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# FOREST PARK PRESS

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF FOREST PARK 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

- 5/1 ROMEO
- 5/2 Travel Board/Voting
- 5/4 Resident Council Meeting
- 5/4 Viva Mexico Theme Dinner
- 5/4 Catholic Mass
- 5/8 Shop @ WalMart
- 5/9 Ladies Lunch Bunch
- 5/10 Shop @ TJ Maxx
- 5/11 Mother's Day Massage
- 5/15 HC Lunch @ Liberty Bell
- 5/17 AL Lunch @ Liberty Bell
- 5/18 SENIOR Prom/dance
- 5/20 Sunday Brunch
- 5/22 Picnic Outing @ Park
- 5/24 Shop @ Dollar General
- 5/25 TOT/Wendy's
- 5/29 Shop @ Elder Beerman
- 5/29 B-day Bingo
- 5/31 Family Night/  
Mexican Fiesta

*We encourage families to join us for the special events. What a great way to spend time with your loved one at Forest Park.*

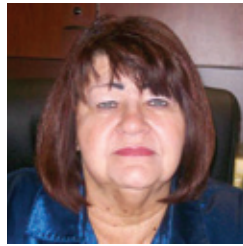
## RESIDENT BIRTHDAYS

Sharon R	5/4
Lois W	5/5
Vida S	5/11
Pat G	5/12
Gene W	5/13
Eileen O	5/14
Donna W	5/19
Pauline H	5/20
Jane N	5/30

## STAFF BIRTHDAYS

Donetta S	5/2
Summer C	5/6
Jessica H	5/9
Wesley J	5/9
Hanna S	5/12
Angie A	5/15
Jean V	5/19
Pat C	5/20
Randy S	5/21
Joy T	5/26

## EXECUTIVE DIRECTOR'S CORNER



It's so very hard to believe that I am celebrating my first anniversary here at Forest Park. It has been an exceptionally fast, fun-filled and blessed year. I am very grateful to the company I work for, the residents, their families and the community I serve. I also greatly appreciate the very caring team that I have had the pleasure of working with. We've had some wonderful times with our hosting the Senior Olympics in

2011, our dog and car shows, many eventful family nights, some very tasty theme dinners, and a deficiency free survey. I know I'm looking forward with great anticipation of more fun times in 2012 as I enter into my second year of service here at Forest Park Health Campus and I'm looking forward for anyone that can participate, to come and join us. Thanks again to everyone for making this first year such a memorable one!

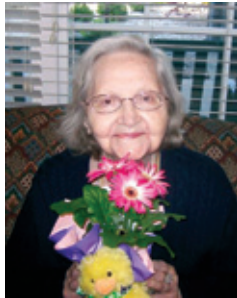
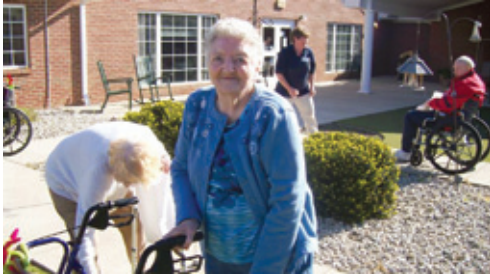
**Carol Purcell**

Executive Director

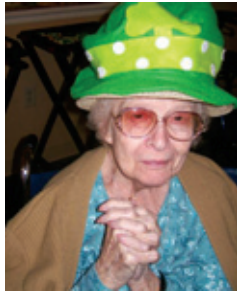
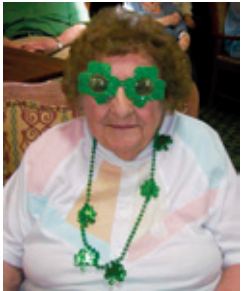
## Culinary Olympics!



## Easter Egg Hunt



## St. Patty's Party

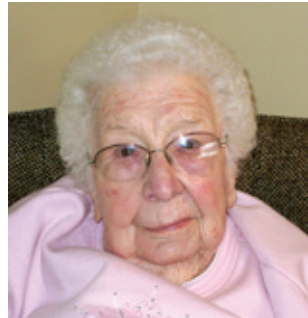


## Customer Service Moment: Souper Douper Soup Cookoff



Forest Park 1<sup>st</sup> place winner of Souper Douper Soup Cookoff at Senior Center in Richmond Friday March 30th . (L to R) - Beth Balthis, Richmond Senior Center Club President; Ashley Holmes, Community Service Representative; Samantha Lucas, Assistant Director of Food Services; Leslie Hall .

## Featured Resident: Mary F.



Mary F. was born August 24, 1918 to Mabel and Darrell Thomas. Mary has been a life long resident of Wayne County. She attended Richmond schools and Graduated in 1936. At age 16, Mary went to work at the dime store, she worked at the candy counter. After she graduated high school, she worked for Richmond Credit Bureau for four years. In 1940, she married Myron Fienning and they have three wonderful children. Mary has been a member of the St. Johns Lutheran Church since 1940. After the children were grown, she enjoyed playing golf, and bridge clubs. Now Mary enjoys being involved in activities at Forest Park and visits with family, friends (new and old). If you have the opportunity to meet Mary, help us make her feel at home with us at Forest Park with I nice hello.

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Brieanne Knowing, AP/Payroll  
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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  
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 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