

## Chateau Staff

**Patty Neuman**  
Administrator

**Molly Lynch**  
Asst. Administrator

**Sue Luke**  
Community RN

**Lori Smith**  
Resident Care Coordinator

**Debbie Hartwig**  
Dietary Services

**Dan Kreiss**  
Maintenance

**Sandy Stafford**  
Life Enrichment Director

# Garden News

**FEBRUARY 2010**

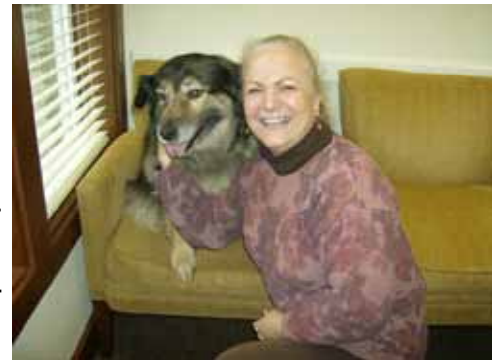
## NOTES FROM THE ADMINISTRATOR

By Patty Neuman



Greetings families and friends,

We had a very exciting January which I would love to share with you. On January 11<sup>th</sup> and 12<sup>th</sup> we had Vicki de Klerk, her brother Ed Feil, and a film crew here to videotape Vicki practicing Validation®: The Feil Method with our elders. Validation was developed by Naomi Feil, a social worker, through the practice of working with disoriented elders. Validation combines simple communication techniques, an empathetic attitude, and basic human needs theories. The method is designed to improve communication with disoriented elders so they do not withdraw from the world around them. Validation is practiced world-wide and has now been introduced to the west coast thanks to Pacific Coast Validation.



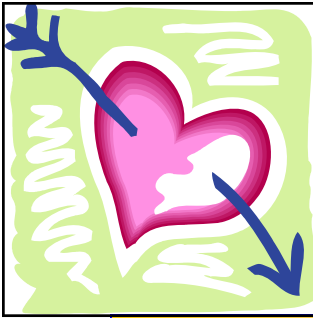
Molly, Sue and I spent eight months training in the first level: Individual Validation. Molly is continuing her journey by attending the second level: Group Validation. Sue and I hope to attend the next training session which should begin in the fall of 2010.

With that being said, Vicki, Ed, and the film crew will be back March 11<sup>th</sup> and 12<sup>th</sup> to begin filming group validation, with Molly as co-leader. It is such an honor to be chosen to participate in this endeavor. We invite you all to learn more about Validation®: The Feil Method by visiting the Pacific Coast Validation website at [www.pcvalidation.com](http://www.pcvalidation.com) or come by my office and pick up a complimentary copy of Validation Techniques for Dementia Care: The Family Guide to Improving Communication.

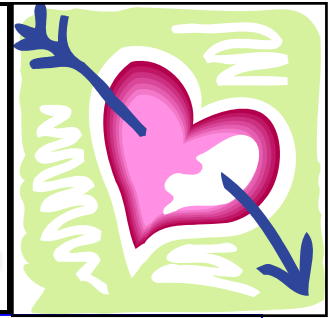
*Creating environments where moments of joy, independence and wellness are the focus each and every day.*

Have a beautiful February and Happy Valentine's Day!





# Around the Garden



## RESIDENT OF THE MONTH: CHET CLARKE

Chester was born in Portland, Oregon on June 28, 1925 to Lena and Elmer Clarke. He lived “out in the sticks” just outside Longview, Washington. Chet, as he is better known, went to R.A. Long High School. Raised in a logging family, he received on the job training as a logger before he was old enough to legally work. He started his career in logging as a “Whistle Punk”, conveying messages to the crew with his whistle. He worked in the logging industry his whole life, doing pretty much every job there was. He met and married his wife Shirley Elaine Dawson, on October 14, 1947, while living in Longview, Washington. Chet and Shirley have three children, all boys, David, Chester Ray Jr., and Randall, and five grandchildren. Chet was 62 years old when he retired from the logging industry in 1987 after 49 dedicated years of work.



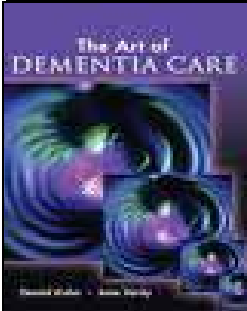
Throughout his life, Chet enjoyed carpentry, building and remodeling homes and gardening. Most days at Chateau Gardens you can find him outside in the backyard, gardening and helping with readying the planter boxes for springtime planting. In his younger days Chet liked to fish, hunt and camp out. An avid traveler, he and his wife, Shirley, traveled to California, Nevada, Arizona, Baja, Mexico, Washington, Alaska, Idaho, Montana and Wyoming. Chet loves baked goods and usually has several helpings of goodies at afternoon snack time. An animal lover, Chet and his family had many family pets over the years. His favorite dog was named Teddy. His favorite time of year is the summer time and his favorite music is, as he calls it is “Oakly Stomp”. Chet enjoys the outings in the Chateau Gardens van too. Next time you stop by, say hello to Chester Clarke and ask him about his career as a logger. He has some great stories and a huge wealth of knowledge from all his years in the logging industry.

