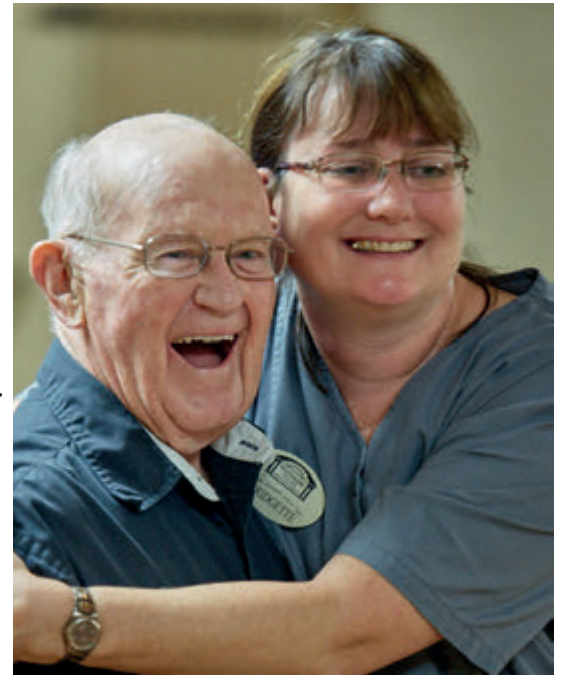


GOOD Life News

Pearl Garden at Chandler Place Assisted Living

JANUARY 2018

www.chandlerplacesenior.com



Letter from the Executive Director

I hope you all had a wonderful holiday season. The staff and I had a great time participating in all the events that took place in December. From the Chandler Boutique to the Pearl Garden holiday party, we enjoyed making memories with our residents at all the special events this holiday season. We hope you all enjoyed celebrating the season with your loved ones. We sure did! We want to encourage you to participate in our community.

Fliers will be mailed throughout the coming year to invite family and friends to join us for our programs. We know it can be challenging to change your loved one's routine by taking them out of the community, so we welcome your participation with us. We offer an open invitation for you to join in our outings to restaurants and other attractions throughout the year. Our van easily accommodates door-to-door service.

The new year is a time to reflect on how to best communicate with residents diagnosed with dementia. One thing that stuck out to me is that it can disrupt the resident when he or she is told by a loved one that the loved one is returning for lunch, stopping in to visit, etc. The resident can fixate on that detail and not be able to get back into his or her daily routine until the event happens. Residents still enjoy spontaneous visits or those same fun outings without the advance notice.

The staff and I look forward to 2017 and the adventures it will bring.

— *William Huseonica*, Executive Director

Resident Spotlight

As a part of our Ages Entwined®: Intergenerational Program on Pearl Garden, we visit the Nativity Lutheran Church Preschool two times a month. This holiday season, we were in luck — the kids came to visit us at our community for the first time. All three classes were able to make it that day, Tuesday, Dec. 12. We enjoyed a morning of making ornaments for the Christmas tree, decorating cooking and singing. We look forward to another great year with Nativity in 2018.

— *Lisa King*, Life Enrichment/Volunteer Coordinator

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

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"I am responsible for the quality of the work environment and I am valued when I share ideas, feedback and opinions in a professional manner."

We know that one of the best ways to create a welcoming and great experience for everyone that lives, works or visits our community is by considering each person's feedback. Here, we are fortunate to have an employee base committed and dedicated to our residents and their wellbeing. Being committed to involving each resident and employee helps us improve our overall service. Sharing ideas, feedback, and opinions is essential and always appreciated. Our door is always open!

Highlights from Life Enrichment

As we say goodbye to 2017, we welcome 2018 here at Pearl Garden. Many memories have been made this past year for residents, family and staff. I want to thank everyone for taking time out of their busy schedules to attend our holiday party. A great time was had by all!

We look forward to making more memories in 2018 by providing a variety of enriching activities to attend. Whether it's music or bingo, we truly enjoy seeing the smiles on your loved ones' faces each and every day.

Some of our more popular activities are our outings outside of the facility. We are fortunate to have a bus to take us into the community so we can enjoy time away during the month. We go on these outings each month of the year. Please note, during the winter months we will schedule only two outings due to the weather.

With the cold weather already here, we kindly ask that you double-check your loved one's supply of winter gear. It would be ideal for each resident to have a hat, a warm jacket, mittens or gloves, a scarf and boots or heavy shoes. In these Minnesota winters, we want to make sure everyone stays nice and warm.

As always, you are welcome to join us for any activity or outing. We encourage family and friends to participate right alongside loved ones; our residents are especially proud when they have visitors attending activities with them. If possible, please notify someone in the Life Enrichment department prior to joining us for an activity outside of the facility. This will ensure you have a spot on the bus. If you have any questions or are in need of assistance in regards to Life Enrichment, you may contact me at 612-913-5391 or at lisa.king@chandlerplacesenior.com. I would be happy to help in any way I can.

