



THE LANDING NEWS

February
2009

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Happy Valentine's Day !

What says "I love you" (or Be Mine, I Love You) better than the little Valentines Conversation Heart? The New England Confectionery Co., better known as Necco, first manufactured the sweet-talking, pastel-colored sugar pills in 1902. They have produced more than 8 billion of these sweet hearts.

Daniel Chase, brother of Necco founder, Oliver Chase, created the Motto Hearts in 1866. They were more like fortune cookies. Sayings printed on slips of colored paper tucked inside crisp, scallop shell-shaped candies called "Cockles". People used them as conversation starters at parties.

Before WWII, Sweethearts Conversation Hearts came in other shapes besides hearts. You could get them made like watches, postcards, etc. There was room for longer sayings such as "How long shall I have to wait?"

Over the years, the recipe has remained the same and includes sugar, corn syrup, gelatin, gums, and artificial colors and flavors.

Necco adds 10 new sayings annually to keep up with the times, and they are also made in Spanish.

NAMES OF THE DAY:

The day before Ash Wednesday, the first day of Lent, is known by different names. The French call it Mardi Gras Day, and Mardi Gras means "Fat Tuesday" and refers to the fact that historically, this was the last day fat could be consumed until Easter. This day is known as Shrove Tuesday to Christians. Shrove comes from an Old English word that means "to hear or make confession", and activity to prepare one for the penitential season of Lent. The English call this day Pancake Tuesday. For many Latin Americans, Americans (especially in the south), and Southern Europeans, it is the last day of Carnival, which began on January 6, Epiphany. Carnival, the the medieval Latin word, carnelavarium, means "taking away of flesh", that is, the removal of meat from the Lenten diet.

So come help us celebrate Mardi Gras on February 24 at 3 pm on B1. We will not have a marching band or parade but we will have some great music by Barbara Liggett and friends, and masks, beads, and refreshments.

Happy Birthday!
Join us on B1 February 27
at 2:30 pm to wish all the
Birthday Folks for
February a
Happy Birthday!

Pat Hansen
2/13

Jean Irvine
2/14

Carol Peterson
2/15

Betty Gustafason
2/20

Edythe Whittlesey
2/21

Howard Schenholz
2/26

Carolyn Doane
2/26

Alice Lawrence
2/28

Lois Witmer
2/28

**HAPPY
BIRTHDAY!**

Brandon's Corner

For the February newsletter I am going to be somewhat introspective, so I hope you will enjoy reading my thoughts. On October 13, 2007, I married my beautiful wife, Wendy, and added her three wonderful children to my life. That day my life was forever changed in a very positive way. It was quite a transition for me, going from taking care of a cat to now being responsible for a family. Those kids, now my step-children, are teaching me new lessons in life. I am learning that structure and routine are important for setting boundaries, however, in between that time you need to be willing to let your hair down and be at their level. I am also learning that it is very humbling when you are working on a homework assignment with your 6th grader and find that the answer is too far back in the recesses of the memory to recall, though I am the one with a college education. It is funny how as you learn new things in life the items that you don't pull from regularly seem to go away.

Through all of the transition with my new family of three, my wife and I were still talking about the possibility of having one of our own to celebrate our union together. At first the thought of adding another child kept me up at night, but the more I thought about it, the more I warmed up to the idea. I have always wanted to have a child of my own, and though I look at my step-children as my own, they also have a dad who is active in their lives. There are always going to be things that I will not be a part of because of that. We decided to begin trying, and two months into the process, I received an email from my wife telling me that I was going to be a daddy. I was almost overcome with emotion at that point because my dream was soon to become a reality.

This is going to be a very busy year for me both at work as well as at home. Chateau St. Laurent is set to open this spring, and my wife is due July 25th of this year. We don't know the gender yet, but we will be peeking in our 20 week appointment in March-I am too impatient to wait! I look forward to adding to my family, and I am excited to have a family here in this community to share my excitement with. If you have any advice for me to get through those sleepless nights I would appreciate it. It will be great to see what the Dalke genes bring to the table!

Memory is the power to gather roses in winter. Author Unknown

MEN'S LUNCH OUT.....

For our February Men's Lunch Out, we will be dining at The Rock Wood Fired Pizza in Mill Creek. Some mentioned the desire for a good pizza, and I believe this restaurant will deliver. The date for this lunch is Wednesday, February 11, 2009. We will be leaving at 11:30am from the lobby. Please sign up at the front desk if you are interested in going. I would like to see all the men come out for this lunch!

