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We encourage residents, guests, caregivers and families to download the app and get connected!



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**CHANDLER
PLACE**

Senior Living

3701 Chandler Drive NE, St. Anthony, MN 55421
612-788-7321 | chandlerplacesenior.com



MANAGED BY  The Goodman Group

TEAM MEMBERS

Executive Director

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Director of Nursing

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Director of Sales & Marketing

Eric Johnson

Life Enrichment Director

Linda Horvath

Culinary Operations

Lynn Schaefer

Business Office Manager

Anne Patricelli

Community Outreach Director

Tami Moy

Housekeeping Director

Bekira Buljubasic

Maintenance Director

Collin Cunningham



BIRTHDAYS

We want to wish the following residents a very happy birthday:

Chandler Place

- Gladys M. - 3/1
- Tim R. - 3/5
- Diane C. - 3/6
- Marlene B. - 3/14
- Jean S. - 3/18

Pearl Garden:

- Carolyn M. - 3/8
- Joyce M. - 3/30



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Good Life NEWS

at Chandler Place

MARCH 2024

LIFE ENRICHMENT HIGHLIGHTS

- Friday, March 1 at 10:30 a.m. to Saturday, March 2 at 3 p.m.: Give and Take Table (Activity Room)
- Friday, March 1 at 1 p.m.: Book Club (5th Floor Library)
- Tuesday, March. 5 & 19 at 10:30 a.m.: Bible Study with Ron (Community Room)
- Wednesday, March 6 at 1:30 p.m.: Birthday party (Dining Room)
- Tuesday, March 12 at 1:30 p.m.: Valiant Veterans® Club (Dining Room)
- Friday, March 15 at 2 p.m.: Valentine's Day social (Lobby)
- Wednesday, March 20 at 7 p.m.: The

Music Men & Lori
(Dining Room)

- Thursday, March 28 at 1:30 p.m.: Ecumenical worship (Dining Room)

Community Outings

- Thursday, March 7 at 10 a.m.: Omnitheater presents: "Pandas"
- Thursday, March 14 at 10:30 a.m.: McGarry's Pub in Maple Plain
- Thursday, March 21 at 10:30 a.m.: Brunch at Cracker Barrel in Lakeville
- Thursday, March 28 at 10:30 a.m.: Lunch and gambling at Little Six/ Mystic Lake



GREETINGS FROM THE LIBRARY

Wouldn't you like to get acquainted with our American presidents? When did they decide they were ready to run for president? Chandler Library has biographies and autobiographies on many of our past presidents that may answer these questions. You can also read books about their influence on political issues. The first ladies were also very influential during their husband's presidencies. Books about Eleanor Roosevelt, Rosalyn Carter and Dolly Madison, to name a few, are fascinating reads. Books are an interesting way to learn about history, and Chandler Library has a great selection.

AT CHANDLER PLACE, THE FUN NEVER STOPS!

Groundhog Happy Hour

It's official: spring is right around the corner. Punxsutawney Phil did not see his shadow. That called for a happy hour celebration! Phil made an appearance to celebrate the good news with us!



Bob sharing a good laugh with Phil!

Library Crew Performance

The Library Crew produced and directed a one-act play called "The Lighthouse Keeper's Daughter." They performed the play for the Chandler Place community, family and friends. It was a smash hit, receiving applause and appreciation from all who attended. Thank you to the Library Crew and the cast for sharing your exceptional talents with us!



The Lighthouse Keeper's Daughter



The Library Crew was all smiles!



PEARL GARDEN MEMORY CARE NEIGHBORHOOD

PEARL GARDEN HAPPENINGS

Weekly Events:

- Sundays at 11 a.m.: Devotions & Hymns
- Sundays at 2 p.m.: Variety Hour with Sue
- Mondays at 4 p.m.: Pet visit with Sandy and her Great Dane
- Tuesdays at 10:15 a.m.: FIT to Stretch®
- Wednesdays at 11 a.m.: Kate's Musical Memories
- Wednesdays at 1:30 p.m.: Resident and Team Member Social
- Wednesdays at 3 p.m.: Penny's Piano Music
- Thursdays at 11:10 a.m.: Catholic Communion
- Thursdays at 2 p.m.: Bingo
- Fridays at 2 p.m.: Happy Hour at Chandler Place (Dining Room)
- Saturdays at 2 p.m.: Flower arranging and listening to music with Scotty

Special Events:

- Monday, March 4 & 18 at 3 p.m.: Living Spirit Music with Melissa
- Tuesday, March 5 at 11 a.m.: Resident Council meeting
- Tuesday, March 5 at 2 p.m.: St. Patrick's Day decorating
- Wednesday, March 6 at 1:30 p.m.: Resident Council meeting
- Thursday, March 7 & 21 at 10 a.m.: James Shaw piano and sing-along
- Tuesday, March 12 at 2 p.m.: Bake St. Patrick's Day cookies
- Monday, March 18 at 10 a.m.: Riverboat Randy

DEMENTIA CARE BARRIERS



As we know, there are barriers to dementia care, but the single greatest barrier to the provision of high-quality care is not lack of resources or lack of time—but the barrier of beliefs. This barrier, which takes on various forms, revolves around the notion that individuals with dementia are incapable of learning new things, and that the best that a caregiver can do is to deliver palliative care. However, this approach fosters a sense of learned helplessness on a system-wide scale. It's essential to acknowledge the untapped potential that individuals with dementia may still have. The Montessori Inspired Lifestyle® helps us tap into and utilize those skills.

