



Lakeland

Rehabilitation & Healthcare Center

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FROM OUR HOME TO YOURS...

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF LAKELAND REHAB & HEALTHCARE 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

05/01	Elkhart County Historical Museum
05/02	Cake Decorating with Sandy
05/04	Themed Dinner - Viva Mexico
05/07	Bingo with Jesse Allen
05/08	Menards
05/10	Family Night
05/14	Lakeland's Art Gallery
05/15	Bingo and Buffet
05/16	Beautiful Mom's- Makeover
05/17	Devotions
05/20	Sunday Brunch
05/21	Music with Al
05/23	Devotions with Nancy
05/25	Taste of the Town
05/28	Music with Emily
05/29	Picnic in the Park

SENIOR EXEC. CLUB

Please join us for Senior Executive Club on the first Wednesday of each month at 1:00pm.

VOLUNTEER NEWS

Thank you to all the volunteers that enhance the lives of our residents, You are a true Blessing!

Have you always wanted to help others and spend quality time with them? Volunteering maybe what you're looking for! If interested please feel free to give us a call.

RESIDENT BIRTHDAYS

Rosetta M.	05/05
Betty D.	05/07
Thelma H.	05/12
Elene S.	05/19
Norma M.	05/29

NEW RESIDENTS

Betty D.	Glenda E.
Rex T.	Terry L.

STAFF BIRTHDAYS

Julie E.	05/07
Elaine B.	05/08
Pamela H.	05/25
Kayla Y.	05/28

Recipe of the month:

Ingredients:

- 1/3 C. - Baked Coconut
- 1 C. - Strawberries (*sliced*)
- 1/2 C. - Seedless green grapes (*halved*)
- 1 - medium Apple (*pared, cored and chopped*)
- 1 - small Banana (*sliced*)
- 2 Tbsp - Pourable fruit, any flavor (*in the jelly section of store*)
- 6 - Taco shells
- 1/3 C. - Vanilla yogurt

Directions:

- 1) Spread coconut on baking sheet. Toast in 350 degree oven for 7-12 minutes, stirring often.
- 2) Stir together strawberries, grapes, apple, banana and pourable fruit
- 3) Fill taco shells evenly with fruit
- 4) Top filled tacos evenly with yogurt
- 5) Sprinkle with toasted coconut

Serves 6

ENJOY!!

Bowling Photo Highlights



Susie T. going for that spare!!



Raymond H. "I feel a strike!"

Smiles of the Month



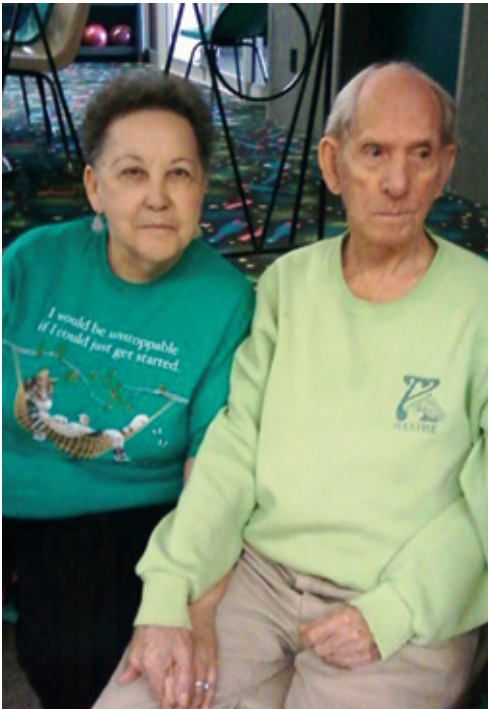
Edna B. and her friend gets a Clown surprise



Joann H. and her daughter clowning around



Visitors come in tiny bundles. Millie C., Joann H., & Ruth S.



Leroy A. and his wife enjoying each other's company



Expressing their talent in Art- Millie C., Fran S., Elsie F., Angie M., Carolyn W., and Betty M.

From Our Home to Yours... is published monthly by Lakeland Rehabilitation & Healthcare Center
505 W. 4th Street, Milford, IN 46542 • 574-658-9455 • Crystal Wray, Executive Director

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