



April 2011

3701 Hodgkin Road, Richmond, Indiana 47374 ~ 765-939-3701

Pot O' Gold Casino Night An Evening of Fun!

Arbor Trace's Main Street was converted into the "Las Vegas strip" on Thursday, March 24th. Our third annual Pot O' Gold Casino night was a huge success. Residents invited their families and friends to an exciting evening of Blackjack, Dice, Roulette, Bingo and they even had a chance to spin the "Big Wheel". There was an open bar featuring various "mocktails" including Strawberry Daiquiris, Margaritas, and Shirley Temples. Hors d'oeuvres were also served, including chocolate fondue. Entertainment was provided by Dale Royer as "Elvis". The highlight of the evening was the live auction. Residents and their guests used their winnings to purchase donated items.



A big thank you to the following businesses, organizations, and individuals for their contributions to our casino event:

<i>Area 9 Agency</i>	<i>Horseshoe Casino</i>	<i>Vagus Ferguson</i>
<i>Paul Flatly</i>	<i>Moose Lodge</i>	<i>Grand Victoria Casino</i>
<i>Asera Care</i>	<i>Reid ANC</i>	<i>Cincinnati Reds</i>
<i>Tri State Medical</i>	<i>Omni Home Care</i>	<i>Jackson Family</i>
<i>At Home Services</i>	<i>Salvation Army</i>	<i>American Legion</i>
<i>Brenda Kimble</i>	<i>Arbor Trace Bistro</i>	<i>Old Richmond Inn</i>
<i>Stateline Medical</i>	<i>Dale & Nina Royer</i>	<i>Joann Lawrence</i>
<i>Boot Scootin Belles</i>	<i>Richmond Red Hatters</i>	<i>Shane Hawkins</i>
<i>Reid Wound Healing Center</i>	<i>Wayne County Tourism Bureau</i>	

George Miu
Executive Director

Angie O'Connor
Director of Nursing

Jami Seiber
*Assistant Director
of Nursing*

Linda Harris
Stephanie Hardwick
Kathy Carden-Cecys
MDS Coordinators

Ursula Brandon
STARS Unit Manager

Douglas Price
Marketing Director

Vickie Cortner
Clinical Liaison

Deborah Mertz
Business Office Manager

Lisa Beanblossom
Katie Pearson
Social Services

Angie Tutterrow
Residential Unit Manager

Russ Terrell
Director of Dining Services

Jason Risner
Activities Director

Tracy Sickmann
Therapy Supervisor

Anna Holt
*Housekeeping/Laundry
Supervisor*

Wayne Weaver
Maintenance Supervisor



Jean Lauck and Helen Herron make masks for Mardi Gras.



The Test Middle School Drumline entertained our residents in March.



Joann Lawrence volunteered at the Pot O' Gold Casino Night.



Margaret Haas bids on an item at the Pot O' Gold Casino Night.

Arbor Trace continues to move forward with our technology. We are in the process of training our associates to fully implement the Electronic Medical Records system our company utilizes. Arbor Trace will be paperless beginning May 2011. This means that all of our assessments, progress notes, records we receive from other health entities will be scanned in and kept electronically. What does this mean for you? The records will continue to be kept secure and compliant with HIPPA regulations. This means there will be no paper medical record to review, but your records can be reviewed at any time on our computers (the medical records request process will remain the same.) The physicians will also be able to see your entire record quickly and if they want, they will be able to review your labs and x-rays from any location. Arbor Trace will be the second CarDon facility to go paperless and we are excited about the process.

Arbor Trace is also implementing a new financial software package that will improve our billing procedures. The bills are easier to read and understand. The business office is excited about this change. (PLEASE CHECK WITH DEBORAH FOR MORE DETAILS)

Arbor Trace's hiring process is also going paperless. Job openings are placed on our parent company website (www.cardon.us) and applications will be accepted at the same location. This process will assist with tracking applications as well as posting positions that are available. This process is for new hires as well as our current associates. Please check the website for positions that are available at Arbor Trace or within CarDon.

Construction update – we are on track for completion of our new wing by the end of May. The new wing will be surveyed in June with licensure expected July 1st. Look for our open house in June. Thanks for your patience during this construction time.

I wish everyone an enjoyable Easter Season.

*Spring is not the best of seasons.
Cold and flu are two good reasons;
wind and rain and other sorrow,
warm today and cold tomorrow.*

~ Author Unknown

Activity News

Event Highlights for the month of April:

Monday, April 4th
Resident Council Meeting
3:30pm ~ Coffee Pot

Wednesday, April 6th
Red Hatter's Meeting
3:00pm ~ Taste of the Town

Saturday, April 9th
Pretzel Party
1:30pm ~ Taste of the Town

Tuesday, April 12th
Birthday Celebration
1:30pm ~ Coffee Pot

Wednesday, April 13th
Union County Patriot Singers
10:00am ~ Coffee Pot

Thursday, April 14th
Bluegrass Gospel Heritage
10:00 am ~ Coffee Pot

Saturday, April 16th
Platinum Prom Outing
Depart: 6:00pm

Monday, April 18th
Coloring Easter Eggs
3:30pm ~ Taste of the Town

Wednesday, April 20th
Armchair Travels to
Niagara Falls
2:00pm ~ Starr Room

April is here, and hopefully warmer weather will be close behind. The calendar is packed with exciting events you won't want to miss. We hope you will join us for these exciting events.

