



## LIFE ENRICHMENT MONTHLY NEWS

**It seemed as if there were a party every week last month between Cinco de Mayo, Mother's Day, and Memorial Day!** We celebrated

Cinco de Mayo with a tamale lunch, Mexican Mariachi music, and our very own piñata...well, Flea, dressed as a piñata! Thank you caregiver and talented cook, Sonia, and cook Robert for the tamales! For Mother's Day we held two events this year; an afternoon tea and a live singing performance by Julie Nedele. At the tea party the ladies enjoyed wearing

their floral hats they made and "shopping" at our "boutique" where they picked out their favorite jewelry pieces to take home with them. We served Waldorf chicken salad on a bed of greens or baguette, a fruit salad, and an array of muffins and tea cookies. Both hot and iced tea were served. Iced strawberry mint and lemon rose tea was offered. On Memorial Day we had an awesome, all-American BBQ complete with classic Coca-Cola, cheeseburgers, potato salad, and

apple pie a la mode! After lunch we were entertained by our beloved Timothy Patrick and dropped off American flags at a local cemetery to memorialize America's brave soldiers.

**Some of the most successful activities we do here involve giving back to our community.**

Perhaps that's partly because the residents here are living in a very tight-knit community themselves,

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### LETTER FROM THE ADMINISTRATOR

I can't believe it's already almost summer again! This is my favorite

time of the year. Sunshine just seems to be a natural mood booster, and makes everyone feel warm and rested! That said, it's very important to remember that seniors have frail skin and a much lower tolerance to direct sunlight and heat. If you take your family member out for a nice summer lunch or country drive, remember

to use sun screen (keep a small roll-up tube in your glove box!), have a nice, cool bottle of fresh water nearby, and consider keeping an umbrella in the car to shade him/her from extended exposure to the sun. I truly hope you make some wonderful "memories" together this summer, and get a chance to experience the wonders of Lane County! As always, let us know if we can help in any way! Please join us for any/all of our fun summer activities or outings as well.



*Happy Birthday!*

**RESIDENTS**

6/17

Christian H

**Chateau  
Gardens**  
MEMORY CARE

# LIFE ENRICHMENT MONTHLY NEWS

## ...CONTINUED FROM PAGE 1

and know how important it is to look out for each other and to give back to the community in respect. They depend greatly on their community every day for assistance, companionship, encouragement, joy, and purpose! They love giving back and were happy to make get well cards and flower arrangements to take over to a few of the patients at Riverbend Sacred Heart Hospital. Helping people helps people AND sometimes ourselves even more! Doing something for others makes us feel less "dependent" and restores dignity and self-worth. That said, we will continue to give back to our community as a "family" and help others as often as we can.

**Some of our residents had a few "firsts" this month! Doing**

**something for the first time in your 70's, 80's, or even 90's is quite an exciting thing and we enjoy celebrating them when they happen!** Last month a few of our residents played Ping Pong for the first time ever! One of our residents, Judy, used to play and suggested the game at our Resident Council Meeting. We got a set, tried it out, had a lot of fun and even had a few "firsts"! We also stopped for some Bubble Tea during an outing. Even though NONE of the residents there had ever tried it or even heard of it, everyone liked it!

**After talking about seeing the movie "Show Dogs" all month,** Marsha finally got to see it with some of her neighbors at Cinemark Movie Theater! She made a great choice, everyone loved it! We also had a

great time visiting the Albany Carousel. The craftsmanship and detailing of the carousel is so impressive and intricate, we still noticed new details even though we've already visited many times! We love going there because the art is not just on the carousel, it's everywhere. It's in their workshop, gift shop, seating areas, entrances, and even on the tiles in the restrooms! Every time we go there it is a pleasure!

**Next month the residents voted on having a Country Music Pizza Party to celebrate the fathers in our community.** We will be welcoming the first day of summer and celebrating Flea's birthday - perhaps the most awaited event of the year! If you have experienced this "flea-nomina", you are in for a real TREAT!



## Resident of the Month: Grace K.

**GRACE**, as we know her, lives up to her name. Her grace consistently provides us with a cool, calm breeze, so to speak, throughout the community. She is very tranquil and internally balanced. She is a quiet, good-natured woman with a lot of dignity. She enjoys being involved here at Chateau Gardens and her easy going personality allows her to enjoy almost EVERY activity and event in the community!

