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# TERRACE TALK

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF THORNTON TERRACE HEALTH CAMPUS

## 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 is here! This is the month that makes us feel like summer is upon us and we plan to take advantage of that to the fullest. May is the month that we begin to plan activities on our porch and spend more time in our lovely courtyard. Soon we will be sipping ice cold lemonade, thinking about all the exciting things coming up this summer and enjoying blue skies, balmy breezes and long, lazy days.

We will be celebrating Cinco de Mayo on May 4th with traditional chips, salsa and Margaritas! Parte del tiempo! Our next event will be our Mother's Day Brunch on 13th. This event fills up quickly so be sure to RSVP for this as soon as possible. On May 24th we'll be revving our engines for our "Indy 500, A Tribute to Racing" Family Night party! And last, but not least, we are once again hosting our traditional Memorial Day Cook-out on May 28th.

We invite you to join your family member for any activity listed on our calendar. Or, better yet, volunteer for an activity and spend some quality with several of our residents. It takes so very little to make each day much brighter for so many of our folks here at Thornton Terrace. And, volunteering is guaranteed to make YOUR day much brighter too!

Have a fun & safe summer!

**Sheryl, Sue, Linda & Sonya**  
Activities

*Please see the enclosed Activity Calendar for a complete list of May activities.*

## RESIDENT BIRTHDAYS

Martha P.	5/2
Charlotte P.	5/14
Mary H.	5/15
Mary Ann R.	5/16
Susan T.	5/19

## STAFF BIRTHDAYS

Kimberly Y.	5/1
Michael M.	5/1
Sue P.	5/6
Kimberly P.	5/9
Angie S.	5/22
Aaron G.	5/31

## EXECUTIVE DIRECTOR'S CORNER

Greetings,

I wanted to thank all of our residents, staff, family members and volunteers for all of the efforts to make our annual Easter Egg Hunt and another success. I hope all of the children had an enjoyable time.

Our Easter Dinner was another huge success!! We had over 200 residents and families for dinner on Easter Sunday. It was wonderful to see residents able to spend Easter with their entire families. Please help me to thank our activities and dietary staff for their efforts in organizing this event from the beautiful decorations to the fabulous food!

This month we are looking forward to our Mother's Day Brunch on the 13th and our annual Indy 500 Family night on the 24th!

I would also like to congratulate all of our employees for being ranked #1 in Employee Satisfaction! Happy employees make happy customers. Great Job!

We will also be announcing results of our semi-annual Customer Service Satisfaction Surveys very soon. Thank you to all that participated and we look forward to celebrating these scores.

**Andra Bladen**

Executive Director

## Be Kind to Animals Week is May 6 – 12!

At our last Resident Council meeting, our residents decided to support our local Animal Shelter as a service project. Please bring donations of dry cat & dog food, kitty litter, treats and toys to the Activity Department at any time during the month of May. Thanks for your support!



# Residents enjoyed an afternoon of singing, dancing and crafting during a recent visit with Girls, Inc.



*It was a special treat for the girls to meet resident Sue P., who was a long-time board member, and very involved, with Girl's, Inc."*



*Terrace Talk is published monthly by Thornton Terrace Health Campus  
188 Thornton Road, Hanover, IN 47243 • 812-866-8396 • Andra Bladen, 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.  
Gloria Ising, Divisional Vice President: 502-271-8515 or [Gloria.Ising@trilogyhs.com](mailto:Gloria.Ising@trilogyhs.com)  
Compliance Hotline: 800-908-8618, ext. 2800; or [comply@trilogyhs.com](mailto:comply@trilogyhs.com) • Newsletter Production by [PorterOneDesign.com](http://PorterOneDesign.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