



1217 US Highway 62E
Cynthiana, KY 41031
Ph: 859.234.2702
Fax: 859.234.1034
www.cedarridgehs.com



CEDAR RIDGE EXPRESS

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF CEDAR 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

- 05/04 UK baseball Game road trip
- 05/05 Running of the Kentucky Derby
- 05/11 Viva Mexico Theme Dinner (Residents Only)
- 05/13 Mother's Day
- 05/13 Mother's Day Cake & Tea Party
- 05/15 Family Night (look for details and times in the mail)
- 05/14 Indian Creek Bible Study
- 05/17 Crafty Crew Crafts
- 05/20 Family Brunch
- 05/22 Annual Fishing Trip to Martin's Lake
- 05/28 Memorial Day
- 05/30 Lexington Legends Baseball game
- 05/31 Pet Therapy with Saszee

RESIDENT BIRTHDAYS

- 05/01 Shelby T
- 05/02 Christine I
- 05/05 James I
- 05/05 Clarine L
- 05/14 Kirt F
- 05/24 David L

STAFF BIRTHDAYS

- 05/04 Kristy King
- 05/06 Martha Fryman
- 05/11 Sara McCubbins
- 05/14 Becky Reed
- 05/14 Tammie Kiskaden
- 05/18 Stephany Stevens
- 05/21 Jackie Eldridge
- 05/22 Nikki Sikking
- 05/27 Francis Spears
- 05/27 Zuma Rowland
- 05/31 Jimmie Perruat

Activity/Community News

May is the Month for Mothers. We will be hosting a little afternoon tea and cake party for mother's Day after the church service lead by the First United Methodist Church at 3:00 in the Health Center Dining room. If you would like to come, please contact either Ruth Ann or Marilyn. Detailed information will be mailed to all the families in the newsletter mailer. We will be also passing out flowers to all our wonderful lady residents whether they were a mother, aunt, or sister. They are all special to us here at Cedar Ridge. If you have any small flower bud vases that you would like to donate, please bring them in before Wednesday, May 9th to Activity room located on the Assisted living side.

We are asking everyone to look through their pictures of times past, to bring in to post up on the Bulletin boards of their loved ones for Mother's Day. Please bring these in by the first of the month, so we can post these up for everyone to look at as they pass by the bulletin boards to try and guess who they are to the Activity Department.

Please call to make your reservations for the Brunch on Sunday, May 20, 2012 of how many will be attending from each family by Wednesday, May 16, 2011. Please remember its limited to only 4 guests per family. If there are more than 4 guests, there will be a charge of \$6.00 per extra person due to it being a special meal.

Family Night will be held on Tuesday, May 15, 2012. Activities will send out the invitations regarding Family Night for details to all the families to call for reservations by a certain date. Please look for details in the mail for times and details. There will be flyers posted up

on the calendar bulletin boards with information regarding family night, too. Please call to make your reservations for this special event by Wednesday, May 9, 2012 to either Ruth Ann or Marilyn in the Business Office.

In addition to these special events, we will be finishing and gathering up all the artwork that the residents have completed to enter in the "Living Color" program competition, so if you would like to come help with this special Art Competition Activity and let your creative juices flow to help the residents find their creative side, please contact Maria Kuster-Collins at 859-234-2702 for further details. All submissions have to be mailed in to our home Office for the final judging and the winning picture and Christmas themed pictures will be printed on the company wide card and Christmas Cards.

Also, we will be working on getting together some ideas for our "Campus In Color" Competition. If you would like to volunteer your time with this or any flowers or just like digging in the dirt, please contact Maria Kuster-Collins at 859-234-2702

Please, look for the monthly calendar in this edition of the newsletter that will be sent out to the families. If you would like an extra one, please contact the activities dept.

If you would like to come and volunteer just one hour a month, please contact Maria Kuster-Collins for further information and to take a tour.

Happy Derby, Mother's and Memorial Day to everyone!!!!

Easter Egg Hunt

The Eastside 4th Grade had fun hunting for Easter eggs. K - 3rd Grades had fun hunting eggs, too!



May Birthday Photos



Shelby T.
5/1



Christine I.
5/2



Clarine L.
5/5



Kirt F.
5/14

EXECUTIVE DIRECTOR'S CORNER

Spring into Action!!! Here are Cedar Ridge we are working hard to Spring into Action. We completed our Customer Satisfaction Surveys and we are developing our Action Plans. Thank you for allowing us the opportunity to Spring Into Action for Customer Satisfaction and work hard to exceed your expectations.

Another area of opportunity here at Cedar Ridge for us to Spring into Action is our volunteers. We love volunteers. Please stop by the Activity Office and speak with Maria about endless volunteer opportunities. During the upcoming spring and summer months, you will see lots of new life and new color around the campus. We will be participating in the Campus in Color competition hosted by Trilogy Health Services. If you have a green thumb, we need your help!!

Thank you for allowing Cedar Ridge the opportunity to provide compassionate customer service and exceed your expectations. May you be truly blessed during this beautiful time of the year.

Melissa Larmour

Executive Director

EMPLOYEE OF THE MONTH



Debbie Ecklar, ADFS/Cook

Featured Resident:



Louise S

Mrs. Spring as most of us are used to calling her due to being a well known former teacher in the

county, has been at Cedar Ridge since April 2010. She was married to Kenneth in Hawaii where she was a full time teacher and he was based there when he served in the Navy during World War II. They got married and had three children Charlene, Raymond and Jerry. They have five grandchildren and five great-grandchildren. She only taught two years in Hawaii and then she went to work for the Red Cross. They moved back to Cynthiana after the war. Louise started teaching again at Oddville school where she taught Seventh grade. Then after teaching at Oddville for a while, she moved to Northside to teach after it first opened and then moved to Southside to teach Fifth grade where she taught until retirement. She is a member of the Cynthiana Baptist Church. She is also a member of several other groups throughout the community. She enjoys reading, sitting outside on the front porch when the weather is nice, church activities and special music, trivia, going on family outings, and spending time with family and friends.

Cedar Ridge Express is published monthly by Cedar Ridge Health Campus

1217 US Highway 62E, Cynthiana, KY 41031 • 859-234-2702

Melissa Larmour, Executive Director
Stephany Stevens, Director of Health Services
Audra Argo, Asst. Director of Health Services
Chelsea Smitson, Social Services Director

Maria Kuster-Collins, Resident Activity Director
Joanie Sosbe, Payroll/Accounts Payable
Wesley Northcutt, Plant Operations
Marilyn Carstens, Business Office Manager
Alesia Lynch, Director of Food Services

Debbie Ecklar, Asst. Director of Food Service
Kathy Brown, Director of Marketing
Becky Northcutt, Director of Rehab Services
Nick Gaunce, Director of environmental 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

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