



Blair Ridge
Health Campus

269 Meadowview Drive,
Peru, Indiana
Ph: 765.472.8049
Fax: 765.475.8895



A VIEW FROM THE RIDGE

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF BLAIR RIDGE 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

May 9th

Taste of the Town

Family Night/Theme Dinner
(Viva Mexico)

May 16th

Resident Council

May 24th

Senior Executive Club

May 27th

Sunday Brunch

WEEKLY ACTIVITIES

Every Monday

Bean Bag Toss

Culinary Wonder

Every Tuesday

Therapeutic Activity- Linens

Golden Age Movers- Exercise

Wii

Skip-bo

Every Wednesday

Bible Study with Ron

Balloon Volleyball

Euchre Club

Every Thursday

Therapeutic Activity- Linens

Golden Age Movers- Exercise

BINGO

Living Art Club

Every Friday

Bridge/Euchre Club

Happy Hour

Please see the Blair Ridge calendar for a complete listing of times and locations for all our activities. If you would like to help with our activities and become a volunteer call Erin Murphy at 765-472-8049.

RESIDENT BIRTHDAYS

Margaret B. 5/12

Charles G. 5/12

Charlotte W. 5/20

Archie M. 5/24

Marjorie B. 5/25

EXECUTIVE DIRECTOR'S CORNER

Greetings,

April showers brings May flowers...I really hope that we see that happen. This has been a very different Spring. One day we are wearing shorts and the next we are putting the heat back on. We do know for sure that the snow will not reappear.

Thank you to everyone who returned their Customer Service Surveys. We know your compliments and opportunities will give our team a focus to improve our services. We want you to know that ANYTIME, not just at survey time, that you can bring those opportunities to us. We would honor the chance to work on those

before if at all possible. We all have an open door policy. Thank you.

I have been busy at home doing some "Spring Cleaning". This is a great time to assist your loved ones with removing winter clothing and items that are no longer being used or worn. It always help to remove clutter from our minds as well as our environment.

Thank you so much for the opportunity to serve you and your loved ones.

Jackie Kuhn

Executive Director

Featured Resident: Craig G.

Our featured resident this month is Craig G. He made Blair Ridge his home at the end of November 2011. Craig grew up right here in Peru! Throughout High School he played basketball. In 1960 he went to the Navy. He went to basic training then he went to school in California. While he was in the Navy he went to Japan for two years and Taiwan for about a year and a half. Craig worked 44 years on the railroad. He has two children. In 2008 he was the assistant coach for Peru High School girls varsity basketball team. Craig enjoys basketball, golf and playing cards. He is a Christian man with a big heart! Welcome home Craig!

Senior Executive Club

Senior Executive Club is scheduled for May 24th. We would like to invite everyone to join in the food and the fun. If you know anyone who is interested bring them and have your named enter to win a prize! We look forward to seeing everyone there!

Heather

Smiles of the Month

Our residents got a visit from the Easter Bunny! They also got to enjoy an Easter Egg Hunt. Everyone had a great time. Fun and laughter was shared by all!



(Above) Annie receives a visit from the Easter Bunny!
(Below) Joe found a cute bunny hopping around the halls!



Mattie and Phyllis are looking for Easter eggs!



CUSTOMER SERVICE MOMENTS

— We want to thank all the friends and families that brought in the canned goods. We collected close to 90lbs of food! Great job everyone! We will continue to collect them, so please continue to bring them in.

A View from the Ridge is published monthly by Blair Ridge Health Campus
269 Meadowview Drive, Peru, IN • 765-472-8049 • Jackie Kuhn, Executive Director

Jackie Kuhn, Executive Director
Erin Murphy, Resident Activity Director
Kevin McCarthy, Food Service Director

Rodney Powell, Director of Plant Operations
Tony Wouster, Environmental Director
Karen Vittoe, Director of Health Services

Heather DeWitt, Customer Service Rep.
Kaleigh Collins, Director of Resident Services
Heather Griggs, Business Office Manager

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.

Tina Strimbu, Divisional Vice President: 502-333-5612 or Tina.Strimbu@trilogyhs.com
Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogyhs.com • Newsletter Production by PorterOneDesign.com



Blair Ridge Health Campus

269 Meadowview Drive,
Peru, Indiana
Ph: 765.472.8049
Fax: 765.475.8895

COMPASSIONATELY
COMMITTED TO EXCELLENCE
IN CUSTOMER SERVICE!

CONTINUED FROM PAGE 1

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