



Mill Pond
Health Campus

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MILL POND MONTHLY

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF MILL POND 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 1 Bingo
- May 2 Buffalo Farm/Van Trip
- May 3 Doug DeBaun/Country Music
- May 4 Viva Mexico
- May 5 Cinco de Mayo
- May 6 Clinton Falls Choir
- May 7 Gray's for Lunch
- May 8 Bowling
- May 9 Ratcoon Lake Van Trip
- May 10 Casa Grande
- May 11 Traveling Troubadors
- May 12 Match Game Bingo
- May 13 Ice Cream Social/
Mother's Day
- May 14 Wal-mart Trip
- May 15 Cornhole
- May 16 Mystery Trip
- May 17 Resident Council
- May 18 Wayne Howery/Happy Hour
- May 19 Parachute Volley
- May 20 Faith Baptist
- May 21 Ice Cream Trip
- May 22 Living Color Design
- May 23 Cataract Falls
- May 24 Bible Study
- May 25 Happy Hour
- May 26 Live a Dream
- May 27 Lemonade Social
- May 28 Memorial Day
- May 29 Remember When...
- May 30 Ice Cream Run
- May 31 Lets Cook!

VOLUNTEER NEWS

I would like to send a special thank you to all of our volunteers that have donated their valuable time. Their effort, kindness and selflessness are very cherished. For example, in just one day, we had a Easter bunny come in to visit residents, Archie came to help in the dining room and our own activity assistant, Kim, came in on her day off to help with the Easter Bonnet parade.

RESIDENT BIRTHDAYS

Emma S.	5/5
Donald H.	5/6
Mary Lou D.	5/09
Helen A.	5/10
Cornelia S.	5/17
Paul M.	5/22
Dorothy M.	5/22
Paul W.	5/26

STAFF BIRTHDAYS

Barbara D.	5/3
Linda C.	5/8
Jerry W.	5/12
Perry D.	5/31

NEW RESIDENTS

Audrey W.	Donald H.
Bonita H.	Michael M.
Kerry G	Martha M.
Flossi W.	Sherrill B.
William B.	Jean C.
Betty S.	Lynn W.
Hattie F.	Joseph P.

EXECUTIVE DIRECTOR'S CORNER

We are extremely excited to announce that we have added several new members to our leadership team. We have been able to recruit the best of the best, to help us serve the residents in the Greencastle Community. We feel that the employees here at Millpond are the most compassionate and committed

caregivers in the Midwest. These new leaders are a perfect addition, and will only make our campus a better place for the people that we serve.

Yours in service,

Perry Daugherty

Executive Director

Easter Bonnet Parade Winners!



The three judges, Wayne, Perry D., and Brooke O. with the four winners of the Easter Bonnet parade.

YOU ARE INVITED! – All volunteers and a guest are invited to attend our annual appreciation night on Wednesday May 2nd at 6:30 PM. This is our chance to say 'Thank you' to each and every one of you, for the joy you bring to our residents. The night will include a sundae bar, refreshments and other treats. As the new resident activity director, I am looking forward to meeting all of you. Please RSVP by Wednesday May 25th by calling (765) 653-4397 and ask for Brooke Osborne.

Bonnet Parade continued...



Su M. invited her husband, Venice M., to the parade.



Martha M. enjoyed coming to watch her friend Doris N. in the parade.



Wayne and Virginia O. singing



Myrdell Y. posing with her Easter bonnet on, that she made.

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Perry Daugherty, Executive Director

Frank Straub, Director of Food Services

Jeannie Stinson-McLean, Dir. of Resident Services

David Neely, Director of Plant Operations

Lisa Adams, Business Office Manager

Mary Eubank, Assistant Director of Health Service

Kathli Bass, Clinical Care Coordinator

Brooke Trissel, Customer Service Rep.

Patricia Pittman, Director of Environmental Services

Nicki Waters, Director of Health Services

Brooke Osborne, Resident Activity 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.

Dawn Black, Divisional Vice President: 317-507-5769 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, 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