

GOOD Life News

at Pearl Garden at Chandler Place

APRIL 2018

www.chandlerplacesenior.com

Letter from the Executive Director

It's time for April showers, and it's also time for us to shower our volunteers with appreciation! April is National Volunteer Recognition Month.

Chandler Place/Pearl Garden is blessed with many wonderful volunteers.

We have our in-house volunteers, which consists of many of our very own Chandler Place residents, volunteers from area churches and schools, and individuals and groups from the community. Without our volunteers, many programs, trips, activities, church services and special events offered at Chandler Place/Pearl Garden would not take place.

We will recognize our volunteers at our Volunteer Recognition Celebration on Monday, April 16, 12-1 p.m., in the Chandler Place Dining Room.

As the April showers fall, we will shower our volunteers with a luncheon and recognition to honor all of their dedicated hard work. It is their work which allows the Chandler Place community to bloom!

— *William Huseonica*, Executive Director

From the Kitchen

Greetings from the kitchen staff! I hope everyone enjoyed the month of March and is excited for the warmer spring months right around the corner!

Last month, we enjoyed our resident choice meal to celebrate St. Patrick's Day with corned beef and cabbage, carrots, parslid potatoes and chocolate mint pie. We have also been in the middle of Lent this past month and have enjoyed lots of new vegetarian options, including mushroom ravioli and crab cakes. This month will include our Easter menu, and because we like to make holidays special, it will include glazed ham, garlic mashed potatoes and a special Easter dessert. We are so looking forward to spring and cannot wait to continue offering wonderful new meal items for the upcoming season.

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, RD, CDM*
Dining Services Director



Our Talk. Our Walk. Every Day!

Our Platinum Service[®] program is the centerpiece of our promise to each of our residents, families and all those we serve to deliver the highest quality of service on a legendary scale. At The Goodman Group, this program transcends everything we do. It is intrinsic to our culture and woven into the fabric of who we are. We respect our residents and guests and promise to create a positive and enriching experience to gain lifetime loyalty.

Our Platinum Service[®] Pledge

"Providing unparalleled service is the focus of our team efforts and my main personal role. I am committed to following and supporting our service philosophy."

Resident Spotlight

Our Pearl of Life program encompasses resident-led and resident-choice programs supported by our Montessori Inspired Lifestyle program multiple times during the week. The true community feel that we strive for is shown through both of these programs!

You will see the enjoyment of a resident-led crossword program. A few residents work together to lead — one will read the clue, the other will give hints and fill in the puzzle on our giant board. The group works together to solve the puzzle.

“What you do for me, you take away from me.” — *Maria Montessori*

Thank you Jean B. and Pat L. for leading our puzzle program!

— *Lisa King, Life Enrichment/Volunteer Coordinator*



Jean B. leads crossword puzzle group.



Jan O. enjoys resident-led crossword puzzles.



Pat L. and Essie E. enjoy resident-led crossword puzzles.



Pat M. and Joyce M. enjoy resident-led crossword puzzles.

Notes from Nursing

Memory Loss

As the body ages, so too does the brain.

Memory loss can result from the changes taking place in our bodies as we grow older. Some individuals experience only mild memory loss while others are impacted more. For most people with memory loss, it's the recent events that are more difficult to remember rather than those events that happened in the distant past. Some ways to help prevent memory loss are outlined below:

- **Exercise regularly** — this improves circulation and blood flow/oxygenation to the brain.
- **Keep your mind active and sharp** — read books, work crossword puzzles, play trivia, keep up with local and world events, participate in the activities offered through Chandler Place Life Enrichment.
- **Follow a healthy diet** — eat nutritious foods like fruits and vegetables, whole grains and lean meats.
- **Get enough sleep** — at least eight hours each night.

Speak with your doctor if you are having trouble sleeping on a regular basis.

- **Try to reduce your stress level** — physical and mental stress can interfere with concentration.
- **Limit alcohol intake and avoid smoking** — both can adversely impact one's memory process.
- Talk with your doctor if you have any concerns related to memory loss or other health issues. Early detection and intervention is always the goal.

