



Scenic Hills
Care Center

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SCENIC HILLS HAPPENINGS

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF SCENIC HILLS CARE CENTER

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

Bingo each Monday Night at 7:00 pm

Bingo First Three Tuesday afternoon's at 2:00 pm

May 4 Viva Mexico

May 8 German Club @ 6:30 pm

May 9 Senior Executive Club at 1:30 pm
Musical Entertainment at 3:00 pm

May 13 Hilltop Band @ 2:30

May 17 Spring Fling and Art Show at 6:00p.m.

May 20 Family Brunch
Please RSVP by May 18
Family Members from Halls 200 & 400 11:00-12:00
Family Members from Halls 100 & 300 12:00-1:00

ACTIVITY NOTE

Spring time has sprung again. Its time to go outside and pull some weeds again. If you would like to come in and help plant, water are just pull some weeds please contact Anna Faulkenburg, RAD at 367-2299.

SMILE OF THE MONTH



Lucille H. holding the Indiana basketball.

RESIDENT BIRTHDAYS

Martha M.	5/9
Caroline H.	5/12
Frances M.	5/17
Albert H.	5/28

STAFF BIRTHDAYS

Stephanie K.	5/2
Amanda W.	5/4
Rhonda K	5/6
Lois C.	5/7
Abbie G.	5/8
Regina M.	5/18
Paticia C.	5/22
Connie J.	5/23
Debra B.	5/24

EXECUTIVE DIRECTOR'S CORNER

This month, I would like to give thanks for all the great people that encompass Scenic Hills. We are blessed by unyielding community support and wonderful volunteers that donate their time daily. We have great residents to care for and active family members that will come in and participate with activities making the campus a vibrant place to live and

work. Also, our dedicated staff will put their own needs aside to care for our residents which make Scenic Hills the health care provider of choice. Thank you all for being a part of our Scenic Hills family.

Todd Maki

Executive Director

Annual Easter Egg Hunt



All the kids trying to find all the eggs first.

ALZHEIMER'S/DEMENTIA SUPPORT GROUP – Scenic Hills will be hosting their monthly Alzheimer's/Dementia Support Group to be held on Tuesday May 8th at 1:30 pm. The support group will be held for families who have a loved one with the diagnosis of Alzheimer's disease or related dementia. We will meet to discuss and help each other with issues, problems and coping related to caring for loved ones with this disease. This support group is open to the community.

Egg Decorating Contest



Viola H. drawing on her egg for the contest.



Albert H. rolling his egg in bird seed.



All the eggs lined up to be judged. The winner was #2.

Scenic Hills Happenings is published monthly by Scenic Hills Care Center
311 E. First Street, Ferdinand, IN 47532 • 812-367-2299

Todd Maki, Executive Director

Sandra Thomas, RN, Director of Health Services

Hope Quackenbush, RN, Asst. Dir. of Health Services

Cheryl Hoffman, RN, MDS Coordinator

Kathy Helming, Director of Food Services

Eric Klem, Director of Plant Operations

Anna Lamar, Environmental Services

Anna Faulkenburg, Resident Activity Director

Lois Chapman, LPN, Director of Social Services

Jessica Anderson, Community Services Rep/Marketing

Jane Seifert, RN, Medical Records

Kim Oxley, Business Office Manager

Kim Smith, Human Resources/Payables/Payroll

Jill Morrison, OTR, Director of Therapy Services

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