

GOOD Life News

Pearl Garden at Chandler Place Assisted Living

JULY 2017

www.chandlerplacesenior.com



Letter from the Executive Director

July is such a fun month for being active, getting together and enjoying the summer. Just a few weeks ago, the community celebrated our annual St. Anthony Campus Ice Cream Social. This event always reminds me of just how special a place this campus has become. The evening was filled with smiles, warm greetings and music. 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. The patients had an average age of 85 and were being treated for varying ailments. Patients who reported feeling lonely stayed an average length of 24 days versus 17 days for those who said they didn't feel lonely. Those who lived alone were also more likely to be readmitted to the hospital within 30 days. "Our results support the need of bridging between social sciences (and) healthcare community service," wrote Martha Hawker, a student at the University of Cambridge's School of Clinical Medicine. This is a powerful reminder that socialization can heal!

— *William Huseonica*, Executive Director

From the Kitchen

Greetings from the kitchen staff! I hope everyone has enjoyed the beginning of summer and all the warm weather we have been having! Last month we enjoyed our Father's Day celebration lunch as well as our resident choice meal. For Father's Day, we enjoyed bacon wrapped pork tenderloin and sirloin steaks; as well as our resident choice meal of chicken Waldorf salad and root beer floats. 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 in month we will have another resident choice meal as well as our Fourth of July Celebration meal. If you ever have any 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

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

**Enjoying
the Summer
Bounty**

At long, last summer is here! That means fresh fruits and vegetables straight from the garden, food co-op, roadside stand or local grocery. We're here to help you enjoy the best of the season's bounty and reap the benefits. Eating well this season is about fresh, colorful food, and on many occasions, eating outside with friends or family adds to the fun. Search out super foods like spinach, raspberries or blueberries. Research suggests that healthy eating can promote mental acuteness, resistance to illness and disease, and increased energy.

Highlights from Life Enrichment

Greetings! I would like to remind everyone about the Massage Therapy Services provided by Christie Wall (massage therapist) right in the luxury of your loved one's apartment. If you would like to see if this is something your loved one is interested in, she provides the first massage free of charge! Please contact me at the number below to set up the first free visit.

Massage has been found to be very beneficial for those with dementia or Alzheimer's. Its positive effects include:

- Reduction in stress level
- Less wandering/pacing behavior
- Reduction in physical agitation
- Reduction in verbal agitation
- Lower pulse rate
- Less inappropriate behavior
- Less resistance to care

Also, research has shown that receiving therapeutic massage on a regular basis has a cumulative positive effect for those with cognitive dysfunction.

As always, you are welcome to join us for any activity or outing. We encourage family and friends to participate right alongside loved ones. To ensure your spot on the bus, please notify someone in the Life Enrichment Department prior to joining us for an activity outside the facility, if possible. If you have any questions or are in need of assistance in regards to Life Enrichment, you may contact me at (912) 913-5391 or at lisa.king@chandlerplacesenior.com.

I would be happy to help in any way I can.

— Lisa King,
Life Enrichment Coordinator

Resident Birthday

Arturo H., 20th

Resident Spotlight

On Tuesday, June 13, Pearl Garden had the pleasure of going on a pontoon ride with the "Fishing for Fun" program! The Fishing for Fun volunteers met us at the landing on Lake Johanna and helped us on to the boat. We spent an hour on the lake and saw a bald eagle, two egrets and many, many loons. A great time was had by all, as you can see in our pictures.

— Lisa King,
Life Enrichment Coordinator



Joyce M. enjoys the pontoon ride.



Pat L. enjoys the pontoon ride.



Tallie S. enjoys the pontoon ride.



Mary E., Heather M. (volunteer), and Dorothy G. enjoy the pontoon.

New Residents

We welcome to Pearl Garden:

- Esther E.
- Douglas M.

Soaring Spiritually

Chaplain or Pastor?

During the last six months as your chaplain, I have had wonderful conversations with many of you and look forward to hearing more of your stories and experiences. Some of you have asked a very good question, "What is the difference between a pastor and a chaplain?" I will do my best to answer that question as simply as possible.

Pastors and chaplains are both ministers but function in different ways. Pastors usually serve in a congregation where a group believes similarly and the people come to worship. A chaplain will go to where the people are and will meet them wherever they are in their spiritual journey. To a chaplain, many of our problems are similar whether a person is a devout Christian, Muslim, Jew, Hindu, Buddhist, Atheist, Agnostic or any other faith tradition. In this life, we all experience abandonment, loss, rejection, loneliness, fear, illnesses, family stress, changes in life and dreams for the future. The chaplain will listen and walk alongside a person in their struggles and joys while respecting their spiritual journey.

Today's new chaplains have received additional training beyond seminary. After serving as a congregational pastoral assistant for four years during seminary, I became an ordained pastor and received almost two years additional chaplaincy training at The University of Minnesota Medical Center and Park Nicollet Methodist Hospital. During that time, I ministered to people from 10 different religions and 14 different denominations within the Christian church. At the Ecumenical Christian Worship services on Wednesday mornings it may seem I am filling the role of a pastor and in many ways I am, but when constructing service I am very mindful of denominational differences in the room and address those things which we have in common.

In short, I will never force any spiritual teaching on a person, and I see a chaplain as "a wounded healer encountering other wounded people; one who is not afraid to enter their inner spaces, to listen, sit with them and bring peace, calmness, and hope." (Wanjiru Mukunga, 2013)

— Rev. Linda Boyadjis, Spiritual Director

Notes from Nursing

As a nurse, when I am asked about the one thing someone can do to improve his or her overall health, I don't have to think twice. I always reply, "drink a lot of water."

Drinking a healthy amount of water is vital to your health. It is noteworthy that approximately two-thirds of our body composition is made up of water. Everyone can gain tremendous health benefits by increasing their fluid intake, including some of these advantages:

- Weight loss
- Natural remedy for headaches and back pain due to dehydration
- Healthier skin
- Improved brain function (helps you "think better")
- Improved exercise regime through increased energy
- Aides in the digestion process by raising metabolism
- Decreases likelihood of constipation
- Decreases risk of urinary tract infections
- Relieves fatigue
- Improved mood (when your body feels better, so does your mood)
- Reduces the risk of cancer related to the digestive system

Here is to a healthier lifestyle, drink six to eight glasses of water each day. Cheers.

— Joan Roberts, DON

Looking Back at Summer Camps

For over a century, summer camps have provided countless children the opportunity to connect with nature, learn valuable skills and create memories.

In the late 1800s, overnight camps began popping up in the northeastern U.S. as a means for boys to break away from city life and build character, and were generally geared toward those from wealthy families. By the early 1900s, summer camps grew in number and diversity. National organizations like the YMCA and Boy Scouts catered adventures for boys from all social classes. Many of these camps focused on military basics and survival skills.

At about the same time, summer sleep-away camps for girls were established to teach life skills and encourage independence. The Camp Fire Girls and Girl Scouts were among the programs that provided these outdoor experiences for young women.

Starting in the 1950s, specialty camps began to concentrate on specific pursuits, such as academics, art, sports and music. Camps were also created for children with special needs and medical conditions. Today, there is a camp for nearly every interest.

A trend of traditional, rustic outdoor camps has emerged, as well as camps for adults who yearn to relive their childhood.



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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.

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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!