Brandon

**Welcome
New Residents!**

**Mary & Rich Forster
Patti & Norm Perkins**

YOUR RESIDENT COUNCIL

EXECUTIVE COUNCIL

Meets the 1st Tuesday of every month at 3:15 pm in Library

President	Jim Horsley
Vice President	Pat Hansen
Secretary	Jeanne Whiting
Treasurer	Frances Boddy

HOSPITALITY/WELCOMING COMMITTEE

Meets the 2nd Thursday at 4 pm in the Library

Chairperson	Andrea Maynard
Members	Alice Lawrence, Jim Horsley, Aria Cook Sue Gould, MaryLee Dunbar

BUILDING & GROUNDS COMMITTEE

Meets the 2nd Monday at 1:30 pm B1

Chairperson	Jan Routley
Members	George Zellensky, Jean Strand , Marilyn Horner, Nancy Borsini, Ray Gould, Howard Scheinholz, Jim Horsley, Nancy Fuller

ACTIVITY COMMITTEE

Meets the 1st Thursday at 1 pm Library

Chairperson	Pat Hansen
Members	Jeanne Whiting, Andrea Maynard Edythe Whittlesey, Marie Castiglia, Frances Boddy

DINING ROOM COMMITTEE

Meet the 2nd Thursday at 3 pm 3rd Floor

Chairperson	Howard Scheinholz
Members	Mary Ann Trahan, Pat Reiman, Lois Witmer, Mary Beaulaurier Belle Marie Rightmire, Lorraine Bowerman, Eleanor Stabbert

LIBRARY BOARD

Meet the 3rd Tuesday at 3:30 pm in the Library

Chairperson	Marie Castiglia
Members	Adolph Whiting, Alice Lawrence, Pat Reiman., Jean Irvine, Velma Shattuck Edythe Whittlesey, Mary Lee Dunbar

INTEGRATION COMMITTEE

Chairperson	Ray Gould
Members	Sue Gould, Adolph & Jeanne Whiting, Jim Horsley, Dorothy Rupprecht

List of Your Administrative Staff

Executive Director– Brandon Dalke
Community Relations Director–Margo Milandin Leatham
Activities Director– Judy Hamilton
Assisted Living Director– Whitney Phelps
Culinary Services Director– Denise Lamb
Maintenance Director– Brian Griffiths
Office Manager–Aprill Uskoski
Fitness Director–Chris Ann Scott
Business Director– Lynette Hatscher
Accounts Payable– Olga Babadzhanova

**Book Club Looking for anyone that
lived in the “Dust Bowl” times. If you
did and would like to share your experi-
ence join the Book Club on Feb. 23 at 4
pm. They are reviewing the book**

“THE WORST HARD TIMES”

By Timothy Egan

“Black Tie” Affair

Feb. 18

4:45 pm

Dining Room on 3rd Floor

Gary Lee Hood

on the Keyboard

Come Enjoy the Music

You Loved Back Then & Now

Friday Feb. 20

7 pm on B1

NOTICE

**We will have the Monthly Birthday
Party on Friday Feb. 27 at 2:30 pm**

Fitness Fun and Facts!

Chris Ann Scott
Fitness Director

What does “Namaste” mean?

Many of you have asked this after a Gentle Yoga class. I was told years ago that it means, “The divine in me honors the divine in you”. That’s a wonderful interpretation and that’s what I mean when I say “Namaste” to end the class. For us to honor each other is divine in itself.

We bring our hands together near our hearts to increase the flow of divine love and respect between us. Bowing our heads and closing our eyes helps our minds surrender to the divine love in our hearts. Namaste allows teacher and students to come together energetically, connecting on a deeper level. Done with heartfelt respect and mental surrender it creates the possibility of a profound union.

Here’s another explanation. “Nama” means bow, “as” means I, and “te” means you. Therefore, Namaste literally means “bow me you” or “I bow to you. In cultures where most people are familiar with the practice, the gesture of hands at the heart center and bowed head convey the message without saying “Namaste” out loud. Also, as a sign of the deepest respect, hands are placed in front of the “third eye” in the middle of the forehead, and lowered to the heart center during the bow.

No matter how we express Namaste, the message is the same. The divine in me honors the divine in you.

MINIMIZE MUSCLE WASTING

In addition to osteoporosis, we are also subject to loss of muscle tissue as we age, a condition called sarcopenia, also referred to as “muscle wasting”. It can be minimized with regular exercise because, as with everything else in our bodies, muscles will adapt to the demands placed on them. If there are few demands, muscles will atrophy quickly, leaving us weak and unsteady. In addition, weaker muscles encourage bone loss, lower rates of metabolism and poor balance.

