

GOOD Life News

Pearl Garden at Chandler Place Assisted Living

FEBRUARY 2014

www.chandlerplacesenior.com

Letter From the Executive Director

Happy February! Can you believe the weather that the month of January brought us? I sure hope that everyone was able to stay safe and warm during this time. We were spoiled for so long with the warmer temperatures that we almost forgot what a true Minnesota winter can be like!

February brings fun celebrations; Valentine's Day is just around the corner. We love for families and friends to participate in our events, so watch for mailings in addition to the calendar.

When visiting your loved ones, please take a moment to inventory their winter attire. It is especially important for them to be properly dressed when going on outings on the van. Look for gloves, scarves, boots and hats so that they can be fully prepared. Residents really enjoy the outings, and these items are necessary for safety.

Please note that, when we do experience extreme temperatures, community outings that utilize the van are subject to cancellation. We want to make sure that everyone stays safe during these times.

Thank you for believing in our team and giving us the opportunity to do what we do best!

— Jodi Saeko, Executive Director

From the Kitchen

This month's special meal will be served on the evening of Valentine's Day, Feb. 14, in the Pearl Garden Dining Room. The menu features:

- Chicken Cordon Bleu
- Beets
- Rice pilaf
- Red fruit-filled gelatin with whipped topping

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 that enough food is brought from the kitchen. Enjoy!



Our Talk. Our Walk. Every Day!

Platinum Service® Standard #20

"I am an ambassador for our company and continually promote our services. I always conduct myself with integrity and uncompromising values."

What does it mean to be an ambassador for our community? An ambassador is not only a representative; being an ambassador implies the ability to demonstrate the values of the organization in our daily actions. It also means that we care for the organization and we support its aspirations and goals. As company representatives serving our residents, we are proud of what our communities stand for, and we are comfortable in promoting our company's services with confidence and enthusiasm. In other words, what we do, and the way we do it, is the result of a direct personal connection with our team and our confidence in our community. Being an ambassador goes well beyond the concept of being "good at our job," it requires an emotional connection with our profession.

"Integrity is what we do, what we say, and what we say we do."

— Don Galer

Resident Spotlight

On Friday, Jan. 10, our Pearl Garden residents enjoyed a visit from the Global Academy second-graders. It has been a longstanding tradition that they visit once a month during the school year. Their “grandfriends” enjoy sharing about what they did when they were young, reading and being read to, playing games and putting puzzles together. The children really know how to put smiles on the residents’ faces!

Our residents love to be in the spotlight in our monthly newsletter! In order to publish your loved one’s picture, we must have a media information release form on file. If, for some reason, you want to change the authorization form, let us know by emailing lisa.king@chandlerplacesenior.com or by calling 612.913.5391.



John M. enjoys games with Global Academy second-graders.



Ruth O. enjoys jigsaw puzzles with Global Academy second-graders.



June H. enjoys games with Global Academy second-graders.

Pearls of Wisdom From the Chaplain

As the saying goes, “Sticks and stones may break my bones, but names will never hurt me”; however, the truth of the matter is that words do hurt. When others insult us, it hurts. When others yell at us, it hurts. Even the absence of words can feel condemning. Words are powerful.

The Bible reminds us that, by His Word, God created the world. He spoke, and it was. He called forth light, and there was light. He called forth the heavens, and they were. He called forth all of nature, and it was. Words are powerful.

The month of February brings to mind the most powerful word of all — love. Shadowing our affidavits of affection for those we love, God’s affidavit of love stands: “I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation will be able to separate us from the love of God in Christ Jesus our Lord” (Romans 8:38-39).

Our lives are plagued by the destructive power that words can wield. Let us remember that God has the last word, a word of healing and of hope, and that word is “love.”

Spiritual Care at St. Anthony Senior Living (Chandler Place and St. Anthony Health Center) exists to support and enrich the spiritual journey of each resident. Please feel free to contact Chaplain Steve and Chaplain Mike at 612-913-5352 or at michael.gaulke@stanthonyhealthcenter.com or sarnold@thegoodmangroup.com.

Mark Your Calendar Outings

Tuesday, Feb. 4: Scenic drive; depart at 10 a.m.

Tuesday, Feb. 11: Lunch at Culver’s in St. Anthony; depart at 10:45 a.m.

Tuesday, Feb. 18: Scenic drive; depart at 10 a.m.

Tuesday, Feb. 25: Scenic drive; depart at 10 a.m.

Special Events

Tuesday, Feb. 4: Painting class with Leo Boucher in Chandler Place Activity Room at 2 p.m.

Friday, Feb. 7: Guitar with Gary in Pearl Garden TV Room at 3:30 p.m. (Special Note: Patriotic songs will be sung at “Guitar with Gary” in honor of the 2014 Olympic Games this day. Also, the opening ceremony will be televised in the Pearl Garden TV Room.)

Friday, Feb. 14: Valentine’s “Hearty” Happy Hour in Chandler Place Dining Room at 2 p.m.

