



St. James

Manor & Villas

1251 E. Richton Road
Crete, IL 60417
Ph: 708.672.6700
Fax: 708.367.4405
www.stjameshc.com



ST. JAMES JOURNAL

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF ST. JAMES MANOR & VILLAS

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 2 David Roldan Chapel
Concert 2:00 pm
- May 3 Family Night 6 - 7:30 pm -
Chapel
- May 4 Residents Theme Dinner -
Viva La Mexico
- May 7 John Boda Chapel
Concert 2:00 pm
Country Ride
Outing 6:00 pm
- May 14 Country Ride
Outing 6:00 pm
- May 16 J. Jay Brook Chapel
Concert 2:00 pm
- May 17 Picnic in the Park
Outing 12:00 pm
- May 20 Mother's Day Brunch
11:30 - 1:00 pm
RSVP please
- May 21 Country Ride
Outing 6:00 pm
- May 22 Humane Society
Visits 2:00 pm
- May 23 Kenny Holcomb
Chapel Concert 2:00 pm
- May 28 Memorial Service
at Crete Park at 11:00 am
Memorial Day Ice Cream
Social at 2:00 pm
- May 29 Resident Council 2:00 pm

SENIOR EXEC. CLUB

Will be meeting on Wednesday, May 30th at 1:00 pm in our chapel. Please RSVP to Heather Shelton @ 708-367-4412.

VOLUNTEER NEWS

Our volunteer program is slowly but surely growing. Thank you to everyone who has taken the time to join our team. If you are interested in volunteering please pick up an application from the guest relations desk or speak with anyone in our activities department. We'd be happy to have you!

RESIDENT BIRTHDAYS

| | |
|---------------|------|
| Rita M. | 5/6 |
| Alphonsine B. | 5/10 |
| Robert M. | 5/12 |
| Mary E. | 5/15 |
| Marie W. | 5/16 |
| Virginia G. | 5/17 |
| Eileen E. | 5/21 |
| Valentino D. | 5/22 |
| Marge I. | 5/28 |
| Virginia W. | 5/26 |

STAFF BIRTHDAYS

| | |
|--------------|------|
| Amanda S. | 5/2 |
| Rose L. | 5/5 |
| Jerrold W. | 5/5 |
| Charlotte E. | 5/12 |
| Richard O. | 5/15 |
| Shirley W. | 5/16 |
| Niche H. | 5/19 |
| Angela D. | 5/26 |
| Dana W. | 5/27 |
| Patricia C. | 5/28 |
| Betty H. | 5/29 |
| Rhonda D. | 5/29 |

Legacy Lane Ice Cream Trip



Daisy



Dolores

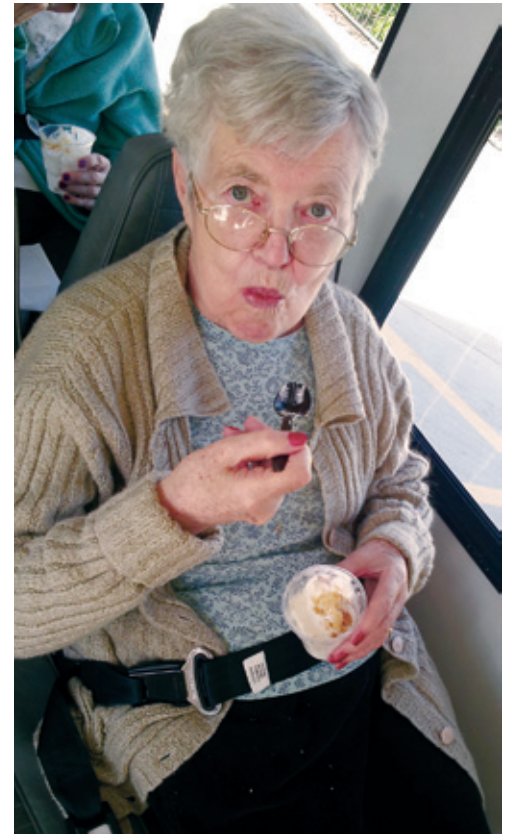
More from our Ice Cream Trip...



Joan



Leona



Ruth

EXECUTIVE DIRECTOR'S CORNER

Happy May to Everyone!! Just wanted to give a quick thank you to all that took time out of their busy lives to fill out the Customer Satisfaction Survey. By now you have already received the results and if you haven't please feel free to ask. We will be happy to share the results with you.

Here are the upcoming dates for our future family nights and brunches. Please mark your calendar so you are able to attend these great events with us. Our family night will be on Thursday, May 3rd from 6 - 7:30 pm. May 20th is our Mother's Day Brunch from 11:30 - 1 pm - please RSVP to guest relations if you are attending.

As always we encourage any comments, questions, or suggestions. We are compassionately committed to excellence in Customer Service and are always striving to exceed your expectations.

Janet Breed

Executive Director

St. James Journal is published monthly by St. James Manor & Villas

1251 E. Richton Road, Crete, IL 60417 • 708-672-6700

Janet Breed, *Executive Director*
Valerie Lynch, *Director of Health Services*
Karen Allen, *Asst. Director of Health Services*
Megan Matula, *Assisted Living & Legacy Lane Dir.*
Deborah Miles, *Business Office Manager*
Lilli Mancera, *Payroll*

Diane Botma, *Director of Rehabilitation*
Heather Shelton, *Customer Service Rep.*
Jennifer Young, *Customer Service Rep.*
Darlene Emerson, *1st floor South CCC*
Dana Woodruff, *1st floor North CCC*
Kathy Stein, *Resident Activity Director*

Lorrita Ortiz, *2nd floor North CCC*
Diane Green, *Dir. of Environmental Services*
John Dooley, *Director of Food Services*
Debi Lococo, *Medical Records*
Robert Sheppard, *Director of Plant Operations*

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

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



St. James

Manor & Villas

1251 E. Richton Road
Crete, IL 60417
Ph: 708.672.6700
Fax: 708.367.4405
www.stjameshc.com

COMPASSIONATELY
COMMITTED TO EXCELLENCE
IN CUSTOMER SERVICE!

CONTINUED FROM PAGE 1

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 |