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WOODMONT CORNER

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF WOODMONT 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 Red, Donna & Elsie's
Sing-A-Long @ 2:30 p.m.
- 5/1 Main St. Methodist Hand
Bells @ 6:30 p.m.
- 5/2 Mass with Father Will
@ 1:30 p.m.
- 5/2 Birthday Party for the
Month with Cliff the Drifter
@ 2:30 p.m.
- 5/3 L.Heck Band @ 6:30 p.m.
- 5/4 Entertainment by Richard
Serletic {Mexican Theme}
@ 11:30a.m.
- 5/4 Viva Mexico Themed
Lunch @ 12:00p.m.
- 5/6 Ben's Gospel Music
@ 10:00a.m.
- 5/8 Wal-Mart Trip @ 10:30a.m.
- 5/8 Family Night
{Mother's Day Theme}
- 5/9 Tasty Freeze Trip
@ 2:30 p.m.
- 5/13 Mother's Daughter Tea &
Crumpets @ 10:30 a.m.
- 5/15 Out to Eat @ Turoni's
in Newburgh
{leave @ 10:30a.m.}
- 5/16 Art Walk @ 3:00 p.m.
- 5/19 Fruits of the Spirit
@ 10:00 a.m.
- 5/19 Woodmont's Invitational
@ 3:30p.m.
- 5/20 Sunday Brunch
@ 11:00-1:00
- 5/22 Monthly Trip to the
ZOO @ 10:00a.m.
- 5/25 Woodmont's Taste
of the Town
- 5/28 Memorial Day Ice Cream
Social @ 2:30p.m.
- 5/30 National Senior Health
& Fitness Day
- Wednesday's Pastor Ames @ 6:30 p.m.
Thursday's Happy Hour @ 3:15
(Family invited)

VOLUNTEER NEWS

Remember volunteers are always welcome. Just stop by the activity dept. For more info on how you could become a volunteer! You can volunteer just one hour a month and use your special skills or talents to bring joy to someone's life, please consider giving this special gift only you can give!

RESIDENTS BIRTHDAYS

- 5/2 Leland P.
5/6 Wilma K.
5/9 Carrie R.

STAFF BIRTHDAYS

- 5/17 June C.
5/23 Carol C.
5/26 Shannon B.
5/28 Mendy S.
5/29 Laura W.
5/29 Emily B.

WELCOME RESIDENTS

Woodmont would like to extend a warm welcome to our new residents:

Jeanette P. Hazel H.
Arnold R. Leland P.

We hope they enjoy their stay and make many new friends. We are happy to have you as part of our Woodmont Family!

Culinary Spotlight

Dear Woodmont Families,
I hope everyone is enjoying the warm weather so early in the season. I would like to take this opportunity to address the need for placing reservations at our events. If you are coming to a event that we are hosting it helps us in ordering the right amount of food as well as making sure we can accommodate seating for everyone. We would be embarrassed if we ran out of food to serve or provided inadequate seating.

Please call the Campus to place your reservation for a specific event and ask to speak with Becky White in **Guest Relations** or Laurie Williamson in **Accounts**

Payable. These ladies will need to know what event you are reserving and how many will be attending.

Please remember a resident may have up to 4 guest free of charge, each guest after 4 will be charged \$5.00 per meal ticket. These tickets may be purchased from the front office or from the Week Start Manager on the weekends. Thank you for your continued support of our residents and our campus... we are passionately committed to excellence in our service to you.

Kevin Brown
Director of Food Services

Live a Dream

Bob C. has been a longtime resident of Warrick County and most of his life he was a farmer. Bob owned more than one farm with one location near Tennyson, In. He had 2 hog farms plus he raised cattle and grew grain, corn, milo, wheat and hay crops. Bob farmed over 600 acres and loved taking care of his 500 + hogs which he talks about all the time. He also participated in our living colors art program where he loves to paint pictures of the farm! Bob served in WWII and has an honorable discharge from the Army & Marines. In order to grant the "Live A Dream" for Bob we arranged a visit to a local hog farm where he knew the people who owned the farm; he delivered to them on many occasions. We enjoyed looking at all the pigs. Bob spent time talking with the owner about his pigs, operations on the farm and comparisons of how it used to be done compared to now. He was so excited to get to visit the hog farm and reminisce about the good old days.



