

# GOOD Life News

*at Pearl Garden at Chandler Place*

JUNE 2018

[www.chandlerplacesenior.com](http://www.chandlerplacesenior.com)

## Letter from the Executive Director

June is such a fun month for being active, getting together and enjoying the summer. On Thursday, June 21, the community will celebrate our annual St. Anthony Campus Ice Cream Social. The evening will be celebrated by the Chandler Place Pond from 7-8 p.m. The St. Anthony Orchestra will provide the entertainment, and Culver's in St. Anthony on Silver Lake Road will provide the refreshments.

This event always reminds me of just how special a place this campus is. The evening is always filled with smiles, warm greetings, music and laughter. It reminds me of one of the main reasons why people live so successfully here, and that is being social and part of a community. Do you know how incredibly important that is? Researchers in Cambridge reviewed the files of 47 patients staying at an in-patient hospital last year, studying their levels of frailty and length of stay and quizzing them on perceived loneliness. Patients who reported feeling lonely stayed an average length of 24 days, versus 17 days for those who said they didn't feel lonely.

This is a powerful reminder that socialization can heal! Come and join in the fun at the many educational, spiritual, creative, physical and social programs that are offered at Chandler Place! It's a great way to meet your friends and neighbors at Chandler Place!

— *William Huseonica*, Executive Director

## Highlights From Life Enrichment

### Save the Date!

It's that time of year again; the St. Anthony Senior Living's Annual Ice Cream Social is upon us! Please join us from 7-8:30 p.m. on Thursday, June 21, 2018, near the Chandler Place Pond. We will have old-fashioned ice cream sundaes provided by Culver's in St. Anthony on Silver Lake Road and entertainment by the St. Anthony Civic Orchestra. Please watch for your invitation mid-month.

As always, you are welcome to join us for any activity, outing or event you would like. Our residents truly enjoy when their loved one participates right along with them! If you would like to join us on an outing outside of the facility, please inform a staff member to ensure your spot on the bus. You may do so by leaving a message with Lisa at 612.913.5391 or email at: [lisa.king@chandlerplacesenior.com](mailto:lisa.king@chandlerplacesenior.com).

If you have any questions or suggestions, please let me know. I'd be happy to help!

— *Lisa King*, Life Enrichment/Volunteer Coordinator



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

## National Safety Month

Summer is a great time to start thinking about safety. Warm weather may be calling people outside, but outdoor activities also open the door to potential accidents. The National Safety Council designates June as National Safety Month to help raise safety awareness. You may be surprised to hear that one in three people over 65 falls each year, making it the leading cause of injuries for the age group. Exercise can be the first defense against falls. FIT Functional Fitness® offers various exercise classes that can help increase muscle and bone strength! The program's goal is to increase overall health and wellbeing, reduce potential for falls, and encourage residents to remain active.

## Resident Spotlight

Every spring, Pearl Garden enjoys spending time in the St. Anthony Health Care Center Courtyard! This year's rolling garden includes some brightly colored flowers, a fairy garden set and some fresh herbs, dill and cilantro to be exact. They just started to poke their tops out last week! We can't wait to use them in our recipes in cooking club this year.

We also enjoy the inground garden that was planted by Betty R. and her family in the fall a few years ago. With each spring, the blossoms bloom brighter each time!



## Soaring Spiritually

It is so hard to feel at peace and harmony within ourselves. If we feel at peace and our day has been wonderful, it can drop very quickly after watching the news for five minutes. Yet, we are told to "be brave, be strong, and have faith." It is easy to say but hard if not impossible to maintain. When we fail to achieve "inner peace," we may feel ashamed of a character flaw, lack of discipline or determine we are unworthy of help. Nothing could be further from the truth. You are normal and certainly worthy of help. However, many of us have loved ones who have achieved the ever elusive inner peace. The poem below describes true inner peace.