April excursions include the Platinum Prom. The prom will be held on Saturday, April 16th in the Richmond High School Cafeteria. The evening begins at 6:30pm and will include music, dancing, refreshments, door prizes, and bingo. All guests receive a complimentary corsage and picture. There is no charge to attend. Outing sign up sheets will be posted near the wall calendars. We hope you will consider joining us.

The Union County Patriot Singers will perform for our residents on Wednesday, April 13th at 10:00am in the Parlor. The group is under the direction of Debra Albright. Plan to attend this exciting performance.

Just a reminder, resident's families and friends are welcome to attend all of our events and outings.



Easter

Due to the effect the construction is having on our outdoor spaces, there will be no Easter Egg Hunt this year. We appreciate your understanding as we experience a few "growing pains". Our Easter Egg Hunt will return in the Spring of 2012.

Birthdays at Arbor Trace

Happy Birthday to the residents celebrating their birthday in April:

Betty Vandyke, Willodean Tuttle, Rose Marsiglio, Doris McClurg, Mary Louise Grant, Lela Herr, Lonnie Sylvia, Wendell Stewart, Bernice Murray, and Freeda Hill.



Souper Douper Cook-Off

Arbor Trace residents recently competed in the "Golden Ladel" Souper Douper Cook-Off at the Richmond Senior Center on March 25th. Our residents cleaned and chopped vegetables for Old Fashioned Vegetable soup. Residents enjoyed sampling the different soups at the event. The soups were judged by a panel of celebrity judges including, Richmond Mayor Sally Hutton, Wayne County Sheriff Jeff Cappa, Parks & Recreation Department Superintendent Bill Thistlethwaite, and Paladium-Item Reporter Rachel Sheeley. Proceeds from the event benefitted the Richmond Senior Center. It was a fun evening and we are excited to compete again next year.



Virginia Bent, Jason Risner, and Ruby Bullock are pictured at the Souper Douper Cook-Off.

Alzheimer's Support Group

The Alzheimer's Support Group meets on the 1st & 3rd Wednesday of each month from 2:30pm-4:00pm at the First English Lutheran Church located at 2727 East Main Street. For more information please call Jim Harper at 935-6005 or Gene Schultz at 962-4407. Come and share with us!

Volunteer Week

April 10th-16th

The residents and associates of Arbor Trace would like to recognize our volunteers for their contributions to our community throughout the year. We will recognize our volunteers with an appreciation banquet on Wednesday, April 13th at 1pm. Our volunteers enhance the Arbor Trace community in many different ways. We would like to truly thank our volunteers for the many things that they do, large or small, they all have meaning. The kindness of our volunteers spreads outward like the ripples of a pond, reaching out and touching many lives. You are all truly appreciated.

"I've learned that you shouldn't go through life with a catchers mitt on both hands. You need to be able to throw something back." ~ Maya Angelou



A Message from Laundry

With warmer weather just around the corner, many families will be bringing in spring and summer clothing. Please make sure it is clearly marked with the residents first and last name. We recommend that all residents mark their clothing even if Arbor Trace does not do their personal laundry. Thank you for your cooperation.

Dietary News

Comfort Foods in Long-term Care

One of the most important components of quality of life in long-term care is undoubtedly food. Residents look forward to a great food variety, well prepared, and delivered with great customer service. One specific type of food that can really enhance the quality of life and enjoyment of dining is comfort food. Comfort foods can not only be delicious and healthy, they can bring back wonderful memories of childhood and youth. They can stimulate not only appetites, but also feelings of wellbeing, security and pleasure for days gone by. Memories of the family gathering to prepare holiday feasts or backyard barbecues can bring a sense of comfort and continuity in one's life. Perhaps nothing says "Home Sweet Home" more than joy of comfort foods in long-term care.

Regardless of the definition, there are certain kinds of foods that are associated with well being and happiness during different times in one's life. Childhood is a time which is highly associated with comfort foods such as potato chips, candy, ice cream, and chocolate. Anything that mom baked in her kitchen, like pumpkin pie, birthday cake, chocolate chip cookies, and cupcakes, are popularly thought of as childhood comfort foods. Later in life the palate changes and adults usually enjoy healthier foods such as beef and chicken dishes, casseroles, vegetables and salads, soups, pasta and potatoes.

Introducing more comfort foods in long-term care can produce a wealth of benefits to residents. After all, food is much more than nutrition. It can keep us healthy and make us feel good. Physically, comfort foods can improve the resident's appetite. Eating these foods can improve the resident's energy level, cognitive alertness, and can help with wound healing.

