



Autumn Woods  
Health Campus

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# AUTUMN WOODS JOURNAL

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF AUTUMN WOODS 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

- 5/3 Dave on the Piano, 2pm
- 5/4 Country Sounds Band 2pm
- 5/6 Evangel Temple Church 3pm
- 5/10 Here By Grace 6pm
- 5/11 Theme Dinner  
"Viva Mexico!" 5pm
- 5/12 Mother's Day Tea 2pm
- 5/13 Mike Kovatch and his  
Accordian 2:30pm
- 5/12 Sing with Sue Loy 2pm
- 5/17 Family Night 5pm
- 5/20 Trinity Methodist  
Church 2:30pm
- 5/21 Harbor Lights 2pm
- 5/27 New Life Fellowship 2pm
- 5/28 Earl Gregory  
on the Piano 2:30
- 5/21 Country Boys Band 6pm

## SMILE OF THE MONTH

Dorothy D. was really enjoying this Ice Cream Cone. Summer time will be bringing the opportunity for lots of good treats like this. On Tuesday afternoons when the van goes out on Outings, I now take around a treat. And so far, ice cream, popsicles, etc are a hit with all of our Residents!



## RESIDENT BIRTHDAYS

Ethel F	May 1
John L	May 1
Nancy I	May 2
Hilda R	May 19
Peachie J	May 23
Margaret Z	May 25
Glenn B	May 28
Millie R	May 29
Stella S	May 30

## STAFF BIRTHDAYS

Adam D	May 7
Judy C	May 12
Olivia R	May 17
Licia D	May 24

## EXECUTIVE DIRECTOR'S CORNER

The weather has been so lovely and we are getting excited about our yearly program "Campus In Color". This is a very important time for all Trilogy Campuses. We are planning to win the competition this year! You will be noticing some big improvements in the appearance of our campus. If you have a green thumb and would like to be a part of this HUGE project, please let us

know. Dianne Hinkle, Activities Director is heading it up, contact her.. Our goal is to make Autumn Woods a place that brings a smile to your face and joy in your heart from the time you enter the driveway until you leave.

**Carla Siekert**

Executive Director

## Easter Party

Residents enjoyed an Easter Party Sunday afternoon, with some families attending. Nice refreshments, lovely decorations and lots of fun made this day very special to our Residents. Individual photos were taken with the "Little Easter Bunny". Thanks to Bobbie Jo, Activity Associate for pulling this party together by herself!!!!



Jack and Jane



Easter Goodies

**LIFE LONG LEARNING** – We realize that our brain is just like the rest of our muscles.....if we don't use it, we will lose it. So we strive to provide activities each month that stimulate our brains. We are living in a different culture today and it is not uncommon to receive Spanish speaking Residents on occasion. Therefore, we are starting a Basic Spanish class in May to coincide with our Mexican Theme for the month. We will be trying to have it at 1:00 or 1:15 on Fridays. If this time does not work we will be adjusting it. We hope to be able to learn to at least say "Hello" "Goodbye", "How are you?", "What is your name?" and basic conversation so that those Residents feel a little more at home. Families that would like to attend are also welcome! I want to thank Grace Wikita for volunteering to come in and do this for us. Adios Amigos!!

# Photo Highlights with our 'Little Easter Bunny'



Carolyn



Cecil



Loranelle



Ruth Ann



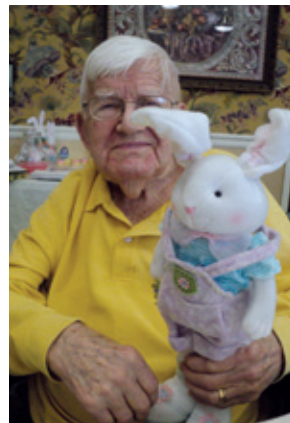
Dave



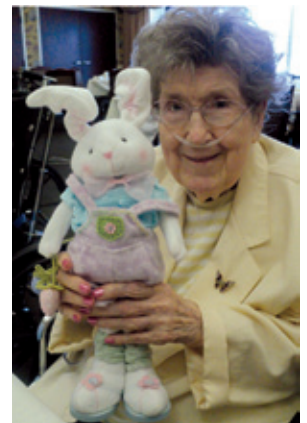
Earlie



Edwinna



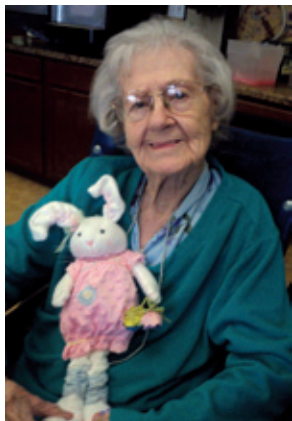
Glenn



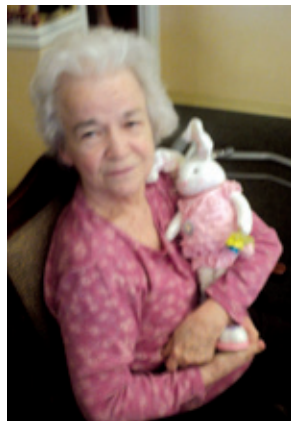
Helen



Jean



Marjorie



Polly



Steve



Virginia

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2911 Green Valley Road, New Albany, IN 47150 • 812-941-9893 • Carla Siekert, *Executive Director*

*Carla Siekert, Executive Director*

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*Dianne Hinkle, Resident Activity Director*

*Dorothy Curry, Director of Resident 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.*

*Gloria Ising, Divisional Vice President: 502-271-8515 or [Gloria.Ising@trilogyhs.com](mailto:Gloria.Ising@trilogyhs.com)*

*Compliance Hotline: 800-908-8618, ext. 2800; or [comply@trilogyhs.com](mailto:comply@trilogyhs.com) • Newsletter Production by [PorterOneDesign.com](http://PorterOneDesign.com)*



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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](http://www.seniorliving.com), [www.nursesworld.org](http://www.nursesworld.org) and [www.aoa.gov](http://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