

## **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

**MARCH 2010**

## **NOTES FROM THE ADMINISTRATOR**

By Patty Neuman



Greetings families and friends,

We are going to have a very busy Spring at Chateau Gardens. On March 11th and 12th, Vicki De Klerk and Ed Fiel will be at Chateau Gardens filming a Group Validation session. Vicki will be leading Molly's Validation group and Molly will be Vicki's Co-Leader. Our group consists of five residents that fit the Validation characteristics. Participants must fit specific criteria to participate in Validation.

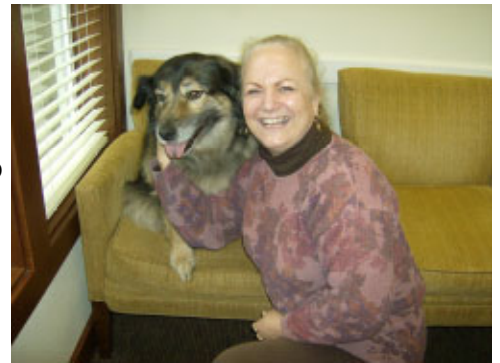
In April Sandy, our Life Enrichment Director and I will be traveling to Carson City, Nevada. We will be meeting with other Administrators and Life Enrichment Directors within the Ridgeline family to enhance our Life Enrichment Program. We will also be rolling out a new exercise program created by Dr Chuck McGlade, and Patty Endres, Life Enrichment Director from another Ridgeline community, Garden Square Westlake.

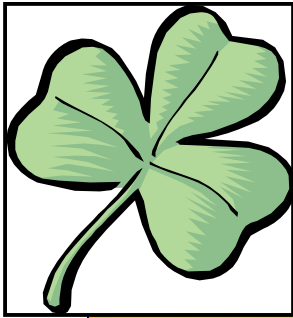
In May I will again be traveling to Carson City, Nevada to take an "Eden Alternative Associate" training course. We are very excited to become a certified Eden Alternative Community. The Eden Alternative is an international non-profit organization dedicated to enhancing environments and increase quality of life for elders.

The Eden Alternative goal is "To eliminate loneliness, helplessness, and boredom." The Mission is to "Improve the lives of the Elder and their Care Partners by transforming the communities where they live and work". We have already implemented several of the Eden theories to our every day living. At Chateau Gardens our goal is to create a home like environment, surround our residents with meaningful activities, providing pet therapy, live plants and activities with children. If you would like to learn more about the Eden Alternative theory and principles feel free to visit [www.edenalt.org/](http://www.edenalt.org/).

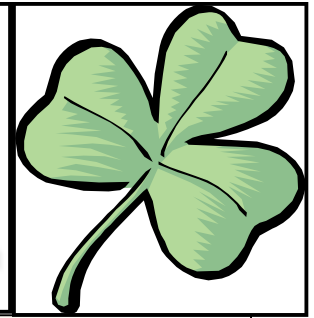
***Creating environments where moments of joy, independence and wellness are the focus each and every day.***

Happy St. Patrick's Day!





# Around the Garden



## RESIDENT OF THE MONTH: NONA LYMAN

Nona Lee Martin was born February 11, 1925 in Iva Dale, West Virginia to Floyd Sylvester and Stella Jane Martin. Her father went to get the doctor, but her mother gave birth to her before the doctor arrived. She is the third of six children. They moved to Wallowa County in northeast Oregon when she was a child. She was raised Baptist and attended services in La Grande, Oregon. Nona married Chauncy Lyman, a former trade, when she was seventeen years old at the Sacajawea Hotel in La' Grande, Oregon. Nona worked as a waitress starting when she was sixteen years old. Over the years she worked as a cook at the farms where her husband worked. She also worked shortly as a housekeeper and nanny. Nona and her husband managed apartments for years in Portland. Nona absolutely loves Portland.

Nona has three children and four grandchildren. She traveled to California, Idaho, Washington and to Florida to visit her best friend, Margie. She loves to celebrate the Fourth of July, Christmas and her birthday. In her younger days she loved to ride horses and go both roller skating and ice skating. She also loved to hold garage sales, work the Flea Markets and go second hand shopping. Now Nona enjoys seeing movies. Her favorites are Mysteries and Westerns. She was quite the seamstress in her day, making clothes for the whole family. Nona also loves to join in group activities here at Chateau Gardens and likes to participate in most activities including arts & crafts, Sittercise, ball toss and bingo. Next time you're at Chateau Gardens, stop by and say hello to Nona.

