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ON CAMPUS

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF SPRING MILL 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	Jimmy McHugh
May 2	Jim Bowers
May 10	Family Night
May 13	Mother's Day
May 16	Terry Sulcer
May 22	Ken Holcomb
May 23	Family Council
May 27	Sunday Brunch

SMILE OF THE MONTH

A warm welcome to all of our "Blue Badgers". Those team members wearing name identifiers with a blue background indicate our newest team members to our campus. We extend a warm welcome to all and our sincerest appreciation for choosing to provide excellent service to our Spring Mill customers. We appreciate all you do to enhance our daily lives!

VOLUNTEER NEWS

The campus volunteer program is in full "Spring"! Volunteers make our campus grow and thrive and are the center to our foundation. We encourage anyone interested in volunteering to see Penny Kosanke our Resident Activity Director for all the details!

RESIDENT BIRTHDAYS

Edmund, S	5/2
Jane, C	5/3
Manetta, M	5/4
Shiela, K	5/5
Barbara, B	5/11
Salvatore, A	5/16
Dorothy, C	5/19
Muriel, N	5/20
Ann, G	5/30

STAFF BIRTHDAYS

5/2	Ronnie, M
5/4	Amy, N
5/19	Marcus, J
5/21	Jerrica, J
5/22	Candice, M
5/30	Cynthia, D

EXECUTIVE DIRECTOR CORNER



In continued efforts to improve our customer service it is imperative that we understand the needs of those we serve. For that purpose, Spring Mill is honored to add to our monthly calendar of events Family Council Nights. This month's Family Council will be held May 23rd from 6:00pm to 7:00pm in the Wellness Center. Great minds coming together....moving forward...

Joe Flacke

Executive Director

Customer Service Moments

By popular demand....our customer service moment is awarded to our one and only Chef Dave!!!!!! For all of our special events, family nights, theme dinners, Sunday brunches, holiday events, and all in between, Chef Dave is there! From the bottom of our bowls, Chef Dave, we shout out to you a big BON APPETITE!

Please note that this promotion was not in any way promoted by any kind of bribe....not even the delicious twice baked potato kind! Thank you Chef Dave and all of your culinary team for

all that you do everyday to make sure our tummies are full and happy.

We enjoy tasting your creativity and volunteer to be your taste testers anytime!



Featured Residents: Minnie L.



Behind every great Spring Mill success is a great resident. For this month's feature, our very own Minnie L is awarded the shining star. It is tradition to speak of where a person has come in one's journey of life that we focus upon. However, with Minnie we focus on the journey that yet lies ahead. A devoted Spring Mill resident, Minnie puts great effort into the daily operations of resident life here on campus. Minnie is often the first there to greet new comers with a warm welcome and smile. She truly touches the heart of many each day with her words of wisdom, her helping hand, her empathetic ear, and her heart of gold. Minnie is a firm believer that if one wants change than one must not complain about it but DO something about it. DO is exactly what Minnie does. Minnie L. serves her community as "Resident Council President". Minnie is viewed as an inspiration to many not only here on campus but to community providers as well. We can learn many things from Minnie L and can admire her sense of sincere compassion she feels for the human life. Minnie will agree that skills can be taught to anyone, but compassion comes from the soul lying within. Let us all imagine a world full of Minnie's..... oh what a wonderful world we would live in!

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Daphne Bryant-Bailey, *Dir. of Social Services*

Penny Kosanke, *Director of Resident Programming*

Gloria McKee, *Business Office Manager*

Brent Sowers, *Director of Therapy*

Chef Dave Marrs, *Dir. of Food Services*

Samentha Spates, *Dir. of Environmental 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.

Tina Strimbu, *Divisional Vice President: 219-309-0745 or Tina.Strimbu@trilogyhs.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