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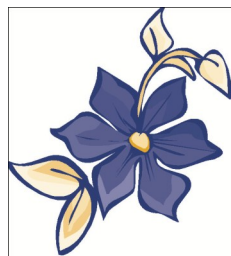
Rachel Langford
Life Enrichment Director
Interim

Garden News

MAY
2012

NOTES FROM THE ADMINISTRATOR

By Patty Neuman



**Chateau
Gardens**
Memory Care

Hello everyone,

Can you believe it is May already? Time sure is flying by! Hopefully you are taking the time to enjoy the beautiful spring – all the beautiful colors of the flowers and gorgeous greens coming alive all around you. This is such a special time of year! We have some really fun, exciting events coming up in May and would love to invite you all to join us.

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

On Saturday, May 5th, from 5-8pm we are one of the sponsors for Willamalane Adult Activity Center's Vineyards & Violins. This is an event where you are invited to savor many delicious hors d'oeuvres, sample Oregon wines, and enjoy beautiful music. There is also a silent auction, with all proceeds going to support programs and services for older adults. I have attended these events in the past and I can tell you it is lots of fun and there are some amazing items up for auction. If you would like to take a sneak peek at the auction items, please visit willamalane.org. Really hope to see you there!

On May 13th we will be holding a Mother's Day feast at noon to celebrate all the beautiful mothers in our lives. Please join us – the more the merrier! Lunch will be followed by tea in the sunroom at 1:00pm. It would be greatly appreciated if you would RSVP in advance so we will know how many will be attending. And for all you mom's who will be coming in to visit, we have a little something for you just to let you know how much we appreciate you!!!

Join us for our Memorial Day BBQ on May 28th at noon. We will be serving burgers, hotdogs, and dessert! Please RSVP by calling us at 541-746-9703.

Last but certainly not least, we will be sponsoring a dance at the Oregon Air and Space Museum on Sunday, May 20th, from 2-4pm. Twice a year the Oregon Air and Space Museum has a dance featuring the big band ensemble Blue Skies. It is a wonderful event filled with beautiful music, dancing, and lots of delicious treats! All proceeds go to benefit the Oregon Air and Space Museum, a non-profit organization that relies entirely on donations, admissions, grants and memberships for support. The Air and Space Museum opened in August 1991, dedicated to the acquisition and display of various aircraft and artifacts depicting the history of aviation and space technology. It is a popular education tool, and is a regular part of curriculum of several area schools. Blue Skies is a 22-piece big band based in Eugene. Its goal is to keep alive the great tradition of big band swing music of the 1920's - 1940's. Please join us for a wonderful afternoon of music and dancing!

Patty



Around the Garden



ELDER OF THE MONTH: RUTH BIEGLER

Ruth Bieghler was born a country girl to George and Gladys Scholz in Deertrail, Colorado. She had three sisters and a brother. Ruth and her siblings grew up on a farm on the prairie. She went to Deertrail Elementary and Strasburg High School. Ruth and her siblings would ride horses to schools in the mornings. Ruth was an amazing student with a brilliant, creative, outside the box kind of mind. She was awarded Valedictorian of her class.

Ruth and her husband Dale exchanged vows on September 26, 1939 in Denver, Colorado. Her wedding was a bit non-traditional. She and her sister shared their special day with each other in a double ceremony. Now that's some sisterly love! According to Ruth there was no hair pulling or cat fights involved, just a celebration of true love with a lot of family support. Ruth and Dale had two children with amazing spirit, Amy and Alfred, who gave them the wonderful gift of grandchildren and great grandchildren.

Ruth has always been a strong woman with a strong mind and morale. She has many ideas on life and ways of being that she has influenced her family with. Those who are privileged to know this woman hold a great admiration and respect towards her.

Ruth is an extraordinary painter. With oil paint and a memory of a beautiful landscape, Ruth produced some exceptional work in her day, her favorite being the painting of her parent's homestead where she grew up on the farm. Her family will always have a piece of her in their homes with all the beautiful oils she has done and given them throughout the years. What a gift! If you find yourself at Chateau Gardens, do yourself the pleasure of meeting Ruth and seeing her oil work.

"When you was a kid, eighty was so old.
I was told it was the years of gold.
But it's not about money you see.
It's about friends and family
and the things that make a golden
memory.

Like being with your family and you
Is what makes this all so true."
Poem by Ruth Bieghler 2003



Ruth (left) baking cookies with her friend Pat D.

BOOK CORNER: CHICKEN SOUP FOR THE CAREGIVER'S SOUL



Over 54 million people in America are helping care for an ailing or recovering family member or friend. Caregiving is very rewarding, yet requires incredible emotional, physical and spiritual strength. *Chicken Soup for the Caregiver's Soul* offers respite to those who give care with uplifting and inspiring stories.

This book includes personal stories from caregivers about dementia, cancer, chronic conditions, end of life care and stories about caring for a loved one with a life changing condition. *Chicken Soup for the Caregiver's Soul* includes stories about caring for children, siblings, spouses, parents, grandparents, friends and all loved ones. It also includes stories about Mother Theresa, who dedicated her life to being a caregiver.

