

Chateau Staff

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Garden News

JUNE 2010

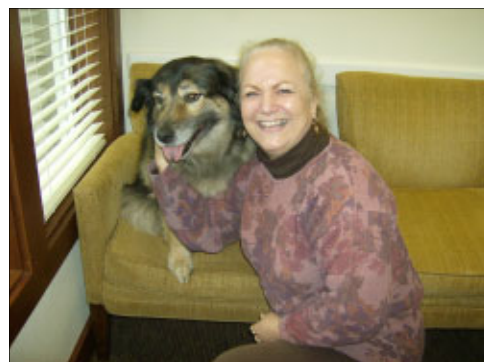
NOTES FROM THE ADMINISTRATOR

By Patty Neuman



Happy June Everyone!

This month we have a lot of new projects going on here at our community. In June, we will be tearing out some old foliage in the backyard to make way for our new Memorial garden, which will feature perennials, shrubs, and focal features. The garden will be filled with resident-made hand-painted stones, birdhouses and stepping stones in memory of past residents of Chateau Gardens. We are excited to be starting a new program at Chateau Gardens called '*Saving Libraries*'. You will find more information about this program on page 2 of the newsletter and a link will be provided on our website in the next couple of weeks. We also have started our new '*Standing Balance*' exercise program, developed by an M.D. and a Recreational Therapist. We are hoping that it will make our residents more confident on their feet and stronger both physically and mentally. We have purchased a Nintendo Wii for the residents to play with and learn from. Games include bowling, golf, soccer, tennis, baseball, fishing and "The Price is Right'. We are hoping that it will become one of the favorite activities here at Chateau Gardens. The residents will learn balance, coordination and cognitive applications. Although it has been a slow process for them to learn, a few of our residents really like the tennis and baseball games. We have two new volunteers, Sandy and Linda, to help with activities. Sandy lives nearby and comes over often to entertain the residents with her piano playing. Linda comes to us through Lane Community College and will be earning cooperative education credits through her volunteer service with us. We also have a new



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

staff person, Tim. He is working as our part-time cook and will be attending Lane Community College as well. We wish you all a wonderful spring and look forward to seeing you soon!

Around the Garden

RESIDENT OF THE MONTH: MIKE PALADIJCZUK

Mike Paladijczuk was born to John and Helen on August 14 in Belfield, North Dakota. He has 9 brothers and sisters. Mike grew up on a farm in North Dakota until he was sixteen years old. They raised dairy cows, hogs and chickens, had turkeys in the fall and wild game. They grew wheat and a vegetable garden, including watermelons. Mike's first job was in a sawmill and he absolutely hated it. He moved to Eugene and attended Business College here.

Mike worked as a salesman for Langendorf Bakery. He was an owner/salesman for Industrial Cleaning Equipment and Supplies. He also worked as a salesman for a logging equipment company. Mike retired from work in 2002. He married Shari Paladijczuk in 1983 at Norkenzie Christian Church in Eugene, Oregon.

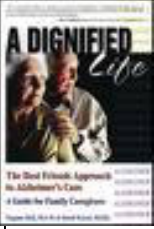
Mike has four children: Joni, Holly, Tracy and Jon. Mike describes himself as a "born servant", a loving husband and a great Father. His hobbies include vegetable gardening and he will be assisting us with our vegetable garden going in this month. Mike traveled to Alaska on a cruise with his wife Shari. He also traveled to Washington D.C., Australia, Hong Kong and Canada. Mike is a Christian and he attends the Grace Fellowship in Junction City. Mike loves to talk so if you're visiting Chateau Gardens come by and talk with Mike!



POETRY OF AN ALZHEIMER'S PATIENT

My dad was the oak tree
I was the seedling
My mother was the flower
Which he always nourished
My dad was cut down by a saw
Called Alzheimer's Disease
-David Bone

BOOK CORNER: A DIGNIFIED LIFE: THE BEST FRIENDS APPROACH TO ALZHEIMER'S CARE



A Dignified Life offers a new approach to Alzheimer's Care. A Dignified Life will become a practical, life-enhancing resource for anyone faced with the responsibility of caring for someone with Alzheimer's. More than four million Americans currently suffer from Alzheimer's and experts estimate that 22 million people around the world will have Alzheimer's by 2025.