We lose about 12% of our muscle mass per decade beginning in middle age. But we can reverse as much as 2 decades worth of loss of muscle mass and strength with only 2 months of strength training. Strong toned muscles increase metabolism, making weight control easier. Stressing your bones with resistance training makes them stronger. Your risk of falls decreases as you develop strength and flexibility. Aerobic exercise, like walking, becomes more enjoyable because it is much safer.

In addition to strength training, it’s important to give your body the fuel it needs to build muscle. Be sure to have protein at every meal. Foods that provide protein are meat and fish, beans, peas and lentils,, nuts, some cereals, dairy products and eggs. Start exercising and eating better today to prevent and reverse muscle loss. If you are unsure where to start exercising, talk to your doctor or one of your fitness instructors.

Resident Rumbings

The Chateau didn't plan an Inaugural Celebration so we had, instead, a moment for recognition of the upcoming event on January 19 when our Discussion Group met on the day before the inauguration. Many in the group were Obama supporters; thus it seemed appropriate to celebrate his election. Ray Gould has been a dedicated Obama supporter from day one so I thought it fitting to ask Ray to make some comments. He gave a sincere response. He and Obama are alike in temperament: hard workers and creative. He outlined Obama's philosophy and policies. Ray emphasized Obama's belief that confidence and trust in government is what sustains it and that trust is attained through communication, openness, honesty, transparency, accountability and responsibility. The list is a statement of the obvious and, if uttered along with other Obama beliefs by someone with less integrity, it could sound sanctimonious. But Ray presented Obama's ideas and aspirations simply, in such a way as to elicit respect.

I felt proud to be associated with the group. The members are thoughtful and although they may emphatically express opinions they are receptive to other ideas. We haven't solved any of today's big problems but our discussions have helped sharpen the questions we have in mind when listening to experts. It's easy to get disillusioned after listening to demagogues and simply turn away from politics. But I think that's partly laziness. Our leaders need our critical thinking. No one has a monopoly on wisdom; our best politicians want to know what we think. Obama wants that. Send letters or email, even telephone.

I said we may emphatically express opinions. But our group is not a bunch of ideologues, people whose thoughts are in a rut. "Emphatic" is different from spouting dogma. I like a strongly stated opinion. It gives you something substantial to deal with yet it's not the final dogmatic word that shuts off discussion.

Our discussions may be inconclusive, differing opinions left unchanged. I've never tried to end a meeting with an effort to get a polite compromise. We can leave the questions unanswered because we don't have the responsibility to come up with a law as does a legislator. Leave the question open. It's possible that we may come up with something original that transcends our differences and reconciles them. I think this is Obama's aim. The idea is inherent in his insistence on hearing many opinions. That may look weak to some. ("He doesn't have principles.") But I'm optimistic. It's a good way to solve social problems, even economic ones. We are blessed with many highly trained economists who are experienced in finance, business, labor and philanthropy. With all that talent, some of it liberated from Greenspan's idea of Anything Goes in Capitalism, we ought to get some good ideas.

Our group met the day before the Inauguration. We didn't have the advantage of knowing the nation's reaction to Obama's speech. You know how the nation erupted in joyous celebration of his inauguration, but the speech was simply direct, not inspiring in a way that brings tears but I was stirred by it. I thought his message, a long time in coming, got to the point. To me, it said, put bluntly: "Cut the crap. Let's get to work."

Jeanne had been a delegate to the 1st District Democratic Convention so she got a beautiful invitation to the Inauguration. We didn't go. Our age has disinclined us to travel. We decided to have our own private Inaugural Ball at home. Because I have a tendency to topple over while making a turn in dancing, we danced the one-step. It was a good evening. Among other happy thoughts, I thought of how I enjoy our Discussion Group.

A M Whiting Feb. 1, '09



HOT OFF THE GRIDDLE

February is filled with many exciting events. Wednesday the 18th brings us our annual Black Tie Dinner. We will be serving an exquisite 5 course meal with Champagne Cocktails and Martinis. This dinner is one of our ways of saying thank you to our wonderful residents so please no guests. Black Tie attire is optional.

Towards the end of the month, date still to be announced, we will be having a Bistro Day. For lunch and dinner we will feature items from our upcoming Bistro Menu. The Bistro is Chateau's new dining concept and will be in the St. Laurent building. It's slated to open late spring.

