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THE POINT OF VIEW

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF BETHANY POINTE 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.

MAY HIGHLIGHTS

5/1	Music Class Mrs. Tincher
5/2	Happy Hour
5/3	Bingo on 600
5/4	Viva Mexico Day!
5/5	Reflections
5/6	Note Writing
5/7	Spelling Bee
5/8	Tambourine Tues.
5/9	Bingo with Lolita
5/10	Movie Day
5/11	Euchre
5/12	Cooking Class
5/13	Happy Mother's Day
5/14	Gene's Root Beer
5/15	Knit Pickers
5/16	Buddy and Joyce
5/17	Kids in Song
5/18	Res. Council
5/19	Yard Sale
5/20	Worship
5/21	Manicures
5/22	Surprise Music
5/23	Norma on Organ
5/24	Family Night
5/25	Mystery Trip
5/26	Nola on Piano
5/27	Bill Cassity
5/28	Memorial Day Drive
5/29	Odd Jobs
5/30	Morning Muscles
5/31	Devotions

RESIDENT BIRTHDAYS

Lorina F.	5/3
Virginia K.	5/4
Candice L.	5/5

NEW RESIDENTS

Gretchen H.	Alan C.
Emily H.	Dorothy Mc.
Nellie W.	Mary W.
Joseph H.	

STAFF BIRTHDAYS

Evelyn M.	5/6
Amy B.	5/15
Brook S.	5/15
Lanelle R.	5/22
Tangela C.	5/23
Latisha C.	5/25
Brooke J.	5/26
Rose F.	5/28

EXECUTIVE DIRECTOR'S CORNER

Well, well, well. Here it is May again. WOW! I am starting two new Beehives this year. I am trying out a different type of Beehive. It is a vertical top-bar hive known as a Warre (pronounced war-ray). It is a smaller version that mimics a more natural environment for the girls. I usually start my hives the 3rd week of April, but couldn't get them until the first week of May, which should be fine. There will still be plenty of time for them to produce. I have my garden turned over and ready to

plant on Mother's day, which is the 13th. Surely, the threat of frost will be gone by then. I'll do the usual, tomatoes, hot peppers, green onions, radishes and some sort of lettuce. In closing, be sure to get outside and enjoy the beautiful outdoors and watch for our "Campus in Color" that is in the planning stages right now and remember a thankful heart is a happy heart.

Tony Beeman

Executive Director

May brought to you by the letter: M

May: (M) appears to be our letter of the Month--Viva **M**exico, our second themed dinner of the Year. Mexico gives us great food, great color, and great celebrations. Folklorico ballet troupe will join us for this fun day as they dance in honor of Cinco-de-**M**ayo. **M**other's Day is Sunday the 13th. Please make reservations early for a great lunch with your dear Mom. **M**emorial Day gives us the opportunity to listen to the 500 race on the patio, take a drive to Memorial Park cemetery, or enjoy a basket lunch. We take in the day in the day of remembrance with grateful hearts, precious memories, and excitement for the coming summer days. We hope you will check out and join us for these special activities along with any of our regularly planned daily events.

Volunteer Banquet – April 12, 2012

Bethany Pointe Volunteers enjoy an evening together!



Bethany Pointe Resident Hilda A. celebrates 102nd Birthday!



Front: Jesper Weibke, Hilda Anderson

Back: John Wiebke, Rebecca Wiebke, Karen Cookman, Ingrid Wiebke



Front: Hilda Anderson

Back: Ingrid Wiebke, Wiebke Ronnau, Rebecca Wiebke

The Pointe of View is published monthly by Bethany Pointe Health Campus
1707 Bethany Road, Anderson, IN 46012 • 765-622-1211 • Tony Beeman, *Executive Director*

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.

Misty Reber, Divisional Vice President: 317-431-6633 or Misty.Reber@trilogyhs.com
Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogyhs.com • *Newsletter Production by PorterOneDesign.com*



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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