CHATEAU GARDENS | NEWSLETTER

LIFE ENRICHMENT MONTHLY NEWS

Last month, the residents were introduced to our new **Memories in the Making Program** which will continue weekly every Tuesday afternoon! Memories in the Making is a fine arts program designed for people with dementia to increase self-esteem and communication while doing something that feels good.

During our first session, Patsy was given a picture of a greyhound for inspiration. She recalled her two beloved racing greyhounds. She and they both worked at the race track. While they raced, she helped care for all the dogs at the track. Bonita painted a beautiful painting of a male farmer. She said it looked like her kids and named it, "My Son."

Judy was inspired by a photo of a butterfly which brought back memories of her grandmother. According to Judy, her grandmother LOVED butterflies and loved teaching her about identifying species. This program has so far proved to bring some of its participants quite a few lovely memories of the past.

We are excited to announce that we have been blessed here with another little fur baby angel pup! Multiple love connections were undeniably made as soon as this little guy walked in! Our Maintenance Coordinator, Jeremy, is the lucky owner of this little heart thief. **His name is Brutus. He is only 2 months old, is a mastiff/boxer mix, and is already a hefty lil boy!** He was adopted from Greenhill Humane Society. We are all glowing at the community because we know he's going to become a regular visitor with his papa working here! Lucky us!

The residents' youthful friends from **Little Hands Can** came on the 10th for preparation of Veteran's Day. Eugene's youngest group of volunteers and the residents teamed up and decorated pillowcases which were brought to soldiers in combat hospitals. What a great and unique idea that brought something positive to THREE different demographics: local seniors, children and veterans! Kudos to the parents affiliated with this wonderful non-profit! Thank you for your community services!

Our Veteran's Jim and Richard were honored on the 11th with a patriotic themed musical performance by Timothy Patrick, an announcement of recognition, and a small gift from the community. The community got together afterwards to sing old classic patriotic songs as a group. We are honored to call two American heroes our very own neighbors and dear friends here at Chateau Gardens! Thank you Jim and Richard for your service in the navy. We recognize your bravery and sacrifice. We will never forget that freedom isn't free and we get to enjoy our freedom in this beautiful country of ours thanks to you and all other Americans who have served. We love you!

This year was the first time our residents had their chance to take to the stage and showcase their talents! Esther was fearless when she braved the stage wearing a white sport coat and a pink carnation. Can you guess what song she sang?! Flea, or should I say, "Flea - The Extraordinaire," looked adorable in his show costume. Lisa, a certified Hospice volunteer, joined in the fun accompanied by her ukulele. With all these great acts, one managed to top the rest! That one was our beloved caregiver Yoyo, resident Patsy, and resident Bonita's act, "Yoyo and Her Dancing Island Girls" who performed "Yoyo's Island Special!" Yoyo sang and also played the ukulele while Patsy

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Chateau Gardens MEMORY CARE

LIFE ENRICHMENT NEWS

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and Bonita swayed to the music. They were crowned and gifted with chocolate and red roses! It was a great event, possibly one that should become an annual tradition!

We ended our month with our third annual Sock Hop! Elvis made an appearance this year which made our ladies all weak in the knees…but even that couldn't stop June, Judy, Violet and Bonita from dancing. After the diner style lunch with cheeseburgers, fries, classic cokes, and chocolate malts, we had to burn a few calories somehow, and what better way then cutting a rug! The day hopefully brought back a lot of times reminiscent of the resident's younger days sharing a chocolate malt with a date or getting dressed up for the dance on Friday night. This is an event that we plan on having for years to come!

With it being the midst of the holiday season, we are feeling extra joyful and warm around here at Chateau Gardens. With Thanksgiving under our belt we couldn't be feeling any more positive and excited about enjoying our upcoming Christmas and all of the fun, festive events that go along with it!