Here's looking forward to another great year here at Pearl Garden Assisted Living!

— Lisa King,
Life Enrichment/Volunteer Coordinator

Notes From Nursing

Each year at this time, I like to address a few safety concerns that can affect seniors in particular, and ways in which to promote health and safety during the winter season.

Here again are a few tips to stay safe, healthy and warm:

1. If you have not yet had your flu shot, consider getting one, as seniors are at an especially high risk for complications from the flu.
2. Wash your hands frequently and thoroughly.
3. Get enough sleep — at least eight hours in a 24-hour period.
4. Eat a healthy diet — fill up on whole grains, lean proteins, fruit and vegetables.
5. Stay warm. Bundle up when you go outside. Don't turn your thermostat below 68 and risk hypothermia.
6. Walk carefully. Avoid slippery patches when walking outdoors. Wear boots. Don't walk outside alone in inclement weather.
7. Exercise. Take short walks and/or attend the exercise classes offered by our Life Enrichment Department.
8. Stay positive and socialize. It's the best way to combat seasonal depression.

Happy New Year!

— Joan Roberts, RN, DON

Thank You!

I would like to thank all of you who donated gifts to our Sixth Annual Pearl Garden Giving Tree. An extra shout-out to Jennifer D. from the St. Anthony Schools! Jennifer helped coordinate 12 gifts to be given to Pearl Garden from her students. She was like an angel sent to us this year — thanks again, Jennifer.

I would also like to thank the entire Pearl Garden/Chandler staff in all departments for another great year of enthusiasm, joy and caring for not only our residents, but one another.

We look forward to what another year will bring to our community!

— Lisa King, Life Enrichment/Volunteer Coordinator



From the Kitchen

Greetings from the kitchen staff! I hope everyone has enjoyed the wonderful month of December and is ready for a new year!

Last month, we enjoyed quite a few special meals including our resident choice meal as well as our holiday meals on Christmas Eve and Christmas Day. The resident choice meal was Italian themed this month and included chicken Parmesan and ricotta cream-filled cannoli. Our Christmas Day meal, which is the most esteemed meal of the year, featured prime rib, garlic mashed potatoes and assorted cheesecake. This coming month, we will celebrate a brand-new year and kick it off with our New Year's Day meal of stuffed pork chops, roasted vegetables and cream puffs for dessert! Yum! Our resident choice meal for January is yet to be determined, so if you have suggestions, please attend the next resident council and let us know what you would like to see on the menu! As always, warm wishes from the kitchen.

Girl Scout Cookies Galore

Tasty treats of mint, caramel and peanut butter packed inside colorful boxes are a familiar sight the first few months of the year, when annual sales of Girl Scout Cookies kick off.

The tradition started in 1917, when a troop in Muskogee, Okla., baked cookies and sold them to raise money for their projects. Other troops followed their lead.

In the 1930s, a growing demand for the cookies led to commercial bakers making the treats, and sales soared nationwide. Rationing and shortages of sugar, butter and eggs during World War II didn't crumble fundraising efforts; the girls adapted and sold calendars instead. Beginning in the '50s, the Scouts introduced new cookie flavors and set up booths in shopping malls, in addition to selling door to door.

For over a century, the earnings from Girl Scout Cookie drives have helped troops fund activities and teach members valuable skills such as setting goals and managing money.

About 200 million boxes of Girl Scout Cookies are sold each year. Thin Mints are the most popular, making up 25 percent of sales.

New Residents

We welcome to Pearl Garden:

- Irene B.

Soaring Spiritually

Thomas Jefferson Had a "Yes" Face

Thomas Jefferson can teach us quite a bit about our body language. The latest research has shown that only 7% of physical communication is from the spoken word. 38% of communication comes from our tone of voice and a whopping 55% comes from body language. It is amazing how much we can say while remaining completely silent. Charles Swindoll addressed power of body language in a story he told about Thomas Jefferson:

"During Thomas Jefferson's presidency, he and a group of travelers were crossing a river that had overflowed its banks. Each man crossed on horseback, fighting for his life. A lone traveler watched the group traverse the treacherous river and then asked President Jefferson to take him across. The president agreed without hesitation, the man climbed on, and the two made it safely to the other side of the river where somebody asked him: "Why did you select the president to ask this favor?" The man was shocked, admitting he had no idea it was the President of the United States who had carried him safely across. "All I know," he said, "is that on some of your faces was written the answer 'no' and on some of them was the answer 'yes.' His was a 'yes' face."

In the world of chaplaincy, we call this the "ministry of presence." Jefferson presented himself as a welcoming and helpful man without saying a word. A gentle smile and a helping hand can say so much in complete silence.

When you find yourself in a situation where the right words are hard to find, remember, a welcoming presence or a kind gesture will say more than words.

Linda Boyadjis
Spiritual Director/Chaplain

Resident Birthdays

Beverly N., 1st



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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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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!