

Chateau Staff

Patty Neuman
Administrator

Molly Lynch
Assistant Administrator

Sue Luke
Community R.N.

Lori Smith
Resident Care Coordinator

Debbie Hartwig
Dietary Services

Dan Kreiss
Maintenance Director

Sandy Stafford
Life Enrichment Director

Garden News

JULY 2010

NOTES FROM THE ADMINISTRATOR

By Patty Neuman



Dear Family and friends,

June was a busy month here at Chateau Gardens. The sun is finally out and the residents have been busy planting flowers, herbs and vegetables in the raised garden beds in our beautiful backyard. Last month we added a beautiful gazebo to our backyard. The residents have enjoyed doing water colors on the patio, and having ice cream and ice tea socials in the backyard.



We celebrated Father's Day on Friday June 18th with a steak BBQ served with baked potatoes and grilled vegetables. The residents had a wonderful time! Last month we started taking residents to Eugene Emerald Baseball games. Sandy is looking for volunteers to assist her with taking 5-6 residents to baseball games on weekends. If you would like to volunteer to help take residents to the baseball games, please contact Sandy at 541-746-9703.

In July we will be saying goodbye to Sarah and Tania. Sarah has been a caregiver here at Chateau Gardens for a little over two years now. Sarah is moving to Prairie City, Oregon to be closer to her mom. Tania has been a caregiver at Chateau Gardens for three and a half years. Tania will be leaving at the end of July to open a family restaurant. I would like to take this opportunity to thank Sarah and Tania for all their hard work! We will miss you both very much and wish you both luck on your new journey!

I would like to introduce our new volunteer Will. Will is going to assist Sandy with activities during the week. He

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

will be assisting with bingo, arts & craft, painting, gardening, board games, puzzles and socializing with the residents. We are so thankful to have Will here with us. Welcome to our Chateau Gardens family!



Around the Garden



RESIDENT OF THE MONTH: DONALD PROCTER

Don was born in Portland Oregon in 1930. He was an only child. He worked as a soda-jerk in high school and although he dropped out of high school, he joined the Air Force and earned his GED there. In the Air Force he was trained as a C 54 specialist working on planes. After the Air Force he worked for a company and became a self- trained Journeyman Machinist. Later he designed and built machine parts and eventually became VP of the company. Don was married in the early 1950's to his first wife, Lena, where they lived in Southern California. They had three children together, two girls and a boy. They moved up to Oregon to care for Don's ailing mother in the 1980's. Don and Lena were married for 53 years before Lena passed away in 2005.

Don is one of Jehovah's Witness' and he met and married his second wife, Marcia, at the Lowell Kingdom Hall of Jehovah's Witness'. They will be celebrating their 5th Wedding Anniversary this coming October. Don loves to go on scenic drives and converse with other residents. He is always in a good mood and will join in any activity. Next time you're at Chateau Gardens stop by and say hello to Don!



POETRY OF AN ALZHEIMER'S PATIENT

"Applause does not come easily.
You must be a winner
of both scrabble and life games.
It is not always enough just to know
that lessons learned in apple orchards
may be lost on concrete streets."
-Author Unknown

BOOK CORNER: WHEN A FAMILY MEMBER HAS DEMENTIA BY SUSAN MCCURRY



Susan McCurry is a Research Associate Professor in the Department of Psychosocial and Community Health and Research Associate Professor in the Department of Psychiatry and Behavioral Sciences at the University of Washington. She is also an attending psychologist in the Geriatric and Family Services Clinic in the U.W. Internal Medicine Department.

