



St. Mary

Healthcare Center

2201 Cason Street
Lafayette, IN 47904
Ph: 765.447.4102
Fax: 765.447.7386
www.stmaryhcc.com



ST. MARY MONTHLY

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF ST. MARY HEALTHCARE 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

May 4th

Happy Hour w/ Charis V.

May 4th

Theme Dinner Viva Mexico

May 5th

Cinco De Mayo Day of Celebration
and Tortilla Chips and Salsa
in the aft.

May 13th

Mother's Day/ Sunday Brunch

May 16th

Columbian Park Comfort
Creatures Visit

May 16th

Family Night -
Networking Reception

May 17th

Piano w/ Sue

May 18th

Happy Hour w/ John B.

May 23rd

Room visits and Guitar Music
w/ Robin Harrison

May 25th

Taste of Town - Taco Bell

May 25th

Happy Hour w/ Donna Shaw

May 28th

Memorial Day BBQ and Red, White
and Blue Parfaits in the aft.

RESIDENT BIRTHDAYS

5/7 Marjorie E.

5/11 Arlene P.

5/16 Mary Evelyn D.

5/22 Janice D.

5/23 Antoinette S.

STAFF BIRTHDAYS

5/13 Amanda B.

5/14 Greg P.

5/18 Barbara C.

5/22 Regina H.

5/24 Nancy G.

EXECUTIVE DIRECTOR'S CORNER

At last, our campus refurbishment will be complete this month. I cannot express how glad we are to have such a beautiful campus ... and have the construction over. It's been a very challenging and fun year and I am appreciative of all the patience our residents have had to endure. The banging and dust, let alone some residents have moved rooms up to four times. Thank you again for all of your help and through this project!

Please look for invitation to the Family Night and Community Networking Reception which will be held a different time, 4:30 p.m. - 6:00 p.m. This is the only event which is designed to show

off our entire redecorated campus to community leaders and we want our residents and families to attend also. We will have hors d'oeuvres stationed throughout the campus including door prizes and entertainment. Please join us. As much as I dislike that time flies, I think I will look forward to June and getting back to normal whatever the new normal will be for us. Again, thank you so much for your patience for the past year. It is truly a privilege to serve you and your loved one.

Sally Miller

Executive Director

NEW RESIDENTS

Esther H. Charles C.

Jeannette M. Sharon H.

Russell G. Dorothy F.

Cassie B.

Customer Service Moment

St. Mary was hosting its very first annual Art Walk which all along resident Bob, took an interest and was very excited to showcase several of his acrylic paintings and pencil sketches. Bob had several pieces hanging in his room and a photo album and a basket full of his paintings. We had plenty of artwork to choose from. That week Bob approached me and said that he really wanted to go home and look at his art work because he thought he had better pictures at home. Bob would need the campus van to take him home which immediately I said, "sure, we

can make that happen." It was planned that on Friday, Greg Peterson, DPO would take Bob home in the campus van to pick out artwork. We didn't realize that Bob also invited Brindon Steckel, who also works in Plant Ops. Bob wanted Brindon to come too because Bob knew that Brindon was also an artist and would be participating in the Art Walk. So there they went all 3 guys on a Friday afternoon and 3 hours later they returned. Bob had a wonderful time at home looking through his house and garage full of paintings. They brought 20 pictures back.

Bob captured the attention of a couple of neighbors who saw the campus van and had to come over to visit and say hello. Bob had an absolute great day.

Bob was admitted to the hospital the following morning, and never made it back to the campus for the Art Walk. Bob died one week later. The afternoon Bob spent at home looking at his lifelong artwork was a gift. I am so glad that we made it happen.



VOLUNTEER NEWS

The residents enjoy watching the wildlife as they feed around our facility. They watch birds, squirrels, chipmunks, and last week a male and female pair of Mallard ducks. The Activity Department is looking for volunteer(s) to fill the bird and squirrel feeders once a week. It would be very helpful to the department and more important the Residents would very much appreciate and enjoy the full feeders. It will encourage the wildlife to stay in the area. Please contact Donna Littleton in Activities 447-4102.

St. Mary Monthly is published monthly by St. Mary Healthcare Center
2201 Cason Street, Lafayette, IN 47904 • 765-447-4102 • Sally Miller, Executive Director

Sally Miller – Executive Director

Heidi Begley – Director of Health Services

Lynda Brankle – Community Services Representative

Tracey Wolpert – Business Office Manager

Lynnette Biviano, MSW – Director of Resident Services

Mike Parvis, CDM – Director of Dining Services

Donna Littleton – Resident Activity Director

Greg Peterson – Director of Plant Operations

Barb Chumley – Dir. of Environmental Services

Shari Rees, LPN – Community Services Liaison

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@trilogyhs.com

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



St. Mary Healthcare Center

2201 Cason Street
Lafayette, IN 47904
Ph: 765.447.4102
Fax: 765.447.7386
www.stmaryhcc.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