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# THE ARBORS VINE

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF THE ARBORS AT MICHIGAN CITY

## 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

Friday May 4 @ 10:15am  
JJay Brooks in the @00 Dining Room

Friday May 4 @ 2pm  
Join us for Happy Hour Featuring  
Jerry Vernon and his Country Band

Monday May 7th  
Mel Brooks on the Piano  
in the Activity Lounge

Friday May 11 @ 2pm  
Happy Hour Featuring Sam Lozada

Monday May 14 @ 2pm  
Jimmy McHugh on the Piano  
in the 200 Dining Room

Friday May 18 @ 2pm  
Happy Hour Featuring Double C's

Thursday May 24 @ 2pm  
Sing Along With Ken and Cody Tripp  
in the 200 Dining Room.

Also look forward to the Ladies and  
Men's Breakfasts and Luncheons  
Wednesdays and Thursdays.

## RESIDENT BIRTHDAYS

Paul L.	5/1
Harriet W.	5/3
Louise A.	5/5
James H.	5/5
Leona M.	5/6
Julia S.	5/6
Richard A	5/12
Mary J.	5/22
Roger G.	5/27
Manette W.	5/30

## VOLUNTEER NEWS

A Great Big Thank You to all of our Volunteers...we could not do the things we do without you!!! We especially need Volunteers to assist with Field Trips and Happy Hours on Friday if you have an hour or two you would like to dedicate to our Residents please call Heather Borolov, Director of Resident Programming at 874-5211 ext 261.

## EXECUTIVE DIRECTOR'S CORNER

I'd like to take this opportunity to sincerely thank all of you who filled out and returned your Customer Satisfaction Surveys from Spring 2012. It is imperative to our continued growth and success that we receive your feedback! I look forward to taking the good things I've received and sharing them with the staff that work so hard to earn your "10's" and also working together to improve where it's needed. Our goal is to Exceed our Customers Expectations in every area and we won't stop until we do!

*Steve Dobbens*, Executive Director

## Campus in Color: Life Long Learning Craft Project



# Customer Service Moment: *Easter Fun!*



Arbors staff made sure that this Easter, Residents enjoyed themselves in and outside of the campus. Activity Director, Heather Borolov and Medical Records staff, Phyllis Taylor drove Residents to church and home to spend the day with their families! Resident Services Co-Director Tracy Vanaman along with her daughter brought their “real ilfe” Easter Bunny in to visit our folks and their families...it was a fun day for all!!!



*Residents enjoying our real live Easter Bunny who belongs to Tracy Vanaman, Resident Services Director, and her daughter who came in on Easter to visit our folks and let the children from the Easter Egg Hunt enjoy the Bunny also!*

The Arbors Vine is published monthly by The Arbors at Michigan City  
1101 E. Coolspring Avenue, Michigan City, IN 46360 • 219-874-5211 • Steve Dobbens, 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.*

Tina.Strimbu, Divisional Vice President: 219-309-0745 or [Tina.Strimbu@trilogyhs.com](mailto:Tina.Strimbu@trilogyhs.com)  
Compliance Hotline: 800-908-8618, ext. 2800; or [comply@trilogyhs.com](mailto:comply@trilogyhs.com) • *Newsletter Production by PorterOneDesign.com*



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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](http://www.seniorliving.com), [www.nursesworld.org](http://www.nursesworld.org) and [www.aoa.gov](http://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