We'd like to thank all of the families and friends who came to celebrate Thanksgiving with us. It's our community's visitors that are able to really take making Chateau feel like home to the next level by bringing history and tradition to our resident's experiences here that we alone cannot provide. Rochelle and Robert from our kitchen did a wonderful job taking the suggestions that our residents gave and creating an entire lavish traditional Thanksgiving spread for our entire community family to enjoy together. This included residents, staff, family members, and friends. Even Flea and Rose got a "taste" of the action!

The goal we kept in mind while planning our Christmas celebration this year was to bring people together and give the residents a holiday that offers warmed hearts and happy spirits which is why we invited Amy Adams to come and lead us in singing Christmas carols while we're all gathered around the piano in our living room! Robert, our jolly ol' cook, will be giving the gift of bringing Santa to the community this year to pass out gifts for all of the residents and children and to take photos. We will also be serving hot chocolate, egg nog, and homemade baked goods. We have already received offers from families wanting to bring in treats. If you'd like to contribute some delicious homemade holiday treats, let us know, we would love to add even more variety to our spread!

Aside from our holiday parties, we also have quite a few activities and outings planned that are sure to enhance the community's holiday spirit! We will be visiting our friend Cindy and her reindeer farm, checking out The Festival of Trees, and doing weekly light drives. I can already smell the peppermint hot cocoa in our future! Staff favorite, Pajama Day, is coming up the first Monday in December. We will be decorating the two giant natural Christmas trees we get every year as well as our own gingerbread houses. Upon a resident request, we are also planning on making a toy donation to a local charity. Folks, let's crack open the eggnog, and let the giving commence!

Veterans' Tribute Activity

Talent show judges

Flea the Extraordinare

Talent Show Winners

Talent show prize

Happy Birthday!

RESIDENTS

December 23	June L.
December 24	Sally R.
December 26	Marsha J.

Hospice: What is it really?

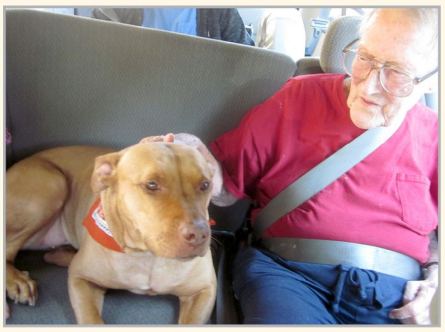
There are so many misconceptions about hospice …..even in today's modern, medically-progressive United States. We can't help but think it will somehow hasten our loved one's death…and with that, comes guilt as a health care decision maker advocating for our beloved with dementia. It still amazes me the intense feelings that word drums up inside our hearts, minds, and spirit when we hear it for the first time in reference to our loved one. I was that shocked and semi-terrified daughter myself back in 1999 when a social worker at my mom's rehab uttered the words that literally took my breath away. My sister and I had to immediately sit down! What?! She's going to die soon? HOW soon?! No matter how educated and current a person might be, when someone mentions the word "hospice" in reference to a loved one, it truly does feel like a death sentence rather than a caring, tender service that will benefit them as they approach the final chapter of their lives. However there's so many incredible benefits to the hospice program, I can't help but promote and educate families about this wonderful, generous, caring, holistic approach that truly encompasses resident (patient with terminal illness), family members, care team including memory care community staff, and hospice specialists (nurses, MD, social workers, chaplains, music therapists, companions, etc.). What's so unique about hospice professionals to me is that they are the most caring, calm, devoted, spiritual individuals I have worked with. They add a presence that is like a warm blanket on a chilly evening. They are accepting of everyone's feelings and differences, and respectful of family dynamics. They are not judgmental and do not discriminate. They have an uncanny way of just being present…..fully present. In this day and age of rushed appointments and deadlines, that's hard to find in the medical community! They genuinely care about each person in the resident's care team. Not only are hospice services covered 100% by Medicare relieving the family of financial stress, but their benefits truly make a difference when it's needed most. What kind of services are provided? Hospice services generally include basic medical care with a focus on pain and symptom control, medical supplies and equipment as needed (hospital bed, bedside table, in-room commode, comfort medications, etc.), counseling and social support to help you and your family with psychological, emotional, and spiritual support, guidance with the difficult, but normal, issues of life completion and closure, volunteer companions, various therapies that add comfort and minimize trauma, and grief support to all parties involved in the care team. Even though the goal is not to cure the resident's specific illness that qualifies them for hospice services, their symptoms can be improved significantly with this service! What a wonderful benefit! What a gift! When the time is right, these benefits can be immeasurable. On a personal note, I will always be grateful to the hospice angels that helped us and helped my mom navigate her final chapter in a tender and loving way, and taught me that there are many ways to help our loved ones suffering from dementia. It was our final gift to our mom.

