



Good Life

NEWS

at Chandler Place

SEPTEMBER 2019

EXECUTIVE DIRECTOR

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 the Pearl Garden/Chandler Place Staff will be participating in the 2019 Walk to End Alzheimer's at Target Field on Saturday, Sept. 28. We have staff and family from all departments coming together to walk that morning to raise money and awareness about this disease.

If you would like to donate, you may do so by:

- Google search "Alzheimer's Walk Twin Cities 2019" (the link is too long to print here)
- Click on the page "2019 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

We thank you for your support for the walk!

William Huseonica
Executive Director

LIFE ENRICHMENT HIGHLIGHTED EVENTS

Metro Men Singers

Thursday, Sept. 5., 1:30 p.m., Dining Room

Chandler University, Challenger & Astronauts

Tuesday, Sept. 17, 1:30 p.m., Community Room

Drumming Circle

Tuesday, Sept. 24, 10:30 a.m., Community Room

The St. Paul, Minn., Empowered Percussion Drum Company hosts drum circle interactives with people around the twin cities. Aaron Tafoya, the founder of EP Drum co., handcrafts his own kind of drums called the TLC Wedge drum for all walks of life. It is also wheelchair friendly! Things to expect in his drumming class is having fun and cultivating joy. The drum circles have also been noted as creating a calming yet energizing experience. Aaron facilitates the drum circle in a way that involves everyone to feel comfortable. No experience necessary! Gratitude drumming is also a common focus in helping to naturally lift your moods, re-energize and build a better sense of community!

Sweet Petite Tea Room

Wednesday, Sept. 25, 12 p.m., Community Room

FOOD AND BEVERAGE/DINING SERVICES

The next Chef's Chat will be Tuesday, Sept. 3 at 10:15 a.m., in the Pub, located just off the Dining Room on the Second Floor. Please join me to share your preferences and ideas for what you would like to see served in the Chandler Dining Room.

Bon Appetit!

Chef Dan

RESIDENT BIRTHDAYS

Dorothy D., 4th Beverly K., 4th Edward B., 4th Jeanette F., 27th

RESIDENT SPOTLIGHT

We just celebrated the seventh annual Veterans' Indoor Picnic and Motorcycle Show. It was a huge success with many visitors who are retired military. The Outdoor Motorcycle Show was such a great tribute to our veterans. Minneapolis Mounted Police were there along with St. Anthony Police and Fire Departments. Several veterans also came from the local VFWs. A few of our residents were even daring enough to put on a helmet and ride around the block on a motorcycle! I know each and every one of us is aware of the veterans we have here at Chandler Place. We have a "Veterans Wall" to honor and remember all the veterans who currently live at Chandler Place. It is on display in the Activities Room on First Floor. This will be a permanent exhibit, and my goal is to have as many residents and family members view it as possible. I have had the privilege of gathering all the information and pictures on our veterans and have been very honored and moved by their stories and dedication to securing our freedom. Each veteran is honored with their picture in a frame.

I have endeavored to hold a different veterans' activity each month here at Chandler Place. We have had pancake breakfasts, picnics, visited military museums and Air Force bases, packed boxes for the soldiers who are actively serving overseas and have had many guest speakers from various branches of the military. I have found myself many times pondering the question, "What is a veteran?" The article below says it all perfectly. I hope you will find it as inspiring as I did.

A text book definition of a veteran: A former member of the armed forces, an experienced soldier or any person who served for any length of time in any military service branch.

The True Meaning of a Veteran: Some veterans bear visible signs of their service and others do not. Veterans are those men and women who have kept America safe and wear no badge or emblem. You cannot tell a veteran just by looking at them.

He/she is an ordinary and yet an extraordinary human being — a person who offered some of their life's most vital years in the service of their country and who sacrificed their ambitions so others would not have to sacrifice theirs.

He is a soldier, a savior and a sword against the darkness. He is nothing more than the finest, greatest testimony on behalf of the finest, greatest nation we have ever known. It is the soldier, not the reporter, who has given us freedom of the press. It is the soldier, not the poet, who has given us freedom of speech. It is the soldier, not the campus organizer, who has given us the freedom to demonstrate. It is the soldier who salutes the flag, who serves beneath the flag and whose coffin is draped by the flag, whom we need to say "thank you" to. So remember, each time you see someone who has served our country, just lean over and say, "Thank You." That is all most veterans need, and in most cases it will mean more than any medals they could have been awarded or were awarded.

I want to personally thank all the veterans for the freedom they fought for and that I enjoy today because of them!

Sincerely,

Char Antoine

Valiant Veterans® Coordinator
Life Enrichment Assistant



NURSING NOTES

Each year, thousands of older Americans fall at home. Many of them are seriously injured, and some are disabled. Falls are often due to hazards that are easy to overlook but easy to fix (cdc.gov/injury).

What can you do to help prevent falls? 1) Exercise regularly. Participation in our FIT program(s) can improve your strength, balance and coordination. 2) Have your doctor review all the medicines you take; some medicines can make you sleepy or dizzy. 3) Get up slowly after you sit or lie down. 4) Wear shoes both inside and outside. Avoid going barefoot or wearing slippers. 5) Improve lighting in your home. Place a lamp close to the bed where it's easy to reach, and put in a night light so you can see where you're walking when it's dark. 6) Make your home safer. Be sure to have clear walking paths, remove throw rugs and avoid having loose wires or cords (Free home safety assessments are available through AbleCare Connect. Contact nursing department for information!)

