



RidgeCrest

Health Campus

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RIDGECREST CONNECTION

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF RIDGECREST 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 3 Music by Brad - 10:30am
- May 5 Viva Mexico Dinner 5pm
- May 6 Brunch 11am-1pm
(reservations requested)
- May 11 Happy Hour 3pm
Music by Dennis
- May 12 Paws in the Park
10am Outing

Cascade's Humane Society
- May 13 Mother's Day
- May 17 Family Night
Living Colors Art Walk 6 pm
- May 24 Just Fiddlin' Around 3:30 pm
- May 28 Memorial Day
- May 29 Resident Council Meetings
- May 31 Taste of the Town
12 noon: Fazoli's

FEATURED RESIDENT

Helen S. keeps an eye on everyone that comes and goes as she lives near town square. She also enjoys conversation with visitors and staff. On a recent morning a staff member found her visiting with her daughter in her room and Helen agreed to a photo as long as Cocoa could join them. Helen likes the many comments she gets about the gorilla that enjoys the comforts of her sofa.



*Helen, Debbie and Cocoa
enjoy a morning visit.*

RESIDENT BIRTHDAYS

Harry A.	5/2
Marjorie S.	5/3
Margaret B.	5/8
Paul A.	5/11
Dorothy C.	5/12
Veva J.	5/18
Clara H.	5/19
Emma S.	5/30

STAFF BIRTHDAYS

Chelsea C.	5/8
Brittney B.	5/13
Tesha W.	5/13
Ben L.	5/16
Ephraim M.	5/23
Angel S.	5/27

EXECUTIVE DIRECTOR'S CORNER

I hope everyone has had a chance to enjoy the early Spring. During the month of May we will be "Coloring our Campus". Each year Trilogy Health Services provides the campuses with funds to enhance our campus with color. If you are interested in volunteering your time to help with planting, please see Lori Lowder in the Activities Department for opportunities. We will focus on the courtyard, entrances, curb appeal, etc. There will be many opportunities for our residents to participate as well. Gardening nourishes the soul. Look forward to a splash of color in May.

Spring is also a time for Spring Cleaning. We are encouraging families to assist with cleaning out resident closets. We know the closets get pretty crowded, so if possible, now would be the time to take some winter items home and replace with Spring items. If you need our assistance, please contact Cathy Taylor in the Environmental Services Department.

Thank you to those who participated in our Spring Satisfaction Survey. We look forward to reviewing the results and reading your feedback. This will allow us to set our goals for the next 6 months. We truly value your opinion and our commitment is to exceeding your expectations. We will review the results and our plan for improvements with you during an upcoming Family Night. Look for announcements coming soon.

If you have suggestions for outdoor activities or would like to join us this summer on some outdoor adventures, please let us know. Lori Lowder and the gang from activities welcome ideas and volunteers.

RidgeCrest is also looking forward to an addition to our Rehab Department. Construction will begin in June. Look for updates. Our rehab caseload keeps growing and so much so that we need more space. We will be expanding into the Director of Health Services Department.

For those of you who are with us long-term, we offer rehabilitation services to our long-term residents as well. If you notice a decline in a resident's activities of daily living or ability to ambulate, transfer, etc. please let a nurse manager know and we can make a referral to rehab. We are also monitoring this through quarterly assessments.

Enjoy the warm weather! If you have any suggestions or concerns, please do not hesitate to stop by my office or call me. I would love to hear from you.

Sincerely,

Cheryl Smith

Executive Director

Smile of the Month



Veva happily entertains the company of her young visitor.

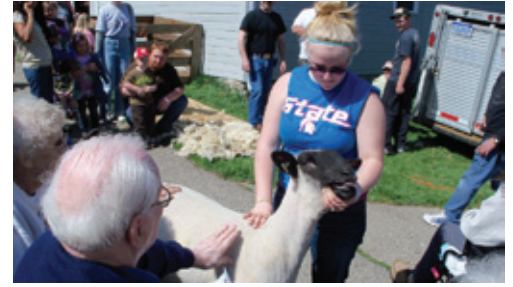
“Ball-Off” Meatball Contest

In honor of March Madness our campus participated in a “Ball-Off” meatball contest. The contestants brought in their favorite meatball for tasting by residents, family members and staff. It was fun to listen to the discussion about everyone’s favorites.



3rd Place -Justice W.

Sugaring and Shearing Festival



The Sugaring and Shearing Festival at Ella Sharp Park was a new experience for us this year and it was with the help of volunteers that we were able to add it our list of great outings. It was a beautiful Sunday afternoon and we were able to watch the dogs herd the sheep, to see the shearing process and to hear the story of how sap is gathered and processed while the large trough of sap was being boiled. We also stopped at the general store and purchased maple candy and syrup for tasting. The bus ride back to our campus was very colorful because the daffodils in the parks were all in bloom. Join Us for our next Outing!

Easter Fun!



The Easter Season is a fun way to involve our residents and children. This year our residents colored eggs and then invited families to join us for an egg decorating contest and an egg hunt. The eggs were decorated beautifully and they all participated in the hunt for eggs. Everyone was surprised when the Easter Bunny arrived!

RidgeCrest Connection is published monthly by RidgeCrest Health Campus

703 Robinson Road, Jackson, MI 49201 • 517-787-5140 • Cheryl Smith Executive Director

Cheryl Smith, Executive Director

Chef Rocco Giuliano, Director of Food Services

Lori Lowder, Resident Activity Director

Kris Draffen, Social Services Director

Roxann Davis, Community Service Rep/Mkt.

Laurie Lawrence, LPN, Guest Relations

Cindy Gardynik, Nurse Manager

Mary Jo Stimer, Office Manager

Alicia Haislip, Payroll Coordinator

Jason Joseph, Director of Plant Services

Cathy Taylor, Director of Environ. Services

Tammy Roop, Nurse Manager

Tracy Popelka, MDS Coordinator

Scott Minghine, Therapy Program Director

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.

Steve Apple, Divisional Vice President: 419-308-5618 or steve.apple@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