

# GOOD Life News

*at Pearl Garden at Chandler Place*

FEBRUARY 2019

www.chandlerplacesenior.com

## Letter from the Executive Director

At Chandler Place/Pearl Garden and in every Goodman Group facility across the United States, our Platinum Service® philosophy avows we are “putting you at the heart of everything we do.” February is a great time of year to focus on this philosophy as one tends to associate this month with heart, caring and love. In order to provide unparalleled service, philosophies must align with our mission. Our mission at Chandler is to enrich the quality of life for our residents by creating a sustainable, nurturing and professional environment through caring, personalized service. Each day, the Chandler Place/Pearl Garden employees are educated on ways to live up to this philosophy and enact this mission to keep you at the heart of everything we do through readings and reciting of one of our 20 Platinum Service® Standards. Only through this concentrated effort can we at Chandler provide unparalleled service that builds a lifetime of memorable experiences.

Like the saying goes, a long journey starts with a single step, and that step is you, our resident and families, putting you at the heart of it all.

Happy Valentine’s Day!

*William Huseonica, Executive Director*

## Highlights From Life Enrichment

Have you wanted to take a more formal, active role in ensuring the best quality care for your loved one and their community members? We invite you to join our newly formed Pearl Garden Family Council. I am pleased to announce the Pearl Garden Family Council has gotten off the ground, with a special thank you to the family of Betty R. for the dedication shown to the forming of the Council!

Our current main goal is to increase our family base! We would love to have more input as we roll out this process. I was excited to have a few families/friends reach out at the Holiday Party to express interest! Let’s have 2019 be the year to get our very first Family Council up and going. Help us as we develop our family center to become more visitor friendly.

Our February time and date is to be determined — please watch the Family Corner for updates. Also, please feel free to send suggestions for a good time and date that would work for YOU. Then in March, be on the lookout for our next Family Night. That month’s Family Council will be held following the meal.

We truly look forward to adding more friends and family as the Council develops!

*Lisa King*

Life Enrichment Coordinator, Pearl Garden



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

**Platinum Service®  
Standard #7**

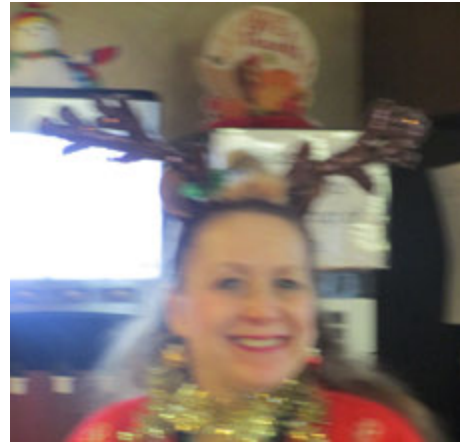
*“I never say “no” to an opportunity to serve our residents and to improve their living experience.”*

Each day presents itself with the opportunity to serve others from the heart. We have the unique opportunity to enrich the lives of others and show our professionalism and genuine care. Listening to our residents’ requests and practicing acts of kindness creates memorable experiences. We strive to place our residents at the center of everything we do.

*“A good head and a good heart are always a formidable combination.”  
– Nelson Mandela*

## Resident Spotlight

The Pearl Garden holiday party was a huge hit! Shawn Sweeney came to bring love and laughter to the Pearl Garden family in December.



We then had our annual giving tree opening; the smiles are more than we could have ever asked for.

No party would be complete without the staff of Pearl Garden and Life Enrichment team pulling together for the last few finishing touches; an extra thank you to all of you as well! Until next year!

*Lisa King*  
Life Enrichment



## Spiritual Director

Isn't it amazing how as children we can't wait to become adults? Then, when we arrive at adulthood, we realize it is nothing like we thought it would be. The reflection below was written by an unknown author who has decided to resign from adulthood.

I am hereby officially tendering my resignation as an adult. I have decided I would like to accept the responsibilities of an eight year old.

I want to go to McDonald's and think it's a four star restaurant.

I want to sail sticks across a fresh mud puddle and make a sidewalk with rocks.

I want to think M&Ms are better than money because I can eat them.

I want to lie under a big oak tree and run a lemonade stand with my friends on a hot summer's day.

I want to return to a time when life was simple; when all I knew were colors, multiplication tables and nursery rhymes, but that didn't bother me, because I didn't know what I didn't know and I didn't care.

All I knew was to be happy because I was blissfully unaware of all the things that should make me worried or upset.

I want to think the world is fair, that everyone is honest and good. I want to believe anything is possible. I want to be oblivious to the complexities of life and be overly excited by the little things again.

