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PARK TERRACE TIMES

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF PARK TERRACE AT JEWISH MEDICAL CENTER SOUTHWEST

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 4, 2012

Activity Outing to Greenwood Bingo at 10:30 am for fun and lunch.

May 6, 2012

Church Services by Phillip at 10am in the Chapel on the first floor.

May 7, 2012

Trip to Cave Hill Cemetery at 10am.

May 10, 2012

Resident Council Meeting at 10:30am in Springs South dining room.

May 13, 2012

Mother's Day Tea and treats at 2pm in living room on Springs North

May 16, 2012

Activity Outing to Wal-mart for a shopping trio.

May 22, 2012

Activity Outing to the Dixie Dozen for a movie at 1:30pm.

May 23, 2012

Family Night Art Walk at 6:30pm to show care resident paintings.

May 24, 2012

Taste of the Town with Kentucky Fried Chicken for main lunch entree.

May 27, 2012

Sunday Brunch at 11am in the cafeteria on the first floor.

May 28, 2012

Memorial Day Cookout on the back patio at 11am.

RESIDENT BIRTHDAYS

Kitty C. 5/2

Mary H. 5/22

Carelean K. 5/19

Lucy M. 5/14

Marjorie P. 5/31

Golden W. 5/28

STAFF BIRTHDAYS

Erica G. 5/1

Sheryl N. 5/5

Stephanie H. 5/8

Amber B. 5/23

Lisa W. 5/29

Yolanda A. 5/31

Kim S. 5/31

EXECUTIVE DIRECTOR'S CORNER

It's hard to believe the summer months will soon be arriving especially after such a mild winter and fabulous spring weather. I would like to invite residents and families to enjoy the back patio area this year and also make our grill available for your use. If you would like to grill out this summer please contact me at the main campus number in making arrangements to use our grill. The campus will again be planting our vegetable

garden in the back the of the building for our residents to enjoy. If you have a special skill or talent the campus would love to have you share with our campus. If you would like to volunteer or have a creative activity you would like to share, please contact Janean Foree, Resident Programming Director, at 995-6443

Angie Decker

Executive Director





CUSTOMER SERVICE MOMENT

Nellie Pangan, CRCA, and Barbara Whitworth, CRCA who go above and beyond to ensure the residents are always pampered and personal preferences are honored. We are blessed to have such awesome team members at our campus.

Park Terrace Times is published monthly by Park Terrace at Jewish Medical Center Southwest
9700 Stonestreet Road, Louisville, KY 40272 • 502-995-6600

Angie Decker, *Executive Director*

Jerri Lewis, *Director of Health Services*

Erika Lewis, *Asst. Director of Health Services*

Cindy Wright, *Director of Social Services*

Kristy Brangers, *Assistant Director of Social Services*

Daniel Miceli, *Maintenance Director*

Rachel Darnall, *Community Services Representative*

Tay Metzmeir, *Community Services Specialist*

Christina Lobb, *Environmental Services Director*

Tamara Schoenbaechler, *Business Office Manager*

Connie Tyler, *Assistant Business Office Manger*

Anthony Cucino, *Dietary Food Service Director*

Josh Clark, O.T., *Therapy Program Director*

Janean Foree, *Recreational Activity Director*

Kathy Umfleet, *HR and Accounts Payable*

Angela Greenwell, *Guest Relations*

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.

Gloria Ising, Divisional Vice President: 502-271-8515 or Gloria.Ising@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