations and an open economy, buttressed by U.S. military power. In championing "America First" isolationism and protectionism, President Trump has shifted the political mood toward selective U.S. engagement, where foreign commitments are limited to areas of vital U.S. interest and economic nationalism is the order of the day. Geopolitical allies and challengers alike are paying close attention.

Community Outings

Lunch at Cowboy Jack's

Thursday, May 3, 11 a.m.

Breakfast at the Log Cabin in Forest Lake

Thursday, May 10, 9:30 a.m.

Lunch and 3 Mile Drive at the Arboretum

Thursday, May 17, 10:30 a.m.

Lunch and a Criminal & Mobster Tour with Steve Arnold as the tour guide

Thursday, May 24, 11 a.m.

Spring Scenic Drive

Thursday, May 31, 1 p.m.



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Marketing Minutes

Greetings from the Marketing Department!

Did you know that over 75 percent of the prospects who take the time to tour Chandler Place were referred to us by word of mouth? When an internal resident refers a prospective resident, they will receive a discount off the following month's rent after the referred resident moves in. Each resident will have the opportunity to refer up to four prospective residents, with the monetary amount of the discount increasing with each referral.

- **First referral:** \$250 discount off rental fee, awarded the month following referred resident move-in.
- **Second referral:** \$500 discount off rental fee, awarded the month following referred resident move-in.
- **Third referral:** \$750 discount off rental fee, awarded the month following referred resident move-in.
- **Fourth referral:** \$1,000 discount off rental fee, awarded the month following referred resident move-in.



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