Tuesday, Feb. 18: Monthly birthday party with entertainment in Chandler Place Dining Room at 2 p.m.

Wednesday, Feb. 19: Evening entertainment with the Music Men in Chandler Place Dining Room at 7:15 p.m.

Sunday, Feb. 23: 2014 Olympic closing ceremony televised in Pearl Garden TV Room at 4 p.m.

Thursday, Feb. 27: Guitar with Gary in Pearl Garden Dining Room at 3 p.m.

Life Enrichment Highlights

I would like to proudly announce that we will be now offering the benefits of massage therapy to our Pearl Garden residents! Since September of 2012, Christie Wall has provided massage services to Chandler Place on Monday and Thursday afternoons. There has been such a wonderful response that she will now be offering her services at Pearl Garden. You can see her complete biography in this month’s newsletter. I encourage you to read this over, as her services may be beneficial to your loved one.

Massage has been found to be very beneficial for those with dementia or Alzheimer’s. Its positive effects include:

- Reduction in stress level
- Less wandering/pacing behavior
- Reduction in physical agitation
- Reduction in verbal agitation
- Lower pulse rate
- Less inappropriate behavior
- Less resistance to care
- Also, research has shown that receiving therapeutic massage on a regular basis has a cumulative positive effect for those with cognitive dysfunction.

As always, you are welcome to join us for any activity or outing. We encourage family and friends to participate right alongside loved ones. To ensure your spot on the bus, please notify someone in the Life Enrichment Department prior to joining us for an activity outside of the facility, if possible. If you have any questions or are in need of assistance in regards to Life Enrichment, you may contact me at 912.913.5391 or at lisa.king@chandlerplacesenior.com. I would be happy to help in any way I can.

— Lisa King, Life Enrichment Coordinator

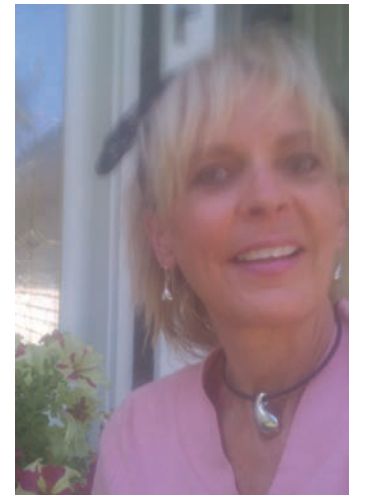
Introducing Christie Wall

I have been in the wellness industry for over 20 years, as an instructor and a spa technician. My services include massage (Swedish, deep tissue, myofascial release and lymphatic drainage), body treatments (exfoliating body scrubs, detoxification wraps and hydrating mineral wraps), medical skin care, hand/foot treatments, reflexology and ear candling. I have extensive training in aromatherapy and use only organic essential oils in all my services for even greater results!

I have been providing massage services on Mondays and Thursdays to residents of Chandler Place in St. Anthony since September of 2012. I provide a 15-minute massage for \$15, a 1/2-hour massage for \$25 and a one-hour massage for \$45, all in the privacy of your apartment. I also provide all the above services in my office, located in Brooklyn Park.

As a way to see if my services are what you want for your loved one at Pearl Garden, I provide a complementary 15-minute massage as a way to introduce myself and my massage services.


If you have any questions or would like to schedule a massage for your loved one living at St. Anthony Health Center, please contact me at 612.559.8481 at your earliest convenience.



Christie Wall

Marketing Minutes

Do you know of someone who is considering a move to an assisted living facility or is in need of memory care services? Pearl Garden now has rare openings of renovated studio apartments. Take advantage of our Family and Friends Referral Program: Refer a friend, acquaintance, neighbor or relative to Pearl Garden and receive \$500 in rent credit for six months after they move in. For more information or to make a referral, please call the marketing office at 612-913-5390.



Chandler Place

Assisted Living

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Staff

Executive Director

Jodi Saeko

Director of Nursing

Joan Roberts

Sales and Marketing Director

Whitney Strickland

Life Enrichment Director

Becky Aune

Business Office Director

Mary Jo Dillon

Housekeeping Director

Bekira Buljubasic

Memory Care Coordinator

Sara Crum

Life Enrichment Coordinator

Lisa King

Chaplains

Michael Gaulke

Steve Arnold

Resident Services Coordinator

Megan Moriarty

Nursing Notes

Greetings from all of us in the nursing department! We hope the new year has been a good one for you thus far. Keep in mind, only 48 days until spring!

This month, I just wanted to mention once again that there are two doctor/nurse practitioner teams available here at Chandler Place for our residents. Please sign up if you need a new doctor or are seeking to change from your current physician. Many of our residents are seen by these teams and have found that having an in-house doctor is very convenient; they do not have to leave the building to visit with a physician. These doctor/nurse practitioner teams specialize in caring for the senior population.

If you would like more information on our in-house doctor/nurse practitioner teams, just stop by the nursing office; we can give you a packet of information about each of the teams.

— Joan Roberts, RN, DON