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ON CAMPUS

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF AMBER MANOR CARE CENTER

CELEBRATING OUR NATION'S NURSES

This month, our campus is also joining the American Nurses Association in celebrating “Nurses: Advocating, Leading, Caring,” as part of National Nurses Week, which is held annually from May 6th – 12th. In honor of the dedication, commitment, and tireless effort of our campus nurses, and all nurses nationwide, to promote and maintain the health of our residents and this nation, we are proud to recognize long-term care nurses everywhere during this particular week and every day!

May is **Older Americans Month**, which presents a wonderful opportunity for us to show our deep appreciation for the contributions and achievements of the residents in our campus, as well as the older adults in our community. *“Never Too Old to Play”* is the theme for Older Americans Month this year, and places a spotlight on the importance of lifelong participation in social, creative, and physical activities.

Our staff of professional caregivers knows that being engaged is very different from simply “keeping busy,” which is why we offer a selection of lifelong learning opportunities and daily in-campus activities designed for all levels of physical and cognitive ability. Whether it’s arts and crafts, bowling on the Nintendo Wii, enjoying a lunch outing at a local favorite restaurant, or learning a foreign language - our activities are as varied as our residents, and reflect their personal preferences.

In addition to the benefits of social and creative engagement, research shows that regular exercise can improve our residents’ ability to perform tasks of daily living, including maintaining independence and mobility. In addition,

being active also improves mental health, as it is a deterrent to depression and anxiety. Aware of this importance, we encourage our residents to participate in indoor and outdoor exercise opportunities when able, such as walking around our campus grounds and observing the wildlife in our gardens and courtyard.

Finally, during Older Americans month and every month, it’s important to pay tribute to the role that older adults play in sharing their experience, wisdom, and understanding by providing opportunities for them to pass on that knowledge to other generations in a variety of significant ways. We welcome visits from local schools so that our residents and community children reap the benefits of interacting with and learning from each other. We also welcome young volunteers, and invite community adults to teach lifelong learning courses at our campus.

We are proud to join in the national celebration of Older Americans Month 2012 with activities and events to promote engagement and recreation for our residents.

UPCOMING EVENTS

Our Mother's Day Sunday Brunch is from 11:00-1:00 on May 13.

Come and enjoy the special day with your loved one and also receive a Mother's Day gift! We look forward to seeing you!

Our Family Night Car Show and Auction will be 5/17 at 6:00 p.m.

If you would like to donate items for the auction, please bring them in on or before 5/16. All proceeds go to our local charities. Great food and come out to place your bid and enjoy all of the beautiful antique cars!

SENIOR EXEC. CLUB

Senior Exec. Club is May 17 at 2:00 p.m.

Bring a friend and have a great late lunch and play bingo! Free to all area seniors.

YEARS OF SERVICE

Frank A.	1 yr.
Jenny C.	1 yr
Tara L.	1 yr.
Christina S.	1 yr.
Alethea D.	9 yrs.
Becky M.	12 yrs.
Lorri E.	20 yrs.

NEW EMPLOYEES

Morgan H.	CRCA
Taylor S.	CRCA
Zola B.	Cook
Shannon G.	ED

EXECUTIVE DIRECTOR CORNER

We would like to give a warm welcome to Shannon Graves, our new Executive Director!

RESIDENT BIRTHDAYS

Arubtus E.	5/3
Fred W.	5/18

STAFF BIRTHDAYS

Heather A.	5/6
Tina S.	5/10
Roger T.	5/18
Courtney W.	5/28

Amber Manor's Annual Easter Egg Hunt



Amber Manor Annual preschool Easter Egg hunt was a great success.



Over 125 preschoolers hunted Eggs at Amber Manor.

More Fun with the Easter Bunny!