Finally, I'm holding a recipe contest. The Chateau culinary team is always looking for new items to add to our menu cycles. We will be collaborating over the next few months to make the spring summer menu for 2009. This is your chance to give us some feedback on things you'd like to eat. There are 5 categories for recipes: soups, desserts, entrees, salads and sides. Recipes must be complete, have commonly found ingredients, have a method of preparation and cannot include convenience products. The winners of the contest will have their recipe and name featured in the next menu cycle. Please submit all recipes with the front desk.

Thanks and I'll see you in the dining room,
-Denise Lamb
Culinary Service Director

NURSING NOTES:

When I think about chocolate the words that come to mind are, rich, creamy, mouthwatering, delicious, sinful and forbidden. It is the number one food craving that people report and for years has been considered verboten in a healthy diet. Enjoying the pleasures of chocolate is often followed by immense guilt for tasting the forbidden fruit. Chocolate was never found on a list of "healthy foods".

Chocoholics can now take heart and come out of the closet! Chocolate contains flavonoids, a biological component of plant foods that can help reduce risk for heart disease. Various flavonoids have been shown to stimulate the immune system, reduce allergic response, prevent formation of carcinogens and impede cancer cell growth. Chocolate can also influence your mood. Scientists used to think that compounds in chocolate, in particular phenylethylamine, produced endorphins in the brain, elevating mood. But the amount of phenylethylamine in chocolate is so small it's probably not the cause of better feelings. Rather, the combination of sugar with fat can raise serotonin and endorphin levels in the brain. Even better, the tannins in chocolate will prevent cavities from forming and the steric acid contained in the fat will maintain a healthy cholesterol level. Sounds like a win/win situation to me.

With St. Valentine's Day approaching, you shouldn't hesitate to give your sweetheart a box of those lovely confections. After all, it is part of a well balanced diet!

CHOCOLATE IS GOOD
JOIN US FOR CHOCOLATE TASTING
FEB. 4 3 PM

CBL Community Relations Update by Margo Milandin Leatham (edited by Adam Conley, Communications Director)

Chateau Retirement Communities is making headlines, and of course it's all good news! On January 15, Chateau at Bothell Landing sponsored a "Reminiscence Tea" and book signing for a local historian who wrote a newly published book about Frederick & Nelson, the region's classic department store that closed almost 20 years ago. It all started with a conversation between residents of Chateau Pacific, who were fondly remembering the Seattle holiday ritual of heading to Frederick & Nelson with the kids for Santa Photos, lunch in the Tea Room, and to take in the amazing window displays.

From there it took off. A relationship developed between book author Ann Wendell and the Chateau. Originally scheduled for December, we were able to move the event to January because of snowy weather. Members of the public, many of whom were former F&N employees, heard about the tea on KOMO radio. A 99 year-old lady who worked in the fine jewelry department came with her niece and told her story. There were tears and laughter as people reminisced, listened to the author read passages of her book, enjoyed Tea Room coconut cake and looked at the variety of historic F&N memorabilia on display. A photo collage of the event was in the January 21, 2009 edition of The Bothell Reporter. Author Ann Wendell donated a signed copy of her book "Images of America: Frederick & Nelson" to the CBL library. She also wrote about the event on her website: www.annwendellbooks.com. Ann invites CBL residents to post family F&N Santa photos on her site. If you would like to share a photo, Communications Director Adam Conley will scan them for you. He can be reached at 425.488.2400 x230

Chateau Valley Center (CVC) residents had courtside seats to watch one of their dining room servers play high school basketball. The dining room server, Lindsey Moore, invited CVC residents to sit in a reserved fan section of the bleachers at her Kentwood High School gymnasium. Lindsey has a top national ranking as a high school basketball star. KING 5 TV reporter Tanya Mosley and a cameraman joined CVC residents at the Chateau, filmed them getting on their bus, and captured our face-painted CVC neighbors cheering on Lindsey as she led her team to victory. The story was broadcast on the KING 5 evening news and the next morning on NW Cable News channel 2 .

Chateau St. Laurent has received some great press lately, especially in Northwest Prime Time. The Seattle Times recently did an article about how Bothell has maintained a vibrant economy, even in spite of the national economic downturn. Our own Chris Serold sometimes contributes her "Chris' Corner" column to Northwest Prime Time, and in two recent articles, she discusses the benefits of living in a retirement community, and addresses common concerns about the economy. She often cites the thriving Bothell community and uses features of Chateau St. Laurent to illustrate the benefits of living in a retirement community, no matter what the economy is doing. Bothell is a great place to retire! You can read her column in the past issues of Northwest Primetime online. To view the KING 5 news clip or read Chris' Corner articles, and to view all recent coverage of Chateau Retirement Communities in the news, go to our website at www.chateau-retirement.com and click on the "news" tab.

