



Franciscan

Health Care Center

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FRANCISCAN HEALTH CARE HERALD

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF FRANCISCAN HEALTH CARE CENTER

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 Tina Turner Performance
May 2 Assisted Living Monthly Birthday Party
May 4 Piano Bar w/Nancy Porter
May 6 Kevin Hill plays the Sax
May 8 **Family Night: 3-4pm Wine & Cheese**
May 9 Almost Bluegrass
May 11 Themed Dinner- Viva Mexico
May 13 Sunday Brunch from 11am – 1 pm
*Four guests per resident
Please call for reservations:
502-964-3381. First Four
guests for Sunday Brunch
are Free any additional
guest tickets are \$6.00*
May 12 Don Watson
May 16 HC/TCU Monthly Birthday Party
May 16 Holy Hour
May 19 Spring Fling
May 23 Preston Highway String Band
May 23 **Taste of the Town: Wendys**
May 24 Music by Don Watson
May 26 Music by Marie Augustine
*Two Outings per week on Health Care,
Transitional Care and Assisted Living*

CHEF'S CORNER

Waffle Bar for Breakfast
Wednesday: Assisted Living
Friday: Health Care Center and
Transitional Care

SENIOR EXEC. CLUB

SEC Club Meets May 23rd at 9:00am
Breakfast, Bingo, and Mass to follow.

BUSINESS OFFICE

To better serve you!!! Our Business
office opens til 6:00pm on Monday's
and Wednesday's.

VOLUNTEER TODAY

Enhance the lives of others!

RESIDENT BIRTHDAYS

- 5/10 Helen S.
5/13 Stephen C.
5/14 Kenneth F.
5/20 Carmela S.
5/23 Angie Y.
5/29 Patricia W.
5/29 Jane H.
5/31 Elmo C.

STAFF BIRTHDAYS

- 5/03 Darren Fisher
5/10 Jeffery Otts
5/12 Direeter Taylor
5/12 Amber Henry
5/14 Ronnesha Flippins
5/17 Angela Gardner
5/18 Marlana Skaggs
5/21 Denise McDougle
5/22 Cynthia Gorsick
5/24 Hilda Johnson
5/30 Loretta Falt

EXECUTIVE DIRECTOR'S CORNER

May is one of the prettiest months of the year. The flowers are really starting to bloom and the weather is beautiful. We will be having a Spring Fling Festival this month for our residents, families, employees and community. We are having our festival in the spring this year, instead of the fall. Our festival was a hit last year, especially the cake spin wheel booth. We gave away over 100 cakes last year! We are asking for cake donations

again this year. Please let us know if you can bake a cake for a donation. All of the proceeds from our festival go to charity. Please join us for this big event on Saturday, May 19th. Look for more details to come.

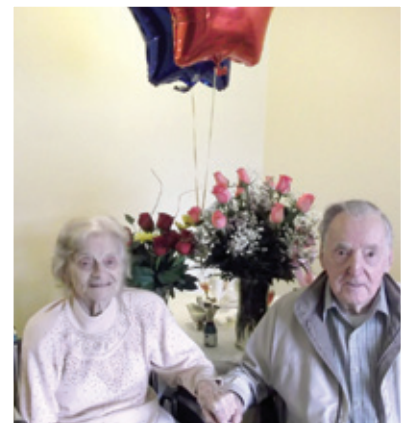
Have a great month!

Renay Adkins

Executive Director

Smile of the Month

Mrs. Carter has been admitted to Franciscan for Short Term Rehab. On April 5th 2012 her and her beloved husband celebrated 70 wonderful years of marriage. They enjoyed a steak dinner prepared by our Chefs, a dozen roses and home made cheese cake for Desert.



Easter Bunny Visits!





Live a Dream: Ms. Saterly gets a chance to spend the day at home with her dog Shadow



Easter Egg Hunt with the Easter Bunny

Franciscan Health Care Herald is published monthly by Franciscan Health Care Center

3625 Fern Valley Road, Louisville, KY 40219 • 502-964-3381

Renay Adkins, *Executive Director*

Katie Alexander, *Assisted Living Administrator*

Sheila Hammond, *Community Service Rep.*

Shaunte Johnson, *Assistant Director of Health Services*

Drew Hemmer, *Director of Food Services*

Debbie Miller, *Customer Service Representative*

Billie Hourigan, *Director of Environmental Services*

Renata Shepard, *Resident Activity Director*

Nilsa Keaton, *Director of Resident Services*

Kimberly Jones, *Director of Resident Services*

Dawn Jackson, *Community Services Specialist*

Glenda Maupin, *Medical Records*

Sunnye Smith, *Business Office Manager*

Scott Shelton, *Director of Rehabilitation Services*

Sue Whitehouse, *Guest Relations HC/TCU*

Shawna Bell, *Guest Relations on Assisted Living*

Dr. Bonnie Lazor, *Medical Director*

Ernie Woods, *Director of Plant Operation*

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