



# Triple Creek

Retirement Community

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# TRIPLE CREEK CONNECTION

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF TRIPLE CREEK RETIREMENT COMMUNITY

## 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

Family Night is Tuesday, May 8th. Once again we will be holding our annual B.Y.O.P. (plant) to celebrate our Campus in Color Gardening Contest. Bring an annual, perennial, herb or even a vegetable to plant in our garden. If you have your own gloves or garden tools, please feel free to bring those also. We will provide some tools and gloves available for use also. Light snacks and drinks for all ages. RSVP to Lisa Dario via email: Lisa.dario@triplecreekretirement.com.

Senior Prom Fashion Show Friday, May 18th. Students from Northwest High School will be here to model their Prom Gowns and evening wear for us during Happy Hour.

## ENTERTAINMENT

- 5/4 Mark Cormican 3:30  
Dunlap Station
- 5/18 Bill Roth 3:30  
Dunlap Station
- 5/25 Scott Schulte  
Dunlap Station

## SUNDAY BRUNCH

**TIME CHANGES FOR BRUNCH!!!!**  
Sunday Brunch is May 27th. Seating is limited to 4 guests per resident. Additional guest's tickets may be purchased for \$5.00. Seating times are now going to be 10:30, 11:30 and 12:30. Please arrive on time for your reservation time, as we will need to accommodate guests at later seatings. Thank you. Reservations are required and can be made by calling the activity department at 851-0601.

## COMMUNITY EVENT

Our 3rd Annual Senior Health and Wellness Fair will be held on May 30th from 10-2 pm. This event is free and open to the community. Over 30 booths of information on Senior Health and Wellness, prizes, giveaways and lots of great information! All are welcome.

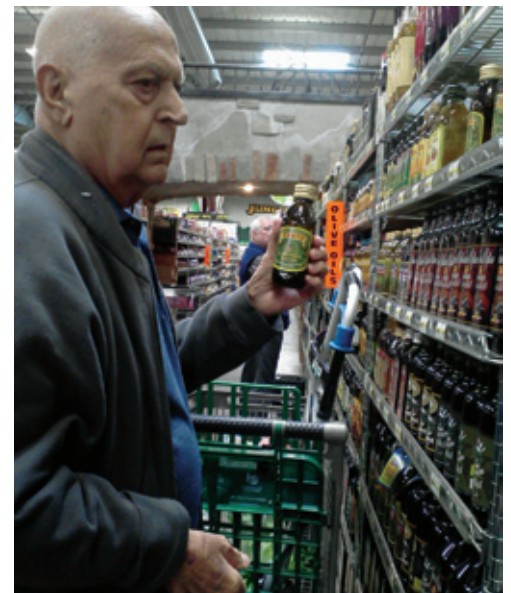
## RESIDENT BIRTHDAYS

Patricia R.	5/2
Juanita S.	5/5
Janet G.	5/12
Marion W.	5/21
Anna E.	5/21
Therese J.	5/22
Ruth L.	5/25
Ann A.	5/29

## STAFF BIRTHDAYS

Lisa T.	5/9
Gregory H.	5/11
Stacey Z.	5/12
Renee A.	5/13
Alan B.	5/15
Veronica B.	5/16
Tiera R.	5/16
Lexie D.	5/21
Chelsea Z.	5/21
Megan B.	5/25
Ana-Mahliya R.	5/27
Tangela R.	5/29
Adenike A.	5/30

## Therapy at Triple Creek means Shopping at Jungle Jim's

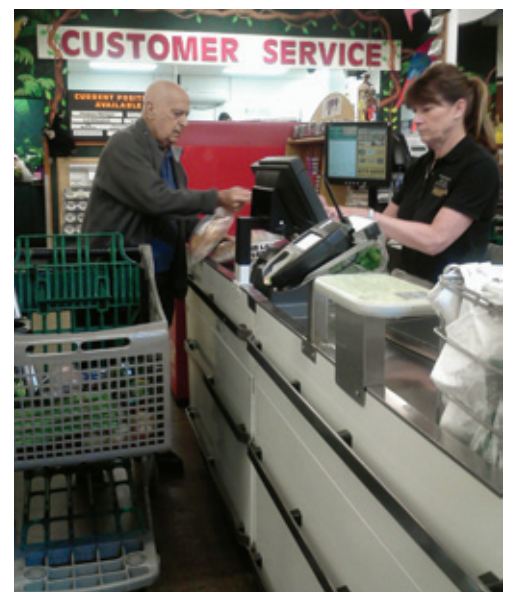


## SENIOR EXEC. CLUB

Will meet on May 22 at 1:30. Nora Dashely from the YMCA will be here to tell us about their Silver Sneakers program. Please join us for lunch and an informational speaker. Please RSVP to 851-0601.

## FUNDRAISING LUNCH

Independence from Hunger  
Fundraising Lunch Open to all.  
Donations taken at the door. May 24th at 1pm. All proceeds benefit S.O.N. Ministries food pantry. Please RSVP to 513-851-0601.



## CAREGIVER SUPPORT GROUP

Our first Caregiver Support Group will meet on May 10th at 5:30 in Dunlap Station and the Sunroom. Our first topic will cover the Experience of the Caregiver. This group will meet monthly on the second Thursday of each month and is led by Patrick Owens, Chaplain of Evercare Hospice and Palliative Care. This group is open to anyone in our community. Please call Lisa Dario at 851-0601 with any questions.



## Therapy continued: Homemade Vegetable Soup

Tino enjoyed his Occupational Therapy Session shopping for fresh ingredients for his homemade Vegetable soup, which he made the next two days with the help of therapy and his family. The whole campus enjoyed the wonderful smells and tastes of his efforts!

## EXECUTIVE DIRECTOR'S CORNER

Spring at Triple Creek means Campus in Color time! Although I was not here last year to experience this wonderful event, I did have the pleasure of ordering our prizes won from this contest. Each year Trilogy Health Services hosts this company-wide contest which encourages family and resident participation in the outdoor beauty of our campus. We have categories for a vegetable and herb garden, best courtyard, curb appeal and resident involvement. If

you would like to volunteer some time to tend to our beautiful gardens, we would welcome the help. I look forward to seeing our families and residents spending many long, sunny hours amidst the beauty of our colorful campus.

Sincerely,

**Beth Luken**

Executive Director

## Volunteer News

Thank you to a few of our very faithful and appreciated volunteers:

- **Phil Klug and "Millie"**
- **Kathy Vladingham**
- **Ray and Sylvia Ward**

If you are interested in volunteer opportunities at Triple Creek, please contact the Activity Department.

Triple Creek Connection is published monthly by Triple Creek Retirement Community

11230 Pippin Road, Cincinnati, OH 45231 • 513-851-0601

Beth Luken, Executive Director

Marie Nelson, RN, Director of Health Services

Lisa Taylor, RN, Asst. Dir. of Health Services

Amanda Wells, Director of Rehab Services

Lisa Dario, Resident Activity Director

Brenda Bass, Director of Resident Services

Cari Carmack, Community Service Rep.

Lexie Dressler, AP/Payroll Coordinator

Stephanie Staples, Customer Service Specialist

Donisha Thompson, LPN,  
Scheduler/Staff Coordinator

Steve Marsh, Director of Maintenance

Sally Oatis, LPN, Medical Records

Teniel Carter, Director of Environmental Services

Jamie Insko, Director of Food Services

Jan Reiva, Business Office Manager

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

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!

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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