



Cumberland Pointe Health Campus

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CUMBERLAND POINTE CONNECTION

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF CUMBERLAND 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.

ACTIVITY HIGHLIGHTS

- May 1 Gardening 101 Class Trip to Bennett's Greenhouse
- May 2 Dave Laskey
- May 8 Gardening 101 Class
- May 8 John Byrd
- May 10 Music by Jeff Kunkel
- May 13 Mother's Day Celebration
- May 15 Gardening 101 Class
- May 19 Artful Connections Class
- May 20 Sunday Family Brunch (RSVP Required)
- May 22 Gardening 101 Class
- May 22 Cliff "Tweet" Martin
- May 28 Family Night: Open to the Public Refreshments to Follow
- May 29 Gardening 101 Class
- May 30 Tom Wright: Radio Nights

NEW RESIDENTS

- Kandie B. comes to us from St. Elizabeth Hospital in Lafayette.
- John B. comes to us from St. Clare Hospital in Clinton County.
- Betty H. comes to us from IU Clarian Hospital in Lafayette.
- Donna K. comes to us from St. Elizabeth Hospital in Lafayette.
- Elizabeth W. comes to us from her home in West Lafayette.
- Wendell & Lois M. comes to us from their home in West Lafayette.
- Caroline H. comes to us from St. Elizabeth Hospital in Lafayette.

RESIDENT BIRTHDAYS

- May 3 Richard A.
- May 4 Mavilla R.
- May 10 Mae M.
- May 11 Virginia M.
- May 13 Ruth R.
- May 19 Lila W.
- May 21 Doug F.
- May 24 Phyllis B.
- May 24 Gordon J.
- May 28 Imogene R.
- May 31 Florence M.

STAFF BIRTHDAYS

- May 7 Sara Fisher
- May 7 Melinda Holmberg
- May 10 Sue Harrison
- May 24 Judy Sadler
- May 27 Myra Cortez
- May 29 Bethany Mason
- May 31 Aimee Jones
- May 31 Sara-Jane Klopfenstein

EXECUTIVE DIRECTOR'S CORNER

With the spring season comes the beginning of the construction season for road repairs and changes. The city of West Lafayette is already preparing Cumberland Avenue for significant modification in the road this year.

The City engineer's office has advised us of the phases of construction on Cumberland that will impact access to our campus. Those phases and timeframes are:

April 2 to June 15 - Phase 1 - this will close Cumberland Ave. between Manchester St. and Browning St. to the west of our campus. You will be able to access our campus from Salisbury St.

June 15 to August 9 - Phase 2 - this will close Cumberland Ave. between Salisbury St. and Manchester St. and will significantly affect access to our campus. The City Engineer's office has committed that we will have access to our campus during this time but access

routes may change frequently during construction. Please be aware of traffic signage that will alert you to changes.

August 9 to October 31 - Phase 3 - this will close Cumberland Ave. between Browning St. west past Yeager Road so a roundabout can be built at the Yeager Road intersection. You will still be able to access our campus from Salisbury St.

The city is working with emergency officials to ensure we will still have prompt response by Fire and EMS services during this construction project. The final project will bring reduced traffic speed and increased safety for our residents and visitors, and increased parking spaces across the street. Feel free to stop by our Business Office to see a plan of the road projects and the final street layout once construction is completed.

Gail Baldwin
Executive Director



Featured Resident: Suella H

Meet our featured resident, Suella H! Suella has been here at Cumberland Pointe for 3 years now and has moved here from Attica, IN where she has lived all her life. She was born in Portland Arch, IN on February 23, 1923. She attended Portland Arch grade school and graduated from Covington High School in 1940. Suella was a homemaker and married her husband, William on March 9, 1943. Together they had 2 boys and one girl, Carl, Todd, and Joyce. She now has 4 grandchildren and 6 great-grandchildren. Suella has been a member of the Attica Christian Church for over 40 years. She loves gardening, eating popcorn, and never misses a chance to play bingo! Welcome, Suella!

Residents Enjoy Many Spring Activities



*(Left)
Ruth Ann W.
enjoyed posing
with her picture
in Artful
Connections*



*(Right)
Terri G.
posing with
the picture
she painted
in Artful
Connections*



Inez J. helping cut tulips for Spring Bouquets



*Rosemary B. and Betty W. sharing the picture
of their Spring Bouquet they made*



*Suella H. displays her tulips
she cut for Spring Bouquet*



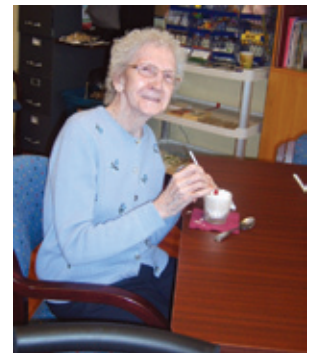
*Mae M. takes time to get picture taken
with her daughter at Happy Hour*



*Leona S. holding up the bear
she won during the Happy
Hour Bingo*



*Mary Jane H. having fun
at Happy Hour*



*Lila W. drinking her
milkshake she made
in Culinary Corner*

Cumberland Pointe Connection is published monthly by Cumberland Pointe Health Campus

1051 Cumberland Avenue, West Lafayette, IN 47906 • 765-463-2571

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Shane Sankey, Director of Food Services
Kim Stouder, Business Office Manager*

*Heather Thompson, Community Services Rep.
Karen Poe, Environmental Services Supervisor
Terry North, Director of Plant Operations*

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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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