

Morrison Woods

Health Campus



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MORRISON WOODS MESSENGER

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF MORRISON WOODS 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 2	Mystery Outing
May 4	Theme Dinner "Viva Mexico" 5pm
May 10	Family Night 6pm Mexican Desserts
May 13	Mother's Day Tea 3pm
May 14	Massages 1:30pm
May 17	LLL-Beading 2:30pm
May 19	Men's Group Breakfast Outing 8am
May 20	Family Brunch 11-1pm* *Please call by Friday May 18 to make your reservations
May 21	Pet Visits 9:30am
May 23	Shopping Outing 9:30am
May 24	Devotions with the Burtons 3pm
May 25	Happy Hour with Jane 4pm
May 27	Indy 500 Race Day 1pm
May 28	Memorial Day Corn Hole Tournament 3pm
May 30	How does your garden grow 1pm
May 31	Kitchen Chemistry 10am

SENIOR EXEC. CLUB

Meeting Thursday, May 17 at 1:30 PM.
Please RSVP to Kathy Hutton
at 286-9066 by May 15.

ALZHEIMER'S/DEMENTIA SUPPORT GROUP

Monday, May 21 from 6:00 – 7:00
PM The group will meet in the
Health Care Library .

LAUNDRY NOTICE

When visiting your loved one on
Sundays be sure to check the rack
of unmarked clothing items located
in the service hallway outside the
Health Care Dining Room. Also,
please remember to mark all clothing
with first initial and last name
regardless of who is responsible for
laundry service.

RESIDENT BIRTHDAYS

Gerri L	5/7
Russ T	5/10
Betty B	5/12
Norma E	5/21
Junetta J	5/23
Marie S	5/23

STAFF BIRTHDAYS

Cassie L	5/14
Kalia K	5/24
Susan P	5/26
Kim P	5/29
Brittany G	5/30
Tannia G	5/31

EXECUTIVE DIRECTOR'S CORNER

A Tribute to My Mother

The month of May is my favorite month of the year. My wedding anniversary is May 1st and my favorite man, Ed, was born on the 28th. May is also the month of Mother's Day. It is the one day each year I count on seeing all my kids and grandkids. That alone makes it special.

My mother passed away several years ago and I miss her dearly, especially at this time of year. When she was with us, it was her custom to visit me the week of Mother's Day every year. She would drive over from Cincinnati or I would pick her up. For a few years we lived on the east coast and she took her first plane ride to come and visit us in New Hampshire on Mother's Day.

My mother's name was Leanna. She was born in Hazard, Kentucky. Her mother died when she was 12 and she raised her younger brother and cooked and kept house for her dad. In spite of this, she managed to be the first woman in her family to graduate from high school. In her 20s she hopped a bus and headed to Cincinnati, alone, to find a job in the factories. She had only a few dollars in her pocket and a promise from an elderly aunt that someone would meet

her at the bus station. She once told me when she saw the Cincinnati skyline, she became so terrified she asked the driver if he would take her home only to realize she did not have the money to pay the fare! It was many years before I understood the courage this took for a woman alone in the early 1940's.

Like most people, I never fully appreciated my mother until she was gone. I could write a book about her extraordinary work ethic and the hardships she endured. In spite of that, she raised 2 daughters and made both of us feel smart and special. My mother was truly exceptional. The love of a mother can never be replaced. If you still have yours, visit her on Mother's Day and make it memorable!

God Bless,

Linda Koch, R.N

Executive Director

*****Trilogy Health Services and Morrison Woods Health Campus has been honored for the 4th year in a row as one of the of the Best Places to Work in Indiana!*****

Fun Activities



Residents Charles and John
enjoy the puzzle table.



Resident Junuetta and stylist
Tracy at our busy beauty shop.



Resident John sanding his
handmade checkerboard

Featured Resident

Lowell was a recent rehab to home resident who shared with us one of his passions, wood carving. Lowell has been working with wood since he was nine years old. Since he was a little boy he has specialized in carving birds of all kinds. He informed us that he was the first person to carve all fifty of the state birds!

We took a van full of residents on a special outing to his workshop where he makes and sells his wood treasures. He proudly pointed out each bird and their specific markings, which are all hand painted by him too. A few of his one of a kind birds were purchased during the outing, a lovely keepsake to remember this unique experience. Thank you Lowell for sharing your talent with us, you're an amazing artist!



Smiles of the Month



Resident Louvine & AL Nurse Ashley



Resident Carl with Environmental Services Manager Shannon



Two of our favorite volunteers, Myra and Judy.

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4100 N. Morrison Road, Muncie, IN 47304 • 765-286-9066 • Linda Koch, Executive Director

Linda Koch, Executive Director
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Traci Greenberg, Resident Activity Director

Mardah Michlow, Director of Resident Services
Larry VanBuskirk, Director of Plant Operations
Leah Grant, Director of Food Services
Julie Keane, MDS Coordinator

Amy Payne, Medical Records Coordinator
Heather Frontz, Business Office Manager
Shannon Powers, Director of Environmental Services
Cindee Cox, Customer Service Rep.

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