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WOODBIDGE CAMPUS NEWS

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF WOODBRIDGE 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 1 Begins the Campus is Color Gardening in the Courtyard!
- May 4 Dinner Celebrating Cinco De Mayo with an authentic Mexican Fiesta!
- May 7 2:00pm Mother's Day Music with J. Jay Brooks
- May 9 9:30am Conner Prairie for Lunch & 1859 Helium Balloon
- May 13 11:30am -1:00pm Mother's Day Brunch
- May 17 6:30pm Family Night with Cliff Martin
- May 22 2:00pm Music with the Talented Fred Walker
- May 25 12:00pm Memorial Day Cookout in the Courtyard

SENIOR EXEC. CLUB

Oh, how we love the Spring! After the long winter, it is good to see color as Mother Nature readies her palette for the coming months! This month we will be having the Senior Executive Club on Thursday, May 24th at 10:00am and we hope to see you there for a delicious brunch!!

VOLUNTEER SPOTLIGHT

This month we would like to recognize volunteer, Tim Padfield, for doing our Monday morning devotions! He has become an important part of our week and so is being greeted by his enthusiastic "Good Mornin'!" each Monday. Tim has been volunteering for at WoodBridge for only one year, but in that time has brightened quite a few lives. We would like to thank Tim for his compassionate commitment to our residents!



RESIDENTS' BIRTHDAYS

Bob K.	5-01
James O.	5-11
Ruth L.	5-23
Mary H.	5-26
Marilyn D.	5-30
Mildred B.	5-31

STAFF BIRTHDAYS

Gilbert Noaker	5-01
Terri Alspaugh	5-06
Craig Jones	5-15
Theresa Hare	5-19
Cindy Clark	5-21
April Babcock	5-26
Kayla Cottrell	5-26
Lori Roller	5-29

EXECUTIVE DIRECTOR'S CORNER

Hello to everyone! What a wonderful spring we are having. Schools will be dismissing for the summer soon so we need to be aware of the little ones playing outside and also all the motorcycle riders will be taking advantage of the beautiful weather. Be looking for our gardens that will be popping up around WoodBridge, I've heard they are beautiful.

hope to see you at WoodBridge for our special meal and look forward to celebrating with you and yours! In addition, Father's Day is on June 17th and we hope to make the day an even better one by hosting a Sunday Brunch then as well for your convenience.

Enjoy your spring and we'll see you soon at WoodBridge Health Campus.

And now for a note of change, the date for our next Sunday Brunch has been moved to Mother's day, May 13th we

Penny S. Johnson

Executive Director

Smile of the Month: Bobby Jo



We would like to introduce our new Assessment Coordinator to the Management team. Her name is Bobby Jo Blackman. She has been working in long term care since she was 15 as a CNA and went to Ivy Tech to obtain her LPN later in life. She worked on a skilled care unit for several years as a nurse before taking on a role as MDS coordinator and loved it too! She enjoys spending time with her residents as well as her own spouse, 4 children and 5 more grandchildren! She enjoys hiking, camping, horse-back riding, and sitting by a campfire. Feel free to stop in the MSD Office and welcome Bobby Jo to the WoodBridge Family.

Family and Friends of WoodBridge that joined us for our month of GREAT music!



Trudy & her husband



Doris & her son



Eleanor & Friend



Shirley & family



Glova & her daughter



Pat & her friend



Tony & Volunteer Abby



Pauline & family



Out for Lunch

WoodBridge Campus News is published monthly by WoodBridge Health Campus

602 Woodbridge Avenue, Logansport, IN 46947 • 574-753-3223 • Penny S. Johnson, Executive Director

Penny S. Johnson, Executive Director

Becky Wade, RN, Asst. Director of Health Services

Cindy Clark, Business Office Manager

Jodi Shively, Director of Social Services

Kenneth Perez, Therapy Club Director

Amy Goodrich, Resident Activity Director

Gilbert Noaker, Physical Plant Director

Bobby Jo Blackman, MDS Coordinator

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!

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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