



May
2011

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

National Nurses Week May 6th – 12th

National Nurses Week is celebrated annually in May to honor nurses for the care that they provide and their commitment to their profession. At Arbor Trace we are pleased and thankful to work with such a

wonderful group of caregivers. Please join us as we honor these associates for their dedication and commitment to this community.



Sarah Adelsperger Mary Barton Angie Blair
Nancy Blair Danielle Campbell Kathy Carden-Cecys
Marty Cecys Mark Creech Amy Davies
Brenda Duke Charmaine Dumlao Cassandra Elifritz
Maribeth Evans Melissa Hall Stephanie Hardwick
Linda Harris Roxie Howard Jayme Howe
Joe Issac Renee Jones Bonnie May
Angel McClurg Willi Mitchell Tera Moody
Sue Moore Rachel Nicholson Angie O'Connor
Carrie Pyle Jonathon Rigney Ursula Ross
Becky Sapp Cheryl Schnitzius Dina Seals
Jami Seiber Melody Thacker Angie Tutterrow
Ryan Wysong

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

Barb Bell
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



Two of the Union County Patriot Singers pose with Bob Moore after their performance at Arbor Trace



Virginia Bent and Ellen Guthrie attended the Platinum Prom Outing at Richmond High School



Youth from Stone Valley Church greet Arbor Trace residents



Arbor Trace Volunteers were honored at a luncheon in April

I am pleased to announce the new rehabilitation wing will be completed this month. The excitement is really in the air at Arbor Trace as I have been giving our associates a tour of the addition. The wing will be completed by May 31st – if not sooner. The rooms are spacious like our current rehabilitation wing with all the amenities you would expect – flat screen television, telephone, refrigerator, microwave, and a private bathroom. The therapy gym is just about three times larger than what it was with an additional home transition apartment. The home transitional apartment includes a stove, microwave, refrigerator, kitchen sink with countertops and cabinets, and a full bathroom. This transitional apartment will allow us to work on the daily practices of cooking, placing dishes in a cabinet, reaching in the refrigerator, and transferring into a bathtub. The rehabilitation wing also has a dining room that will be large enough for both rehabilitation wings. We are really excited about the completion of this rehabilitation wing and look forward to utilizing the space. Arbor Trace will be having an open house in June – watch for more details. I cannot thank the residents, their families and friends, and our associates enough for your patience during this growth spurt.

Arbor Trace will be celebrating National Nursing Home Week during the week of May 8th. Please review the activities we have planned and join us in celebrating this wonderful week.

I would like to wish you and your family a very nice Memorial Day!

Welcome to Arbor Trace

Barb Bell has joined the Arbor Trace Team as Marketing and Admissions Director. Barb has resided in Richmond for the past 20 years. She is married to Scott Bell. Barb has a son Spencer age 13 and two step-children Sarah and Tyler. She also has 4 grandchildren.

In addition to being a Pastor's wife, Barb enjoys gardening, bicycling, travelling and spending time with her family. Barb says she is glad to be at Arbor Trace and she looks forward to the future.



Activity News

Event Highlights for the month of May:

May 5th
Cinco de Mayo Fiesta
2:30pm ~ Coffee Pot

May 6th
Kentucky Derby Party
2:30pm Taste of the Town

May 7th
Mother's Day Luncheon

May 16th
Music with Mark Snow
1:30pm ~ Parlor

May 17th
Bowling Outing
Depart: 1:00pm

May 23rd
Music by Noteworthy
2:00pm ~ Parlor

May 24th
Senior Games Outing
Depart: 9:30am

May 30th
Model Train Display
1:30pm ~ Starr Room

May 31st
Shopping at Fountain Acres
Amish Store
Depart: 1:00pm

May is here. A great month with a lot of great events and excursions at Arbor Trace. We hope you will take the time to review the calendar and make plans to join us.

- **Wednesday, May 11th:** We are going to Steak & Shake for lunch on . We will leave Arbor Trace at 10:30am and plan to return by 1:00pm.
- **Tuesday, May 17th:** We will Travel to Richmond 40 Bowl for an afternoon of Bowling.
- **Tuesday, May 24th:** The Area 9 Special Event Senior Games are being held in Richmond and we will take a group from Arbor Trace to compete. There is a cost of \$5 per person which includes lunch and a free Senior Games t-shirt.
- **Tuesday, May 31st:** We will head to Fountain Acres Amish Store for a shopping trip on . Departure time is 1:00pm.

Sign up lists for outings will be posted near the wall calendars. Please take the time to sign up for outings as space is limited.

Join us on Memorial Day for a Model Train Display. Gordon Pavey will be at Arbor Trace 1:30pm to display his collection of model trains. This event will be held in the Starr Room. We hope to see you there!

Thank You

A special thank you to the Union County Patriot Singers for performing at Arbor Trace on April 13th. We always appreciate it when they share their talents with us. Thanks again.