Grace is a strong, hard-working, and tough lady! She has outlived three husbands and once went over 40 years without seeing a doctor. She self-healed with herbs and whiskey! Her roots run deep into the countryside of North Carolina. One day Grace mentioned she wished she were back in North Carolina. When asked what she would do there if she were to go back, her response seemed somewhat of a token of her existence. She replied, "I'd take all my clothes off and roll around in the dirt!" A sentence that exemplifies her love of her country, minimalist lifestyle and cultivating land. She is a proud, self-proclaimed "hillbilly" who is said to have the ability to grow ANYTHING, anywhere with very little water! She preserved what she grew up by canning or storing it in a root cellar.

She was born in Franklin, North Carolina to her parents, Emma Lou and Joseph Watts. She was raised in a large family with eight children. Her first job was babysitting and milking cows for a mere one dollar a week! In her early adulthood she moved

to Detroit, Oregon. She got a job working in a small local grocery store where she met the love of her life, Jim King. Jim was a logger and carpenter and built the both of them two beautiful quaint homes from the ground up. Grace revisited her small home town of Detroit recently with some of her neighbors here at Chateau. She was able to show us both of the houses her husband built and the grocery store she worked at, which is still there! Grace and Jim shared many similar interests that all seem to do with the great outdoors. He loved hunting and fishing while she loved spending her time in the garden and they both loved to camp.

Grace's favorite type of music is country and country gospel. She loves springtime because that's when she gets to put her hands in the dirt for digging! She loves all animals, especially cats. Being as easy going and simple as she is, it's not a surprise she likes all kinds of food but especially a hot cup of black coffee with meat and taters. When she's not involved with community events, she enjoys spending time with her granddaughter, Tonya, her tiny baby great-great-granddaughter, and the rest of her family!

Grace is just a pleasure to be around. If you're feeling stressed, pay her a visit. She's a great person to help ground you and get back to the basics with. If you ever have any questions regarding gardening, she's your gal!

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!



# LIFE ENRICHMENT PHOTOS



Celebrating Mexico



Carousel Tour



Disco Time!



Bob at Tulip Farm



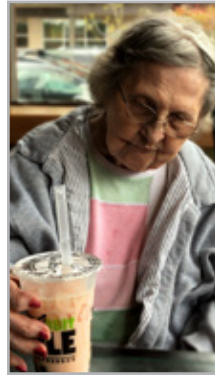
Grace and Flea at Tulip Farm



Bob playing Ping Pong



Pat and Rachel Boogie Nights



Esther trying bubble tea!



Floral Outing



Violet and daughters on Mother's Day

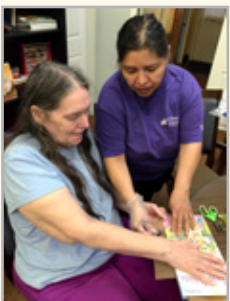


Floral Friends

## FRIENDLY REMINDERS

Guest meals are \$4.00 each and we ask for 24 hours notice if you'd like to join your loved one for a meal. You can buy tickets from Robyn at the front desk. You are always welcome! Also please remember that Ridgeline has a policy to support our safe Medication Administration process by bubble packing all medications that can be packed that way. Thanks for all of your support!

## ROCK STAR OF THE MONTH: SONIA



Sonia is very dedicated to Chateau Gardens' residents and staff. She has a heart of gold and goes out of her way to make sure everyone is comfortable and happy. She has kids and grandkids, and still manages to make everyone in her life feel loved and cared for. She's also an amazing cook, and we can't get enough of her authentic Mexican Food here at Chateau! **Sonia is truly one of the most amazing people we know, and we're so glad that she is part of the CG family!**

## Short-Term Success Story

**Joyce came to us after a severe medical set back,** and we were unsure of how long she would be with us. But with much support, assistance, and love... she has really blossomed here at CG! She paints almost every day, makes jewelry by hand, and is an incredible seamstress. She also loves animals and children, and just shines when she tells us her wonderful stories of old. We couldn't be more pleased with how well she is doing here with the Chateau Gardens family!



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## 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



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## JUNE – WORD SEARCH

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

BBQ  
CATARACT  
CNA  
FATHER  
FLAG

GRILL  
HYDRATION  
MEN  
NURSE  
SAFETY

SKIN  
SUMMER  
SUNSHINE  
WALKING  
WATER