



THE OAKS AT NORTHPOINTE WOODS

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THE OAKS OUTLOOK

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF THE OAKS AT NORTHPOINTE WOODS

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.

MAY OUTINGS

5/10 Firekeeper's Casino!

5/15 Dollar Store

5/22 Out to the Movies!

5/29 Lunch at The Pizza Parlour

Please check the calendar for more details

SPECIAL EVENTS

Residents will enjoy food from Nina's Tacqueria on May 8th for Taste of the Town.

Our Family Brunch is set for Sunday May 20th from 11:30am to 1:00pm. Please remember to R.S.V.P. at the front desk for this event. Please try to limit to four guests as space is limited, however, if you need to book more than four there will be a \$5.00 charge for each additional guest.

Family Night is set for May 24th at 6:00 pm

****Reminder to ALL Family Members and Visitors... Doors are locked at 9:00 pm each day. Please ring the doorbell located at the front entrance and an employee will assist you. Thank you for your help in keeping our residents safe.****

SENIOR EXEC. CLUB

Senior Executive Club meets every third Monday of the month, at 2:00pm, in the main dining room of The Oaks at NorthPointe Woods. All guests are served a delicious lunch prepared in-house by Chef Carlos Rolon and his fabulous team. Knowledgeable speakers of various disciplines are regularly scheduled, as well as occasional activities and entertainment. Members of our Senior Executive Club also enjoy numerous additional benefits beyond the monthly luncheon. All members may utilize our banquet and meeting rooms for personal use; exercise programs are available to those interested; members may take advantage of our insurance consulting services, which can offer clear explanations of the complex Medicare and Medicaid systems; regular blood sugar and blood pressure screenings are also available. We encourage you to attend our next Senior Executive Club meeting. Please, extend the invitation to friends and family. The more the merrier!

Sarah Thompson
Community Services Representative

OAKS RESIDENTS' BIRTHDAYS

5/1	Betty D.
5/2	Barb S.
5/3	Larry M.
5/4	Lynn M.
5/8	Bessie S.
5/18	Richard S.
5/19	Julia N.
5/26	Stella T.
5/29	Mary B.
5/29	Elizabeth W.
5/29	Rose H.
5/31	Carolyn R.

STAFF BIRTHDAYS

5/5	Natasha W.
5/9	Lynn B.
5/9	Seyon R.
5/13	Heather C.
5/16	Janice F.
5/21	Brenda M.
5/24	Danielle B.
5/26	Sandra F.
5/30	Patricia B.

EXECUTIVE DIRECTOR'S CORNER

Throughout the year, our volunteers use their creativity and compassion for the elderly to partner with our Activities staff in engaging residents in person-centered activities and programs. We'd like to take this opportunity to thank our current volunteers for their selflessness, and for helping to bring meaning to the lives of our residents! Thank you!

I also want to take a moment and remind everyone of our "Never Too Late" program. The purpose of this initiative is to grant a final wish or a life-long desire for one of our residents. If you are aware of a desire that would bring joy to one of our residents, please make sure we are aware of it. Even if you think it is

not attainable, please let us know. Often we are able to achieve great things when we work together with a single objective.

A big thank you to all who participated in the Spring Customer Satisfaction Survey. I look forward to reviewing the results and using your feedback to help plan the next 6 months to exceed customer expectations. We genuinely appreciate the confidence you have shown in us as we serve you and your loved one. As always, please let us know if there is anything we can do to improve our service to you, our valued family and friends.

Sandy Frankhauser

Executive Director

Activity Notes

April Showers bring May Flowers! And it's all anyway can talk about around here! We've started our Campus in Color program and are going to be working away to keep improving our beautiful campus. The residents have been very involved with the planning of the gardens, both plants and vegetables. We received some new gardening accessories this year from our winning Best Curb Appeal and Best Courtyard in our division! We will have another raised bed planter for our residents to help with in our main courtyard, a beautiful gardening bench for the Legacy Courtyard and a new bird bath fountain in our "secret" courtyard for the residents to enjoy from their rooms.

As always, our events and activities would not be possible without volunteers. If you have a hobby or skill that you would like to teach the residents, or maybe just run a card group or a small social group please let us know! The residents always appreciate new friends

LEGACY NEWS

"Can words describe the fragrance of the very breath of spring?" – Neltje Blanchan. Gardening is a treasured activity for our residents as it brings back nostalgic memories of yesterday. We invite you to come welcome in spring with us in the Legacy courtyard. We will be planting new flowers and vegetables and are very excited to use our new gardening bench that we won from last year's Campus in Color competition! We look forward to spending time with you and your loved ones to enjoy the "breath of spring".

