

# GOOD Life News

*Pearl Garden at Chandler Place Assisted Living*

OCTOBER 2017

www.chandlerplacesenior.com

## Letter from the Executive Director

Greetings! The fresh, crisp air and the beautiful leaves on the trees let us know fall has arrived. With fall comes the beginning of the parade of holidays. One of our favorite holidays to celebrate at Chandler with family and friends is Halloween. Since this party is usually so well-attended, we decided to make our Halloween party a fundraiser for hurricane relief. The event will include a rummage sale and a celebration to include a Texas-style Halloween Hoedown. Below is the schedule of events.

### Halloween Hurricane Fundraiser, October 31, 2017

12-2 p.m.

Rummage Sale, Community Room — We will be selling cowboy hats and scarves for a small fee so you can get all decked out for the hoe down!

2-3 p.m.

Appetizers and Country Music, Dining Room — Put on your cowboy hats and boots as we do our part to give relief to the thousands of hurricane victims.

See you there. Yahoo!

*William Huseonica*  
Executive Director

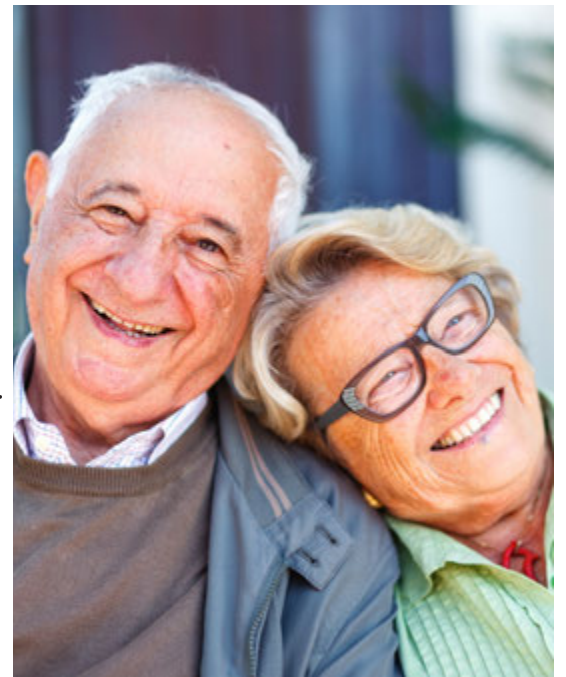
## From the Kitchen

Greetings from the kitchen staff! Well, it has been a beautiful summer, and it is going into cooler weather already. What a great time of year to see all the leaves changing on the trees. Along with that change, we will also be changing up our menus as we get into the fall.

Last month, we had two special meals including our Labor Day BBQ meal as well as our resident choice meal of a Reuben sandwich and beer cheese soup. With this coming month, we will celebrate Oktoberfest with bratwursts and warm pretzels, as well as Halloween with a special "spooky" themed meal. With the coming of fall, our new cool weather menus will showcase lots of hearty soups and warm hot dishes that are a staple to Minnesota tradition.

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 your table.

*Mariah Westlie, MS, RD, CDM*  
Director of Dining Services



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

## Health Literacy Month

This annual October observance is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopt a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit [blog.thegoodmangroup.com](http://blog.thegoodmangroup.com).



# Family Is Forever: 2017 Assisted Living Week

The month of September we were quite busy with our annual Assisted Living Week from Sunday, Sept. 10, to Saturday, Sept. 19! The theme this year was Family Is Forever. This is a week where we come together as a community and celebrate our lives together, along with family and friends.

On Pearl Garden, we kicked off the week with our staff walking for the 2017 Walk to End Alzheimer's on Saturday, Sept. 9, at Target Field. We got decked out in purple fashion! We then walked with others who are joining in the fight. We were able to raise about \$700 as a team! We rock!

Our second featured event was a performance by Bobby and Christine, our favorite entertainers, on Tuesday, Sept. 10. They have played special events for us on many occasions. It was an unanimous vote by the residents for the entertainment on that day!

The third featured event was our "Friends and Family" night on Thursday, Sept. 14. Families and Friends gathered to join us for an evening meal-planned by our residents. They agreed on a menu of sloppy joes, tater tots, corn and homemade German chocolate cake by our very own baking group. We then had a short discussion on our Montessori program. The evening ended with a round of "Happy Trails."