A Dignified Life helps caregivers cope with burnout and frustration that often accompanies the task of caring for a loved one with Alzheimer's. The Best Friends Approach is based on treating the person you are caring for like a friend and working from their strengths, not their weaknesses. A Dignified Life provides a complete model for care built around creative and effective communications and meaningful activities and includes touching stories that demonstrate how the Best Friends method continues to improve the lives of both those who have Alzheimer's disease and those who care for them.

Author Virginia Bell developed the Helping Hand Day Care Center, an award-winning Alzheimer's community sponsored by the Greater Kentucky and Southern Indiana chapter of the Alzheimer's Association. David Troxel, MPH, is the executive director of the California Central Coast chapter of the Alzheimer's Association and is also the associate editor of Early Alzheimer's, an international newsletter sponsored by the California Central Coast chapter of the Alzheimer's Association. Along with Virginia Bell and others, he established a statewide network of support groups and services in Kentucky for patients and their caregivers.

WHAT'S NEW AT CHATEAU GARDENS

Last month we started our new "Standing Balance" exercise program to help improve our resident's balance and confidence while standing or walking. The month of May was devoted to sending and receiving Doctor's release forms, evaluating each resident's ability to participate, and their placement in a group of their peers for the exercise sessions. This June, we will start three mornings a week with our exercise classes that will last from a half hour to forty-five minutes. We are very excited and look forward to full participation by our residents. The program itself is an easy program to follow and can be adjusted to accommodate any residents' level of ability, whether they can stand on their own or not. We are looking forward to the residents feeling stronger, more confident and more alert. If you would like further information, please contact Sandy, Life Enrichment Director at 541.746.9703 or email me at chateau@chateaugardensalz.com.

We are excited to be bringing our residents and their families the ***Saving Libraries Program***. This program is designed to compliment our *Personal Life Story books* for each of our residents. Sandy will be meeting with individuals to interview, discuss, and voice record their life stories. It is a wonderful way to save their "story" for posterity and to share their history with family and friends. Each resident will have a CD stored along with their Personal Life Story books. We will be mailing out release forms to the families for permission to record their family member's voices and stories. If you have questions about the ***Saving Libraries Program***, please contact Sandy, Life Enrichment Director, at 541.746.9703 or email her at chateau@chateaugardensalz.com.



HOW TO KEEP YOUR BONES HEALTHY AND STRONG

One out of every six women will fracture their hip during their lifetime. 18 million Americans have bone mass that is not quite osteoporosis, but low enough to be considered a high risk for a hip fracture.

A man aged 50 or older is more likely to break a hip during his lifetime than to get prostate cancer. Many people don't know that the bone mass in our bodies is actually an active organ. Cells called osteoclasts are cells that dig holes into our bones. Another cell called osteoblasts fills in the holes that the osteoclasts dig. Age causes a negative shift in the bone mass, causing the osteoclasts to dig more holes than the osteoblasts can fill in. Prescription drugs work by slowing down the osteoclasts, which then inhibits the removal of bone so you will not lose as much.

Women tend to have a greater risk of bone loss, because they have fewer bones in their bodies to begin with. Men are twice as likely to die within the year of a hip fracture. Women who are over 50 and weigh less than 127 lbs. are also at a greater risk for a fracture.

There are several things you can do to protect yourself from hip fractures. It is important to get enough calcium and Vitamin D. An adequate amount of calcium intake will slow the rate of bone loss and reduce the risk of fractures. Great sources of Calcium come from some cereals, juices, supplements, and many other products. It's very important for men to not exceed 2,000 mg daily. Too much calcium in men has been linked to prostate cancer.

Experts recommend seniors to get sufficient amounts of protein. Studies show that people 65 and older who eat more protein are less likely to break a hip. Researchers have also found that Vitamin K can be very beneficial for your bone density. Women should be getting 90 micrograms, and men should be getting 120 micrograms. It's very important to talk to your doctor before taking Vitamin K if you are on coumadin or blood thinners.

Exercise also plays a role in bone density. When you exercise, the muscles pull on the bone and produce strain and a slight bending. If you increase the strain, it increases the bone. Walking can be a great exercise routine. Walking can help because it requires standing which will build bone. Bone building also occurs in jogging, stair climbing, dancing, and tennis. For more information about keeping your bones healthy talk to your physician.

DID YOU KNOW...

In May Tania adopted a Shitzu puppy named Rascal.
Yoyo is expecting a baby in about 7 months! Congratulations!
Sarah will be starting school at Lane Community College this summer.
Marcia loves to travel!
Susanah is moving to Washington in 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

5/27/2010 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
2669 S. Cloverleaf Loop
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