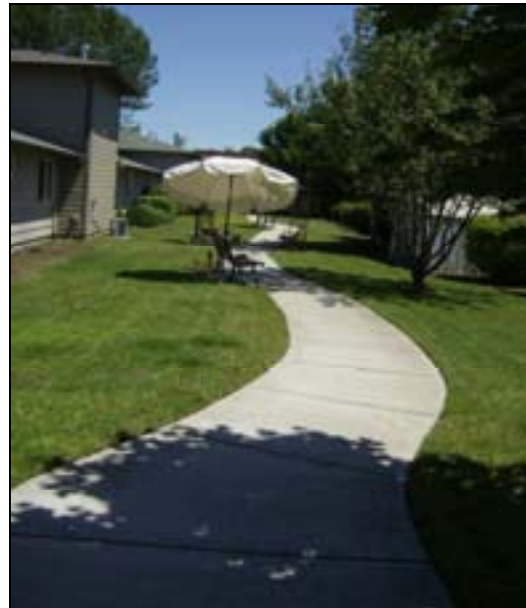
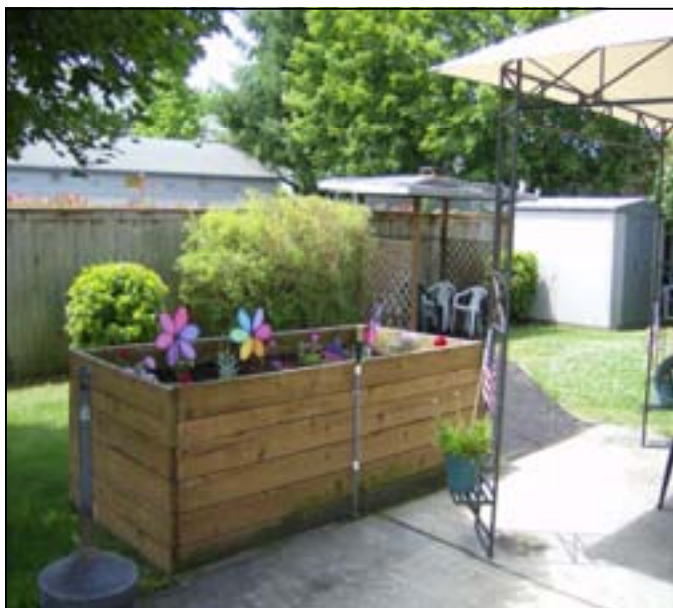
McCurry presents a glimpse into the world of a person with dementia. She mainly wrote this book to give family members and caregivers useful information and tips for assisting their loved ones and improving the quality of life for both the caregiver and the person suffering from dementia. At the end of each chapter, McCurry provides exercises to assist caregivers in developing strategies for dealing with the difficulties they face.

The five core principals to the program that McCurry has developed are D.A.N.C.E. (D-don't argue; A-accept the disease; N-nurture yourself; C-create novel solutions; E- enjoy the moment. This is a very insightful, practical and useful resource. I would recommend this book to family members of those suffering from dementia.

Susan points out that no two people with dementia are the same. Interventions that work well for one person are often ineffective with another person. This book offers caregivers a set of practical and flexible tools to assist with everyday struggles. She also teaches caregivers how to take advantage of their own creativity and inner resources to develop strategies that will work in their unique situation.

WHAT'S NEW AT CHATEAU GARDENS

Dan and the residents spent most of June getting our backyard ready for summer. We planted flowers and vegetables in our raised garden beds, removed some bushes to make room for our memorial garden and purchased a new BBQ and gazebo. In June we started the summer off with a BBQ for Father's Day. It is so nice to see the residents enjoying our beautiful backyard. Last month the residents decorated straw sun hats with paint to wear when they are outside enjoying the warm weather! In July we are having a Hawaiian concert with music by Timothy Patrick. The concert will start at 2:00 7/21/10. If you would like to join us please RSVP by calling 541-746-9703 or emailing Sandy at Chateau@chateaugardensalz.com. We hope to see you there!



PREVENTING DEHYDRATION FOR SENIORS

According to the Centers for Disease Control, about 318 Americans die every year due to dehydration. Usually, we tend to rely on feeling thirsty to tell us we need to have a glass of water. However, seniors can't depend on the usual signals, because of reduced sense of thirst.

Dehydration is a very serious condition and easy to avoid. As we age, the balance between our need for water and our thirst for water shifts. In fact, the less water a person drinks, the less thirsty they become, which can cause serious dehydration.

It's extremely important to drink plenty of water. At the very minimum, one should consume one cup of water for every 20 pounds of body weight daily. For the average person that is between 6-8 cups of water daily.

Exercise and warm weather both call for extra water intake to replace fluids lost through extreme perspiration. Outdoor activities during the warm months often place seniors at serious risk of dehydration which can lead to other heat-related illnesses including, heat exhaustion, heat stroke, and in severe cases, death.

Signs and symptoms of dehydration include:

- Dry mouth
- Head ache
- Muscle weakness
- Lightheaded
- Confusion and forgetfulness
- Deep rapid breathing
- Dizziness
- Mild to excessive thirst
- Fatigue
- Little or no urination

The human body is at least 50 % of water, of which is 2-3 quarts are lost on a daily basis. Our bones are even 20% water! Not only does water replenish what was lost, it also lubricates joints, regulates temperature, and moistens the lungs to allow for breathing. Insufficient water intake over time can lead to sore muscles, arthritis, heavy breathing, and a higher body temperature. If you would like more information about preventing dehydration, talk with your primary care physician.

DID YOU KNOW...

Gracie works at Saturday Market in Eugene selling Tamales.

Lori enjoys hiking in her spare time.

Tania just celebrated her two year anniversary with her husband! Congratulations!

Gracie will be opening a Mexican Restaurant in Springfield, Oregon at the end of July.

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

Send your email to:
Molly@chateaugardensalz.com
and you will automatically
receive it monthly.

Family Council Meeting

Third Wednesday of every month

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, Or 97405
Sarah Lenn, Facilitator
Phone 541.683.3618

**More Lane County locations available
call 541.345.8392**

University of Oregon

7/26/2010 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**

*Chateau Gardens Memory Care
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