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THE GREENLEAF GAZETTE

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF GREENLEAF 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

Tuesday May 1

Jade Garden 11:30

Tuesday May 8

Shopping Trip (Target) 1:30

Wednesday May 9

Pet Visit with Amy, Judy, and Norm

Sunday May 13

Brunch 11:00-1:00

Tuesday May 15

Olive Garden 11:30

Wednesday May 16

12:00 Taste of the Town

1:30 Harpist Anna Hagen

Thursday May 17

Family Night (Fiesta) 6:00

Tuesday May 22

Shopping Trip (Wal-Mart) 1:30

Thursday May 24

1:30 Yups Ice Cream

Friday May 25

3:00 May Birthday Party

Tuesday May 29

Lunch: Culver's 1:30

SENIOR EXEC. CLUB

Our SEC meets on the 3rd Tuesday of every month at noon. What are the perks of becoming a member? Dining on delicious lunches, enjoying interesting speakers, meeting new friends and much more! Please RSVP to Deb Bishop at 206-0086 if you are interested in attending. This group is free and open to any seniors that live in Elkhart County.

RESIDENT BIRTHDAYS

Vi M.	5/05
Gene P.	5/05
Virginia N.	5/11
Bena B.	5/15
Doug T.	5/22

WELCOME RESIDENTS

Virginia K.	Carol H.
Viola B.	Eddie B.
Leroy Y.	Debra L.
Mary Ellen R.	Douglas T.
Amanda K.	Dorothy H.
Merle S.	Kathryn M.
Stan H.	Glenna B.
Marian H.	Norma W.
Wilhemina B.	Dorothy M.
Lois K.	Iva S
Treva B.	

Customer Service Moments

Terry Trimmer is a jack of all trades. He can sing, he can dance, but most of all he, is an excellent teacher! Our residents were lucky enough to enjoy one of Mr. Trimmer's Presentations last month. Mr. Trimmer taught about the history of Ireland and Irish music. The residents enjoyed a lecture where he not only taught about Irish music, he played the music and did an Irish jig for them. The residents greatly enjoyed this presentation. During the month of April, Mr. Trimmer did a presentation over the Palm Sunday Tornadoes, which sparked a lot of interest among our residents. Mr. Trimmer has a variety of presentations that he does including topics such as "Slavery to Freedom," "Early Pioneers and Settlers," "The American Revolutionary War," and "The History of the Railroad and Elkhart's Role." Thank you Mr. Trimmer for bringing lifelong learning and fun to our residents. We greatly appreciate all you do!



Terry Trimmer does a presentation over "The History of Ireland and its Music."

Happy Hour & Family Night



Carl J. and Paul S. enjoy a cupcake and Heineken during happy hour.



*Smile of the Month
Norma Jane Baker flashes a smile during Family Night!*

Easter Egg Hunt



The residents worked very hard filling over 800 eggs to prepare for the community Easter egg hunt that Greenleaf recently hosted.



Looks like these guys had fun!!!

*The Greenleaf Gazette is published monthly by Greenleaf Living Center
1201 East Beardsley Avenue, Elkhart, IN 46514 • 574-206-0086*

Executive Director – Judy Plantinga
Di. of Health Services – Biname Tshiefu
Asst. Dir. of Health Services – Paul Thuku

Director of Food Services – Tony Shutz
Activities Director – Jenna Barghahn
Business Office Manager – Kathy Sorenson
AL/Legacy Lane Unit Manager – Brittany Ojeda

Dir. of Environmental Services – Donna Holliday
Community Service Rep. – Deb Bishop
Social Services Director – Stacie Dempsey

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.

Tina Strimbu, Divisional Vice President: 219-309-0745 or Tina.Strimbu@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