## POETRY OF AN ALZHEIMER'S PATIENT

My head feels like an old depot,  
Worn by time and tears.  
No more locomotives passing through,  
Café filled with tales and baggage.  
The old depot's barren now.  
There has been a great brain robbery.  
-Author Unknown

## BOOK CORNER THE ART OF DEMENTIA CARE

BY JANE VERITY AND DANIEL KUHN



The Art of Dementia Care is a wonderful tool that empowers caregivers by illustrating how everyday challenges can evolve into opportunities to celebrate each individual's strengths and to honor and maintain the dignity of the persons with dementia.

After reading The Art of Dementia Care, you will learn how you can make a positive difference in the lives of those with dementia. The Art of Dementia Care is a practical guide intended for all who provide support and care for people with dementia. Discussion sections and examples with challenge you to reflect your attitude and behavior towards people with dementia.

The authors use examples from common clinical situations to highlight how to practice The Art of Dementia Care through the recognition of the limits of people with dementia and the honoring of their strengths and abilities.

Daniel Kuhn is the Director of the Professional Training Institute for the Alzheimer's Association at the Greater Illinois Chapter in Chicago, Illinois. His Co-Author Jane Verity is a Master Practitioner in NLP and is the Direc-

## WHAT'S NEW AT CHATEAU GARDENS

We had a very eventful New Years party! We rang in the new year at 12:00PM on New Years Eve. We celebrated with a fantastic party complete with sparkling cider, noise makers and a New Years toast.

If you would like to receive monthly updates about our loved one living at Chateau Gardens, please contact Sandy at [Chateau@chateaugardensalz.com](mailto:Chateau@chateaugardensalz.com). She will email you a monthly summary of how they are doing, activities they participate in and any changes.

In January we said good bye to Tom K. Our thoughts and prayers are with Tom's family. We welcomed a new resident Mike P. Welcome Mike! We are so happy to have you here!

We will be having a Valentines Party February 13, 2010 at 3:00. You and your families are welcome to attend. We will have music, punch and desserts. Please feel free to RSVP either by sending an email to Sandy or calling 541-746-9703. Hope to see you there!



## NOTES FROM SUE LUKE, RN

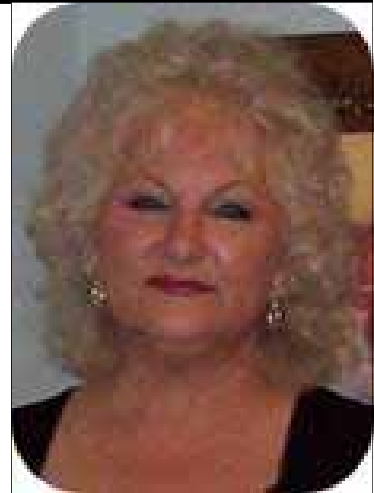
### SUPPLEMENTS AND CHRONIC DISEASE

Many people feel that they have to take a vitamin supplement because it makes them feel better emotionally and psychologically. It is highly recommended that people take no more than one good One-A-Day type of vitamin that contains a variety of vitamins and minerals, according to all recent studies.

There are pros and cons to nutrient supplements. For example, evidence points to health benefits such as increased mineral density and decreased fractures in post-menopausal women who take calcium and vitamin D supplements. However, The National Institute of Health's State of the Science Statement on Vitamin/Mineral Supplements and Chronic Disease prevention found no conclusive evidence of the need to routinely take any supplements.

Consuming a wide variety of foods is the best way to ensure a balance of nutrients. This can help to promote successful aging, keep chronic disease under control, and support a healthier way of life.

It is also proven that people who consume many of the "herbal" supplements are at higher risk for complications from mixing medications or "hypervitaminosis" from misuse of these supplements.



### DID YOU KNOW...

Dan has Eight names: Daniel George McMcafferty Powers Thomas Fredrich Edward Kreiss  
Patty was mentioned several times in the book Dancing with Rose.  
Tania and her mom Gracie have both worked at Chateau for 3 years!  
Dan is a Former Victory 21 World Champion!  
Lori is one math class away from earning her Associates degree!  
Bernice is an avid bowler and enjoys painting ceramics in her spare time.

**Would you like to receive this newsletter by email?**

Send your email to:

*Patty@chateaugardensalz.com*  
and you will automatically receive it monthly.

**Family Council Meeting**

Third Wednesday of every month

**New time 2:30 pm**

**Please join us**

This is an open forum for discussing whatever you may wish.

We constantly strive to grow and improve, and we truly value your input.

**Alzheimer's Association \* 2010 Support Group**

**United Lutheran Church**

1st & 3rd Mondays 2010 1:00-3:00 pm  
2230 Washington St, Eugene, 97405  
Sarah Lenn, Facilitator  
Phone 541.683.3618  
Fax 541.342.8130

**More Lane County locations available  
call 541.345.8392**

**University of Oregon**

2/25/2010 12:00PM  
Boardroom in Erb Memorial bldg  
*Presented by* Frank Hales  
Phone 541.345.8392

**Alzheimer's Association Clinical Trial Info &  
Educational classes available call 541.345.8392**

