



March 2011

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

Pot O' Gold Casino Night Thursday, March 24, 2011

Our annual Pot O' Gold Casino night is just around the corner. The casino night will be held Thursday, March 24th and will begin at 6:30pm. Arbor Trace's "Main Street" will be transformed into the Las Vegas 'strip". Residents and their families and friends are invited to join us for Bingo, Roulette, Blackjack, Dice, and Computer Slot Machines. Winners will receive "Arbor Bucks" which they can use later in the evening at the auction. The entertainment for the evening will be Dale Royer as Elvis.

Drinks and hors d'oeuvres will be available throughout the evening in the Bistro. The finale of the casino night will be an auction at which residents and their guests may use their "Arbor Bucks" to bid on various items that have been donated. The auction will begin at 7:30pm and will be held in the Bistro. Whether you want to try your luck at the casino style games or just enjoy the entertainment, you won't want to miss this evening of fun and ex-



Executive Director, George Miu spins the roulette wheel.



Dale Royer as Elvis, performs at the 2010 Pot O' Gold Casino Night.



Eva Blakemore enjoys last year's casino night!

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



Glen & Betty Cole are greeted by "Honest Abe".



Residents enjoy a breakfast outing to Carver's in February.



Wanda Wolford enjoys refreshments at the Super Bowl Party.



Lowell Conley entertains Arbor Trace residents.

I find it hard to believe that March is here already. The first two months went by very quickly and now it is time for March Madness and Spring? Arbor Trace had our annual survey in January with only three citations – two of them were related to notifying the administrator and investigating an incident in a timely manner and the third tag was related to incontinence care. We have completed the required training to correct each deficiency and we are awaiting the return of the surveyors to place us back in compliance. I am very pleased with our associates who do a terrific job taking care of our residents each and every day. The outcome of this survey, along with the resident/family satisfaction survey I discussed in last month's article are indicative of the great pride our associates show each day – thank you for your dedication.

Arbor Trace has an associate of the month program called "The Heart of CarDon Award." We have a monthly winner that is listed in the newsletter, along with the other nominations for that month and then there is an associate of the year that is picked out of the monthly winners. We highlighted the winners for 2010 in our last newsletter. I wanted to make sure the residents and their families/visitors are aware that they can nominate an associate for this award. The nomination forms are located at each nurse's station and can be given to the nurse upon completion. The winner of the award is someone that goes above and beyond the daily routine. We have a lot of wonderful associates and we hear your compliments often. Please take the time to nominate an associate for this award.

The construction is going extremely well even with the hazardous winter that we have had. The new wing will be an additional 15 Medicare Certified Rehabilitation Suites with TV's, telephone, refrigerator, microwave, and private bathroom/shower. The therapy gym is increasing in size and we are adding a transitional care apartment to practice with all of the amenities of home – washer, dryer, refrigerator, stove, and a full bathroom. There will also be an additional dining room for the residents to use. The wing is framed and under roof. The windows are installed and they are beginning to drywall. The construction workers have been great to work with. I would like to thank the residents, their families and visitors, and the associates for their cooperation during this addition. The completion date remains the end of May with certification to begin July 1st, 2011. We are excited about the addition and looking forward to utilizing our new space.

Activity News

Event Highlights for the month of March:

March 2nd

Red Hatter's Meeting
3:00pm ~ Taste of the Town

March 8th

Test Middle School Drum Line
1:00pm ~ Parlor

March 7th

Resident Council
3:30pm ~ Coffee Pot

March 8th

Mardi Gras Celebration
2:30pm ~ Coffee Pot

March 9th

Red Hatter's Luncheon
12:30pm ~ Bistro

March 15th

Lunch Outing to Cracker Barrel
Depart: 10:30am

March 17th

St. Patrick's Day Party
2:30pm ~ Coffee Pot

March 25th

Souper Douper Cook-Off Outing
Depart: 3:30pm

March 30th

Rootbeer Float Party
2:30pm ~ Taste of the Town

The month of March has arrived and the first day of Spring is not too far behind. We have planned many exciting events that you are sure to enjoy. Take a moment to review the calendar of events and join us for the events that are of interest to you.