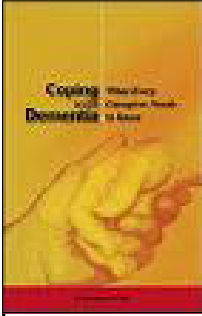


## POETRY OF AN ALZHEIMER'S PATIENT

Applause does not always 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

### COPING WITH DEMENTIA: WHAT EVERY CAREGIVER SHOULD KNOW



Coping with Dementia provides practical advice for any family member taking care of a loved one with memory loss. Ms. De Cuir provides insight from her many years of working with family caregivers, who face daily issues and decisions only caregivers will understand. This is a fantastic book for families, caregivers, and elder care service providers.

Coping with Dementia was written by Ms. De Cuir, who received her Bachelor of Arts degree in Sociology from California State University in 1986. In 1987 she began her career in the senior services industry as a community relations coordinator, marketing director and later as a regional sales and marketing associate for several national assisted living providers. She founded Alliance Family Advocates in 2005 and works as a consultant for families, in addition to public speaking and training seminars.

“This is a terrific book because when somebody in the family comes down with the diagnosis of dementia, everybody in the family has a problem and the relationships between family members is challenged.”

- Dr. Laura Schlessinger

“ This collection of material is an impressive contribution for persons desiring to navigate the complex maze of needs and services associated with a dementia-related diagnosis of a loved one. I highly recommend this as a handbook for families, caregivers, elder care service providers, assisted living marketers and Gerontology consultants.” - Barbara M. Resnick, M.S. Gerontology

## WHAT'S NEW AT CHATEAU GARDENS

February was a very busy month at Chateau Gardens. We had a wonderful Valentines Day Party featuring Christopher Tremey, who came in to perform comedy, make balloon animals for the residents and paint a picture. The picture Christopher painted will be framed and displayed in the livingroom. The residents loved the balloon animals and can hardly wait for him to come back. We had bible study visits from Anne, Val and Ron. John Powell performed a wonderful music concert for us and Tucker stopped by for Pet Therapy.

Last month we welcomed Don P. to our community. Don moved to Chateau Gardens from his home. Welcome Don! In the beginning of February Jessie B. moved to an Assisted Living Community. We will miss him and wish him success in his new environment.

Starting in March we will be going to senior centers to participate in activities and volunteer at local animal shelters. We ordered t-shirts for our residents to wear while we are out in the community! Our residents are very excited to socialize with other elders at the local senior centers and giving back to our community. If you feel that your loved one would like to participate in either of those

ac-



## SUNDOWNERS SYNDROME

Sundowner's Syndrome affects up to 20 percent of the more than five million Americans who suffer from Alzheimer's. For many of us, night time is a time of relaxation. For many older adults who endure dementia, night time can be a time of increased memory loss, confusion, agitation and even anger.

Some speculate that Sundowner's Syndrome is caused by hormonal imbalances that occur at night. Others believe that Sundowner's is caused by fatigue, due to end-of-day exhaustion or lack of activity after dinner. Other situations can be due to low light or Seasonal Affective Disorder (SAD).

There is no known cure for Sundowner's. Some successful approaches to managing Sundowner's Syndrome include establishing a routine, monitoring diet, controlling noise, letting light in, and in some cases medication. Establishing a routine helps persons who experience Sundowner's by minimizing surprises. It's important to not schedule more than 2 major activities a day. When monitoring diets, watch for patterns in behavior that are linked to certain foods. It can be very helpful to control noises that cause distraction such as televisions, radios and other household devices starting in the late afternoon. Letting light in to the house and using nightlights can be extremely helpful for those who are suffering from Sundowner's.

### **The Alzheimer's Association of America Suggests:**

- \*Allow for light exposure in the early morning to help set internal clock.
- \*Discourage day-time napping to regulate sleep cycle.
- \*Encourage exercise throughout the day to expend excess energy.
- \*Limit caffeine intake, particularly in the evening.
- \*Plan activities during the daytime so there is sufficient time to adjust to night.
- \*Have a quiet nighttime activity ready and a private space for relaxing.
- \*Consider purchasing a bedside commode. Leaving bed to use the restroom can start the cycle all over again, making it hard to get back to sleep.
- \*Schedule regular appointments to assure that the individual is not experiencing any physical pain.
- \*Take precautions to provide a safe space at night for a solid night's rest.

Visit [www.Alz.org](http://www.Alz.org) for more information.

## DID YOU KNOW...

- \*Sandy S. is attending LCC and working on her prerequisites for the Recreational Therapist program.
- \*Brigid is also working as a In-Home caregiver as well as part-time at Chateau Gardens.
- \*Tia W. enjoys making jewelry in her spare time.
- \*Sarah loves to relax at the coast with her boyfriend .
- \* Geri moved to Oregon from Texas to watch her stepson play football for UO.
- \* Byron is a pool shark.
- \* Marcia started working as a caregiver five years ago. She loves to work and enjoys caring for elders!

**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**

3/25/2010 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**

*Chateau Gardens Memory Care Community*

2600 S. Cloverleaf Loop  
Springfield OR 97477  
1\_541\_746\_9703

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