You can see by the pictures what a great time was had during the 2017 Assisted Living Week!



*Inez B. (housekeeper) and her daughter walk to end Alzheimer's.*



*Kelley D. (nurse), her son, Ben, and Emily B. (nurse) walk to end Alzheimer's.*



*Maxine T. and her family enjoy Friends and Family night.*



*Dorothy G. and her family enjoy Friends and Family night along with friends at their table.*



*Essie E. and her family enjoy Friends and Family night.*

## Notes From Nursing

Reminder: You will need to return the flu shot consent form by mail or in person to the Pearl Garden Nursing Department prior to Oct. 19.

### Chandler Place/Pearl Garden Flu Shot Clinic:

Oct. 19, 2017, from 1-3 p.m.

Shots will be administered on the Pearl Garden Unit.

This clinic is being provided for us by Cub Pharmacy—St. Anthony. A Cub pharmacist will be administering the vaccines. Stop in the nursing office if you have any further questions about the flu shot clinic. If you have any questions, please call Kelley Deen at 612-913-5365.

Looking forward to a healthy winter!

## Highlights from Life Enrichment

On Saturday, Sept. 9, the team from Pearl Garden/Chandler Place participated in the 2017 Walk to End Alzheimer's at Target Field in Minneapolis. We grabbed our casual purple clothes, threw on our running shoes and took the Chandler bus down to this fabulous event.

Once there, the team got registered, had a bite to eat and watched the opening ceremony. After that, we took over the streets of Minneapolis to turn the streets purple for Alzheimer's awareness.

I am proud to say we had representation of staff from every department. Together, we were able to raise about \$700 for the cause. We are already planning our team for next year!

As always, you are welcome to join us for any activity (including next year's walk, just let me know) or outing. We encourage family and friends



*Lisa K. (Life Enrichment) and William H. (Executive Director) at the 2017 Walk to End Alzheimer's kickoff*

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 that 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](mailto:lisa.king@chandlerplacesenior.com). I would be happy to help in any way I can!

— Lisa King, Life Enrichment/Volunteer Coordinator

## Soaring Spiritually

*Resilience of the Human Spirit*

About a month ago, I found myself glued to the television looking for the last news about the people who were being affected by Harvey and Irma. The forecasts, the models and all the experts were doing their best, and yet, the power of creation was not listening. Many people found themselves in unexpected floods, high winds and danger.

It was the stories of the people that caught my attention. One woman was cheerfully sitting in a shelter without her husband. She was safe, but her husband remained behind to ride out the storm at a hospital because 800 patients could not be moved. Another family beeped the horn of their car as they evacuated and saw a staging area full of electric repair vehicles ready to go into the storm damage as soon as possible. I can't forget the traffic jam of truck and boats on the roads going into the flood ravaged areas of Texas to save flood victims. The news today was focused on the first responders who are now engaged in search and rescue in Florida. Why do they go into the storm?

They are resilient. "Resilience of the human spirit means being able to cope with adversity while being able to not only accept what has happened but also continue forth with the ability to find some form of happiness." Nurses, doctors, first responders, military veterans, teachers, parents ... all of us have been created with the ability to be resilient.

This month, I invite you to consider all the difficult events you have been through in your life where you showed resilience. Celebrate it! CNN won't come to you for an interview, but pat yourself on the back and hear yourself say, "I did it, and I made it!"

## New Residents

We welcome to Pearl Garden:

Zoya S.  
Beverly N.

## Thank You!

I would like to extend a sincere "Thank You" to all of you who joined us for Friends and Family night. We look forward to doing this again during the holidays!

— Lisa King, Life Enrichment/  
Volunteer Coordinator

## Resident Birthdays

Mary E., 1st  
Carol R., 29th





## CHANDLER PLACE

Senior Living

3701 Chandler Drive NE  
Minneapolis, MN 55421  
612-788-7321



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## 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

*Cable TV Now Included in Rent*

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 new in-house offering.

If you have any question, please don't hesitate to call William Huseonica at 612-913-5336.

## Like Us on Facebook

Go to [facebook.com/ChandlerPlaceAssistedLiving](https://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!

