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ST. CHARLES CONNECTION

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF ST. CHARLES 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

- 5/3 Curt Bourland Music
5/4 Viva Mexico theme dinner for Residents
5/8 Don and Rita Variety Show
5/10 Family Night Carnival
5/13 Accordion Music with Art
5/15 Roger Craig Band
5/19 Music with Tex Schnell
5/22 Bauer Family Music
5/24 Horse Visits with the Red Hats Purple Chaps Ladies
5/30 Mother/Daughter Hands of Time Social
5/31 Seek the Lord Singers

FROM OUR KITCHEN

Cranberry Salad

Ingredients

- 1 1/4 (12 oz) packages of fresh cranberries, finely chopped
3/4 cups white sugar
2 1/2 cups chopped apples
1 1/4 cups miniature marshmallows
3/4 cups chopped pecans
3/4 cups vanilla yogurt
1 1/4 cups frozen whipped topping thawed

Directions

Combine chopped cranberries and sugar in a large bowl.

Toss well. Cover and refrigerate for 3 hours.

After 3 hours, stir apples, marshmallows, and pecans into cranberries.

Combine yogurt and whipped topping; fold into cranberry salad.

Serve immediately.

Serves 15 people.

RESIDENT BIRTHDAYS

Glenn B.	5/4
Connie P.	5/9
Betty S.	5/11
Don S.	5/16
Juanita R.	5/29

STAFF BIRTHDAYS

Cathy D.	5/7
Emily S.	5/10
Sarah W.	5/13
Toni C.	5/19
Judy S.	5/20
Deana C.	5/26
Krysta V.	5/27

EXECUTIVE DIRECTOR'S CORNER

Happy Spring! We have truly been blessed with one of the greatest springs that I can remember in quite a while! We have been taking advantage of the great weather to get our residents outdoors! We encourage you, as well, to take your loved ones outside to enjoy the weather before it gets too hot! Why not bring a lunch or dinner to enjoy with your resident out in one of our beautiful courtyards?

I want to take the time to wish all of our ladies a very Happy Mother's Day! I always think of Mother's Day as a

special time for our residents to be with their children. I am amazed at the treasure of knowledge that these women impart to us daily. I often wish that I had written a book simply filled with the vast knowledge that this generation passes on to me on a regular basis! Thank you so much for allowing us to care for these precious residents!

Sincerely,

Cindi Lents

Executive Director



Campus in Color

Our annual Campus in Color initiative is well underway. Many of our Residents have been gardeners in the past so our company puts an emphasis each year on adding color to the campus while adding purpose to our Resident's lives. We have many opportunities to plant flowers, tend the vegetable garden, or maintain flowers in our many courtyards. Why not take some time to help your loved one with watering a few plants, and then sit and enjoy the peaceful ambiance of an evening outdoors? Here at St. Charles we have a raised bed vegetable garden, a small courtyard with two fish ponds, a large open courtyard with many areas for sitting and enjoying the fresh air, and two entrances with benches where our Residents like to sit to greet guests. Contact the activities department if you would like to become more involved in our Campus in Color program.

(Above) Resident Marian helps prepare the raised garden for planting lettuce.

Smiles of the Month



Resident Activities Director, Ann O. danced with Connie to a polka.



Jane was all smiles after bowling a strike at Dubois Lanes.



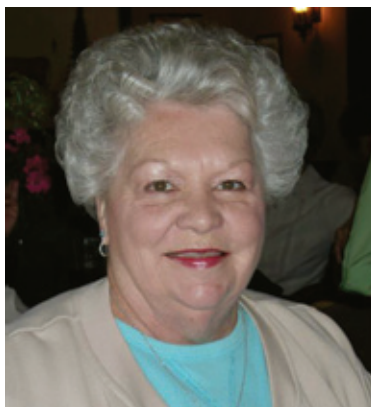
Marilyn painted with plastic at a recent Living Colors Art class.



Residents Dorothy and Norb shared a slow dance at our Bunny Hop dance.



Richard poses beside a Don Mattingly mannequin at the Indiana High School Baseball Hall of Fame.



Volunteer of the Month

Our featured volunteer this month is Cendia Letterman. Cendia has been volunteering at St. Charles for the last 5 years. Cendia started volunteering at St. Charles because she was friends with one of our Residents. She has since become friends with many more Residents that she spends time visiting when she is in the building. Cendia always has an inviting smile on her face and the Residents look forward to the Saturday mornings when she calls Jackpot. Thank you, Cendia, for your continued dedication to the Residents of St. Charles Health Campus.

St. Charles Connection is published monthly by St. Charles Health Campus
3150 St. Charles Street, Jasper, IN 47546 • 812-634-6570 • Cindi Lents, *Executive 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.

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