



January 2011

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

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

Vickie Cortner
Douglas Price
Marketing Directors

Cindy Moistner
Marketing/Admissions
Coordinator

Deborah Mertz
Business Office Manager

Lisa Beanblossom
Katie Pearson
Social Services

Angie Tutterrow
Residential Unit Manager

Russ Terrell
Director of Dining Services

Gretchen Smith
Jason Risner
Activities Directors

Tracy Sickmann
Therapy Supervisor

Anna Holt
Housekeeping/Laundry
Supervisor

Wayne Weaver
Maintenance Supervisor

The New Year's Resolution

January 1st is not only the start of the New Year, but it is when many people begin their New Year's Resolutions. Manage stress, eat healthier, exercise more and spend more time with family and friends are just a few common resolutions made. Sticking to your resolutions and making changes can be difficult, but not impossible. The new year is a great time to think about changes we want to make in our lives. Being and staying well are resolutions many people make for the new year, but those resolutions can lead to frustration when they find they have set unrealistic goals. Making a resolution to change one thing that will make us healthier is a priceless gift that only we can give ourselves. Here are a few tips to help you with your New Year's Resolution:

- **Try again.** Everyone has made, and broken past resolutions, that doesn't mean that you won't succeed this time. Start with a positive approach, including thinking about what has disrupted your good intentions in the past. Don't discourage yourself with a negative outlook.
- **Don't make too many resolutions.** Trying to eat better, exercise more, quit smoking, and reduce stress is too much to tackle at once. Pick a realistic, attainable goal, with a reasonable time frame.
- **Choose your own resolution.** Make sure that this is something you want to accomplish yourself and not for your friends or family. When you attain the goal, they will benefit from your success as well.
- **Make a plan and write it down.** Plan what you would like to accomplish in three or six months. Achieving small goals over time gives you a sense of accomplishment and motivation to keep going.
- **Involve friends and family.** They can support your efforts, and can motivate you to keep going.
- **Forgive yourself.** If you get off track, don't think that you have failed. Review your plan and make adjustments.
- **Congratulate yourself.** Reward yourself when your intermediate goals or resolutions are met.

The most important point to consider when deciding on your resolutions is to decide if you are truly willing to make the change in your life. Deciding to make the change just to make a resolution will not keep you motivated to attain your goal. When you decide on your resolution, make a plan of action and list the ways it will improve your life. When you can see the prize, you are more likely to keep up the fight. Good Luck!



Joan Innis receives a gift from Santa & Mrs. Clause



Martha Mosey poses with one of Santa's reindeer during the annual Christmas Open House



Activities associate Juanita Werner sits on Santa's knee at the Christmas Open House



Frances Geier and Ruby Bullock pose with Santa on the bus trip to Fort St. Clair

Activity News

Event Highlights for the month of January:

January 11th
Birthday Celebration
1:30pm ~ Parlor

January 12th
Resident Council Meeting
2:00pm ~ Coffee Pot

January 12th
Elvis Oldies Party
3:00pm ~ Coffee Pot

January 13th
Lunch Outing to El Rodeo
Depart: 10:30am

January 15th
Bingo with OmniCare
3:00pm ~ Coffee Pot

January 17th
Martin Luther King jr Party
3:00pm ~ Coffee Pot

January 19th
Armchair Travels to Alaska
2:00pm ~ Starr Room

January 20th
Build Your Own Sundae
2:30pm ~ Taste of the Town

December was an evening full of exciting events. Our Christmas Open House was filled with holiday cheer. Our residents enjoyed hosting their families and friends during this festive time. The entertainment, refreshments, and visit from Santa & Mrs. Claus really made the evening special. Thank you to the following individuals and organizations that helped to make December such a joyful month:

White Tail Acres
First Baptist Church Bell Choir
Richmond Symphony Orchestra
Richmond Community Orchestra
Boot Scootin' Belles
Richmond Wood Carving Club
Whitewater Valley Dog Club
Allison Mopps
Faith Baptist Church
Salvation Army
Fountain City Wesleyan Church
Mary Ann Weaver
Omni Home Care
Northeastern 7th Grade Choir
Mt. Olive Church
VFW
Christ Connection

Whitewater Christian Church
Mr. & Mrs. Jerry Wissler
Richmond Home School
Preble County Pride
Community Blood Center
Dale Royer
RJ Hampton
Fairview Baptist Church
Oak Park Church
Christ United Church
Martha Fleetwood
Bill & Barb Trew
Fields of Grace
Oak Park Academy
Hodgin Road Christian Church
Bob Malone
Community Christian Academy

With the new year upon us there are several special events coming up in January. We will remember Elvis Presley and his music on January 12th at 3:00pm in the Coffee Pot. Join us for an afternoon of music and refreshments. We're going to El Rodeo for lunch on January 13th. We will leave Arbor Trace at 10:30am. Sign up sheets are located near the large event calendars. Consider joining us.

For more information regarding our events and excursions, please see Juanita Werner, Gretchen Smith or Jason Risner.

Birthdays at Arbor Trace

Happy Birthday to the residents celebrating their birthday in January:

Emily Wise, Elizabeth Thmpson, Dennis Kanago, Nadine Barth, Suella Jones, Joseph Hair, Phyllis Leonhardt, Melba Allen, Virginia Bent, & Bill Barth



Social Service Update

Winter is in full force. As the days get shorter and the nights get colder, even the best of us can get a little down. The ‘winter blues’ are characterized by the mild depression, lack of motivation, and low energy that many people experience during this cold season. Luckily there is a lot you can do to both prevent the blues from coming on and get yourself back to normal if they’re already here.

