



Ashford Place Health Campus

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ASHFORD PLACE CHRONICLE

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF ASHFORD PLACE HEALTH CAMPUS

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.

ACTIVITY HIGHLIGHTS

- 5/1 Out to Lunch Bunch - CHEESEBURGER IN PARADISE (Lei Day)
- 5/2 National Ukulele Day - Musical Program with Robin Harrison
- 5/3 Health Center Country Cruise to HOPE
- 5/4 RESIDENT THEMED DINNER - "VIVA MEXICO"
- 5/5 Kentucky Derby Day - HORSE RACES at Ashford Place
- 5/6 Worship & Devotions with Bishop Mike Hall
- 5/7 Creative "Crafternoon" Stone Painting
- 5/8 Elsbury's Nursery & Lunch at Millie's Cafe
- 5/9 Musical Entertainment with "The Dixie Cats"
- 5/10 Flair for Watercolor with Raye
- 5/11 TGIF Happy Hour
- 5/12 Bingo
- 5/13 SUNDAY FAMILY BRUNCH
- 5/14 Health Center Resident Council
- 5/15 Salute to Peace Officer Memorial Day - Visit to SPD
- 5/16 Spiritual Reflections with David H.
- 5/17 PHASE 10 with Lydia
- 5/18 "Blue Cappers" Men's Club - Trip to the Alpaca Farm
- 5/19 Word Scramble at Lunch
- 5/20 Soulful Sharing with Youth Group - Beacon Baptist Church
- 5/21 Wii Bowling
- 5/22 "Out to Lunch Bunch" at Montana Mike's
- 5/23 "TASTE OF THE TOWN" - El Meson Mexican Restaurant
- 5/24 FAMILY BUFFET (Assisted Living) - Music Entertainment by Gil Miller
- 5/25 Pre MEMORIAL DAY COOKOUT
- 5/26 Quarter Pokeno
- 5/27 "Chilly Scoops" Travelling Ice Cream Cart
- 5/28 2:30 Tributes, Conversations, & Lemonade with Friends on the Patio
- 5/29 Shopping Excursion to Wal-Mart
- 5/30 SKIPBO
- 5/31 Sign Language Class

RESIDENT BIRTHDAYS

- 5/4 Katherine Z.
- 5/7 Laura "Annie" L.

SENIOR EXEC. CLUB

Mark your calendar for the next SEC meeting on May 16th at 1:30pm. We will be playing BINGO and giving away many fun prizes! As always, we encourage you to bring a friend to join in the fun! Please call 317-398-8422 to RSVP by May 15th. We can't wait to see you!

STAFF BIRTHDAYS

- 5/3 Gerri Galvo
- 5/4 Jordan Lovelace
- 5/5 Nola Gilles
- 5/5 Nora Douglas
- 5/6 Darin Day
- 5/8 Mary Alice Andrews
- 5/8 Audra LaLonde
- 5/10 Lynsey White
- 5/25 Shiloh Haehl
- 5/26 Ben Mullins

EXECUTIVE DIRECTOR'S CORNER

I am excited to have returned to Ashford Place Health Campus as Executive Director. For those of you who are new to Ashford Place, I served as Executive Director from July 2009 to February 2010, when I transferred to our new Noblesville location, Prairie Lakes. For the past couple of years, I have overseen the opening and beginning operations of this new Trilogy Health Services campus. While I enjoyed the opportunity to open a new campus, I am very excited to be back at Ashford Place.

On behalf of the staff at Ashford Place, we would like to thank you for the privilege of caring for your loved one. We take this responsibility seriously and welcome the opportunity to provide exceptional care to meet their personal needs.

Part of our Mission Statement at Ashford Place is "Team Approach Works Best", commonly referred to as TAWB. We believe that all of our employees are a very important part in making our campus successful and that we need to allow everyone to contribute to his or her fullest potential for us to be successful. Each and every employee at Ashford Place has been brought together with the common purpose of serving our customers.

We are currently in the process of reviewing the results of the Customer Satisfaction Survey that were mailed out to our residents families that many of you completed. We greatly appreciate your feedback and will use your suggestions and comments in developing a plan on how we can continue to improve Ashford Place. We recently had a "family night" where we reviewed some of the results of the survey. If you were unable to attend and are interested in the results I would love to review them with you, you can give me a call or just stop in to see me. Our team is committed to create a service experience that exceeds the expectations of our customers.

I look forward to reacquainting myself with those of you I have known in the past, and getting to know those of you who have become a part of our Ashford Place family over the last year. It is my pleasure to serve you and your loved one.

I hope that you are able to enjoy the nice weather and take opportunities to be outside is the fresh air and warm sunshine!

Phil Heer

Executive Director

Smiles of the Month: *Easter Fun!*

In our lifetime, it is wonderful to know that no matter what our age there are still things that can make all of us feel young at heart! On Easter Sunday Brunch, Ashford Place Health Campus was treated to a visit from the Easter Bunny. This provided many great opportunities for our residents and families to have pictures taken with that "Vision of White". Giggles were heard as several people attempted to catch that hare by his cottontail.

Lydia, Resident Activity Director



Eggs with Character



Doris W. with Rabbit



Katherine Z. with Rabbit

Airplane!



Bud & Paul @ Shelbyville Airport



Men's Club at Airport

Outdoor Fun!



Legacy Lane - Outdoor Fun

CUSTOMER SERVICE MOMENT

Spring is underway which means that Ashford Place will begin our Campus in Color project. This program is a terrific opportunity promoted by Trilogy for our residents, staff, families, and volunteers to get out and bring our campus to life with all of the brilliant colors of magnificent flowers. We always appreciate the great help from those "green thumbed" family members who look for something to do with their loved one while visiting here at the campus. The memories created are ones you will cherish for years to come! Last year, we had two family members (Jan & Peggy), who came in a few evenings and spent time with their mothers digging in the dirt to make one of our court yards become appealing. So PLEASE if this sounds like something you might enjoy doing, contact Lydia Phillips, AD / RAD. We look forward to spending time with you!

The Ashford Place Chronicle is published monthly by Ashford Place Health Campus

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Phil Heer, *Executive Director*

Jennell Estes, *Business Office Mgr.*

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Julie Tennell, BSW, *Dir. of Resident Services*

Mary Eads, LPN, *MDS Coordinator*

Cody Riggs, *Asst. Director of Plant Operations*

Terri Tucker, *Dir. of Therapy Services*

Mary Eads, LPN, *Clinical Care Coordinator*

Lydia Phillips, AD, *Resident Activity Director*

Dottie Plummer, RN, *Director of Health Services*

Amy Johnson, RN, *Asst. Dir. of Health Services*

Larry Alvey, *Dir. of Environmental Services*

Kim Burton, LPN, *Health Center Unit Manager*

Jacklynn Wethington, *Residential Unit Coordinator*

David Cooper, *Director of Food Services*

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.

Dawn Black, Divisional Vice President: 502-271-9150 or Dawn.Black@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
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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