### Inner Peace Poem

If you can start the day without caffeine,  
If you can always be cheerful,  
ignoring aches and pains,  
If you can resist complaining  
and boring people with your troubles,  
If you can eat the same food every day and be grateful for it,  
If you can understand when your loved ones are too busy to give you any time,  
If you can take criticism and blame without resentment,  
If you can conquer tension without medical help,  
If you can relax without alcohol,  
If you can sleep without the aid of drugs,  
Then you are probably...  
The family dog!

If you find that your nose is constantly cold and wet, you get overly excited at the sight of a rabbit and you are able to scratch behind your ear with your foot, you may have reached inner peace.

— Author Unknown

Congratulations!

— Linda Boyadjis,  
Spiritual Care Director

## Employee Spotlight

Mary Gaspers is our new Sales and Marketing Director at Chandler Place. She was born on Jan. 27 to Arthur and Germaine Hughes in Minneapolis. Mary has one brother, who is 11 years older than her. She has lived in Ohio, Pennsylvania and Minnesota.

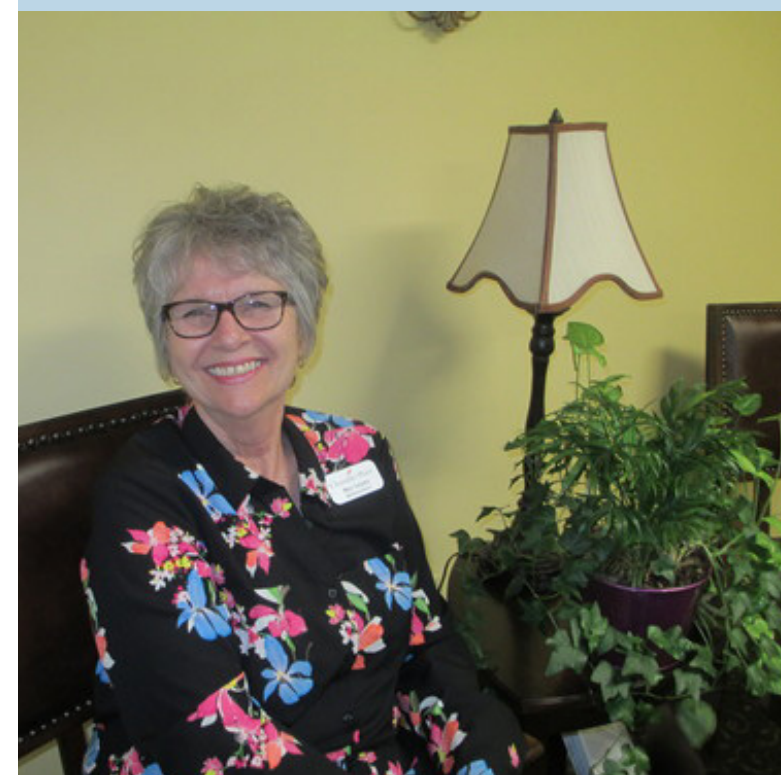
Mary attended Immaculate Conception Grade School and Columbia Heights Junior and Senior High School. After graduation, she attended the University of Minnesota and was interested in business and writing. She was previously the Sales and Marketing Director at New Perspective Senior Living for eight years before she came to Chandler Place.

Mary met, dated and married the love of her life, Ted. They were introduced through a friend of Mary's. They were married July 15, 1978. Mary and Ted have two sons, T. J. and Clayton. They were a busy family with school activities, sports and traveling. If all those things didn't keep them busy enough, they were also Boy Scout den leaders for their sons.

Mary is now the proud grandma to five step-grandchildren.

Mary has done extensive traveling with family and friends. She has traveled to most of the states and various parts of Mexico and Canada.

Mary is a great addition to our team here at Chandler Place. She has an open-door policy and is always warm and friendly. Come on down and visit her sometime in the Marketing Office on 1st Floor. She'll be there with a hearty hello and an enthusiastic smile.



## From the Kitchen

Greetings from the kitchen staff! I hope everyone has enjoyed the wonderful month of May and is ready for the month of June!