1. **Exercise.** *Exercise isn't only for maintaining your weight and staying healthy. It is great for relieving the stresses of life. You'll have more energy throughout the day and it helps your mind by releasing those "feel good chemicals" that improve your mood.*
2. **Eat a Healthy Diet.** *What and when you eat has a great affect on your mood and energy. Try to incorporate more complex carbohydrates (whole wheat breads, brown rice, vegetables, and fruit) and get your daily 8 glasses of water. These healthy foods provide your body and mind with nutrients and stabilize your blood sugar and your energy levels.*
3. **Get Some Sun.** *Most people know that sunlight provides us with Vitamin D, but did you also know that it improves your mood? Winter days are shorter and darker than other months, and because of the cold weather, a lot of people spend less time outdoors. Lack of sunlight can cause many people to be depressed—without knowing why! Similar to exercise, sunlight exposure releases neurotransmitters in the brain that affect mood. Try to spend a little time outdoors, but be sure to bundle up. Keep your window shades up during the day to let more light in. Sit near the windows at home and in restaurants. Try changing the light bulbs in your house to "full spectrum" bulbs. These bulbs mimic natural light and actually have the same affects on your mind as the real thing.*
4. **Treat Yourself.** *Having something to look forward to can keep you motivated. Sometimes winter seems endless, but if you plan something exciting, your mood improves when your anticipating it and when the event finally comes.*
5. **Relax!** *Take some time each day to do something you enjoy. Whether it is spiritual meditation, reading a book, or even sleeping in, doing something you like can leave you with a calm feeling.*
6. **Get Social Support.** *Don't underestimate the power of friends and family. Who can you turn to when you need a mental pick me up? Keep a mental list of these special people and don't be afraid to ask or help or encouragement when you need it. Something as simple as a phone call, a chat over coffee, or a simple letter can brighten your mood.*

Take nature's rhythm as you own, slow down and enjoy. As you nourish you body and your soul during this darker time of year, you'll emerge in the spring with renewed health and vitality.

Happy New Year!

Christmas Tree Decoration Winner

Thank you to all of the Arbor Trace associates for participating in the “A” Team Christmas Tree decorating contest. Each tree was unique and both thoughtfully and tastefully decorated. The residents, associates, and visitors have truly enjoyed these decorations. We certainly appreciate your efforts to make the Christmas season special at Arbor Trace.

Residents, associates, and guests were invited to vote for their favorite tree, and the winner was the “snowman” tree on the 300 Hallway. Congratulations to the winning team, which included Angel McClurg, Robin Galliher, Joe Issac, Cassandra Elifritz, & Hollie Bunn.

This event was such a success, it may become an annual event. This contest was sponsored by the Arbor Trace “A” Team. The “A” Team is a group of Arbor Trace associates. These individuals plan events to build relationships and foster teamwork between Arbor Trace associates.



Arbor Trace Gives Back

We recently received a thank you from the Community Blood Center for our recent efforts to replenish the blood supply during our blood drive which was held on Wednesday, December 8, 2010. Twenty-five pints of blood were collected from our donors that day. Each pint of donated blood has the potential to save up to three lives! At Arbor Trace, we are proud of our associates and our friends in the Richmond community for joining us in contributing to this worthwhile cause!



**Anna Holt & Judy Holland
enjoy refreshments after donating blood.**

“Cheers to a new year and another chance for us to get it right.” ~ Oprah Winfrey

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!

Congratulations to the following associates celebrating their birthday in January:

William Carpenter 1-03
Lisa Butler 1-05
Lacey Cook 1-05
Karen Cole 1-06
Stephanie Hardwick 1-22
Michael Suttles 1-22
Willi Mitchell 1-22
LaTisha Gillard 1-22
Cathy Weaver 1-27

Activity Professionals Week

January 16th-21st

The residents and associates of Arbor Trace would like to recognize our Activity Department during Activity Professionals Week January 16th-21st. Thank you to Juanita Werner, Gretchen Smith, and Jason Risner for planning exciting events, and providing purposeful and meaningful moments each day. You are appreciated!



Gretchen Smith, Jason Risner, & Juanita Werner



The following associates will celebrate their anniversary in January:

Angel McClurg 6 Years
Russ Terrell 4 Years
Charmaine Dumlao 3 Years
Cassandra Elifritz 2 Years

Arbor Trace Message Channel

Tune into the Arbor Trace message channel. (Channel 2 on your TV) This channel provides our residents and their families with information regarding events, outings, and other important announcements. The channel is updated frequently. Be sure to check it out.!



Thank you for your years of dedication to Arbor Trace!



**Meet our friend
Doris Cox...**



*Doris and her husband Bill have been married for 42 years and live in a farmhouse on 96 acres. She leads an active lifestyle exercising 3 times a week at a local fitness center, involved in her church, and takes care of her grandchildren everyday after school. Doris suffered a tragic fall down the stairs and was transported by ambulance to Reid Hospital. She was admitted with right arm and leg fractures which required surgical repair. **“I was told by the hospital staff that Arbor Trace was the place to go for rehabilitation.”***

Doris’ treatment plan included physical and occupational therapy daily. Physical therapy focused on ambulation, transfers, balance, and strengthening of lower extremities. Electrical stimulation was utilized for muscle strengthening and pain relief. Occupational therapy concentrated on restoring independence with activities of daily living and increasing her tolerance for functional activities. The following was achieved:

- *Independent ambulation using a straight cane; 300 feet.*
- *Independent with all transfers and bed mobility.*
- *Independent with self care.*
- *Successful return to home with outpatient therapy .*

Doris said, “Coming to Arbor Trace helped expedite my recovery time. The therapists are caring and knowledgeable. I would recommend Arbor Trace Whole-Heartedly for rehabilitation. It’s the best therapy there is!”

**Outcome
Based**
REHABILITATION

HAPPY NEW YEAR

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

Candid Moments at Arbor Trace

