



Cobblestone  
Crossings  
HEALTH CAMPUS

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# COBBLESTONE CROSSINGS CONNECTION

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF COBBLESTONE CROSSINGS 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

Family and friends are encouraged to participate in activities, events, and family nights. May's family night will be themed "Never Too Old To Play" on Thursday, May 17. Refreshments and games will begin at 6:00 PM in the Assisted Living Lobby. Please join us!

*Theme: "Viva Mexico"*

- May 1 Taste of Town – Quedoba
- May 2 Music with Doug Debaun
- May 3 Happy Hour with Bob Warn
- May 4 Viva Mexico Theme Lunch
- May 9 Eversole Music Ministry
- May 10 Happy Hour with Roger Wycoff
- May 13 Sunday Brunch - Mother's Day
- May 14 Tai Chi
- May 15 Nature Workshop with Mary Beth
- May 17 Happy Hour
- May 17 Family Night: "Never Too Old To Play" (6PM Games & Refreshments)
- May 24 Happy Hour with Roger Wycoff
- May 28 Tai Chi

## SENIOR EXEC. CLUB

Will take place on the 2nd Wednesday of the month at 1:30 p.m. Lunch, a \$100 bingo game, and a guest speaker will be provided.

## WELCOME NEW STAFF



Michelle Everett,  
ADHS



Juanita Vela,  
Environmental  
Services Director

## RESIDENT BIRTHDAYS

Barbara C.	5/03
Harold G	5/4
Linda R.	5/8
Norma B.	5/11
Rosemary N.	5/15
William C.	5/31

## STAFF BIRTHDAYS

Roshelle C.	5/4
Sherry B.	5/8
Pam B.	5/8
Jessica M.	5/10
Robin C.	5/11
Deatra B.	5/23
Jeanie L.	5/28
Stacey N.	5/29
Marlene M.	5/31

## EXECUTIVE DIRECTOR'S CORNER



Spring has sprung and with that, May launches Campus in Color. Be on the look out for our residents and staff caring for the beautiful flowers. We welcome advice and ideas as well as donations of supplies, flowers, and volunteers.

I would also like to take this opportunity to introduce new staff members Michelle and Juanita. Michelle Everett is our new Assistant Director of Health Services. Michelle is a graduate of Lincoln Trail College. She has been in Long Term Care for 12 years. Michelle is originally from Sullivan but has resided in Terre Haute for the last seven years. Michelle is married and has two step children ages

22 & 27. Her hobbies include reading, boating, and going to the movies. Next is Juanita Vela. Juanita has been employed with CCHC for the last six months and recently accepted a promotion to Director of Environmental Services. She has lived in Sullivan for the last 26 years with her husband and two sons. Juanita enjoys Zumba and gardening and stated she loves the residents, her co-workers, and her job.

In closing I would like to thank all who participated in the Spring 2012 Customer Satisfaction Survey. We take the survey very serious and look forward to hearing from all of you. Without your input we could not improve our services or keep the services you enjoy. Thank You!

*Nikki Griffith*

Executive Director

## Recipe of the Month

### Linguine Pasta Salad

1. Cook 1 box Linguine Pasta in salted boiling water until al dente. Drain and immediately place into ice water bath to shock the pasta and stop the cooking process.
2. Dice 1 red onion, peel and dice 1 cucumber, halve 10 cherry tomatoes. Place in large round bowl.
3. Add dry Salad Seasoning mix with cheese (GFS) and Italian Dressing to taste. Toss all ingredients well. Refrigerate until ready to serve.



Chef Jeff

# Easter Crafts, Easter Egg Hunt, and Easter Celebration



Door Decorating



Jean D. Easter Craft



Easter Fun



Easter Celebration Winners



## West Vigo Student Council



Easter Egg Hunt



*Cobblestone Crossings Connection* is published monthly by Cobblestone Crossings Health Campus  
1850 E. Howard Wayne Drive, Terre Haute, IN 47802 • 812-232-0406 • Nikki Griffith, Executive Director

Nikki Griffith, Executive Director  
Jessica Bailey, DHS  
Michelle Everett, ADHS  
Courtney Trego, Medical Records

Erin Campbell, Business Office Manager  
Beth Butts, Customer Service Rep.  
Karen Brimberry, Resident Activity Director  
Kim Palmer, Director of Resident Services

Don McKinney, Plant Operations  
Juanita Vela, Environmental Services Director  
Jeff Eller, Director of Food Services  
Tricia Moreschi, Therapy Program 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](mailto:Jim.Chambers@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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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](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