SENIOR EXECUTIVE CLUB – Meeting will be on May 16 at 1:30 pm.
Complimentary Lunch will be served. Please come and join us for great food and socialization. Please RSVP to Becky White at 897-4114.

EXECUTIVE DIRECTOR'S CORNER

Greetings!

I'd like to sincerely thank all of the families who completed and returned the recent Customer Satisfaction Survey we sent you. Your feedback and comments will drive our initiatives over the next six months. As you know, exceeding our customers' expectations at every opportunity is our top priority. Woodmont's and Trilogy's commitment to customer service drives everything we do at our campus, and is the basis for our continuous quality improvement. I will outline our Pillar Goals and Customer Service Action Plan in next months newsletter.

We appreciate the opportunity to serve our residents, families and community! In keeping with the theme of opportunity to serve... here is a brief outline of the May events our staff have planned. We welcome your attendance and participation in any of our gatherings. Please remember to make reservations, this assists us in planning of food amounts as well as reserving enough space for guests. We strive to seat families together yet allow our residents to maintain their usual seating placement.

CALENDAR REMINDERS

Theme Dinner: Viva Mexico is the setting for our theme dinner on May 4th at noon. We will don sombreros and ponchos to celebrate our south of the border cuisine.

Family Night: Our next Family Night will be May 8th at 6:00 and will be celebrating all of our Mothers. We hope you are able to attend! We will be serving Fried

Chicken, Mashed Potatoes, Corn, Yeast Rolls and Chocolate Cake. Please join us for a great time with your loved one, and our team!

Mother/Daughter Tea & Crumpets:

On Sunday, May 13th at 10:30am come and experience Woodmont's version of an English Tea with poetry readings and scrumptious desserts... all in honor of our Mother's.

The Art Walk: Our Annual Art Walk will be held on Wednesday, May 16th at 3:00pm. Partake in the art exhibits from our talented residents, staff and guests. We will have wine, cheese and desserts to enjoy while you browse our gallery.

Woodmont's Golf Invitational: Do not miss the opportunity to putt for prizes at our Golf Invitational held here at Woodmont on our own putting green.

On Saturday, May 19th at 3:30pm we will kick off the event.

Sunday Brunch: Our next Sunday Brunch will be offered on Sunday, May 20th. Residents' family members and loved ones are invited to join us for a chef-prepared meal featuring Roast Beef and Gravy, Mashed Potatoes, Green Beans, Yeast Rolls, Salad Mix and Assorted Desserts.

Other Special Events: Make special note on your calendars for our monthly Zoo Trip on May 22nd at 10:00am and our Ice Cream Social held on Memorial Day, Monday, May 28th at 2:30pm. We hope to see you soon and God Bless.

Sincerely

Vicky Harpenau

Executive Director

MAY HIGHLIGHTS – May is here and we have many events to celebrate this month, we will be honoring all women this Mother's day, as every woman has touched so many lives. We will be holding our annual Art Walk and all families are invited and encouraged to bring in any art work they have to display with the residents! This month is also Older American's Month and the theme for the month is: Never Too Old To Play! We also will be celebrating National Senior Health & Fitness Day with a variety of educational opportunities offered that day, Get Moving.....Start Improving! We also will be continuing our Campus in Color Program For those of you who enjoy Flowers, Planting & Gardening, volunteers are welcome to assist in planting or caring for flowers or vegetable gardens. Our Courtyards are a great place for relaxing and taking the time to enjoy nature and it creates lovely sensory stimulation for all ages, water trickling, birds, fresh air, and vibrant colors to excite the senses! Please come and join us for exciting fun this May.

Woodmont Corner is published monthly by Woodmont Health Campus

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Vicky Harpenau, Executive Director
Natosha Thomas, Director of Health Services
Dr. David Bose, Medical Director
Sharron Moats, Resident Services

Stacy Morris, Resident Activity Director
Kim Clark, Community Services Representative
David Link, Physical Plant Operations
Kevin Brown, Director of Food Services

Pam Quick, Environmental Services
Jean Chambers, Business Office Manager
Amy Kendall, Medical Records
Tracy Woods, 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.

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



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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