



Oakwood  
Health Campus

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# OAKWOOD HAPPENINGS

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF OAKWOOD 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

- 5/4 Viva Mexico Theme Dinner
- 5/8 Chuck and Brenda  
Dulcimer Music at 6:30 p.m
- 5/11 Music with Bob Thomas
- 5/13 Family Brunch  
11:00 a.m. to 1:00 p.m.
- 5/15 Ben Spurlock Gospel  
Music at 10:00 a.m.
- 5/17 Music with Leo at 6:30 p.m.
- 5/25 Taste of the Town –  
Big Chucks at 12:00 p.m.
- 5/25 Country Classic Music

## SENIOR EXEC. CLUB

Please join us for the upcoming Senior Executive Club Luncheon Wednesday, May 9th at 2:00. Maria Morris with Health South Rehabilitation Hospital will be our Guest Speaker.

## SMILE OF THE MONTH



Rose P was the big winner of a \$20 coverall during a recent BINGO game

## RESIDENT BIRTHDAYS

- 5/6 Alice N  
5/8 Sue F  
5/16 Velma F  
5/19 Gertrude W  
5/23 Bettye K  
5/25 Florence S  
5/29 Irene R

## NEW RESIDENTS

- |            |            |
|------------|------------|
| Naomi N.   | Opal H.    |
| Helen S.   | Nettie Y.  |
| Herman E.  | Carolyn J. |
| Francis M. | Jane G.    |

## STAFF BIRTHDAYS

- 5/1 Mary B  
5/4 Stacey H  
5/6 Amy H  
5/7 Gena F  
5/8 Matthew B  
5/12 Megan O  
5/15 Aimee O  
5/20 Ann F  
5/21 Lisa C  
5/27 Judith C  
5/29 Cherie Z  
5/30 Cheryl L

## EXECUTIVE DIRECTOR'S CORNER

Greetings!

Hope everyone is enjoying the pretty flowers and the sunshine! With spring comes our annual Campus in Color project. We will be planting more flowers, adding hanging baskets and other items to enhance the appearance for the enjoyment of residents, families and staff.

Thank you to everyone who came out for family night! We had a great turnout with lots of great food and fun! If you have not joined us yet for family night we would love to see you there. Family night is the third Thursday evening of each month. We offer refreshments along with a great speaker or great entertainment. Hope to see you there!

We would like to encourage you to help us do some spring cleaning in each residents room. It is a good time to remove the winter items of clothing and other items in the room. This will help provide more room for the clothing that is currently being used, and removing other items in the room that are not being used will help free up some space to provide a safer environment. Thank you in advance for helping us with this project.

Enjoy the beautiful month of May!

Sincerely,

**Judi Carter**  
Executive Director

## Easter Family Brunch



Easter Bunny had help from residents to dye eggs

# Taste of Tuscany

*Taste of Tuscany was the theme for March's Family Night. Families enjoyed a wine tasting and hor's devours to the sounds of Wild Mountain Thyme.*



# Celebrate!



*Catherine W. celebrated her 103rd Birthday with family and friends*



*Louie H. was recognized by staff for his past 11 years of dedication and commitment in promoting the Campus*

*Oakwood Happenings is published monthly by Oakwood Health Campus*

*1143 23rd Street, Tell City, IN 47586 • 812-547-2333*

*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.*

*Jim Chambers, Divisional Vice President: 812-480-4127 or [Jim.Chambers@trilogyhs.com](mailto:Jim.Chambers@trilogyhs.com)*

*Compliance Hotline: 800-908-8618, ext. 2800; or [comply@trilogyhs.com](mailto:comply@trilogyhs.com) • Newsletter Production by [PorterOneDesign.com](http://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](http://www.seniorliving.com), [www.nursesworld.org](http://www.nursesworld.org) and [www.aoa.gov](http://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