



Waterford Place
Health Campus

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WATERFORD PLACE NEWS

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF WATERFORD PLACE 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

Monthly Theme: *Around the World*

- 5/4 Happy Hour with Roy Carter

- 5/8 Theme Dinner/Family Night
- Viva Mexico

- 5/11 Happy Hour
with Jerry Holcomb

- 5/18 Happy Hour
with Robert Ferrin

- 5/20 Sunday Brunch

- 5/23 Taste of Town - Gino's Pizza

- 5/23 Crafts with Babs

- 5/24 Garden Party/Art Walk/
Rehab Reunion

- 5/25 Happy Hour
with David Gray

- 5/29 Doug DeBaun - singer

SAVE THE DATE!

August 25 - "Forget-Me-Not 5K" and
"Generational Walk and Roll" to Ben-
efit the Alzheimer's Association

VOLUNTEER NEWS

A big thank you to all the wonderful volunteers at Waterford Place Health Campus. We have several people from the community that share themselves and their talents with our residents. Anything from reading to them, putting lotion on their hands and feet, repairing their glasses, playing cards and bingo, leading craft groups, providing music, assisting in the dining rooms and riding with our residents in the van. We appreciate any assistance that anyone can give us. If you are interested in volunteering please call the Activities Department.

RESIDENT BIRTHDAYS

Dorothy I.	5/2
Mary K	5/12
Ilo S	5/12
Jill D	5/18

CUSTOMER SERVICE MOMENT

What an exciting month of March! Not only did we celebrate March Madness, but we were amazed to learn from Mark Sloss about the 50th home conversion completed by Habitat for Humanity! Thank you Mark for sharing your success and stories with us!

STAFF BIRTHDAYS

Brian Polk	5/03
Joy Warren	5/03
Erica Fouch	5/04
Heather Hartman	5/04
Andrew Lynch	5/05
Meagon Hendricks	5/13
Kimberly Beckwith	5/13
Irene Robertson	5/18
Jackie Orndorff	5/18
Ashley Hinkle	5/20
Kristy Smith	5/23
Diana Pier	5/25
Kate Ebert	5/25
Kyle Alexander	5/27
Alyssa Chalk	5/30

Bowling Pin Pals....

The resident recently took a trip to a local bowling alley. They got to wear bowling shoes, pick out colorful balls and knock down several pins. Most importantly the residents had many laughs and lots of fun. We will be scheduling this kind of outing again - watch your calendars and plan to join us - this would be a great family adventure!



In Your Easter Bonnet...

Several residents joined the Activities Department and volunteer group to make Easter Bonnets. They used flowers, Easter basket grass, plastic eggs, feathers, frilles, glue and a lot of imagination. The results were delightful! The ladies put on their bonnets the next day and had an Easter parade to happy hour.



Even one man joined in on the creativity and made a "Chick Magnet" hat.

SENIOR EXEC. CLUB

May's Senior Executive Club will be one you won't want to miss!! We will host our 3rd Annual Garden Party Thursday, May 24th from 4pm-6pm. We will enjoy wonderful food prepared by Chef Andrew and his team as well as enjoy the gorgeous surroundings of the Waterford outdoor courtyards!! Please note this is a time change from the regularly held club time.

EXECUTIVE DIRECTOR'S CORNER

Dear Waterford Friends and Family Members:

Just a brief but sincere "Thank You" to all those who completed our recent Customer Satisfaction Survey. We will be receiving our results very shortly and will share the outcomes in next month's newsletter.

Please remember that our Living Colors program and Campus in Color gardening program are in full swing! We are always

excited to have additional volunteers for these as well as many others programs, so stop by our Activity Department or give us a call if interested.

As always, please let us know if there is anything we can do to improve our service to you, our valued family and friends.

Fabian A. Calisto

Executive Director

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800 St. Joseph Drive, Kokomo, IN 46901 • 765-236-1239

Fabian Calisto, *Executive Director*

Betty Freeman, *Interim Director of Health Services*

Heather Hammond, *Community Service Rep.*

Ann Hawes, *Legacy Neighborhood Director*

LeeAnn Green, *Director of Resident Services*

Lisa Hutchinson, *Resident Activity Director*

Beth Nichols, *Business Office Manager*

Bridget Wilson, *Dir. of Environmental Services*

Chef Andrew Lynch, *Director of Food Services*

Tim Dearing, *Director of Physical Plant Operations*

Dan Rathanaswami, *Director of Rehab Services*

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, we encourage you to call the Divisional Vice President or our Compliance Line.

Misty Reber, Divisional Vice President: 317-431-6633 or Misty.Reber@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, 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
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