



*Good friends Patsy, Theresa, and Gwen*

## LIFE ENRICHMENT MONTHLY NEWS

We spent last month's dog days of summer going to some of our favorite places: The Scandinavian Festival, Adkin's Blueberry Farm, and Dexter Lake! We also went to The Ember's and Emerald Bowling Alley.

It was a beautiful day at the blueberry farm for our residents. The scenery with Mount Pisgah in the distance is magnificent and the farm is impeccably maintained! Bill was the star blueberry picker. He picked the biggest and sweetest berries! Thanks to him, we were able to take them home, top everyone's dessert with blueberries and still have plenty of berries left over for other treats!

We got to have the full Scandinavian Festival experience this year! Meat pies, elephant ears, Scandinavian dance, crafts, and summertime weather made for a wonderful outing. The Scandi Fest is one of Bonita's favorite places to go and this year she picked up some swag for her Swedish heritage collection. Dancing

Queen Pat and Dan got to go up on stage and learn the Swedish Waltz! Our group loved watching them and Pat had such a great time, she didn't want to get off the stage!

At Dexter Lake we had our toes in the water and our faces in the sunshine. It was nice to kick back with friends and enjoy some of the last days of summer lakeside next to a cooler full of cold drinks and yummy snacks!

We can't wait for next month's outing to the Alpaca Farm! It's going to be a special trip because the residents are going to be able to meet the farm's newest addition, a baby alpaca due early September! We'll also be going to the Rods and Rhodies classic car show in Florence, The Albany Carousel, and The Portland Zoo.

On the 15th we brought the honky-tonk to our residents complete with country music, beer (non-alcoholic), dancing, and snacks! We had a great time

dancing with friends, families, and staff. We are lucky enough to have some awesome dancers here! We took a short break from the dance floor to have our pony auction and snacked on peanuts and popcorn! Everyone got a picture taken on their way out dressed as bandits, cowboys, thieves or sheriffs!

We had our first ever Relaxation Garden Party! Everyone enjoyed their ten-minute massage but then again, who wouldn't?! Sounds like a great way to "party" to us! We served fresh fruit flavored iced-teas, had some art therapy set up for the residents to enjoy with their friends and family members. We also had our resident art auction. Patsy had a 5-piece greyhound watercolor collection and Bob donated a 3-piece Oregon landscapes collection. Art prints, cards, and originals were available.

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*Happy Birthday!*

9/7 Diane R.

9/14 Mary W.

## WELCOME NEW RESIDENTS

We would like to extend a warm welcome to our newest family members ~ Zo, Joyce L. and Dick! So happy to have you join us. We are enjoying getting to know you all and your wonderful families! Thank you for coming to CG!

# LIFE ENRICHMENT MONTHLY NEWS

We made more than \$250.00, and 100% of the proceeds went to The Alzheimer's Association. The residents really enjoy giving back and continuing to make a positive difference in the world.

The residents have sure enjoyed our garden this year. We reaped what we had sown from our herb garden with some help from our creative and passionate cooks! We added extra flavor to the delicious pasta marinara sauce with our home-grown basil, thyme, and oregano, had garden fresh rosemary chicken and enjoyed chocolate blueberry mint sundaes! We hung a new hummingbird feeder, a finch/songbird feeder and a feeder for our blue jays along with a new birdbath! We have collected quite a community of backyard animals. Come down to the sunroom anytime (especially

mornings and evenings) and you're sure to spot more than a few critters hanging around!

We have actually enjoyed our yard so much this year, we decided to give our many walkers a little more incentive by starting a walking club! We decided to call the club, "The Garden Gait Club"! For every lap down and up the path someone does, they earn a point. The walker with the most point at the end of the week gets a prize. The most active walker by the end of the month gets another prize and the official "Great Garden Gait Member Award"!

As always, please feel free to join us for any scheduled activities or outings! Or just drop in any old time to see us! You are welcome here.

## SCANDI FEST



Beautiul Violet enjoying Swedish treats



Bonita



Good friends Pat and Bonnie



Proud Bonnie!





## LETTER FROM THE ADMINISTRATOR

I have the true honor of working with an amazing staff! **On top**

**of our monthly Rock Star award, I'm very happy to announce that our very own Queen of Fun, Rachel Langford, has been selected as the Oregon Health Care Association's 2018 Activity Director of the Year!**

You may have seen the post announcing this on Facebook, but I'd like to take a moment here "in print" to emphasize her exceptional qualities and why they matter so much to our residents, families, and staff. It may seem obvious at first, but there's a profound effect that happens behind the scenes when you have an enriched memory care activity program!