This newest "Chicken Soup" title expands the definition of caregiver to include teachers, child care providers, and anyone helping to care for young, elderly or sick individuals—especially a family member.

Chicken Soup for the Caregiver's soul was written by Jack Canfield, Mark Victor Hansen, and LeAnn Thieman. Jack Canfield and Mark Victor Hansen are #1 New York Times and USA Today best-selling author for *Chicken Soup for the Soul Series*. LeAnn Thieman, L.P.N has been a nurse for over thirty-two years.

NOTES FROM SUE LUKE, RN

WHAT IF YOU COULD...

Cut your risk of heart disease, get fitter and slow aging in less time than it takes to watch a couple commercials?

Fight cancer.....Eat the peel. The bulk of an apple's benefits lie in the skin. More than a dozen chemicals in the peels of Red Delicious apples can inhibit the growth of cancer cells. Sniff some Lavender or Rosemary. The scent of lavender can help get a restful night's sleep but it can do a lot of good in the day too. Sniffing the essential oils of lavender or rosemary for 3 minutes can drop levels of the stress hormone cortisol. This can also help getting rid of free radicals that speed the aging process.

Pistachios on your salad. Eat 1 ½ oz of pistachios daily. This can reduce your total cholesterol and heart disease. They actually can reduce the absorption of cholesterol in your foods. Keep your vision sharp.....Eat an egg. Research shows eggs are an even better source of eye-friendly antioxidants. They don't contain as much lutein as dark green, leafy veggies but your body is better able to absorb the antioxidants in eggs.

Stay Mentally Sharp. Have two cups of green tea daily. Studies show that green tea helps keep cholesterol in check and may help lower cancer risk. It also works to maintain cognitive function and mental abilities. This could partially explain why rates of dementia are lower in Japan where green tea is commonly used.

REMEMBER!! Summer is coming! Please be sure that you are drinking enough fluids (without caffeine) to keep hydrated this summer and HAVE FUN!!!

WHAT'S NEW AT CHATEAU GARDENS

Spring is in the air! We potted plants, sent homemade Easter cards, and decorated eggs. The most favored craft of the month was our sock bunnies. They were very simple to make yet darling which allowed for a lot of participation. We filled socks with rice and sectioned them off with rubber bands to form a body and head. Then we cut the tops of the socks into ear shapes and glued on little pink felt noses, puffy white tails, and googly eyes. The bunnies were at every turn around the house.

Easter Sunday began with a bag of candy and treats and stuffed bunnies for everyone. Sandy Dewald was the champion by finding the most eggs during our egg hunt in the backyard. She also triumphed over the chubby bunny contest with her score of fitting five peeps in her mouth at once! We had an egg toss, egg relay, Easter puzzle contest, and Easter trivia. After the eggs were found and the games were won, we were lucky enough to enjoy one of the first nice days of the year out on the patio with music, cold drinks, and eggs of both candy and hardboiled variety.

This month we took a trip to the dog park with our beloved Flea and Bandit. Flea had a blast barking at the big guys roughhousing. Then he had it out for a lady in red shoes and decided to run right into her feet for reasons we two legged folks just don't understand. Bandit took the high road by exploring the whole park and identified with his independence. We were also visited by the girls of the Dance Factory and Zany Zoo which naturally everyone enjoyed as we have many animal loving Elders in the building.

Next month we look forward to seeing some brand new entertainment by Candy Davis, interactive drummer, and Melissa Overton, acapella singer. We will also be visited by Timothy Patrick, a Chateau Garden favorite. Let's all pray for sunshine next month as we plant seeds in our garden box and take more trips to the dog park. We will also be painting and decorating wooden welcome signs to hang on our doors or give as gifts to family members.

Next time you're in to visit us check out our remembrance board which will be up this month. The board is a way to honor and remember our friends and family who have departed this life.

In April, we said goodbye to Bette C. Bette moved to Chateau Gardens in August, 2011. Her husband Art came to visit her every day. He would often visit 2-3 times a day. Bette had an amazing smile and loved to laugh. Our thoughts and prayers are with her family during this difficult time.

In April, we welcomed Ardyce to our community. Ardyce moved to Chateau Gardens from our sister community in Springfield. Ardyce worked at a Payless Drug Store for 35 years in Bremerton, Washington. She started as a clerk and by the time she retired, she was a Manager. The last 25 years at Payless, Ardyce worked as a buyer for three Payless Stores in Washington. Ardyce attended trade shows and was able to buy her grandchildren the coolest, new toys when they came out! Welcome to our community Ardyce!



Winnie holding a guinea pig from Zany Zoo.

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

Send your email to:
Molly@chateaugardensalz.com to
automatically receive our monthly
newsletter.

Family Council Meeting

Last 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.

**Please RSVP by calling Molly at
541-746-9703**

Alzheimer's Association * 2012 Support Group

United Lutheran Church

1st & 3rd Mondays 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

Northwood Christian Church

1st & 3rd Tuesdays 6:00pm
2425 Harvest Lane
Springfield, Or 97477
Steve Devine, Facilitator
Phone 541.998.2274
Email: devinesm@comcast.net

*Chateau Gardens Memory Care
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