We focus on the positive engagement with the person living with dementia, and it is easy for the person to succeed as there is no right and wrong. When starting an activity, like crafting or trivia, we have heard over and over that the person will not be able to do that task. To combat this, we simply ask if they wish to give it a try, and reassure them that we're here to help. With encouragement and praise, the individual will be able to participate in any activity.

WESTERN HAPPY HOUR

We ended January with a Western-themed happy hour. The residents had chances to win some party bags and enjoyed some fun music. They loved the hats and bandanas!



SOARING®: SUPPORTING THE SPIRIT

You might remember the song, “Turn, Turn, Turn.” It was originally written as a protest song by Pete Seeger in 1959, performed at folk venues in Greenwich Village, and became a #1 hit by The Byrds in 1965. A chorus of shaggy-haired musicians and activists pressed the nation to “turn, turn, turn”—to accept that change is inevitable, history is a cycle, strife is temporary, and to everything there is a season. The words are from Ecclesiastes 3:1-8, one of the Wisdom Books of the Old Testament. They still ring true.

As of March 1, I am entering the season of retirement. I have loved the work that I have been called to do in the fields of education and spirituality. I even had fun working at McDonald's at age 16. I've been working for more than two-thirds of my life!

Work can give a person value and meaning. Daily tasks and schedules define us, income is a motivator, and, if you're lucky, you've been deeply enriched by the work and the people you have served. But there is another chapter ahead, and I find great joy in anticipating it.

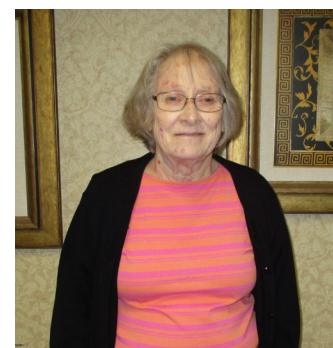
Retirement is a time to look beyond the working surface of our lives and in to the deeper meaning that is a part of each of us.

I think it's an incredible gift to be alive at this time in history. Thank you for modeling so well the “turning” of this season of retirement. May we all continue growing, learning and giving forward!

Cathy Nordheim
Director of Spiritual Care
The Goodman Group

RESIDENT SPOTLIGHT: JENNY

Jenny C. has lived at Chandler Place for seven months. She is very friendly and enjoys participating in many of our programs. Thank you, Jenny, for sharing your story with us. It was a pleasure to have a chance to get to know you better!



Where did you grow up?
Mendota and Hopkins, Minnesota

How many siblings do you have? I have three sisters and one brother.

What was your favorite thing to do as a child? I liked playing with dolls and playing outside with my siblings and neighborhood friends.

What was your favorite subject in school? I liked my history classes.

Did you participate in activities after school? I played tennis. I also liked to go horseback riding.

Do you have children? I have two girls and now I have two grandsons.

Did you have any pets? I had a pet dog when I was growing up. When I got married and had children we also had dogs and cats

Where did you raise your family? Northeast Minneapolis and St. Anthony Village

Where have you worked? I was a key punch operator for the city of Minneapolis where I worked on water bills for the city. I also worked at Youth Encounter, a Christian organization, where I scheduled the students to sing at different churches.

What are your hobbies? I enjoy music and taught myself how to play guitar. I also learned how to play pickleball.

What kind of music do you like? Rock 'n roll. I like music with a beat because I love to dance!

Did you like to travel? I traveled in the U.S. when my daughter was in the Marine Corp.

What is your favorite color? I like the green that is the color of grass.

What is your favorite holiday? Valentine's Day

What is your favorite meal? Fried chicken, mashed potatoes and gravy with a big helping of peas!

What is your favorite dessert? Blueberry and pumpkin pie.

What is your favorite snack? M&Ms

Do you have any words of wisdom you would like to leave us with? I would suggest that people not take themselves so seriously and learn how to laugh at themselves. I also like the saying, “Focus on the donut not the hole.” Translated that means focus on what is there and not what is missing.

TEAM MEMBER SPOTLIGHT

Tami M., community outreach director

Where did you grow up? I was born in Omaha, but from age 9 I grew up in Bloomington, Minnesota.

Do you have any siblings? I have a brother who lives in Arizona with his family and two sisters. One lives in Crosby, Minnesota, and the other in Colorado.

What did you enjoy doing as a child? Doing outdoor things with my brother and father. We traveled out to Yellowstone in the summers.

What did you do after high school? I went to cosmetology school and worked as a hair stylist until I went back to college after starting our family and got my bachelor's in English/secondary education. Then I went into teaching.

Married? Children? Pets? I was married for 27 years and we have two boys and two girls. They all live in the Twin Cities area. We have three grandsons; they are 9, 7 and almost 2 years old. I have a Basenji (dog) named Iris. She is a COVID puppy and turned 4 last month.

Where have you lived and where do you live now? Our first home was in Richfield, but I've lived in other suburbs and in Minneapolis proper as well. I spent about six months in San Francisco for a job before I moved home to take care of my mom who had dementia. I currently I live in Richfield and really love the community.

Where have you worked? Most recently I have worked in two other senior living buildings, one in Lakeville and one in Edina. I really enjoy working with families looking for senior housing.

What are your hobbies and interests? My grandmothers taught me to sew when I was 12, so I enjoy that as well as other types of arts and crafts. I once took an art welding class to learn how to create metal art. I enjoy trying new restaurants, going to art fairs, walking my dog, and spending time with my children, grandchildren and friends.

How long have you worked at Chandler Place? This is my fifth week here, and I am very happy to be a part of this community!