— *Joan Roberts, RN, Director of Nursing*

Resident Birthdays

Essie E., 26th

New Residents

We welcome to Pearl Garden:

Soaring Spiritually

It never fails to amaze me that wisdom can come from the most unusual sources. It may come from a child, a song, the memory of a teacher 50 years ago and yes, even a dog, as the following essay from an unknown author reminds us.

If a dog were your teacher
These are some of the lessons
you might learn ...

When loved ones come home,
always run to greet them
Never pass up the opportunity
to go for a joyride
Allow the experience of fresh air
and the wind in your face
to be pure ecstasy

When it's in your best interest
practice obedience
Let others know when they've
invaded your territory
Take naps and stretch before
rising

Run, romp and play daily
Thrive on attention and let
people touch you
Avoid biting when a simple
growl will do
On warm days, stop to lie on
your back on the grass

On hot days, drink lots of water

and lay under a shady tree
When you're happy, dance
around and wag your entire
body

No matter how often you're
scolded
don't buy into the guilt thing
and pout
run right back and make friends

Delight in the simple joy of a
long walk
Eat with gusto and enthusiasm
Stop when you have had enough
Be loyal
Never pretend to be something
you're not

If what you want lies buried
dig until you find it
When someone is having a bad
day
be silent ...
... sit close by.

... and nuzzle them gently.

May it be so.

— *Chaplain Linda Boyadjis, Spiritual Director*

Bursting With Spring Blossoms

This month, cities around the country are celebrating the bursting colors of spring blossoms with festivals dedicated to regional flora.

Skagit Valley Tulip Festival — Tulip farms scattered throughout Washington State's Skagit Valley begin blooming in April, and that's when thousands of visitors crowd area roads for a scenic driving tour of the spectacular fields of flowers.

North Carolina Azalea Festival — The port city of Wilmington, N.C., draws more than 200,000 people to a weeklong celebration of the millions of lush, showy shrubs that come alive with blooms of pink, purple and red.

Atlanta Dogwood Festival — Flowering dogwood trees provide a beautiful backdrop for this Georgia tradition that dates back to 1936.

Meriden Daffodil Festival — During the last two weekends in April, thousands of people gather in this Connecticut city to view a sea of 650,000 sunny yellow and white daffodils in bloom.

Highlights from Life Enrichment

We certainly could not do all we do at Chandler Place/Pearl Garden without the assistance of our dedicated volunteers! April is National Volunteer Month and we will host our annual Volunteer Recognition Luncheon on Monday, April 16, 12-1 p.m. in the Chandler Place Dining Room.

Every week, we have volunteers who come through Pearl Garden to spend time with our residents, whether it be leading a group or lending a hand to our team. Our residents truly look forward to their visits and have bonded with them so well. When researching some information on this subject, I came across the following poem I would like to share. I really think it says it all.

“V — Valuable is the work you do.

O — Outstanding is how you always come through.

L — Loyal, sincere and full of good cheer,

U — Untiring in your efforts throughout the year.

N — Notable are the contributions you make.

T — Trustworthy in every project you take.

E — Eager to reach your every goal.

E — Effective in the way you fulfill your role.

R — Ready with a smile like a shining star,

S — Special and wonderful, that's what you are.”

— *Author Unknown*

If you or someone you know would like to become a volunteer with Pearl Garden/Chandler Place Assisted Living, we would love to hear from you. Whether you would like to volunteer on a permanent basis or for special events, we have many options available. You may contact me at (612) 913-5391 or email at lisa.king@chandlerplacesenior.com. I can get you started with the process. I look forward to hearing from you!

— *Lisa King, Life Enrichment Coordinator*



CHANDLER PLACE

Senior Living

3701 Chandler Drive NE, Minneapolis, MN 55421
612-788-7321 | www.chandlerplacesenior.com



MANAGED BY
 The Goodman Group

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

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.



Like Us on Facebook

@ChandlerPlaceAssistedLiving

Visit 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!