What sets Rachel apart is that she really does go far above and beyond the obligations of her position here at Chateau Gardens. First off, her vast creativity is unrivaled in my opinion, and she works hard to come up with new and exciting "activities" – and mind you this word is generally misunderstood – on a daily basis. She doesn't just do the typical, redundant memory care activities over and over again. She strives for far more than that.

Rachel has been here for more than 8 years, and she really could work anywhere doing what she does. But her commitment to the residents, families, and staff at Chateau Gardens Memory Care has kept her grounded right here...and we are all the better for it! Beyond her creativity, she has a deep-seeded desire to please each and every resident, bring them joy, and increase

the number and quality of their positive "Moments" throughout the day. This sounds basic, but what a lot of people aren't aware of is that there's endless benefits that come from keeping each and every resident with dementia engaged in meaningful activities as much as possible throughout their waking hours. This helps them relax and even sleep better during their non-waking hours! It also makes them feel like they still have something to live for! Their involvement in the outside community (visits to cultural destinations like the museums, various specialty farms, animal-related safaris, etc.) and our beautiful outdoor expeditions, leaves them with a feeling of fulfillment, even if they don't remember the details of the adventure or activity. If you string together a bunch of positive moments throughout the day, it creates an overall emotional stability that truly helps offset the negative effects of dementia (anxiety, boredom, sadness or depression, etc.) Rachel puts a lot of care and thought into the planning of her activity calendar. She strives to meet their social, emotional, intellectual, physical, and spiritual needs. She does all of this in a very fun, light-hearted manner! But don't mistake her sparkling, cheery personality for a lack of depth. I'll put it this way; the daughter of a female resident who passed away in her 90's not long ago, felt so strongly that Rachel and her activity program literally changed her mom's life, and made her last chapter so profoundly better than it would have been otherwise – that she asked Rachel to speak at her mom's funeral!

Furthermore, when our staff see our residents busy and constructive, they enjoy coming to work more! Because the residents are happier and emotionally fulfilled, the staff do not have to deal with severe, on-going "behaviors" on a normal basis. They are better-able to provide the hands-on care and emotional support all of our residents need. That in turn keeps them from burning out so they are in better spirits, which helps the residents! It also helps reduce staff turnover, which is great for the residents. It's a positive cycle that benefits the entire community!

Although an enriched activity program does not "undo", "stop", or "heal" the multiple diagnoses our residents are usually come to us with, it certainly helps manage the negative effects of those medical issues.

Needless to say, I'm very appreciative of everything Rachel does for Chateau Gardens and I hope you'll join me in congratulating and thanking her when you get the chance!



Bill and Rachel looking for trouble!



2669 South Cloverleaf Loop  
Springfield, OR 97477  
Office: 541-603-9215  
[www.ChateauGardensALZ.com](http://www.ChateauGardensALZ.com)

## OUR STAFF

### ADMINISTRATOR

Kim Frederick

### ADMINISTRATIVE ASSISTANT

Robyn Andrews

### COMMUNITY RN

Cortney Leshner, RN

### MAINTENANCE COORDINATOR

Jeremy Lee

### ACTIVITY DIRECTOR

Rachel Langford

### DIETARY SERVICES DIRECTOR

Robert Kimbrell

### RESIDENT CARE COORDINATOR

Lisa Duvall

### OFFICE HOURS: 8:30 – 5:30

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



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## SEPTEMBER – WORD SEARCH

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

AGING  
BEAR  
CHOLESTEROL  
CUDDLY  
FIRST-AID

GRANDFATHER  
GRANDMOTHER  
HURRICANE  
ICE CREAM  
LABOR

PREPARE  
STORM  
TEDDY  
TORNADO  
WISE

## Rockstar of the Month

**Our Rock Star of the Month is our swing shift lead Med Aide, Kym L!** She's a long-term employee with a heart of gold! She knows the ins and outs of memory care, is very patient and compassionate, and will always go out of her way to meet the needs of the residents. Evenings can be especially difficult in a Memory Care Community due to "sundowning behaviors", and she always tries to use holistic, therapeutic interventions (like sitting with them, holding their hand, asking about their life and feelings, telling them loving, positive things about themselves) which is what our company policies and state regulations require before giving psychotropic medications that may have negative side effects for elders with dementia. She goes out of her way to let them know they are loved and cared for! Kym is a great trainer, and very detailed in her work. She's a mentor for many. She is also very committed to her family and friends! We are thankful to have Kym here at Chateau Gardens and are grateful for everything she does for us!