There is a deep connection between comfort foods and memories of home. What a great thing it is to bring some of those feelings back into the lives of our residents. Many comfort foods are tied to earlier times and places in one's life and bring joy and warmth.

Whatever comfort food choices are prepared and served in a facility, they are bound to take residents on a sentimental journey throughout their lives. Each resident has his or her own dislikes as well as their own idea about what comfort foods mean to them. Of the course the value of providing comfort foods has to be weighed against a resident's dietary restrictions, but of course there is room for compromise, such as using less salt for sodium restricted residents and sugar-free options for diabetics. The bottom line with comfort foods in long-term care is that they can bring moments of joy, warmth, and well-being to residents and enhance their quality of life.

Foot Health Awareness Month

***“When my feet hurt I can’t think.”
Abraham Lincoln***

Feet support and balance our bodies all day long. They take an awful pounding as we walk and run. Even though we are on our feet everyday, most people give their feet very little attention.

Feet problems can be inherited, develop from illness, or even be caused by ill-fitting shoes. People who are or become diabetic need to especially pay close attention to their feet. Basic hygiene and trimming of nails may be all that is needed to keep your feet in good health. However, when healthy feet start experiencing problems, we should seek professional advice.

The following is a list of general conditions that could occur:

- ◆ Toenails - If any discoloration occurs seek podiatric evaluation.
- ◆ Corns and blisters - May be a sign of diabetes, as sufferers get numb toes and don't realize their shoes are too tight. See your podiatrist or family physician.
- ◆ Hair loss on toes – Poor circulation. See your podiatrist for evaluation.
- ◆ Blue thread veins with very white skin – Common in long-term smokers. Could be a sign of vascular disease. See your podiatrist or family physician.
- ◆ Swollen feet – Common in people with kidney or heart problems. See your podiatrist or family physician.
- ◆ One foot starts suddenly swelling – Could indicate blockage of a lymph node or deep-vein thrombosis. Seek immediate medical attention.
- ◆ Swollen joints – Might indicate rheumatoid or osteoarthritis. Seek medical advice.
- ◆ Very dry, cracked heels – Linked to some thyroid problems. See a podiatrist for evaluation.

Just remember our feet are like the roots of a tree and we cannot stand alone without them.

Congratulations to the following associates celebrating their birthday in April:

***Rina DeLaCruz 4-06
Angie Blair 4-21
Doug Price 4-23
Elizabeth May 4-24
Lore Farley 4-26***



The following associates will celebrate their anniversary in April:

***Kim Crouch
6 Years***

***Tracy Sickmann
5 Years***

***Nancy Blair
4 Years***

***Kim Miller
4 Years***

***Willi Mitchell
4 Years***

***Laura Petersime
3 Years***

***Deborah Mertz
2 Years***

***Cindy Newton
2 Years***

**Meet our friend
Frances "Buzz" Bruce...**



*Buzz is an active 80 year old that enjoys volunteering at church and hospice services. Buzz describes himself as very "Social". He attends the Indianapolis Pacers games and he is an avid Colts fan. He and his wife Emile have been married for 60 years and have 7 children and several grandchildren. **Buzz lives by this motto: "I don't aspire to die, however, if I went tonight, I haven't been cheated."** Buzz underwent a coronary artery bypass and grafting surgery in 1985. Recent tests showed that some of those vessels were now blocked and he elected to have surgery. Buzz developed atrial fibrillation and was fitted with a Life Vest, which is a wearable defibrillator system.*

Buzz's treatment plan included daily physical therapy for strengthening of lower extremities, balance, and ambulation and daily occupational therapy for upper extremity strengthening, standing tolerance, and activities of daily living. Buzz was educated on cardiac and sternal precautions. He attends cardiac rehab three times a week at Reid Hospital.

The following was achieved:

- *Independent ambulation without an assistive device.*
- *Independent with self care activities.*
- *Independent with stair climbing.*
- *Strength and activity tolerance are within normal ranges.*
- *Successful return to home.*

Buzz said, "Arbor Trace made my transition from the hospital successful. My Life Vest appeared complicated, however the Arbor Trace staff were knowledgeable and on top of things. Therapy promoted my progress to return home to my active lifestyle. I absolutely recommend Arbor Trace!"

**Outcome
Based**
REHABILITATION



ARBOR TRACE

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*We're on the Web at
www.arbortrace.us*

Administrative Professionals Week

April 24th-30th

Arbor Trace would like to recognize our Business Office team during Administrative Professionals Week. Pictured are: Jared Glaub, Administrative Assistant, Cathy Weaver, Director of Human Resources/Payroll Coordinator, and Deborah Mertz, Business Office Manager. Your hard work and dedication does not go unnoticed. Thank you for all you do throughout the year to make Arbor Trace the very best that it can be.