Success Story

Sometimes we move residents in knowing they will not be with us very long. We want to provide a safe and loving home for folks that may be approaching their life's completion. What a gift families give to us when they entrust us with their loved ones care during their final days! **Mr. Mike is THIS guy.** He is such a joy to us here at CG, and has brought love and laughter to our family, residents and staff alike, even when he is hurting. He has already been with us longer than anticipated, and showers us with kind words and praise daily. He is very talented (a career commercial artist who has traveled extensively and shared his talents with many a lucky soul!) Mike is a great story-teller and has a wicked sense of humor. He loves openly and laughs often. His family is very involved in his life and make the journey from the bay area every few weeks. They are a joy to work with as well, and we are forever grateful that they have chosen CG as Mike's home. We will continue to care for him to the best of our ability, and give him a good-natured ribbing as often as possible!

Pictured Top: Fearless Mike

Pictured Middle:
Mike and new friend Brutus



Mike and Rose out and about

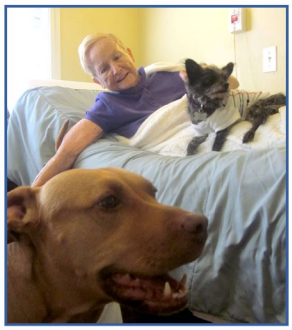
Resident of the Month

Diane R. is a city slicker turned country girl. Having been born in Long Beach, California and spent the larger part of her childhood in Compton, Diane started out life developing a sense of what city life is like to later discover her love for horses and the countryside here in Oregon.

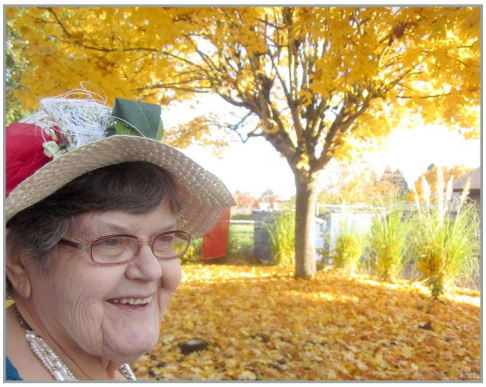
Diane was born on September 7th, 1939 to her parents, Irene and William. She was the second child in the family after her brother, Bill. Diane enjoyed hanging out with her brother especially when his friend, Glenn, was around. Romance sparked between Diane and Glenn and the two started dating. Some of Diane's earliest memories of their new relationship took place at the drive-in movie theater…an iconic dating destination among young people of their time. Glenn was very fond of Diane, so much so, he was even willing to bear the high school prom for her. Dancing was NOT an interest of his. Diane recognized this generosity and the other ways Glenn appreciated her and so the two soon married the exact day Diane turned eighteen! Her parents were approving of Glen and so Glenn, in front of God and family offered possibly the greatest birthday gift Diane had ever received: his hand in marriage.