## Resident of the Month: Mary W.



*Mary with her favorite treat*

We have known Mary for a couple of months now here at Chateau Gardens. It didn't take her long to make many friendships here. She is especially fond of our cook, Sergio, and Sergio is just as fond of her as well! Mary has always found it easy to talk and connect with people with her outgoing personality and charitable values. She enjoys volunteering and helping others. She once ran a church group, and also assisted her friends with their care by taking them shopping and helping out with housework. Mary loved to embroider and cross-stitch. She loves Christmas and made her own ornaments. Mary likes to stay active. She enjoys bingo, gardening, getting her hair done (and just being pampered in general), going to church, crafting, listening to gospel music, going on adventurous drives, and more! She also spends a lot of her time working on her adult coloring pages.

Mary does not actually know the date of her birth! She was born on her grandmother's bed and according to her grandmother, she was born on September 5th. However, her birth certificate says her birthdate is September 14th and she was told by her parents it was the 12th! Mary Lucinda M. is her grandmother and great-grandmother's namesake. Mary has ten siblings! According to Mary, she remembers her mother always being either pregnant, having a baby in the highchair, or both! The family lived in a large farmhouse in Pennsylvania and went without any running water, electricity, and plumbing. With eleven kids running around, it was no wonder there were many chores to be done and Mary and her siblings were

expected to do a lot of pitching in. Her main tasks were babysitting her siblings and washing dishes. When she and her siblings weren't working, they played baseball, hopscotch, hide-and-seek, marbles, and listened to Inner Sanctum Mysteries and Fibber McGee and Molly Comedy radio shows. Mary was a bit of a troublemaker at times. She didn't like school very much and she often got in trouble for fibbing and skipping with her shoes on!

Mary met her future husband, Jim W., through a mutual friend. They did all of the typical things young lovers did during that time - went out to the movies, had long walks in the park, etc. At the drive-



*Mary at Mamma Mia*

in two months after meeting, Jim got down on one knee and proposed. Mary denied him at first and told him she didn't love him. Luckily, Jim felt strongly enough about her and knew better. He reassured her that she would learn to love him. They were wed in 1952 and he was right! Jim was a wonderful man. He didn't drink, smoke or swear and he was very kind, smart and hard-working. He treated Mary like a queen! They shared a love that would last a lifetime. Mary and Jim had four children together. Today Mary is a grandmother to three and great-grandmother to six children. Mary has a very special friendship with her daughter and they spend a lot of time together.

Mary is a joy and is one of the easiest people to be around. She has many interests and can talk to just about anyone so be sure to stop by! She's almost always up for enjoying something sweet or joining someone to color. Our community has very much enjoyed having her company.



# LIFE ENRICHMENT PHOTOS



Administrator Kim with  
Cowpokes Dan and Judi



Friends and Relations



Good friends Violet  
and Marsha



Honky Tonk Women



Administrator Kim, Sonia and good  
friend Cowgirl Patsy!



It's a hoedown!



CG Posse



Cowgirl Pat



Pat and Randy  
cuttin a rug!



Grandma June with  
good friend Randy



Bonnie with good friend Carmen



Sergio with fresh  
grown herbs



Dick and Pat  
honky tonkin'



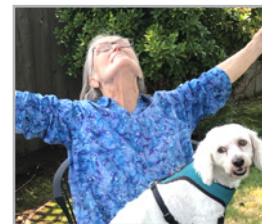
Most Wanted  
Sweethearts



Dick with homemade  
garden party decoration



Sweet Lysle with bouquet



Zo and Divvy enjoy-  
ing the weather!



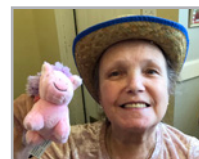
Sergio and Lysle - stick 'em up!



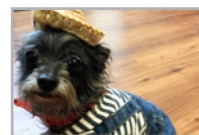
Zo being artistic



Lysle Blueberry  
pickin



Marsha with  
new friend



Farmer Flea