



Owen Valley
Health Campus

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CAMPUS CONNECTION

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF OWEN VALLEY 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 May Day
- May 4 Viva Mexico Theme Dinner for residents 5:00p.m
- May 10 Family Night. 5:00, Elvis (Bruce Borders) 6:00p.m.
- May 13 Mother's Day
- May 19 Armed Forces Day
- May 21 Rag Time Music Man 4:00 p.m.
- May 28 Memorial Day

SENIOR EXEC. CLUB

With many exciting events coming up in May, I am looking forward to our residents being involved in nonstop entertainment! I hope everyone has unpacked their sombrero hats because we are starting out the month with our Viva Mexico Themed Dinner on May 4th at 5:00PM. As always, family night is scheduled for May 10th at 5:00PM. Did you all hear that ELVIS is back?! We did, and we are more excited than we were last year. So make sure you put on your dancin' shoes, and get ready for the Elvis Concert that is directly after the Family Dinner at 6:00PM.

Also, I would like to thank everyone for giving me such a warm welcome during my first month of employment at Owen Valley Health Campus. It has been such a blessing to establish these friendly relationships with the wonderful residents and staff members. It's because of people like you, that make me love coming into work everyday. Thank you for this opportunity, and I look forward to many more to come. Happy May!!!

Amber Brown, CSR

STAFF BIRTHDAYS

- 5/3 Phyllis S.
5/3 Michelle G.
5/10 Patty S.
5/13 Rebekah L.
5/19 Tracy P.
5/19 Sherri C.
5/21 Dustin B.

NEW RESIDENTS

- Virginia D. Flonnie B.
Dorotha M. Max R.
Richard S.

CONDOLENCES

- Dorothy L.

RESIDENT BIRTHDAYS

- 5/1 Nora S.
5/2 Walter B.
5/2 Virginia D.
5/2 Larry J.
5/4 Irene P.
5/6 Mary T.
5/12 Mary D.
5/13 Madeline P.
5/16 Sally B.
5/19 Delphia C.
5/19 Frances H.
5/21 Emma S.
5/31 Robert J.
5/31 Reita R.

Annual Easter Egg Hunt



Community members and staff had great fun egg hunting and getting prizes.

EXECUTIVE DIRECTOR'S CORNER

May is Older Americans Month 2012 Never Too Old to Play!

May is Older Americans Month, a perfect opportunity to show our appreciation for the older adults in our community. Since 1963, communities across the nation have joined in the annual commemoration of Older Americans Month—a proud tradition that shows our nation's commitment to celebrating the contributions and achievements of older Americans.

The theme for Older Americans Month 2012—Never Too Old to Play!—puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of significant ways. This year's celebrations will recognize the value that older adults continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities.

Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved. Young people who have significant relationships with a

grandparent or elder report that these relationships helped shape their values, goals, and life choices and gave them a sense of identity and roots. I can attest that I was raised by my grandmother and have experienced this first hand. While Owen Valley Health Campus provides services, support, and resources to older Americans year-round, Older Americans Month is a great opportunity to show special appreciation for some of our most beloved citizens. We have many reasons to celebrate them!

Family members are an important part of our Owen Valley family. We encourage you to be involved in our campus by attending Resident First meetings, Sunday Brunch, Campus Events and Activities. Please remember that we require at least a 2 hour notice for visitors to dine with their loved ones. Meal tickets are \$5.00 each and can be purchased in the business office. Meal Leaders will request your meal ticket upon serving in the dining room.

Our campus newsletters are another great way for families to stay up-to-date with what is going on at our campus. If you or someone in your family would like to receive the newsletter or other communication via email, please give us a call or email us the address and we will add you to our email database! You can send to jessica.crafton@owenvalleyhc.com or lisa.hutcherson@owenvalleyhc.com.

Smoking is not permitted on or within any of our property or grounds, including parking lots and outdoor patios. We have only a few residents who lived at Owen Valley prior to the implementation of this policy January 1st, 2010. Our company instituted this policy to support the health and well being of all residents and employees. We understand this may be an inconvenience for some of our family members and hope you will support our efforts.

Pets are always welcome to visit our campus. We do ask that they remain on a leash and do not enter into the dining rooms during meals. I keep treats in my office so don't hesitate to stop by and see me so I can meet our 4 legged visitors.

Although we will also celebrate traditional holidays this month, our choicetheme is Viva Mexico. Family Night will be held May 10th. Please join us to celebrate and fellowship together.

God Bless,

Jessica Crafton

Executive Director

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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, Regional Operations Support: 502-271-9150 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!

CONTINUED FROM PAGE 1

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