There are several outing opportunities this month. We will take a trip around town on March 10th for a scenic drive. Departure time is 2:30pm. On March 15th, we will head to Cracker Barrel for lunch. Departure time is 10:30am. And finally on March 29th we will travel to Fountain Acres Amish Store in Fountain City. This trip is always a favorite. The store has friendly staff and often there are many products to sample. Many residents bring home at least one favorite item. Because of limited seating, it is necessary for residents to sign up for outings in advance. Sign up sheets are located near the wall calendars. Consider joining us!

Representatives from the Starr Gennett Foundation will be here for our Mardi Gras celebration. We will listen to some Jazz favorites and enjoy Jambalaya and King Cake. This event will be held on Tuesday, March 8th at 2:30pm in the Coffee Pot. We hope to see you there.

Just a reminder: family and friends are welcome to attend all of our events.

Spring Forward, Fall Back

On Sunday, March 13th at 2:00am, Daylight Savings Time begins. Remember to turn your clocks ahead one hour.



Birthdays at Arbor Trace

Happy Birthday to the residents celebrating their birthday in March:

Betty Cole, Clarence Hiday, Bob Frame, Lu Notoras, Martha Mosey, Alfreda Singleton, Ben Williams, Cecil Works, Dorothy Brantner, Ella Tincher, Geneva Smiley, Robert Price, Ruby Backmeyer, and Shirley White.



March Is Social Workers Month

It's Social Workers Month! We would like to recognize Lisa Beanblossom and Katie Pearson for the outstanding service they provide for our residents. From discharge planning to resident advocacy, Social Services works to support our resident's quality of life by ensuring our residents receive compassionate care through inspired living. Please take a moment and thank Lisa and Katie for all of their great work!



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!

Construction Update

The construction at Arbor Trace continues to move along nicely. The exterior walls went up and the roof went on quickly. The windows are in and the walls in the new therapy space have been framed up. Both the residents and associates are enjoying watching the progress. Display boards showing the floor plans are located at each entrance, please take a moment to look them over.



"A best friend is like a four leaf clover: hard to find and lucky to have." ~ Author Unknown

Heart of CarDon

Associate of the Month

Kat Fry has been chosen the Associate of the Month for March 2011. Kat has been an associate of Arbor Trace for over 9 years. She is the Transportation Coordinator. She was nominated for the following reasons:

“Kat is polite and considerate to my wife as she transports her to and from her appointments. She makes sure that she is dressed appropriately and warm.”

Be sure to congratulate Kat when you see her.

Other nominations for the month include: Shelly Creech, Teala Conway, Karen Cole, Mercedes Yount, and Kelly McDaniel-Noe.



Now Showing

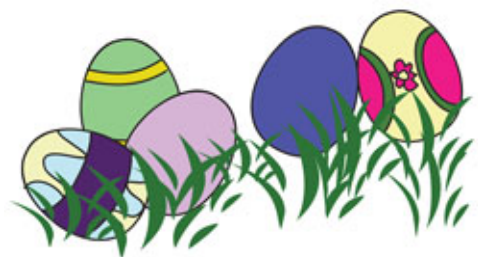
Have you discovered the Arbor Trace Movie Channel? It is cable channel 4. Movies are shown daily at 9:15am, 2:30pm, 6:30pm and 9:00pm. The movies change every week. If you have a movie request, please submit it to the Activities department.

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.!



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.



The Style & Scissor Shop

Welcomes New Stylist

The Style & Scissor Shop at Arbor Trace recently welcomed new stylist Brenda Kimble. Brenda attended Anderson Beauty College and studied under Master Instructor Barbara Oda. She completed the Cosmetology course and was licensed by the State of Indiana Cosmetology Board in 1971. She returned to Anderson Beauty College and obtained her Cosmetologist Instructor License in 1972. She previously worked at the Richmond Beauty Salon and the JC Penney Hair salon. She has three children and seven grandchildren.



Brenda Kimble pictured with one of her first customers, resident Arby Fetzer.