CSL Community Relations Update by Chris Serold

We are getting ever closer to the opening of the two buildings that make up Phase 1 of Chateau St. Laurent. We did however suffer some delays due to the couple weeks of snowy weather we had.

We refer to the two buildings presently under construction as building "B" and building "C". At present, the apartment homes in building "B" are almost complete except for floor coverings and we have ordered the furniture for the common areas. In building "C" we have started dry walling the upper floors and are finishing the exterior of the building. Work is beginning on the bistro and auditorium. We have watched as work has continued on the sky bridge wondering just what color it would be painted. Now we know...yellow. Chris is available in the model on the 3rd floor if you have questions or would like more information.

EMPLOYEE OF THE MONTH NISAY NUTH:

It is my pleasure and my honor to announce the employee of the month for February. Nisay Nuth has been a long time member of the Chateau Bothell Landing staff. For nearly five years, Nisay has been a constant to our community. He provides exceptional care to our beloved residents with professionalism and compassion. He is a reliable, hard worker in assisted living who is always willing to supplement the schedule by coming in early or at times, coming in on a day off. His humor and positive attitude is an inspiration on our AL team. Thank you Nisay, for all you do. You are appreciated.

**WE ARE ON
THE WEB!**
[www.chateau
retirement.
com](http://www.chateau
retirement.
com)



You can also view our
newsletter and calendar
on our web site.

DESCRIPTION OF EVENTS

- Feb. 1...SuperBowl Sunday! Watch the game on the BIG screen TV on B1.
- Feb. 4... Calling all chocolate lovers! Chocolate tasting on B1 at 3 pm. Join us for some fun.
- Feb. 11...Men's Lunch Out at the The Rock Wood Fire Pizza. Sign up at the front desk and meet Brandon at 11:30 am in lobby.
- Feb.11...You won't want to miss this! Mary Florek will give a demonstration on the "old" spinning wheel and talk about materials and items made.
- Feb. 12...The Afternoon Tea will feature our very own Renee Lenz singing more of her wonderful songs. Come down at 2:30 pm on B1.
- Feb. 14...A Valentine's Day Quarter Bingo Party with refreshments and prizes and lots of fun starting at 2 pm on B1.
- Feb. 18...The Chateau wants to thank of the residents for choosing the Chateau so they are having "Black Tie Affair" in the dining room at 4:45 pm. You can dress up or not but do come enjoy a fabulous meal and drinks.
- Feb. 19...Humor Club meets at 3 pm on B1 for some medicine for the soul. Bring a joke or short story or just come laugh at bit or alot.
- Feb. 20...The Clothing Connection will be on B1 at 10 for your shopping convenience.
- Feb. 20...The Traveling Library will be in the lobby at 10:30 am.
- Feb. 20...Gary Lee Hood on his keyboard will play on B1 at 7 pm.
- Feb. 21...Make beautiful cards with Joan Oquist starting at 10:30 am on B1.
- Feb. 23...Join Chris Serold for the "Book Club" meeting in the library at 4 pm. Reviewing the book "The Worst Hard Times" by Timothy Egan.
- Feb. 24...Mardi Gras time! Come down to B1 at 3 pm for a great party with music by Barbara Liggett and friends. Refreshments and prizes for best Mardi Gras outfit.
- Feb. Feb. 25...We will be going to the ESL students class at the Redmond Library at 12:30 so meet in lobby.
- Feb. 27...The Monthly Birthday Party with the Chateau Singers will start at 2:30 pm on B1.

Thank You to the Following People:

1. Big thank you goes out to Mary Ann Trahan, Pat Hansen, Sue Gould for donating goodies for various activities.
2. Big thanks goes out to Jeanne Whiting and the Chateau Singers for the wonderful programs they bring to us.
3. All the folks that (too many to mention) have donated books to the library deserve a big thank you. Marie Castiglia has made a donation of wonderful classical CDs that can be found in the computer room for your use.
4. Big thank you to all the people that helped out with the great Tea Party with Adam Conley and Ann Wendel (Author- Frederick & Nelson).
5. A special thanks to Mary Lee Dunbar and Pat Hansen for greeting the Jubilee Singers and making sure things ran smoothly.
6. Big thanks to the Dining room staff for the wonderful job they did for the "Take a Cruise" great job!