



LIFE ENRICHMENT MONTHLY NEWS

We kicked off the month of March with Staff Appreciation Week.

Sometimes direct care staff positions don't get the esteem they deserve so we spent a week showing them how much they are loved and appreciated by having surprises and treats planned for each day! Management knows that the direct care staff team are the core of the community and all work so hard! Their position comes with a heavy load and their daily accomplishments are inspiring. They have our respect! The residents showed their appreciation by putting together snack packages to give to staff and voting on employee awards acknowledging their individual strengths. Day three we had a Staff Car Wash! Managers brought their jeans and boots to work and spent their day cleaning care staff's cars. One day they got to take the most relaxing break with our guest massage therapist! Staff appreciation week ended with hand written thank you cards from our administrator with gift cards inside. We wish we could do more but hope above all, our staff knows we recognize their hard work and dedication!

The residents have been working

very hard getting our backyard Spring ready!

We have already planted our annual potted flowers, our raised vegetable garden, and made our own seed filled peanut butter ice cream cone bird feeders! This month we will be working on a second raised garden bed, painting decorative bug rocks, and making our own garden sign. So bring on the sunshine, blooms, and birds! The residents at Chateau are ready!

We felt cultured and sophisticated after our museum trip last month!

The residents enjoyed meandering around The University of Oregon's Natural History Museum checking out the exhibits on Oregon's history. Bonita especially got a kick out of the Oregon Natives exhibits. Coincidentally, she ran into someone she knew from an Oregon Native group she used to be part of at the museum! Violet was impressed by the large cougar they had on display and Connie wanted to stop and read about every artifact she came across no matter the size. Bob said he's definitely on board to go to the University of Oregon's art museum next trip! Since we were at the UO, it was a perfect time for a mini tour of Eugene! So after the

museum, we drove around Hendrick's Park, checked out the views on Skinner's Butte, and drove

...CONTINUED ON PAGE 2



Happy Birthday!

RESIDENTS

APRIL 17	Bob M.
APRIL 25	Vera W.

Welcome New Residents!

Welcome **Etta M.**,
and **Monique!**



LIFE ENRICHMENT MONTHLY NEWS

...CONTINUED FROM PAGE 1

by Owen's Rose Garden. We also had a great time going to the Muffin Mill for the first time. With their separated dining area "rooms", it really felt like we were visiting with

Short-Term Success Story

Sometimes our residents come to us at the very end of their life-journey.

We know that we are not going to help "restore" their health or assist them in their recovery from a medical trauma. We know we are doing more than just keeping them safe, meaningfully busy, well-fed, and feeling loved! We know they are beginning the inevitable process of the end of their life-journey. We know that we are being tasked with helping them travel this last road as gracefully and comfortably as possible. We take this loving assignment seriously, and work with outside services like hospice and their church or synagogue to make sure their medical/social/psychological/spiritual needs are met throughout their very individual and personal end-of-life process. We are blessed and humbled to have this honor, and are grateful to families who put their trust in us at this very important time of their lives.

friends in our own living room! Our last trip was a hopeful one- Whale Watching in Yachats! The group brought picnic snacks and sat watchfully surrounded by scenery.

On St. Patrick's Day we had some fun cheersing with green beer to our amazing and funny entertainer, Timothy Patrick! Timothy was no Saint, but he WAS a pretty nice guy! Everyone munched on pretzel necklaces in case of anyone having one too many O'Douls! We hope all of our guests enjoyed the party as much as Flea did after receiving his pretzel necklace! Our Administrator's little toddler grandson Luca and Jeremy's little toddler daughter Maezy had a great time dancing together to the fun tunes!

One of our most highly awaited events was had on the very last day of March - **our annual Garden Easter Egg Hunt!** This is one of our favorite parties because our Easter

Bunny appearance and candy filled egg hunt always draws in our community's grandchildren and there is nothing more fun than being visited by joyful and excited children dressed in their "Sunday best!" This year we served egg salad sandwiches, veggies, and carrot cake and every child was gifted an Easter egg basket from the Easter Bunny himself!

Next month we have much to look forward to including our Disco Dance Party! Many of our residents have been to Disco parties in the 70s and our looking forward to dancing once again to the Bee Gees under a disco ball lit dance floor! We will also be getting outside more and enjoying the Spring weather and flora by visiting The Oregon Garden, going to The Wooden Shoe Tulip Festival, and having a riverside picnic! **As always, family and friends are welcome to join in the CG fun.**



Ladies gardening outback!



Grace gardening.



Judi gardening.

