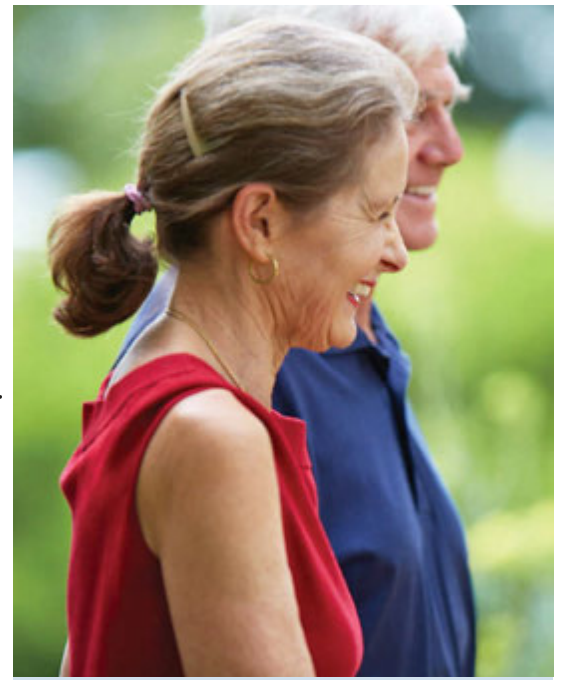


# GOOD Life News

*Pearl Garden at Chandler Place Assisted Living*

JUNE 2017

www.chandlerplacesenior.com



## Letter from the Executive Director

### Cable TV Now Included in Rent

Pearl Garden is now able to offer 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. 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 new in-house offering. If you have any question, please don't hesitate to call me at 612-913-5336.

Sincerely,

*William Huseonica*, Executive Director  
Chandler Place and Pearl Garden

## 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 22, 2017, near the Chandler Place Pond. We will have old-fashioned ice cream sundaes 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's start is a great time to think 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 – a great time to reconsider how we can “Keep Each Other Safe,” this year's theme. 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 programs that can help increase muscle and bone strength!

## Resident Spotlight

As part of our Ages Entwined® (intergenerational) program, we now visit a local preschool two times a month. On the second and fourth Tuesdays, our residents enjoy going over to Nativity Church on Silver Lake Road in St. Anthony. We enjoy engaging in activities such as painting, puzzles, reading, singing and crafts. The interactions between the children and the Pearl Garden Community is nothing short of amazing. We look forward to continuing this program throughout the summer as well.

—Lisa King, Life Enrichment/  
Volunteer Coordinator



Pat M. and Joyce M. enjoy visiting the preschool.



Pat L. enjoys visiting the preschool.



Maxine T. enjoys visiting the preschool.

## Soaring Spiritually

### How to Contact the Spiritual Director

During the last week of April, I led an Ecumenical Worship Service on prayer where we explored what it meant to pray for each other in our community of residents and staff. After the service, I realized most of you may not know how to get in contact with me for prayer requests or to schedule a visit. The Goodman Group Corporate Office has changed the role of spiritual care slightly from previous chaplains and has asked me to make one-to-one visits with residents an important part of my work. My role as a Spiritual Director also goes far beyond religious discussions. I am happy to help with the stresses and demands of life, whether you are strongly following a faith tradition or have no faith at all. Feel free to make an appointment if you would like to talk and sort out things that are weighing on your mind. We can meet in your room, apartment, outside or at my office.

### Here are some ways to grab my attention:

1. Direct phone and voicemail is 651-252-9650 (This is the best)
2. Tell any member of the staff that you would like to speak with the Spiritual Director. If you don't remember my name, that is okay. I am the only one.
3. Stop by my office. I have been blessed with a quiet, private space on the 5th floor of Chandler Place where I can meet with you whether you are living or working at Chandler Place. Take the elevator that is closest to the Chandler Place Dining Room, go to the 5th floor and you are there. My office is right next to the elevator. On my door you'll see a wreath with playful words of wisdom which changes every few days, and if the door is open, you are welcomed to pop in. You will never be a bother to me.

I have been part of your community since Christmas and my time here has been full blessings and joys. Whether you are connected to a faith tradition, have no religion at all or are somewhere in between, I would love to get to know you. Everyone who connects with me, for any reason, will be given respect and dignity regardless of where you are in your spiritual journey. If you have prayer requests, a desire to share your joys and struggles, would like to pray together or simply talk about the stresses of life, I will make myself available. Our community consists of residents, families and staff Chandler Place, and it is my hope that everyone, including staff, will feel welcomed and safe in connecting with me.