Our nursing department offers many services; if you feel you could benefit from meeting with our team to become educated about service options, please feel free to stop into our office.

Cassie Kuenzler

Director of Nursing

NEW RESIDENTS

The next New Resident Social will be Wednesday, Oct. 2, in the Dining Room. Be sure to come and welcome our newest residents while you enjoy wine or punch and cheese and crackers

CANINE WAR HEROES

Military working dogs have a long legacy of brave acts during combat. During National Service Dog Month in September, salute some of history's heroic canines:

Sallie: A Staffordshire bull terrier, Sallie was the mascot of the 11th Pennsylvania Volunteer Infantry during the Civil War. At the Battle of Gettysburg, she was separated from her unit and discovered three days later guarding wounded soldiers. A bronze statue of Sallie is part of a monument at the historic battle site.

Stubby: This stray bull terrier mutt gained fame for his courageous deeds in World War I. His sharp hearing and sense of smell warned Army troops of incoming shells and gas attacks, and he once caught an enemy spy by the seat of the pants. Stubby received numerous honors, including the rank of sergeant, and later served as Georgetown University's mascot.

Chips: Trained as an Army sentry, Chips was a mix of German shepherd, collie and husky. He became the most famous military dog of World War II for his heroism at the 1943 invasion of Sicily, where he charged into gunfire to attack enemy soldiers, forcing their surrender.

Smoky: U.S. Air Force troops serving in the Pacific during World War II discovered this 4-pound Yorkshire terrier in a foxhole, and she quickly became a morale-booster, performing tricks and serving as a therapy dog for injured soldiers. Her small size became famously vital when she ran phone lines through a narrow pipe beneath an airstrip, a dangerous task that would have taken the troops three days.

Nemo: While serving as a sentry in the Air Force during the Vietnam War, this German shepherd showed great bravery and loyalty when he and his handler were hit by enemy fire. Despite severe injuries, Nemo leaped at their attackers, giving the airman time to radio for reinforcements. The dog then covered his handler's body with his own until help arrived.

EMPLOYEE SPOTLIGHT

Sue Sharp

With her compassion for others and eagerness to serve, it's her calling to provide care to our wonderful residents. With her warmth and kindness, her passion shines through every day. She pours her heart into her work, and it shows! Chandler Place has been blessed by Sue's 43 years (and counting!) of dedicated service. "When she walks through the door, it's like sunshine fills the whole room" -Chandler Place Resident

Congratulations, Sue! Thank you for all you do.



COMMUNITY OUTINGS

Breakfast at The Original Pancake House
Thursday, Sept. 5, 9 a.m.

Cheesecake Factory
Thursday, Sept. 12, 11 a.m.

Fort Snelling
Thursday, Sept. 19, 12:15 p.m.

Pine Tree Apple Orchard
Thursday, Sept. 26, 1 p.m.

SOARING SPIRITS

What can help our spirits soar?

We all have experiences that brought joy to our lives. The birth of a baby, old friends visiting or a silly niece, nephew or grandchild can cause us to laugh to the point of tears. What joy! Wouldn't it be nice if we could experience that level of joy every day? Although that may not be realistic, there are things we can do to enable us to hang on to the joy that comes from the blessings in our lives.

In preparing this article, I looked at a list of important days in history and discovered that most of them focused on tragedy, crisis or loss. That can't be good for our minds. I discovered an article from The Guardian that gives us an insight into the effect negative news can have on our minds. The information was shocking to me. Negative news can put our bodies in a state of chronic stress, alter digestion and make us susceptible to infection. News can kill creativity, slow our thinking and increase cognitive errors. Now I watch just enough news to know who to pray for, and I feel the difference.

The article in The Guardian contained too much information to share in the September newsletter. If you want to know more, the link to the article is below. If you do not have a computer, please let me know and I will print it out for you. The author says he has gone without news for four years and is enjoying the freedom. He said, "It's not easy, but it's worth it."

www.theguardian.com/media/2013/apr/12/news-is-bad-rolf-dobelli

As we look at special dates in September to bring us joy, consider the following:

Sept. 4 — National Wildlife Day

Sept. 9 — National Wiener Schnitzel Day

Sept. 12 — National Encouragement Day

Sept. 16 — National Play-Doh Day

Sept. 19 — Talk like a Pirate Day

Sept. 22 — Elephant Appreciation Day

Sept. 27 — National Chocolate Milk Day

Sept. 30 — National Love People Day



CHANDLER PLACE

Senior Living

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



MANAGED BY



The Goodman Group

STAFF

Executive Director

William Huseonica

Director of Nursing

Cassie Kuenzler

Sales and Marketing Director

Mary Gaspers

Life Enrichment Director

Becky Aune

Business Office Director

Mary Jo Dillon

Housekeeping Director

Bekira Buljubasic

Maintenance Director

Bill Stern

Culinary Operations

Dan Vansterling

Spiritual Care Director

Linda Boyadjis

MARKETING MINUTES

Greeting from Sales and Marketing,

As always, thank you for your kind words and friendly smiles when Jessica and I are touring, as well as all other times. You are an important part of why folks choose Chandler Place/Pearl Garden for themselves or a loved one.

Over the next couple of months, you will be seeing more new faces. Please feel free to introduce yourself.

As a reminder, refer a friend, acquaintance, neighbor or relative to Chandler Place Senior Living and receive a \$1,000 rent credit 90 days after they move in.

Mary and Jessica



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@ChandlerPlaceAssistedLiving

Visit 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!