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THE HOMEWOOD HERALD

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF HOMEWOOD 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 Spanish lesson
- 5-2 Chinese Buffet Trip
- 5-3 Gardening
- 5-4 Theme Night!
- 5-5 Nail painting
- 5-6 Color Games
- 5-7 Sensations
- 5-8 Pan flute entertainment
- 5-9 Crown Hill Tour Trip
- 5-10 Thorntown Library Program
- 5-11 Cooking Club
- 5-12 Bingo
- 5-13 Communion
- 5-14 Mystery Trip
- 5-15 Family Night!
- 5-16 Word Games
- 5-17 Top of the Hill Party
- 5-18 Happy Hour
- 5-19 Sunshine Time
- 5-20 Church Service
- 5-21 Swat Team
- 5-22 Catholic Mass
- 5-23 Lunch Trip
- 5-24 Gardening
- 5-25 Happy Hour
- 5-26 Sunshine Time
- 5-27 Sunday Brunch
- 5-28 Memorial Day
- 5-29 Move With Music
- 5-30 Bible Study
- 5-31 Price is Right

FAMILY NIGHT

Please join us for Family night on Tuesday May 15th at 6:00pm. Come spend time with your loved one and be entertained at the same time!

RESIDENTS BIRTHDAYS

Flo W.	5-8
Sonja A.	5-9
Rosalie L.	5-16
Lanora M.	5-25
Marry W.	5-26

Volunteers

We had a wonderful volunteer banquet in April. Here at Homewood we appreciate our volunteers so much! They are truly our Greatest Natural resource! Thank you to each and every volunteer we have that comes into our building. You make a difference in so many other's lives. If anyone is interested in becoming a Homewood Volunteer please contact Ashley in the Activity Department at 765-482-2076. Bring your interest to us and we will surely find some residents who would love to do the things you enjoy!

Congrats on the Culinary Olympics

Congratulations to our dietary department for receiving the silver medal at the Culinary Olympics. The culinary Olympics is a competition between Trilogy Facilities that test each campuses creativity, style and talent when it comes to cooking. Homewood Health Campuses prepared an amazing presentation of Lamb chops and a crab martini. Dennis Standers and Kristine Calvert are our wonderful chef's here at Homewood and their talent is displayed each and every day in our resident's dinning rooms. Good job Dennis and Kristine! If anyone is interested in joining their loved one for a delicious meal here at our campus meal tickets can be purchased in the business office.



SUNDAY BRUNCH will be held on Sunday May 27 from 11:30-1:30.

Come visit your loved one at Homewood and enjoy a wonderful meal provided by our dietary department. The food is wonderful and the company is too!

We hope to see you there! Please RSVP to Barb at 765-482-2076. Thank you.

Fiddle Sticks

We recently had a wonderful musical performance by a group called Fiddle Sticks. This is a group of young children that did an amazing job playing string instruments. Our residents enjoyed this program and would like to thank all of the children, their parents and their director for coming to our facility. We will definitely schedule another program in the future!



THEME NIGHT

Friday May 4th our residents will be having a theme night dinner, Viva Mexico! This Friday will be filled with great Mexican activities, crafts, music and of course food! Happy Hour will even be offering non-alcoholic samples of margaritas. Our day is sure to be filled with laughter, fun and a few surprises!

Looking Ahead

We are planning for several special events in the near future. In order to make these events the best that they can be I am reaching out to our community for a little bit of help. We are working on the idea of having a car show for one of our family nights. If anyone knows someone who would be willing to bring their car and participate in our antique/older car show please contact Ashley in the activity department at 765-482-2076. Thank you for your help.

Create To Donate

Last month our Create to Donate Club made reusable grocery bags. They painted and decorated fabric bags. The bags are being donated to local food banks. This will allow the food banks and their consumers to reuse the same bag over and over. These bags will give great assistance to those community members who use the local food banks. Now, carrying groceries will not be as much of a hassle. Thank you to our Create to Donate team for thinking green and giving back.

TASTE OF THE TOWN

Our residents will enjoy a meal from our local Kentucky Fried Chicken this month. Taste of the Town will be held on May 9th. Taste of The Town is a great program that allows our residents to have meals from their favorite local restaurants!

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Sara Perry – Executive Director

Trish Dixon – Director of Health Services

Casey Olsofka – Business Office Manager

Rene' Stanley – Community Service Representative

Ashley Fasel – Resident Program Director

Charlene Betts, PTA – Therapy Program Director

Robin Moffitt – Unit Manager

Becky Burton – MDS Coordinator

Billy Hall – Director of Physical Plant Operations

Stephen Hatlaban – Director of Food Services

Penny Horton – Director of Environmental Services

Lindy Eberle – Unit Manager

Mandi Hardwick – Medical Records/Staffing

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.

Misty Reber, Divisional Vice President: 317- 431-6633 or Misty.Reber@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