



Cypress  
Pointe  
HEALTH CAMPUS

600 W. National Road  
Englewood, OH 45322  
Ph: 937.836.3149  
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# CYPRESS POINTE NEWS

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF CYPRESS 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

**Lunch Outing to Max and Erma's**  
 Wednesday May 9  
 Bus loading at 11:30am  
 Family members are invited  
 to our lunch outings.  
 Please call Activities for more details  
 (937) 836-3149. RSVP by May 7th

**Sunday Brunch**  
 May 13 from 11:00am-1:00pm  
 Each resident may bring up to four  
 people for free. Each additional  
 person is \$5.00. RSVP by May 10.

**Family Fish Fry**  
 Featuring "Hands of Time" Photos  
 May 24 at 6:00pm  
 Wright Brothers Cafe  
 RSVP by May 21st

**Drum Circle with Russ**  
 May 30th @ 2:00pm  
 Wright Brothers Cafe

## LEGACY NEWS

**Sunday Brunch**  
 May 13 from 11:00am-1:00pm  
 Each resident may bring up  
 to four people for free.  
 Each additional person is \$5.00.

**Legacy Family Night**  
 May 24th @ 5:00pm  
 Legacy Dining Room  
 RSVP by May 20th

## ALZHEIMER'S FAMILY FORUM/SUPPORT GROUP

May 23 at 12 noon.  
 Light Lunch and Adult Day Care  
 available. RSVP by May 21st

## SENIOR EXEC. CLUB

Wednesday May 9th from  
 1:30pm- 2:30pm. RSVP by May 7.  
 Assisted Living Dining Room  
 Cypress Pointe Health Campus  
 600 W. National Rd. Englewood  
 937-836-3149

## RESIDENT BIRTHDAYS

Basha R.	5/01
Hugo S.	5/01
Stella L.	5/03
Annabelle M.	5/04
Don W.	5/05
Norma O.	5/12
Blossie F.	5/25
Wendell W.	5/25
Marilyn T.	5/26
Brenda G.	5/28
Dorothy J.	5/30

## STAFF BIRTHDAYS

Carly Orndorff	5/8
Leanne Khaleel	5/9
Brian Garner	5/10
Tiffanie Edwards	5/12
Cynthia Akowuah	5/15
Joe Smith	5/15
Heather Harrison	5/20
Angel Brake	5/26
Ashley Bryant	5/27
Kim Lindsey	5/28
Cortney Yount	5/28
Desiree Williams	5/31

## Easter Bunny Fun

*The Easter Bunny was at Cypress Pointe to celebrate his favorite holiday. After hiding all the eggs for the families, he posed for pictures. Everyone had a "hoppin" good time!*



# EXECUTIVE DIRECTOR'S CORNER

Dear Friends of Cypress Pointe,

We would like to thank each of you for taking the time to participate in our Customer Satisfaction Survey. We have received our results and will be reviewing our next steps with you during our May 24th Family Night meeting.

As May unfolds, we are excited to see our "Campus in Color" project come to life. The goal of this program is to provide color throughout the growing season including flowers, vegetable gardens, hanging planters and beautiful water features throughout the campus. Last year, Cypress Pointe won an award against 11 of our sister campuses for "Best Resident Involvement"

in the "Campus in Color" contest. We are looking forward to duplicating this in 2012. If there are any green thumb volunteers, we would be happy to have your help! If you would like to take a look at last years gardening pictures, please stop by the Activities room.

Thank you again for the pleasure of allowing us to care for your loved one.

Sincerely,

**Denise Skevington RN, NHA**

Executive Director

Contact by phone or email:

(937) 836-3149 or [Denise.skevington@cypresspointehs.com](mailto:Denise.skevington@cypresspointehs.com)

## Introducing Two New Staff Members



Hi, my name is Ashley Franxman and I am the new Administrator in Training here at Cypress Pointe Health Campus! I am very happy and excited to be a part of such a great campus. I graduated from Indiana University in 2010 with a bachelor's in Health Services Management and have been working with Trilogy for the past 2 years. I feel blessed to be a part of such a great company and campus. Please let me know if I can be of assistance to you in any way. I look forward to getting to know everyone!

Hello. My name is Allison Ballard. I have recently been promoted to the Director of Resident Services. I have a degree in Social Work and Addiction Counseling from Indiana Wesleyan University and am a License Social Worker. In my free time I am involved with my church as well as spending time with family and friends. I am excited to continue to working with the residents and families of Cypress Pointe in my new position.



## CHEF'S CORNER



### Potato Soup With Country Ham & Cheese

#### Ingredients

6 tablespoons butter  
3 leeks, white only, thinly sliced  
6 to 8 ounces diced country ham, or smoked ham  
1/2 cup all-purpose flour  
3 cups chicken broth  
4 cups diced peeled baking potatoes  
1 tablespoon fresh chopped parsley, or 1 teaspoon dried parsley flakes  
2 teaspoons fresh or freeze-dried chopped chives, optional  
freshly ground black pepper, to taste  
2 cups half-and-half or whole milk  
1 cup shredded sharp Cheddar cheese  
salt, to taste

#### Directions

Heat butter in a large saucepan over medium-low heat. Add sliced leeks and country ham. Sauté, stirring frequently, until leeks are tender. Add flour and stir until well blended. Add the chicken broth and stir over medium heat until thickened and bubbly. Add potatoes; bring to a simmer. Reduce heat to medium-low, cover, and simmer until potatoes are tender, about 20 minutes. Add parsley, chives, if using, and pepper, to taste. Add half-and-half or milk and cheese; stir until cheese is melted. Taste and add salt if necessary. *Serves 6*

Cypress Pointe News is published monthly by Cypress Pointe Health Campus

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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.

Leigh Ann Barney, Interim Divisional Vice President: 502-541-5855.

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!

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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](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