

# GOOD Life News

*at Pearl Garden at Chandler Place*

AUGUST 2018

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



## Letter From the Executive Director

Dear Residents, Family and Friends,

Happy August! August is a bittersweet month for me. It reminds me to cherish each day of summer as it draws to a close. Residents, family, friends and staff are squeezing in their last-minute vacations or final few trips to the cabin before Labor Day. I cherish these days and I cherish all the established and new residents at Chandler Place and Pearl Garden. Mary Gaspers and Jenny Gilmore in marketing have been working hard to get the word out about the wonderful experience to be had here at Chandler and you will see many new faces. Please be sure you say hello and make all newcomers feel welcome and appreciated.

Cherished are also the many fun programs and activities we had in July, and August promises to be just as fun with my favorite, a trip to the Great Minnesota Get-Together. Keep up-to-date by checking your activity calendars for upcoming events and join us for Resident Council to hear all that is going on in the facility.

Yes, for me, August is a great time to reflect, live and look forward to all life brings. Just like the quote says, "You don't know how precious and cherished a moment is until it becomes a memory!" Cherish the moments of summer and enjoy each day.

## 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.

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

**30 Years  
Recognizing  
Senior  
Citizens Day**

The United States Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom, leadership, and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include: starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.



## Resident Spotlight

Saturday, July 14 was a day of the wonderful world of music right in our Pearl Garden Community! We started the morning with "Guitar with Gary". Gary Anderson has been providing fun guitar singalongs for as long as I can remember at Pearl Garden — that's at least over six years.

In the afternoon, we were treated by Shawn Sweeney on the guitar, piano and jokes. Again, Shawn has been coming to Pearl Garden longer than I have worked up there. He still even calls it Pond View — our original name for the gorgeous view of the pond.

Be sure to join us anytime for upcoming music. We will see Gary next on the second Saturday in August 2018. Then, look for Shawn shortly into September. Watch your monthly calendar to save the dates!



## Notes From Nursing

### Chronic Pain: Tips for Seniors

Chronic pain is very prevalent in the senior population — in fact, 88% of all seniors suffer from some form of chronic pain.

Many of the questions we receive in the nursing department from our residents are related to pain and pain control. The following are tips that you might find helpful if you are living with chronic pain.

- Be honest with your doctor about your pain — do not minimize the level of your pain or how it impacts your life. Your doctor cannot treat your pain effectively if he or she does not have a good understanding of the pain you are experiencing.
- Take your pain medications as directed. Always take your medications on time before your pain level builds up. Never discontinue your medications abruptly without talking to your doctor.
- Use your assistive devices (walkers, canes, shower chairs, etc.) — these devices are intended to make your life easier and can save you pain in the long run (prevent excessive stress on the body, falls).
- Be active, within reason. Talk to your doctor about an exercise program that would be beneficial for you. Regular exercise keeps your muscles in better shape and your stamina up.
- Get support by talking to family, friends or peers. You are not alone — many seniors experience chronic pain. Talking to someone else who understands what you are going through can help you deal with the emotions related to living with chronic pain.

## From the Kitchen

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

Last month, we enjoyed two special meals including our resident choice meal and our Fourth of July meal. The resident choice meal that was chosen for the month of July was Greek inspired and included beef gyros, couscous, a spinach salad and chilled apricots, while our Fourth of July meal was a cheeseburger, potato salad, corn and assorted pie. Yum! This coming month, we will have a state-fair-themed meal of corn dogs, mini donuts and corn on the cob! The resident choice meal for August 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.

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, MS, RD, CDM, Director of Dining Services

## Highlights From Life Enrichment

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to reclaim the future for millions!

This year, we are excited to say the Pearl Garden/Chandler Place staff will be participating in the 2018 Walk to End Alzheimer's at Target Field on Saturday, Sept. 15. We have staff and family from all departments coming together to walk that morning to raise money and awareness about this disease.

Our goal is to raise \$2,000. If you would like to donate, you may do so by:

- Google search "Alzheimer's Walk Twin Cities 2018" (the link is too long to print here).
- Click on the page "2018 Twin Cities Walk to End Alzheimer's".
- Click on the "Donate" tab.
- Type in our name, "Pearl Garden".
- Follow the prompts to finish the donation.

Please contact Lisa King (team captain) in Life Enrichment at 612-913-5391 if you have any questions regarding the walk or how to donate. We thank you for your support for the walk.

## Soaring Spiritually

### The Voice of a Child

Isn't it amazing how the words of a child can bring us back to the reality of what is good and possible in this world? As I was preparing this article, I looked at a list of special dates in the month of August and saw that the last entry in the diary of Anne Frank occurred on August 1, 1944. Three days later, she and her family were arrested. I felt sad, but to my surprise, her writings were amazingly positive. She endured unspeakable horror that most of us will never experience, yet she worked very hard at maintaining hope and peace. She writes: "Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!"

The mountain of suffering before her was huge, yet she spoke of good news and hope. We may be tempted to discount her thoughts as the youthful dreams of someone who lacked experience. I found wisdom beyond her years that all of us can learn from. She writes:

"It's really a wonder that I haven't dropped all my ideals, because they seem so absurd and impossible to carry out. Yet I keep them, because in spite of everything I still believe that people are really good at heart. I simply can't build up my hopes on a foundation consisting of confusion, misery and death. I see the world gradually being turned into a wilderness, I hear the ever-approaching thunder which will destroy us, too, I can feel the sufferings of millions and yet, if I look up into the heavens, I think that it will all come right, that this cruelty too will end, and that peace and tranquility will return again."

We are all children inside and it is my hope that the words of Anne Frank will bring you hope and peace in the midst of hardship as we embrace the heart of a child within. In her last entry, she wrote:

"Tuesday, August 1, 1944: I start to get snappy, then unhappy, and finally I twist my heart around again, so that the bad is on the outside and the good is on the inside and I keep on trying to find a way of becoming what I would so like to be." May it be so.

Linda Boyadjis, Spiritual Director



# CHANDLER PLACE

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## Important Reminder

We have installed new resident mailboxes in the Pearl Garden nursing office (Kelley Deen's office). Please check your mailboxes on a weekly basis — if not more. We relay messages regarding activity events along with your loved one's mail. Thank you!

## New Residents

We have no new residents this month.



## Like Us on Facebook

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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!