



Springhurst
Health Campus

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THE SPRINGHURST SENTINEL

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF SPRINGHURST 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

5/2 Zion Lutheran Handbells
4th & 5th graders from Zion will perform the bells and sing some songs in the Health Center Dining room at 10:30

5/3 Steve Elston gives our Fiesta Week a Latin musical flair with some Mexican music at 6:00 in Riley Lounge

5/4 Piñata Pull
No fiesta is complete without a Piñata. Join us for our Piñata Pull at 9:30

5/4 Viva Mexico Theme Dinner
Join us for our Cinco de Mayo celebration at supper in the dining room. Guest meal tickets are \$5.00

5/17 Dance Band Music
with Nola Nottingham at 2:30 in the Health Center Dining room

5/25 Indy 500 Wheelchair Race
Our annual staff races begin at 2:30 at the Town Square

SUNDAY BRUNCH

Join us for brunch on May 20th from 11:00-1:00. Please sign up at your nursing station by May 18th so we can make sure we have a spot for everyone. There is no charge for up to 5 guests. Additional meal tickets can be purchased for \$5.00 each.

SENIOR EXECUTIVE CLUB

SECs Bingo & Dessert will be on Wednesday May 16th at 1:30. Please RSVP by Friday May 11th by contacting Dana Miller, Guest Relations, at 462-7067 between 10 am-6 pm Monday-Friday.

ALZHEIMER'S SUPPORT GROUP

The monthly Alzheimer's support group will meet from 11:30-1:00 on Tuesday May 15th. Join us in the Health Center Activity Room for our presentation and lunch. Free adult day care will be provided as you attend. Call Mechelle Moore at 462-7067 to RSVP by May 11. to RSVP by April 13.

RESIDENT BIRTHDAYS

5/5 Richard R
5/19 Katheryn P

STAFF BIRTHDAYS

5/5 Mechelle Moore
5/6 Malachi Burnhardt
5/8 Luz Silva-Rueda
5/12 Todd Hardymon
5/14 Debbie Harrison
5/19 Stacey Mitchell
5/20 Eric Ciempola
5/20 Kelly Hatcher

EXECUTIVE DIRECTOR'S CORNER

Ahh... welcome the wonderful month of May! Great efforts will be put forth to ensure everyone can enjoy the wonderful weather outside. Our annual Campus In Color started with a tour of our grounds in April to determine areas in need of beautification - so watch for the magic to happen as staff members, residents, families and volunteers help us with this annual project. Take advantage of the multiple porches and courtyards around

the campus and breathe in the fresh air! Come and join the fun May 4th as we celebrate Viva Mexico - another one of our fun Themed Dinners. I thank each of you for allowing us to care for your family member, and thank you for being part of our Springhurst Family! Best wishes for a wonderful May

Traci J. Scott

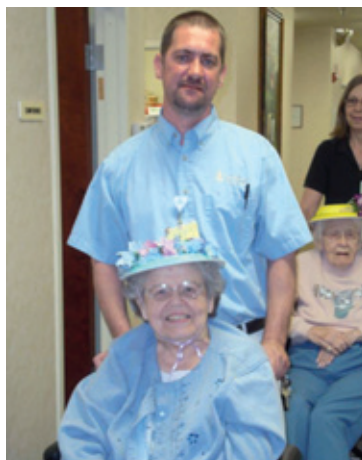
Executive Director

Fun with the Easter Bunny



Easter Events at Springhurst

The ladies are showing off their bonnets in the parade; and "doesn't DPO Jamie Johnson look lovely too?"



Campus In Color is Underway

Plans started back in March for this year's Campus in Color program. Residents gave their input regarding the types of plants and flowers they wanted to see this year. Seeds were purchased and started indoors, flowers were researched and the work has begun. Our areas of focus this year include the back entrance of the Health Center, the front porch at the Health Center Activity Room, and the Assisted Living Courtyard. We know in Indiana to wait until after Mother's Day for the last frost so you should start seeing the fruits of our efforts soon. We encourage residents who enjoy gardening to help with this program so they can enjoy their previous hobby again. Family members are also welcome to participate as this allows you to be involved in a pleasant activity with your loved one. Contact the Activity staff if you are interested.



*The Springhurst Sentinel is published monthly by Springhurst Health Campus
628 N. Meridian Road, Greenfield, IN 46140 • 317-462-7067*

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Jamie Johnson, *Director of Plant Operations*

Tanya Livingston, *Rehabilitation Program Director*

Eric Ciempola, *Director of Food Services*

Dionne Fields, *Business Office Manager*

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@tirlogyhs.com

Compliance Hotline: 800-908-8618, ext. 2800; or comply@tirlogyhs.com • Newsletter Production by PorterOneDesign.com



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COMPASSIONATELY
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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