



**Prairie Lakes**  
Health Campus

9730 Prairie Lakes Blvd E  
Noblesville, IN 46060  
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TIME TO  
**Play**  
IN MAY

# PRAIRIE LAKES TIMES

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF PRAIRIE LAKES 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 Shopping Outing to Target
- May 2 Gardening club
- May 3 Liz helps make Kentucky Derby Hats
- May 4 Viva Mexico Theme Dinner
- May 5 Kentucky Derby Happy Hour (wear a hat!)
- May 6 Town Square Fellowship with Paster Davis
- May 7 Sing-along & pets with Nancy
- May 8 Tour of Indianapolis Motor Speedway Hall of Fame Museum
- May 9 Dining Room music by Jim Dalton
- May 10 Arm Chair Travelors Club
- May 11 Library Visits
- May 12 What's Cookin'?
- May 13 Mother's Day Tea Party
- May 14 Bingo
- May 15 Meet Apollo the Search Dog!
- May 16 Wii Bowling
- May 17 Outing to Indiana Repertory Theatre
- May 18 Euchure Club
- May 19 Performance by Jerry Holcomb
- May 20 Spelling Bee
- May 21 Prairie Lakes Choir
- May 22 Larry plays guitar music
- May 23 Card Night with Cindy
- May 24 Ice Cream Outing
- May 25 Trivia Fun!
- May 26 Popcorn & Movie
- May 27 Brain Drain
- May 28 Memorial Day Picnic
- May 29 Family Night with Performance by the Rhythm 8
- May 30 Resident Council
- May 31 Price is Right

## RESIDENTS BIRTHDAYS

- 5/1 Doodie C.
- 5/2 Inez V.
- 5/4 Helen L.
- 5/5 James P.
- 5/8 Martha G.
- 5/9 Nancy F.
- 5/16 Phyllis R.
- 5/16 Josephine F.
- 5/17 Jean P.
- 5/22 Ardith K.
- 5/26 Mildred M.
- 5/27 Elaine M.
- 5/31 Lavon G.

## STAFF BIRTHDAYS

- 5/1 Allison Oneill
- 5/10 Marie George
- 5/18 Thelma Manlove
- 5/19 Ashley Leer
- 5/23 Mark Smith
- 5/26 Lauren Kirkwood
- 5/28 Jordan Walls
- 5/31 Judith Kachilika
- 5/31 Tyler Killion

## NEW RESIDENTS

- |             |            |
|-------------|------------|
| Ron W.      | Lee H.     |
| Clarence B. | John R.    |
| Barbara T.  | Barbara S. |
| Larry M.    | John L.    |
| Wanda E.    | Lela R.    |

## EXECUTIVE DIRECTOR'S CORNER

Hello!

My name is Laura Burton and I have the privilege of being the new Executive Director for this beautiful campus! I have been a health facility administrator for over 18 years and have worked in a variety of settings that has given me a breadth of knowledge to. I have lived in the Fishers/Noblesville area for over 12 years. I have 3 children who are 9, 12, and 15. They all participate in

the HSE school district and recreational sports department. In my time away from the facility, I am with my family, participating in all of their various activities. I look forward to getting to know everyone and I am very excited about the opportunity to be apart of Prairie Lakes Health Campus.

**Laura Burton, HFA**

Executive Director

## Thank You Volunteers for all you do!

Prairie Lakes has the BEST volunteers!

Add sunshine to someone's day by volunteering. If you would like to donate an hour of your time a month please contact our resident activity director, Jessica Lampo at (317) 770-3644 or [jessica.lampo@prairielakeshc.com](mailto:jessica.lampo@prairielakeshc.com).



*We love our volunteers!*

Help us create a resident cook book by bringing in your mother or father's favorite recipe. Please leave with a staff member to be brought to activities department. We appreciate your help!

# Customer Service Moments

Knowing that Dick & Lou R.'s 65<sup>th</sup> anniversary was coming up, Cheri Marcum, resident activity associate, decided to make this day special for Dick, Lou, and their family. While, Chef Stefan Guy prepared a delicious dinner for the couple, Cheri decorated for the special occasion. Happy 65<sup>th</sup> Dick & Lou R!

*Dick, Lui, & family celebrating Dick & Lui's 65th anniversary*



## Fun Spring Activity Photo Highlights



*Dorothy G. coloring Easter eggs*



*Lela R. decorating eggs for Easter*



*Libby and Martha G. making spring door hangers*



*Stan A., Letha R., & Mary H. helping mix soil for our garden*



*Sara S. & Pat G. getting silly for our April Fools Day party!*



*Outing to Scottish Rite Cathedral*



*Jean P. gardening*



*Smile of the Month- Naomi S.*

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9730 Prairie Lakes Blvd. E., Noblesville, IN 46060 • 317-770-3644 • Phil Heer, Executive Director

Executive Director – Phil Heer

Director of Health Services – Deb Gates

Pioneer Way Clinical Care Director – Ryan Gwaltney

Noble Lane Clinical Care Coordinator – Lauren Kirkwood

Conner Drive Clinical Care Coordinator – Robin Kennedy

Assisted Living Unit Manager – Kristin Wasson

Legacy Clinical Care Coordinator – Thelma Manlove

Legacy Neighborhood Program Director – Katrina DeGraff

Director of Social Services – Rikki Sigler

Resident Activities Director – Jessica Lampo

Plant Operations Director – Rick Watson

Environmental Services Director – Cathy Schunn

Customer Service Representative – Jennifer Adams

Customer Service Specialist – Baili Hart

Office Manager – Michele Wilson

Dining Services Director – Trey Fitzwater

Therapy Program Director – Jason Lafuente

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](mailto:misty.reber@trilogyhs.com)

Compliance Hotline: 800-908-8618, ext. 2800; or [comply@trilogyhs.com](mailto: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](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