The shop will be open Monday through Friday from 8:30am-2:30pm. All residents that previously had standing appointments, should contact the new stylist. Brenda will also accept clients from the community. Outside clients will be by appointment only.

The following services will be offered:

<i>Eyebrow Wax</i>	<i>\$5</i>
<i>Haircut, Shampoo, & Set</i>	<i>\$15</i>
<i>Haircut Only (includes wash)</i>	<i>\$10</i>
<i>Hair Color (permanent)</i>	<i>\$40</i>
<i>Hair Color (temporary rinse)</i>	<i>\$1</i>
<i>Manicure</i>	<i>\$10</i>
<i>Manicure (Polish only)</i>	<i>\$3</i>
<i>Mustache Trim</i>	<i>\$5</i>
<i>Permanent</i>	<i>\$40</i>
<i>Shampoo & Set</i>	<i>\$10</i>

"My experience as a hair stylist goes back approximately 45 years when I was a young girl. My mother would let me pin curl her hair. Since we didn't have a hair dryer, we would wait all day for it to dry. Then I would brush her hair into soft curls and waves. I loved the way she smiled and looked so beautiful"

~ Brenda Kimble



Congratulations to the following associates celebrating their birthday in March:

<i>Cindy Newton</i>	<i>3-01</i>
<i>Jami Seiber</i>	<i>3-01</i>
<i>Judy Davis</i>	<i>3-02</i>
<i>Roxie Howard</i>	<i>3-10</i>
<i>Ursula Ross</i>	<i>3-18</i>
<i>Kathy Williams</i>	<i>3-19</i>
<i>Miranda Wallen</i>	<i>3-21</i>
<i>Lori Davis</i>	<i>3-22</i>
<i>Angie O'Connor</i>	<i>3-23</i>
<i>Sue Moore</i>	<i>3-28</i>
<i>Valerie Wilson</i>	<i>3-29</i>



The following associates will celebrate their anniversary in March:

<i>Kaye Brewer</i>	<i>4 Years</i>
<i>Teala Conway</i>	<i>4 Years</i>
<i>Sherryl Holland</i>	<i>4 Years</i>
<i>Suzy Zepernick</i>	<i>4 Years</i>
<i>Jason Risner</i>	<i>3 Years</i>
<i>Ursula Ross</i>	<i>2 Years</i>

**Meet our friend
Ann White ...**



Ann is an active and spirited former Richmond Community School educator. Ann has volunteered during her retirement as a school study buddy and at Reid Hospital. Ann also enjoys traveling to warm climates, shopping, reading, and playing with her dog Toby. Ann reports that she started falling down due to unsteady balance. "I could not count on my knee to hold me up and this would cause me to fall." Ann's condition progressively worsened and she ended up using a rolling walker prior to her elective surgery for total knee replacement.

Ann's treatment plan included physical therapy twice a day for range of motion exercises to her right knee, strengthening of her lower extremities, gait training, and balance. She also received electrical stimulation. Occupational therapy focused on activities of daily living and self care. Safety education was also addressed. The following was achieved:

- *Independent ambulation with rolling walker.*
- *Right knee strength and range of motion within functional ranges.*
- *Independent with daily living skills.*
- *Tolerance for standing and therapeutic activities 12 minutes.*
- *Outpatient physical therapy at Arbor Trace for continued strengthening, range of motion exercises, and progressive ambulation training.*

Ann said , "I would do surgery again, my knee feels good and my independence restored. I would recommend Arbor Trace in a New York minute! Everyone has been so kind and the staff really cares what happens to me. The staff's focus is to prepare and work with the client for ultimate goal... return to home."

**Outcome
Based**
REHABILITATION

St. Patrick's Day

ARBOR TRACE

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

Long Term-Care Administrator's Week *March 14th-18th*

The residents and associates of Arbor Trace would like to recognize our Executive Director, George Miu. We appreciate his leadership as well as all of the things he does on a daily basis to make Arbor Trace Health & Living Community a great place to live and a great place to work. Thank you George for all you do!