Stacey Thompson

Legacy Neighborhood Director

and welcome them into their lives here. Please contact me if you would like to join us! I can be reached at the campus phone or emily.pirog@theoakshc.com.

Emily Pirog
Resident Activity Director

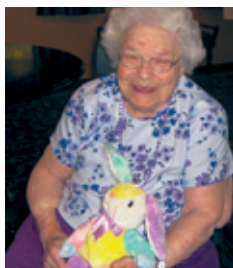
Dietary: The Realm of the Senses

The work of a chef and the appreciation of a dining experience is unique - and uniquely demanding, in that it draws upon each of the 5 senses. While the sense of taste is the one most heavily emphasized, the sense of smell is just as, if not more, important. While the tongue can taste the four basic flavors, the sense of smell provides us with much more sensory impressions. Similarly, the sense of touch, and ones appreciations of textures come into play not only with our finger tips but also from the mouths own sensors. Lets not forget the ears sensory appreciation of a good "crunch" either. Also, while it may be over emphasized in modern cooking, a pleasing visual presentation of a dish can absolutely add greatly to one's total appreciation of a dish.

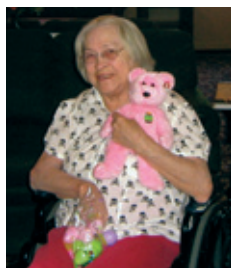
Carlos Rolon

Director of Food Services

Spring Fun!



Grace V. was so excited to win a bunny donated by CC!



Wanetta W. was really happy to win a cuddly pink bear during the Easter Egg Hunt!



Nancy B., Ken B., Dorcas H., Margaret B. and Muriel C. enjoy watching Joseph and the Amazing Technicolor Dreamcoat at Franke Theater in Marshall

ENVIRONMENTAL SERVICES UPDATES

My recent move from the position of CRCA to Director of Environmental Services has been an exciting new challenge for me! I am so pleased that I still get to spend a lot of time with the residents, just in a new capacity. We have been working really hard to solve any laundry issues you may have had in the past and hope you have seen a change! In order to better facilitate this change I want to express the absolute importance of labeling your loved ones clothes clearly. Even if you plan on doing the laundry yourself, a label is always helpful for the clothes to find their way home.

If you wish not to label them yourself my team and I are more than happy to assist you with that. Just bring them to us and we will handle all the labeling for you. I want to invite you to call me anytime M-F 7-4:30 at 269-420-9420 and I will personally come pick up the clothes and label them for your loved ones.

Now onto the fun stuff! In coordination with the rest of the departments on campus we are all looking forward to beautifying our campus and cannot wait to get our hands in the dirt. For the last few years, the Environmental Services team has been an integral part in maintaining our outdoor landscape and we are honored to continue that service!!

Genell Martinez

Director of Environmental Services

★SHINING STARS★

We have two people we would like to honor this month for their outstanding hard work.

Myryom House, CRCA, was recently described as "particularly loving" by a family member of a resident she regularly cares for. This family member called me to express his gratitude for Myryom's big heart and continuously outstanding care. He described how recently Myryom gave his a wife a new hairdo so that she could attend a visitation of a loved one in style. Both resident and husband could not be more grateful for her!

Cecelia "CC" Collier, one of our newest members to our Environment Services team has already stepped up and shown the depth of her compassion. As a recent example, CC came to me with a huge bag of beautiful stuffed animals, not the kind you can find at the dollar store!! She was so excited to donate these to our residents knowing how much they would enjoy them. We gave the stuffed animals away during our Easter Egg Hunt, and a few of the residents were almost moved to tears for her wonderful contribution!

Don't Forget...

If you know of a staff member that has gone above and beyond their duties for our residents or families that you would like to see us honor, let Emily (Activities) know so we can feature them in our Star Corner. Emily may be contacted by phone at (269)964-4655 ext. 129.

The Oaks Outlook is published monthly by The Oaks at NorthPointe Woods

706 North Avenue, Battle Creek, MI 49017 • 269-964-4655

Executive Director- Sandra Frankhauser
Director of Health Services- Teresa Schell
Community Services Representative- Sarah Thompson

Director of Food Services- Carlos Rolon
Social Services Director- Andrea Barker
Resident Activity Director- Emily Pirog
100 Unit Manager- Maureen Frein

MDS Coordinator- Deb Feltner
Director of Environmental Services- Genell Martinez
Director of Plant Operations- Ray Thomason

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



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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, 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
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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
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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