



**Glen Oaks**  
Health Campus

601 W County Rd 200 South  
New Castle, IN 47362  
Ph: 765.529.5796  
Fax: 765.529.7175  
www.glenoakshc.com



# GLEN OAKS GAZETTE

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF GLEN OAKS 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 Walmart Trip
- 5-2 Bill Cassidy
- 5-3 Trip to Mt. Eschol Farm
- 5-4 Themed Dinner "Viva Mexico"
- 5-5 Cinco De Mayo
- 5-6 Name Game
- 5-7 Wii
- 5-8 Are You Smarter than a Fifth Grader
  
- 5-9 Nola Nottingham
- 5-10 Last Wine Making Class
- 5-11 Crazy Crafts
- 5-12 Nail Art
- 5-13 Mother's Day
- 5-14 Lisa here to stretch
- 5-15 Library Visit
- 5-16 Sing a long with Sandra
- 5-17 "Faith in Him" comes to play
- 5-18 Living Colors Program
- 5-19 Bingo
- 5-20 Spiceland Church of the Nazarene Service
- 5-21 Lets Cook
- 5-22 Lunch Outing
- 5-23 Get Moving...Start Improving
- 5-24 Racing Game
- 5-25 Taste of the Town
- 5-26 Movie- "The Help"
- 5-27 Sunday Brunch
- 5-28 Bingo Night
- 5-29 Kickball game
- 5-30 Gill Miller
- 5-31 Rush County Covered Bridge Tour

## CUSTOMER SERVICE MOMENTS

Bus Driver Ron R. made sure resident Mike B. made it to his church for Easter Service. Thank you Ron for you kind attention to our residents.

## RESIDENT BIRTHDAYS

Hilda M.	5-4
John L.	5-5
Jesse A.	5-10
Margaret F.	5-10
Dorothy M.	5-10
Charles M.	5-14
Jane H.	5-16
Sally S.	5-16
Loyd Mc.	5-23
Virginia M.	5-24

## STAFF BIRTHDAYS

Norma K.	5-10
Robert O.	5-10
Susan M.	5-15
Lyndsie W.	5-17
Stephanie D.	5-25

## EXECUTIVE DIRECTOR'S CORNER

Greetings everyone! The month of May is always one of my favorite months of the year. Some fun facts about May include:

The Empire State Building opened May 1, 1931.

Memorial Day was first observed, May 5, 1866.

Mothers Day was first observed in 1908.

The Brooklyn Bridge opened May 24, 1883.

Not to be outdone, the Golden Gate Bridge opened at San Francisco May 27, 1937.

As a lifelong resident of Central Indiana, May is a month I will always associate with racing. The Indianapolis 500 was, for many years, "The Month of May." The weeks leading up to the race were filled with discussion of speeds and improvement. Race teams and drivers would look for every small advantage they could

find to increase their speed. Often times, qualifications were more exciting to me than the race itself. Like many things, "The Month of May," was about the journey, not the destination.

Our company Customer Satisfaction Surveys that were recently completed help us measure where we are in our journey to provide the best possible services to the seniors we serve. Like those race teams, the leadership team at Glen Oaks is reviewing every bit of information gleaned from the surveys to make improvements. This month we will share Pillar Goals with staff and customers. We hope you will take the time to share with us any thoughts you have with these goals.

Yours in service,

**Christopher Fields, MBA**  
Executive Director

## Feature Resident

Patty B. is working with Activity Director Ann K. in the Living Colors program. Patty painted a flower pot in water color.



# Smile of the Month

Residents took a tour of Fire Station 3 in March. The firemen showed our residents the trucks, Station and their equipment.



# Line Dancing Class



Our BOM Dawn M. gave our residents a line dancing class in March. They wore Cowboy hats and bandanas. Dawn taught them to do a waltz and a sit down dance called the boot boogie. Thank you Dawn they had a great time.

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601 W County Road 200 South, New Castle, IN 47362 • 765-529-5796 • Christopher Fields, Executive Director

Executive Director – Christopher Fields, MBA  
Director of Health Services – Amie Howard, RN  
Asst. Dir. of Health Services – Julie Stamper, RN  
Business Office Manager – Dawn Mummert

Resident Services Director – Cindy Blackburn  
Resident Program Director – Ann Knott  
Therapy Coordinator – Rhonda Searcy  
Director of Food Services – Debbie Showalter

Director of Plant Services – Matt Aten  
Care Plan/Assessment Coordinator – Julie Hutchens, RN  
Medical Records Coordinator – Stephanie Daughtery, LPN

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.

Dawn Black, Divisional Vice President: 502-271-9150 or Dawn.Black@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](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