Linda Boyadjis, Spiritual Care Director

## New Residents

We welcome to Pearl Garden:  
Mary Jeanne E.

## Mark Your Calendar

### Outings:

**Tuesday, June 6:** Farmer's Market; depart at 10 a.m.

**Tuesday, June 13:** Fishing for Fun Boat Ride on Lake Johanna (max 5); depart at 9 a.m.

**Tuesday, June 20:** Ages Entwined®: Nativity Preschool; depart at 10 a.m.

**Tuesday, June 27:** Ages Entwined®: Nativity Preschool; depart at 10 a.m.

### Special Events/Entertainment:

**Friday, June 2:** Ages Entwined®: Musical Safari; at 10:45 a.m. in PG TV Room

**Friday, June 2:** Ages Entwined®: Global Academy Second Grade Visits; at 1 p.m. in PG dining room

**Monday, June 6:** Arizona Youth Choir; at 2 p.m. in Chandler Dining Room

**Tuesday, June 13:** Entertainment by Bobby & Christine; at 1 p.m. in PG dining room

**Friday, June 16:** Taste of Nordeast Father's Day Luncheon; from 12-1 p.m. in Chandler Dining Room

**Thursday, June 22:** Pearl Garden Monthly Birthday Party; at 2 p.m. in Pearl Garden Dining Room (followed by Guitar with Gary in the PG TV Room)

**Thursday, June 22:** Annual Community Ice Cream Social; from 7-8:30 p.m. by Chandler Place Pond

## From the Kitchen

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

Last month we enjoyed quite a few special treats as St. Anthony celebrated National Nursing Home week, as well as Mother's Day and our resident choice meal. We have officially started rolling out our summer menus, so expect to see more salads and grill-time favorites, such as hamburgers and hot dogs as well as lots of fresh fruit and vegetables! This coming month, we will have another resident choice meal as well as our Father's Day celebration, which will feature sirloin steak.

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.

Mariah Westlie, MS, RD, CDM  
Director of Dining Services

## Notes From Nursing

### Blood Pressure 101

Residents frequently ask our nurses questions about their blood pressure, especially what is the normal or "good" blood pressure? Since we do get so many inquiries, I thought I would share with you some basics about blood pressure.

- **What Does Blood Pressure Mean?** Blood pressure is the pressure of the blood within the arteries. It is produced primarily by the contraction of the heart muscle.
- **How Is Blood Pressure Measured?** The measurement of blood pressure is recorded by two numbers — systolic and diastolic pressures — better known by the average person as the "top and bottom" numbers. High blood pressure is called "hypertension" and low blood pressure is called "hypotension."
- **What Is a Normal Blood Pressure?** Normal blood pressures are generally less than 120/80 — High blood pressures are readings greater than 140/90.
- **What Are Signs/Symptoms of High Blood Pressure?** Signs of high blood pressure may include but are not limited to headache, dizziness, blurred vision, nausea, vomiting, chest pain and shortness of breath.
- **What Are Signs/Symptoms of Low Blood Pressure?** Signs of low blood pressure may include dizziness, light-headedness, fainting, decreased concentration, nausea, cold-clammy-pale skin, rapid-shallow breathing, fatigue, thirst and depression.
- **What Can I Do to Have a Healthy Blood Pressure?** Doctors recommend their patients limit their sodium intake and the consumption of high fat foods; eat fruits, vegetables, whole grains and healthy carbohydrates; do not smoke; limit the intake of alcoholic beverages; and exercise daily.

Also, take blood pressure medications as ordered by your doctor.

All adults should have their blood pressures monitored on a regular basis or as one's physician recommends. Make sure you take advantage of the monthly blood pressure clinic Chandler Place offers free of charge to all of our residents.

Joan Roberts, RN-DON

## Resident Birthdays

Patricia M., 5th



## CHANDLER PLACE

Senior Living

3701 Chandler Drive NE  
Minneapolis, MN 55421  
612-788-7321



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## Staff

### Executive Director

William Huseonica

### Director of Nursing

Joan Roberts

### Sales and Marketing Director

Megan Moriarty

### 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

Do you know of someone who is considering a move to an assisted living facility or is in need of memory care services? Pearl Garden now has rare openings of renovated studio apartments. Take advantage of our Family and Friends Referral Program: Refer a friend, acquaintance, neighbor or relative to Pearl Garden and receive \$500 in rent credit, six months after they move in. For more information or to make a referral, please call the marketing office at (612) 913-5390.

## Like Us on Facebook

Go to [facebook.com/ChandlerPlaceAssistedLiving](https://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!