I want to live simple again. I don't want my day to consist of depressing news, doctor bills, gossip, illness and loss of loved ones.

I want to believe in the power of smiles, hugs, a kind word, truth, justice, peace, dreams, the imagination, mankind and making angels in the snow.

So, here's my checkbook and my car-keys, my credit card bills and my 401K statements. I am officially resigning from adulthood. If you want to discuss this further, you'll have to catch me first, cause, "Tag! You're it."

I'd love to spend a day as an eight year old again! Anybody want to join me?

*Linda Boyadjis*  
Spiritual Director  
651-252-9650

## Notes from Nursing

### Flu Season — It's Here

One only has to tune into to evening news or read the daily newspaper to learn the flu season has arrived and in a very big way. Experts are saying we can expect one of the worst flu seasons we have seen in several years.

People young and old are seeking treatment at their clinics, and many people afflicted with the flu are being hospitalized.

Therefore, it is important to be aware of the signs and symptoms of the flu and to seek treatment as soon as possible if you present with any of these symptoms.

Initially, the flu may seem like a common cold with a runny nose, sneezing and sore throat, but colds usually develop slowly, whereas the flu tends to come on suddenly.

### Common signs and symptoms of the flu include:

- Fever — usually over 100 F
- Headache
- Aching muscles, especially in your back, arms and legs
- Coughing and sneezing
- Chills and sweats
- Fatigue and weakness
- Nasal Congestion
- Sore throat

If you have flu symptoms, see your doctor right away.

Taking antiviral drugs within the first 48 hours after you first notice symptoms may reduce the length of your illness and help prevent more serious problems.

Take Care — Stay Healthy

## Marketing Minutes

Hello from Mary and Tyler!

We'd like to take this opportunity to thank you all for your input when we are conducting tours. Your kind words and friendly faces mean so much to families. Choosing the appropriate senior living place for a loved one can be one of the most difficult decisions a person has to make. I am proud to say our Chandler Place residents make that decision easier.

Happy New Year!

*Mary Gasper*  
Sales and Marketing Director  
Chandler Place Assisted Living and Pearl Garden Memory Care

## From the Kitchen

Greetings from the kitchen staff! I hope everyone has enjoyed the wonderful month of January and is ready for the fantastic month of February!

Last month, we enjoyed two special meals including our resident choice meal and our New Year's Day meal. The resident choice meal chosen for the month of January was a chef salad and root beer floats while our New Year's Day meal included bacon-wrapped pork tenderloin, roasted vegetables and chocolate-covered cream puffs for dessert! This coming month, we will be celebrating Valentine's Day with a romance-themed meal which will include a decadent chocolate dessert. The resident choice meal for February is yet to be determined, so feel free to send us your suggestions.

As always, 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) and/or inform a Pearl Garden staff member at 612-913-5365 of your presence to ensure enough food is brought from the Kitchen and we set an extra place at our table.

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 Service

## Health and Wellness Corner

The month of February is "American Heart Month."

Did you know heart disease is the leading cause of death in the United States for both women and men? You can reduce your risk greatly when you manage your health, make healthy choices and lifestyle changes.

Friday, Feb. 1, is National Wear Red Day. On this day, women and men are encouraged to wear red as a symbol of their support of women's heart health.

Show your support by wearing red!

FIT Functional Fitness® class times and 1:1 sessions are located on the Life Enrichment Calendar and Fitness Calendar located in the family corner off of the elevator on the St. Anthony side. If you have any questions about the FIT Program offered here, please contact me at 612-913-5394 in the Life Enrichment Office on 1st Floor or e-mail me at [bridget.johnson@chandlerplacesenior.com](mailto:bridget.johnson@chandlerplacesenior.com)

Take care of your heart.

Love your body.

Be proud of who you are.





# CHANDLER PLACE

Senior Living

3701 Chandler Drive NE, Minneapolis, MN 55421  
612-788-7321 | [www.chandlerplacesenior.com](http://www.chandlerplacesenior.com)



MANAGED BY  
 The Goodman Group

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**Life Enrichment Coordinator**  
Lisa King

**Spiritual Director**  
Linda Boyadjis

## Thank You!

Thank you to all the friends, family and staff of Pearl Garden for their contributions to our annual Giving Tree. With your love and support, we were able to provide personalized gifts to each and every resident of Pearl Garden. We look forward to the next holiday season and the memories it will bring once again!

## New Residents

There are no new residents this month.



## Like Us on Facebook

@ChandlerPlaceAssistedLiving

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!