Diane left her life in the city behind and started her new life on an eighteen acre horse ranch in Cottage Grove, Oregon. Glenn got a job at Pacific Northwest Bell as a repair man and installer. The two became co-workers when Diane was hired on working in the office at Bell. Diane continued to work even after becoming the proud mother of three children. Today, her eldest son, Glenn (Junior), lives in California and has retired from his life's career in The Marines. Her other children April and Michael both reside here in Oregon. At a time, everyone in the family had their own horse. In her free time, she enjoyed going horseback riding. Horseback riding on her acreage was Diane's favorite thing to do. It brought her a lot of joy and peace. She also enjoyed gardening her land and caring for the chickens and other animals they kept. As you can imagine, Diane stayed very busy between work, being a mother, and taking care of her horses and ranch. As she says, "(she) enjoys hard work because (she) enjoys the payoff."

Today Diane says her favorite time of year is summer because "everything [she] likes to do is outdoors. [She's] an outdoors woman." This includes hunting, fishing, camping, gardening and horseback riding. She is visited almost daily by her loving husband Glenn. I think it's safe to say, their marriage still remains the GREATEST birthday gift anyone has ever given her!



Diane and furry friends Flea and Rose

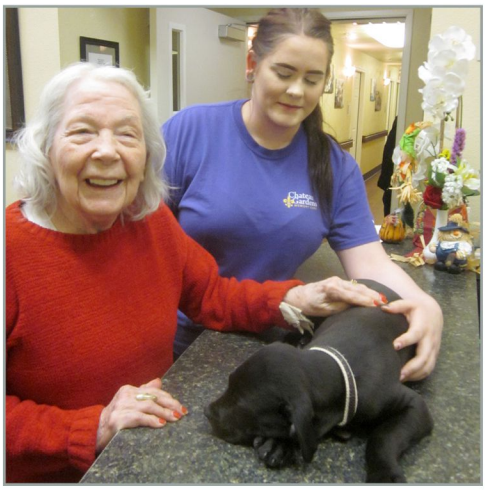


Bonnie in beautiful fall color

Beautiful Mima Family

Photo Highlights ...CONTINUED

Beautiful Vera with bouquet



Brutus sharing the love

Marsha sharing Memories via MIM

Mayzie sharing her sunshine

Chateau Gardens MEMORY CARE

Judi and good friend Yoyo

Esther and good friend Jeremy

Essenburg Wind Group

June fall art

Donna's sharing the love

June's art therapy

Shining Star Friends

Mima Family having fun

Rock Star of the Month

A big THANK YOU to our employee of the month, Jeremy Lee! Jeremy is our maintenance coordinator, and exemplifies the kind of compassionate and caring employee we want to have here at CG. Jeremy's grandma June lives here at Chateau Gardens, and blesses Jeremy daily with sweet conversations and lots of hugs! They are both very special to us. Jeremy has a large and loving family, and shares his little daughter Mayzie with us often. The residents enjoy watching her play and listening to her innocent chatter. He also has a new fur-baby he rescued from Greenhill named Brutus, who has a tender spirit like his human dad! Jeremy is quick to respond to the resident's maintenance and safety needs, and does it all with a smile on his face and a quick joke. He has survived a life-threatening medical issue and is the grateful owner of donated organs. He truly appreciates the gift of life, and it shows! We are thankful to have him as part of the CG family!

Chateau Gardens
MEMORY CARE

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OUR STAFF

ADMINISTRATOR
Kim Frederick

ADMINISTRATIVE ASSISTANT
Robyn Andrews

COMMUNITY RN
Cortney Lesher, RN

RESIDENT CARE COORDINATOR
Lisa Duvall

MAINTENANCE COORDINATOR
Jeremy Lee

ACTIVITY DIRECTOR
Rachel Langford

DIETARY DIRECTOR
Rochelle Clement

OFFICE HOURS: 8:30 – 5:30

RN Cortney, RCC Lisa, and Administrator Kim are all on call 24/7 for consultation and emergency

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Photo Highlights ...CONTINUED

Cook Roberts new recipe

Fabulous Friend Randy

Critter Visit - Lee family

Jose the Brave