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# THE MAPLES MESSENGER

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF THE MAPLES AT WATERFORD CROSSING

## 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

5/1 Goshen Public Library

5/8 Jail Museum

5/13 Sunday Brunch

5/15 Wal-Mart

5/17 Family Night

5/22 Taste of the Town  
(McDonalds)

5/29 Kohl's

*Every Friday Happy Hour  
3:00pm-4:00pm*

*Scenic Drives every Thursday  
Destinations chosen by Resident Council*

## SENIOR EXECUTIVE CLUB

Open to all Seniors 55 and older. We offer a complimentary breakfast buffet and guest speaker at each of our meetings. There is no fee to join the club and has many benefits. Our May Senior Executive Club Meeting is on the 22nd at 9:30am in the main dining room. Please call in your reservation for this event at 574-534-3920 Monday through Friday from 9:00am-6:00pm.



## RESIDENT BIRTHDAYS

Flossie H.	05/2
Arthur S.	05/2
Lois H.	05/6
Glen H.	05/11
Lois Y.	05/31

## STAFF BIRTHDAYS

05/12	Rebecca Kuhn
05/15	Melissa Varino
05/24	Phillip Beachey
05/26	Amy Watts
05/31	Julanna Allen

## EXECUTIVE DIRECTOR'S CORNER

A big THANK YOU to all the residents and family members who tolerated our numerous reminders and completed the Customer Satisfaction Surveys. We had a record number of returns and we will be sharing the results with you soon!

Our Community Easter Egg Hunt was a hit with the young and the young at heart. The Easter Bunny made room visits and brought smiles to many faces. We had a great turn out for our Sunday

Brunch in April. Our Food Service Team did an awesome job of preparing Easter favorites, and added a milkshake station- a great hit with the kids. Don't forget to make your reservations for next brunch! As always the second Sunday of every month, see you then!

**Vickie Bortner**

Executive Director

## Easter Bunny visits The Maples Campus on Good Friday

The Easter Bunny was a huge success on Good Friday for the Community Easter Egg Hunt held at The Maples at Waterford Crossing in April. All the residents and children were pleased with his visit and the bucket of candy he passed out. A special thanks to CSR Donald Glassman. Please enjoy the pictures and if you'd like a copy stop into The Maples and let me know. Sincerely, **Angela M.Kiser**, Resident Activity Director



# More Fun Photo Highlights with the Easter Bunny!



*The Maples Messenger* is published monthly by The Maples at Waterford Crossing  
1332 Waterford Crossing Circle, Goshen, IN 46526 • 574-534-3920

*Vickie Bortner HFA, Executive Director*

*Doug McCartney, Director of Health Services*

*Allison Beyler, Director of Resident Services*

*Angela Kiser, Resident Activity Director*

*Ann Morris, Accounts Payable*

*Cindy Goldsmith, Dir. of Environmental Services*

*Krista Brumbaugh, Customer Services Rep.*

*Chef Michael Schroeck, Director of Food Service*

*Jeff Norton, Director of Physical Plant Operations*

*Brenda Whitehead, Medical Records*

*Stephanie Stanley, Business Office Manager*

*Donald Glassman, Customer Service Specialist*

*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: Phone: 219-309-0745 or [Tina.Strimbu@trilogyhs.com](mailto:Tina.Strimbu@trilogyhs.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](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