Last month, we enjoyed lots of special meals including our resident choice meal, as well as our Mother's Day meal. The resident choice meal that was chosen for the month of May was Vietnamese themed, which included chicken fried rice, egg rolls and oriental vegetables, while our Mother's Day meal featured pork tenderloin, garlic mashed potatoes and an orange cream shortcake. Yum! This coming month, we will celebrate Father's Day with a menu of sirloin steak with mushroom sauce, a baked potato and an ice cream drumstick! During our previous St. Anthony Health Care Center resident council meeting, the choice meal for June was decided to be a chef salad with all the toppings and a peanut butter chocolate cake for dessert. The kitchen is always open for suggestions to the menu, so please attend the next resident council and let us know what you would like to see on the menu!

Guests and relatives are encouraged to dine with their loved ones at meals. Guest meal tickets may be purchased for \$10.35 from the Chandler Place receptionist during normal business hours. Please call the dietary department at 612-913-5310 (you may leave a message if no one is available to take your call) or inform a Pearl Garden staff member of your presence to ensure enough food is brought from the kitchen.

If you ever have any new menu ideas or suggestions, please feel free to stop by the kitchen! As always, warm wishes from the kitchen staff.

— Mariah Westlie, RD, CDM,  
Dining Services Director

## Resident Birthdays

Patricia M., 5th  
Marlene "Midge" S., 11th  
Jean B., 30th

## New Residents

We welcome to Pearl Garden:  
No new residents this month.

## Notes from Nursing

### Summer Skin Care Precautions for Seniors

Summer is here, and that usually means we spend a lot more time outdoors. As we age, our skin is more fragile and is less likely to protect and rejuvenate itself. Certainly, we want to protect our skin from a painful sunburn, but even more importantly, we want to protect ourselves from developing skin cancer. Anyone can get skin cancer, but it is most common in people who spend a lot of time in the sun or have been sunburned; have light-colored skin, hair and eyes; have a family member with skin cancer and are over age 50. Below you will find a list of summer skin care precautions that you might want to consider:

1. Don't tan and don't let yourself burn.
2. Pick shade over sun when outdoors.
3. Apply sunscreen every day — SPF 30 or greater.
4. Keep your skin moisturized — cracked dry skin is more likely to be damaged.
5. Wear protective clothing — light weight, long-sleeved shirts and long pants with hats.
6. Use protective accessories such as sunglasses and umbrellas.
7. Stay indoors during the sun's peak hours — between 10 a.m. and 2 p.m.
8. Sun and medication — some medications can make your skin more sensitive to the sun's rays — ask your doctor if this is true of any of your medications.

I hope you find these suggestions helpful. Wishing you a fun and healthy summer.

— Joan Roberts, RN-DON



# CHANDLER PLACE

Senior Living

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MANAGED BY  
 The Goodman Group

## Staff

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William Huseonica

**Director of Nursing**  
Joan Roberts

**Sales and Marketing Director**  
Mary Gaspers

**Life Enrichment Director**  
Becky Aune

**Resident Care Coordinator**  
Kelley Deen

**Director of Dining Services**  
Mariah Westlie

**Business Office Director**  
Mary Jo Dillon

**Housekeeping Director**  
Bekira Buljubasic

**Life Enrichment Coordinator**  
Lisa King

**Spiritual Director**  
Linda Boyadjis

## Marketing Minutes

Pearl Garden is now able to offer basic cable services to all of our residents. As part of the St. Anthony Health Care cable service expansion, Pearl Garden apartments are now completely wired for cable, and residents and families will no longer need to individually subscribe to receive cable services. If you currently do not have cable, this will be a new service for you. The boxes are all registered to St. Anthony Health Center and are to remain in the apartments with the provided remote.

Residents will need to provide a cable-compatible TV to receive this service. If you are a current cable subscriber, you will be able to discontinue your current cable service. I encourage all current cable subscribers to call their cable company to discontinue their service and take advantage of this new in-house offering. If you have any questions, please don't hesitate to call William Huseonica at 612-913-5336.



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Visit [facebook.com/ChandlerPlaceAssistedLiving](https://facebook.com/ChandlerPlaceAssistedLiving) to see pictures and catch up on all the fun here at Pearl Garden at Chandler Place. This is a great way for family members and friends to stay connected!