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ON CAMPUS

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF HAMPTON 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

- May 4 Viva Mexico-Themed Dinner for Residents
- May 8 Culinary Meeting @ 2:00pm in the AL/AR
- May 9 Bible Study w/ Brent @9:30am in the HC/LR
- May 10 Senior Executive Club @10:30am Mayor Bill Graham Guest Speaker
- May 13 **HAPPY MOTHER'S DAY**
Mothers Day Brunch
11am-1pm
- May 15 Taste of Town; Mary Ann's -Pancakes
- May 19 Fundraiser Cookout from 11am-1pm
Come and Get a Great Meal and all proceeds go to Relay for Life
- May 24 AL Family Night with a speaker from Local Greenhouse.

SENIOR EXEC. CLUB

Come and enjoy Brunch and Speaker Bill Graham. Brunch starts at 10:30am. Please come for a Good Time and Good Food.

RESIDENT BIRTHDAYS

- 5/4 Ada E.
5/11 John M.
5/22 Geneva S.
5/23 Edith Mc.
5/24 Mary R.
5/28 Hiram J.
5/28 William C.

STAFF BIRTHDAYS

- 5/1 Bobetta R.
5/1 Robin C.
5/2 Angela D.
5/2 Tommi B.
5/7 Kendra F.
5/14 Lakyn B.
5/17 Karen T.
5/21 Paige H.
5/22 Melissa D.
5/23 Tawnie Mc.
5/24 Jessica K.
5/30 Kim C.
5/31 Tory B.

EXECUTIVE DIRECTOR'S CORNER

Greetings!

Thank you to everyone who returned our Spring 2012 Customer Satisfaction Survey (CSS). As most of you know, we were having a drawing for anyone that brought their survey in complete and sealed to be mailed from the facility. The winner of the 32" flat screen t.v. was Alice Smith!!!! Alice lives in our Assisted Living neighborhood.

As part of our ongoing commitment to continuous improvement we will be

developing an action plan to address your concerns. We welcome your ongoing feedback and would be pleased to address any questions you may have.

Our goal was at least 50% return rate on the surveys. We have raised the bar for the Fall CSS, of 75%. Hearing from more of our customers gives us a better picture of the quality of services we provide.

Kim Smith, RN, HFA

Executive Director

FAMILY NIGHT

Our next family night will be Thursday, May 24th for Assisted Living Residents and Transitional Care Residents and their Families at 5:30 p.m. Please join us for a great time with your loved one, and our team!

The Easter Bunny came to Hampton Oaks!



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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 at 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: 5022718515 or Gloria.Ising@trilogyhs.com
Compliance Hotline: 8009088618, 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