



3001 Galaxy Drive
Evansville, IN 47715

Ph: 812.475.2822

Fax: 812.475.9140

www.riverpointehs.com



RIVER POINTE NEWS

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF RIVER POINTE 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 Plant your own flower
- May 4 Viva Mexico Themed Dinner for all residents
- May 6 Family Brunch 11:30-1
- May 13 Mothers Day Tea
- May 15 Richard T. Show
- May 17 Making cards for baby Kaj
- May 20 Root Bound Bluegrass
- May 21 Men's Club Gathering
- May 23 Music w/ Curt Bourland
- May 24 Birthday Party w/ Helen
- May 28 Memorial Day Remembrance Gathering
- May 31 River Pointes Family Night

MAY OUTINGS

- 5/3 Bob Evans
- 5/7 Cheddars
- 5/10 Red Lobster
- 5/12 Scenic Cruise
- 5/14 Roca Bar
- 5/17 Ladies Day Out
- 5/21 Men's Club Outing
- 5/24 Black Buggy
- 5/26 Scenic Drive to Audubon State Park
- 5/28 Outing downtown & to cemetery to honor our lost loved ones
- 5/31 Outing for Ice Cream

VOLUNTEER NEWS

Looking for a great gift? One that will give back? Join our volunteer program here at River Pointe! You choose the time, day, and frequency of your visits using your interests, hobbies, and passions to enhance the lives of the elderly! Contact the Activity Department today!!!

MOTHER'S DAY TEA

This year we are going to celebrate all our wonderful mothers here at River Pointe. We will be having a Mother's Day Tea from 2:00pm-3:00pm. Please stop by to visit your Mother on this day and enjoy light refreshments.

RESIDENT BIRTHDAYS

Peggy S.	5/8
Shirley T.	5/10
Vivian W.	5/10
Mary F.	5/21
John C.	5/23

SENIOR EXEC. CLUB

May 16th at 2:00PM Lunch will be served followed by Bingo!

STAFF BIRTHDAYS

Amy J.	5/2
Karen L.	5/5
Jennifer B.	5/16
Amy C.	5/20
Stephen B.	5/20
Tylinge W.	5/22
Delores P.	5/24
Brittany P.	5/24
Shauna H.	5/29
Kerra C.	5/29
Janice S.	5/30
Peggy W.	5/31

EXECUTIVE DIRECTOR'S CORNER

First, I would like to note that I appreciate all the feedback from our families and residents on the customer service surveys. Thanks for taking the time to let us know how you feel; your suggestions are our commitment. Also, a note on our family nights and brunch from here forward; each resident will receive four

complimentary tickets and each ticket after that is \$5.00. We will sell these tickets the day of brunch. To guarantee a table, we would appreciate a reservation made at least a day before the event. Thanks!

Jo Franklin

Executive Director



Featured Resident: Vivian W.

Our Resident Feature this month will be celebrating Vivian's birthday May 10th. River Pointe is very blessed to have such a sweet lady reside here with us! If you see her next month, please take the time to wish her a very Happy Birthday!

Customer Service Moment

Night shift nurse, Tina Shawgo, volunteers her time and her own supplies each year to help plant flowers here at River Pointe. We would like to say "thank you" to Tina for helping make River Pointe a beautiful place to live for our residents!



JOKE OF THE MONTH

An elderly woman called 911 on her cell phone to report that her car had been broken in to.

She is hysterical as she explains her situation to the dispatcher: "They've stolen the stereo, the steering wheel, the brake pedal & even the accelerator!" she cried.

The dispatcher said, "Stay calm. An officer is on the way."

A few minutes later, the officer radios in. "Disregard." He says. "She got in the back-seat by mistake."

Smile of the Month: Easter Fun

Easter is a religious holiday to many, a time to commemorate the resurrection of Jesus Christ. Some of Easter's secular traditions pre-date Christianity and are likely linked to pagan traditions such as; Easter eggs, Easter candy, Easter parades, and even the Easter bunny. River Pointe residents and families had a surprise visit from the Easter bunny this year. Families gathered together for family photos that will last a life time. As some of the teenage children expressed they were too old to have their picture with the Easter bunny, resident Billie Reising expressed to them "your never too old for a picture with this guy" as she leaned in for a kiss.



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3001 Galaxy Drive, Evansville, IN 47715 • 812-475-2822

Jo Franklin, *Executive Director*
Stephanie Sellars, *Business Office Manager*
Stephen Brown, *Director of Health Services*
Amy Carlisle, *Assistant Director of Health Services*

Elizabeth Harrison, *Director of Resident Services*
Theresa Adams, *Community Service Director*
Emily Wright, *Resident Activity Director*
Carol Murray, *Director of Environmental Services*

Elaine Couch, *Director of Medical Records*
Courtney Belwood, *Therapy Program Coordinator*
Shane Collins, *Director of Plant Operations*
Tonia Ambs, *MDS Coordinator*

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
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