Alma E. loved seeing the Easter Bunny



Betty M. and Lula H. loved the Easter Bunny



Easton B. stopped hunting eggs to visit with the Easter bunny



Winners of the big prizes at the Amber Manor Easter Egg hunt:
Kylie Meyer
Easton Bailey
Calleigh Wibbler

Winslow Bell Choir performs at Amber Manor



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801 East Illinois Street, Petersburg, IN 47567 • 812.354.3001 • Shannon Graves, Executive Director

Shannon Graves, Executive Director
Becky Martin, Director of Health Services
Angie Loveless, Asst. Director of Health Services
Lorri Edrington, MDS Coordinator
Cindy Johns, Medical Records

Janet Graff, Director of Resident Services
Frank Acosta, Director of Plant Operations
Tracy Stone, Business Office Manager
Sarah McCracken, Community Service Rep.
Myra Boger, HR and Accounts Payables

Melanie Henson, Therapy Program Director
Gena Ruble, Director of Environmental Services
Shane Render, Director of Food Services
Heather Arvin, Director of Resident Programming

We strive to provide the best customer service and quality care for our residents. Our Department Leaders are here to solve any concerns you may have. In the event that you need further assistance with any unresolved concerns, we encourage you to call the Divisional Vice President or our Compliance Line.

Jim Chambers, Divisional Vice President: 812-480-4127 or Jim.Chambers@trilogyhs.com

Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogyhs.com • Newsletter Production by PorterOneDesign.com



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COMPASSIONATELY
 COMMITTED TO EXCELLENCE
 IN CUSTOMER SERVICE!

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We invite you to join in the fun! To find out how you can volunteer, or to get more information, please contact us today!

Never Too Old to Play

If you plan on “playing” outdoors and having some fun in the sun this May, the following tips will keep you safe all summer long:

- Plan activities that are early in the morning or later in the evening when it’s cooler.
- Use U/V skin protection.
- Avoid overexposure to heat, drink plenty of water and take regular breaks in the shade.
- Wear lightweight clothing, sunglasses and a hat.
- Check with your doctor before implementing a new exercise program, especially if you are at high risk for heart disease or diabetes; if you smoke or are obese.
- If you are not currently active, begin your exercise program or outdoor outings with light to moderate physical activity.

Information for this article was obtained from www.seniorliving.com, www.nursesworld.org and www.aoa.gov.

WORD SEARCH

ACTIVITIES	EXERCISE	OLDER	RECREATION
APPRECIATION	EXPERIENCE	PARTICIPATION	SOCIAL
BUSY	GENERATIONS	PHYSICAL	TRIBUTE
CREATIVE	LIFELONG	PLAY	WISDOM

W	S	L	P	G	E	H	D	V	K	P	W	T	X	L	W	H	H	J
X	I	N	T	W	B	U	X	L	P	L	U	G	E	H	R	G	C	U
T	R	I	B	U	T	E	G	H	E	A	D	E	S	I	L	A	D	U
W	J	G	U	Y	B	R	T	F	E	Y	A	N	Q	O	X	Y	S	M
W	I	D	E	X	P	E	R	I	E	N	C	E	L	Q	C	C	K	K
K	A	S	G	R	L	J	S	F	Q	V	T	R	R	O	P	I	J	Q
B	A	F	D	H	P	R	L	N	Y	B	I	A	V	K	C	Y	A	V
P	J	C	N	O	F	B	I	M	O	L	V	T	L	N	R	L	F	L
F	Y	O	H	R	M	V	F	W	N	D	I	I	G	C	E	G	Y	J
Z	O	L	D	E	R	S	E	L	P	T	T	O	X	S	A	O	X	U
G	K	X	O	C	X	N	L	Q	U	Q	I	N	V	H	T	K	O	P
Q	F	I	S	R	E	I	O	K	Z	E	E	S	N	O	I	O	L	Q
M	F	L	K	E	X	N	N	C	B	U	S	Y	L	A	V	K	F	I
I	W	Q	U	A	E	Y	G	L	L	U	C	W	X	I	E	W	R	B
F	W	H	V	T	R	P	P	Y	M	H	Y	Z	O	T	S	Z	K	D
P	A	R	T	I	C	I	P	A	T	I	O	N	D	C	V	U	F	Z
B	R	F	L	O	I	C	A	P	P	R	E	C	I	A	T	I	O	N
O	H	T	H	N	S	H	E	X	G	A	N	F	T	S	E	P	H	I
Q	V	A	G	P	E	J	S	M	P	H	Y	S	I	C	A	L	A	Q