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THE BRIDGEPOINTE PRESS

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF BRIDGEPOINTE 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 4	Resident Theme Dinner: Viva Mexico
May 10	Sacred Heart Singers
May 12	Grandkids Day
May 12	Mother's Day Tea
May 13	Sunday Brunch
May 22	Family Night: Dirt Pudding & Planting Flowers
May 23	Taste Of The Town: Taco Bell

WEEKLY OUTINGS

Monday @ 10:45 - Lunch Outing
Wednesday @ 3:00 - Wal-mart
Thursday @ 10:15 - Country Cruise

SENIOR EXEC. CLUB

Will meet May 24 at 2:00 p.m.
Hope to see you all there!!

CUSTOMER SERVICE MOMENT

This month we would like to recognize Deb Folsom. Deb, QMA on Assisted Living is a very talented crocheter. She often makes gifts for others. Recently, Deb has been making shawls for the ladies on AL! The residents love them and are amazed by Deb's talents!! Thank you Deb for your consideration of our residents!!

Recipe of the Month

Macaroni and Cheese and Butternut Squash

Ingredients

3 cups whole wheat elbow pasta	1 Tbsp sea salt
1-12oz low fat evaporated milk	½ tsp Pepper
½ tsp mustard powder	3 Cups reduced fat American Cheese
1 tsp Garlic Granulated	4 Cups Butternut Squash boiled, Pureed

Directions

1. Cook Pasta al dente, Drain and set aside
2. Add remaining ingredients to large sauce pot and cook over medium heat until cheese has melted.



Chef Don

Add cooked Pasta and let stand for 5 mins. To allow sauce to thicken.

RESIDENT BIRTHDAYS

Louise W.	05/08
Betty A.	05/09
Peggy H.	05/13
Hazel L.	05/23
Judy T.	05/26
Doris M.	05/28

STAFF BIRTHDAYS

Sandra B.	05/04
Kelsey J.	05/05
Chelsey J.	05/05
Glennetta S.	05/08
Suzette S.	05/09
Cresta C.	05/14
April B.	05/17
Tara H.	05/29

EXECUTIVE DIRECTOR'S CORNER

Warm weather has arrived and the residents and staff will soon be busy with our Campus In Color gardening program. We will be filling the campus with beautiful plants and flowers as well as planting our vegetable garden. Volunteers are greatly welcomed! If you have a green thumb or just want to get involved please contact our activity department! Last year we won the category "Curb Appeal" for the entire company and plan to do so again!!

Does your loved one have a wish that they have never been able to fulfil? Maybe go on a motorcycle ride, or attend a sporting event? The possibilities are endless. We would like to help make those dreams come true. If you know of a dream your loved one has, contact myself or the activity department. As always, my door is open. Feel free to stop by anytime!

Sincerely,

Rhonda Warner

Executive Director



Family Night



(Left Above) Grace & Warren
(Right Above) Mary & Phil



Sue G. & daughter Pam

Egg Hunt Fun



**Smile of
the Month:
Residents
Pose with the
Pink Elephant**

The BridgePointe Press is published monthly by BridgePointe Health Campus
1900 College Avenue, Vincennes, IN 47591 • 812-886-9870 • Rhonda Warner, *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.

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