



Good Life

NEWS

at Pearl Garden 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

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 be nice if we could experience that level of joy every day? Although that may not be realistic, there are things they 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 to the effect that 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, altered 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

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

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| Sept. 4: National Wildlife Day | Sept. 19: Talk Like a Pirate Day |
| Sept. 9: National Wiener Schnitzel Day | Sept. 22: Elephant Appreciation Day |
| Sept. 12: National Encouragement Day | Sept. 27: National Chocolate Milk Day |
| Sept. 16: National Play-Doh Day | Sept. 30: National Love People Day |

Linda Boyadjis

Spiritual Care Director

RESIDENT BIRTHDAYS

Irene G., 20th

RESIDENT SPOTLIGHT

Pearl Garden had a wonderful August.

We had a fun visit with the Village Kids. The elementary aged kids read books, while others made up their own stories to tell the residents. We are looking forward to our next visits soon. Please watch for postings.

We had the picturesque opportunity to go on a pontoon ride with Fishing For Fun two times this summer on Lake Johanna. We lucked out with gorgeous weather for both trips! Unfortunately, we will not be taking any more rides on the pontoon this year; until next summer!

Pearl Garden and Chandler Place neighbors joined together to stop by the farmers market at Corpus Christie Church in Roseville. We picked up a couple goodies to enjoy later that afternoon. We then had a picnic lunch with Chandler Place's Executive Chef, Dan. As you can see in the photos, the residents enjoyed great food and great company on a beautiful sunny day!

The Pearl Garden community comes together for a weekly Activity Calendar meeting. We discuss ideas for the upcoming daily, weekly and monthly activities. I'm always looking for more fun and meaningful activity ideas. If you have any suggestions, please don't hesitate to let me know!

We are looking forward to the changing of seasons that will bring us into autumn and with that, many more fun activities!



Soaking up the sun and scenic views on the Fishing For Fun pontoon boat trip.



Pat L., Essie E. and Dan V. (staff) enjoying a picnic lunch at Lake Johanna.



Audrey W. and Doug M. enjoying a story read by one of the Village Kids.



Pat M., Mary Ellen M. and her son David M., Dan V. (staff), Sue C. (staff) and Pat L. enjoying a picnic lunch at Lake Johanna.

Bridget Johnson, Life Enrichment Coordinator

OUT AND ABOUT/ UPCOMING EVENTS

Out and about

On Tuesday, Sept. 3, at 10:15 a.m., we will be taking the van and going on an outdoor picnic with Chandler Place's Executive Chef, Dan. Join us for lunch and refreshments. The place we are going is yet to be determined. Please watch for postings.

On Tuesday, Sept. 17, at 10:15 a.m., we will be taking the van to Aamodt's Apple Orchard and enjoying a delightful treat.

On Tuesdays, Sept. 10 and 24, at 10:15 a.m., we will be taking the van to Nativity Church for our Intergenerational preschool visits. We look forward to spending time with children of all ages.

Family and friends are welcome to join us on any outing. We have limited spots on the van, so please notify Bridget at 612-913-5391 or bridget.johnson@chandlerplaceseior.com to reserve your spot or if you have any questions.

A great time will be had by all. We look forward to enjoying these fun outings in September!

Upcoming Events

On Thursday, Sept. 5, at 1:30 p.m., in the Chandler Place Dining Room, we will have a performance by the Metro Men Singers.

On Tuesday, Sept. 10, at 1:30 p.m., in the Chandler Place Dining Room, we will have our monthly Valiant Veterans® Club. This is for all veterans, spouses and their families. Live music entertainment will be by Ralph Hintz and dessert and refreshments will be served.

On Sunday, Sept. 15, at 2 p.m., in the Chandler Place Dining Room, we will have our quarterly Memorial Service. The Chandler Place Choir will be singing. Join in remembering our beloved neighbors who have gone before us. Refreshments will follow the service.

On Wednesday, Sept. 25, at 12 p.m., in the Chandler Place Community Room, we will be joining our Chandler Place neighbors for a Petite Sweet Tea Room — English tea fit for the Queen. Limited spots are available, so please notify Bridget to reserve your spot.

On Thursday, Sept. 26, at 2 p.m., we will have our monthly Pearl Garden Birthday Party. Join us in celebrating the residents who have a September birthday. Dessert and refreshments will be served. Guitar music with Gary will follow at 3 p.m.

Bridget Johnson, Life Enrichment Coordinator

NURSING NOTES

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, and participate in the activities offered through Chandler Place Life Enrichment.
- Follow a healthy diet — eat nutritious foods: 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 processes.
- 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.

WHAT'S COOKING?

Greetings from the kitchen staff!

I hope everyone has enjoyed the wonderful month of August and is ready for a final farewell to summer! Last month, we enjoyed a special Resident Choice Meal of taco salad with all the fixings, fiesta vegetables and a choco taco for dessert! We also enjoyed a special Minnesota State Fair themed meal with all of the local favorites. We will continue to feature lots of fresh produce, cooler meals and more salads until the weather cools and the leaves start to change colors. This coming month, we will include a Labor Day meal of hamburgers and hot dogs, as well as our monthly resident choice meal. The resident choice meals for September and October have yet to be determined, so if you have any suggestions, please attend the next Resident Council Meeting and let us know what you would like to see on the menu! As always, warm wishes from the kitchen!

ENRICHING MOMENTS

Every Monday afternoon, Christie Wall, Massage Therapist, provides a welcoming, warm and calm atmosphere while she gives hand massages to the Pearl Garden residents. With over 20 years of experience in the wellness industry as an instructor and spa technician, Christie sure has a gift and heart to make you smile and feel good.

She makes her own lotions with scents from lavender, orange, lemon and more that fill the room with aroma. Residents and staff come rushing when they know Christie is around.

Massage has been found to be beneficial for those with Dementia and Alzheimer's. Here are a few positive effects:

- Reduction in stress level, physical agitation and verbal agitation
- Less wandering/ pacing behavior
- Less assistance to care

As a way to see if her services are what you want for your loved one at Pearl Garden, she provides a complimentary 15-minute massage. Please notify Bridget if you have further questions or would like to set-up a massage appointment on Mondays or Thursdays. You'll be glad you did!

Bridget Johnson, Life Enrichment Coordinator

MARKETING MINUTES

Greetings 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.

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.



Emily D. enjoying a hand massage.



September Employee Of The Month



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

Resident Care Coordinator
April Ludholm-Johnson

Director of Dining Services
Sam Morgan

Business Office Director
Mary Jo Dillon

Housekeeping Director
Bekira Buljubasic

Life Enrichment Coordinator
Bridget Johnson

Spiritual Care Director
Linda Boyadjis

WELCOME TO THE NEIGHBORHOOD

We would like to extend a warm welcome to the newest residents at our Pearl Garden community. We are truly pleased to have you.

If you have further questions or need assistance, please reach out to any staff member. We would be happy to help.

Again, welcome from the Pearl Garden Staff!

Bridget Johnson, Life Enrichment Coordinator



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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!