



714 S. Eickhoff Road
Evansville, IN 47712
Ph: 812.985.9878
Fax: 812.985.9879
www.westriverhc.com



WEST RIVER REPORTER

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF WEST RIVER 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

- 5/1 Forest Hills Baptist Church
- 5/4 Viva Mexico theme dinner - residents will enjoy a Mexican cuisine
- 5/13 2:00 Ladies Tea to celebrate motherhood
- 5/15 Forest Hills Baptist Church
Older American Month:
Never Too Old To Play -

Additional activities to be highlighted on the calendar.

ENTERTAINMENT

Second Sunday of the Month- Entertainment by "Clif the Drifter" at 3:45 on Assisted Living

Second Thursday of the month at 3:15- Singing and Guitar player Ken Goans in the Town Square.

Third Thursday of the month at 3:30- Accordion Music by Helen Kessel in Town Square

First and Third Thursday at 10:30am- Hymns and Piano Sing-A-Long with our volunteer Gay Baker. Assisted Living Dining Room by Piano

Terese McKammer will play the piano for the Birthday Party on Thursday, May 24.

Last Saturday of the month- Singing by Angela Goedde (Legacy--Alternates every other month Legacy and Health Center).

SENIOR EXEC. CLUB

This past April, we had a great turnout for our Senior Executive Club! We had Julie Stucki as our guest speaker and she did a great job! Our next Senior Executive Club will be May, 24, 2012 at 1:30. We will provide lunch and a speaker. Please join us for food, fun, and prizes!

RESIDENT BIRTHDAYS

- 5/1 Phoebe A.
5/3 Bernadette P.
5/9 Betty K.
5/11 Keith M
5/28 Clara W.

STAFF BIRTHDAYS

- 5/2 Jennifer G.
5/14 Christina V.
5/18 LaRoma T.
5/18 Rebecca D.
5/27 Katherine D.
5/27 Darla P.
5/28 Jacque F.
5/30 Paula J.

EXECUTIVE DIRECTOR'S CORNER

This month recognizes the dedication and service of the nursing profession and West River will pay special respect to our fine nurses during National Nurses Week, May 7-11. The week will include a sundae bar, a "beachside grill" in the courtyard, drinks on Thirsty Thursday, and breakfast at Denny's on Friday.

To make the recognition all-embracing, we request that families and friends write a note of appreciation for the nurse

who has provided compassionate care for your resident. The notes may be submitted to DHS, Jacque Fehd, or the front office. Jacque will distribute them during the week. Words of appreciation go a long way and we thank you in advance for taking the time to value the nurses on all shifts with a written expression of thanks.

Stacy McClellan, RN, HFA
Executive Director





FAMILY NIGHT

The first day of the month West River will host “Off to the Races” family night. Dining Services will serve “Derby Desserts” and drinks. To create the Derby mood, we are requesting everyone wear a spring hat! This can be as big and crazy or small and charming as you like. Please provide a hat for your resident if possible - maybe a hat they used to wear. The Activity Staff will have hats on hand for residents who don’t have a hat.

SUNDAY BRUNCH

This month Sunday’s Brunch on May 20th will be accompanied by a Resident Art Display, bringing to a close our “Living Colors” program. We would also like to display the art of their lifetime and would appreciate any resident’s art you might have to contribute. The art will be set up that morning away from the food and drink. Art may include quilts, paintings, sculpture, photography, etc. Art to be displayed throughout the afternoon and then placed in resident’s room or Activity office until it is picked up by donor.

Each resident may invite four guests free. We ask that additional guests purchase meal tickets for only \$5.00 each. Please RSVP to Natasha or Activities Dept. the number in your party. If you would like to reserve a table notify the Activities Dept.

West River Reporter is published monthly by West River Health Campus
 714 S. Eickhoff Road, Evansville, IN 47712 • 812-985-9878 • Stacy McClellan, *Executive Director*

Executive Director, Stacy McClellan
Director of Health Services, Sandi Thomas
Asst. Director of Health Services, Katie Edwards
Business Office Manager, Meghan Wolf
Director of Social Services, Laura Francis
Community Services Rep., Laurie Brummel
Customer Service Specialist, Brittney Amos

Guest Relations, Brittany Rutledge
Director of Food Services, Jacque Fehd
Director of Environmental Services, Robin Pruitt
Legacy neighborhood Director, Lisa Glahn
Resident Activity Director, Donna Curry
MDS Coordinator, Becky Marx
Assisted Living Unit Manager, Melinda Wilkinson

Therapy Program Director, Keenan Hape
HC Unit Manager, Gay Edmonds
Denise Gross
Medical Records, Kathy Emge
AL Unit Manager, Melinda Wilkinson

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.

Jim Chambers, Divisional Vice President: 812-480-4127 or Jim.Chambers@trilogyhs.com
Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogyhs.com • Newsletter Production by PorterOneDesign.com



714 S. Eickhoff Road
 Evansville, IN 47712
 Ph: 812.985.9878
 Fax: 812.985.9879
 www.westriverhc.com

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
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