Resident of the Month

THERESA E. comes from a long family line of farmers so it's no surprise she was such a big help in planting our flowers in the garden earlier this spring! Her first job cutting apricots for Del Monte made her the fourth generation agricultural worker! After the apricots were cut, she'd place them on a linen cloth frame to be put in the dryer to later be packaged as dried fruit. Her great-grandfather owned acres and acres of land in what is now Livermore, California, near Oakland. He had a contract with Bird's Eye for making jarred baby food. Her grandfather, Antone, had a farm in Alameda County, CA where he grew cherries. Some of Theresa's most cherished memories are the times she had visiting her grandfather's orchard. He enjoyed donating some of his crop to the church. He would drive his farm truck to the convent in Oakland where he would pick up a truckload of nuns and bring them back to the farm to pick as many cherries as they wished to bring home to the convent for canning. Her father, Nicolas, worked as a field man for Hunts.

Teresa never owned her own farm, but when she bought her first house here in Springfield, she grew her own large and varied vegetable garden with multiple beds. She thoughtfully planned her complex garden based on which bugs and birds are local to the area, and climate; strategies she learned from her grandfather. Her children say Theresa has always been very passionate about her gardens. She's moved many times since her original house in Springfield but wherever she has moved, a garden was sure to be planted there.

Even though Theresa has spent so much time working outdoors, gardening and on the farm, there was a short while before having her children where she experienced major city life in San Francisco. It was the 60's and Theresa worked at Psalm's Café on Haight Street and lived on Ashbury Street. She and her husband at the time, ended up buying the business and owned it for a few years before reselling. The restaurant was on the corner of a beautiful historic building that is still there today. It was the restaurant's tradition to serve Thanksgiving dinner to the local homeless population every year. Teresa lived just a few blocks away from one of her favorite musicians at the time, Janis Joplin! She loved going to concerts with her best girlfriends. She saw bands like Hot Tuna, The Grateful Dead, and The Starship. Some of her good friends were in a band called, "The Down Home Nasties." Teresa loved hanging out with the band and going to their shows.

Two of her life-long friends from San Francisco, Bonnie and Deborah Jean, later moved to Eugene. Theresa bussed from San Francisco to Eugene to visit her friends on the The Grey Rabbit bus line. She decided she liked the area and ended up moving to The Whittaker neighborhood where she started her family and had three children. She has called Lane County her home ever since!

Theresa has a ton of family history, personal stories, and knowledge she loves sharing and remembers quite vividly! If you haven't had the chance to chat with her yet, she would love to swap stories involving music, the 70s, gardening, different cultures, and religions!



Rock Star of the Month

Our Rock Star of the Month is Jennifer Ahmati! Jen is a MA/RA on NOC shift so not a lot of family members, visitors, or professionals get to see her often. She is such a kind, compassionate, sweet, funny lady that it's a bit of a bummer that folks don't get to see her more! However it's great for our community and our resident's that such a stable and compassionate person is supervising the building at night. She has a great sense of responsibility and always follows policy and procedure. We are so happy to have her here at CG!



2669 South Cloverleaf Loop
Springfield, OR 97477
Office: 541-603-9215
www.ChateauGardensALZ.com

OUR STAFF

ADMINISTRATOR

Kim Frederick

ADMINISTRATIVE ASSISTANT

Robyn Andrews

ASSISTANT

ADMINISTRATOR-IN-TRAINING

Miranda Fields

COMMUNITY RN

Cortney Leshner, RN

MAINTENANCE COORDINATOR

Jeremy Lee

ACTIVITY DIRECTOR

Rachel Langford

DIETARY DIRECTOR

Rochelle Clement

OFFICE HOURS: 8:30 – 5:30

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



Newsletter Production by PorterOneDesign.com

APRIL – WORD SEARCH

Z	W	I	K	I	N	D	N	E	S	S	T	D	M	B
B	G	J	I	U	Q	B	D	W	H	T	E	A	E	V
V	L	E	P	K	H	F	U	D	A	R	N	I	N	U
O	U	A	A	O	Z	P	S	Q	P	E	V	L	I	A
L	S	R	R	C	V	E	Y	R	P	S	I	Y	N	W
U	S	T	K	C	I	G	J	R	I	S	R	A	V	H
N	P	H	I	U	O	G	G	E	N	I	O	C	G	Y
T	R	W	N	P	P	S	A	C	E	A	N	T	R	C
E	I	U	S	A	T	T	W	Y	S	G	M	I	A	U
E	N	I	O	T	I	O	D	C	S	L	E	V	T	E
R	G	E	N	I	M	L	J	L	Q	E	N	I	I	A
Q	X	V	S	O	I	R	K	E	M	J	T	T	T	S
O	E	V	K	N	S	C	X	I	L	N	T	I	U	T
M	J	E	U	A	M	B	Y	R	D	J	A	E	D	E
M	G	T	F	L	J	X	D	R	Y	H	W	S	E	R

DAILY ACTIVITIES

EARTH

EASTER

EGGS

ENVIRONMENT

GRATITUDE

HAPPINESS

KINDNESS

OCCUPATIONAL

OPTIMISM

PARKINSONS

RECYCLE

SPRING

STRESS

VOLUNTEER