Birthdays at Arbor Trace

Happy Birthday to the residents celebrating their birthday in May:

Bea Brunton, Bertha Magoulias, Eugena Peterson, Eula Farmer, Eva Blakemore, Iris Ballinger, Mary Johnson, Wilma Reinhart, Glenn Cole, Joanne Warfel, Mary Hiday, Virgil Thornburg



Senior Games

The Area 9 Special Events Senior Games are just around the corner! The games will be held on Tuesday, May 24th from 10:00am-2:00pm. Residents interested in participating must sign up. Sign up sheets and additional information are available near the wall calendars. Pictured at right: Jeanette Braughton displays the medal she won at the 2010 Special Events Senior Games.



Heart of Cardon Award Associate of the Month

Christine Stone has been chosen as the Associate of the Month for May 2011. Christine has been an associate of Arbor Trace since September 2010. She works in the Laundry department. Christine was nominated for the following reasons:

“Christine is a real joy to be around. She is always happy to lend a helping hand. I look forward to seeing her smiling face each morning. She has a great attitude and seems to enjoy her work.”

“Christine always stops and talks with the residents as she makes her way up and down the hallway collecting and delivering clothing and linens. She also takes the time to throw a smile at the associates and often has a joke to make you smile. She goes out of her way to make residents and associates smile each and every day!”

Other associates nominated include Karen Cole and Gretchen Smith.



Nursing Notes

with Angie O'Connor, RN DON

This month, we celebrate National Nurse's Week. I want the nurses to know how much we appreciate them. Many times they do not get the recognition they deserve for a job well done. Thank you for your support and dedication to Arbor Trace. Thank you for coming to work day after day, for performing your duties, and stepping up as a team member when needed. Most of all, I want to especially thank you for going above and beyond with a special kind of care, a special kind of compassion, that you give to each and every one of our residents and their families every day. I am very blessed to be able to work with great nurses at Arbor Trace.

Thank you!

Angie O'Connor RN/DON

Mother's Day Luncheon

May 7, 2011

The ladies of Arbor Trace and a guest are invited to a special Mother's Day luncheon on Saturday, May 8, 2011 at 12:30pm in the Bistro. Reservations are requested for this event. Reservations may be made by contacting Jason Risner, Activity Director at 765-939-3701 ext 323. We hope you will join us as we celebrate the special women in our lives.



*Mothers holds their children's hand for a short while ,
but their hearts forever. ~ Unknown*

"A" Team Events

The Arbor Trace "A" Team held a contest for associates in April. The "Easter" race included dressing your teammate as a bunny or chick, egg toss, hopping and clucking and finally decorating an Easter Egg. Winners were Jared Glaub, Accounts Payable and Kelly McDaniel-Noe, C.N.A. The "A" Team is comprised of Arbor Trace Associates that plan events to build relationships and promote teamwork among associates.



Dietary News

with Russ Terrell, Director of Dining Services

Starting the second week of May Arbor Trace will begin using a new menu and tray card system. This new system will assist with the smoother and more efficient operation of the dietary department. The new menu will be a 4-week rotating menu and will offer a wide selection of new items. Once we go through the first cycle, the menu will be evaluated and any needed changes will be made. We encourage residents to offer comments on any new menu items.

There will also be a change in the various diets that will be used. Arbor Trace will be using the diets that are recommended by the American Dietetic Association and approved by the Indiana State Board of Health. The main change will be for those residents on a sugar-controlled diet. Currently Arbor Trace uses a NCS (no concentrated sugar) diet. With the change the dietary department will follow a CCD (controlled carbohydrate diet). Again, this is the diet recommended by the ADA for residents who are on a sugar-controlled diet.

A Controlled Carbohydrate Diet does not offer sugar free menu items. Instead it serves to control the number of carbohydrates a resident consumes each day. Once consumed, carbohydrates will turn to sugar which may cause spikes in blood sugar. Residents on a CCD diet will be offered smaller portions of the regular dessert item. If the new menu is followed CCD residents will receive approximately 12 carbohydrate servings per day. This is amount recommended by the American Dietetic Association. Some high carbohydrate foods include any flour-bases items such as bread, cakes, etc., potatoes; any breaded food as well as some dairy foods.

Residents admitting on a CCD diet will receive counseling from our Registered Dietitian. If a resident has particular question or concerns about their diet, they should contact the Director of Dining Services know, and he will be happy to meet with you.

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 May:

Rick Hampton 5-03
Suzy Zepernick 5-11
Melissa Hall 5-18
Ruby Covington 5-19
Erin Jones 5-20
Cheryl Schnitzius 5-23
Joe Wambo 5-30



The following associates will celebrate their anniversary in May:

Mary Barton
4 Years

Nancy Grubb
4 Years

Kathy Huggins
4 Years

Julie Fritts
3 Years

Cheryl Schleeter
2 Years

Wayne Weaver
2 Years

Mercedes Yount
2 Years

**Meet our friend Gloria Maurer and
Physical Therapist
Tracy Sickmann ...**



Gloria is an active 82 year old who retired after 30 years as the executive assistant for Richmond Community Schools. She now enjoys all aspects of life including exchanging post cards, her computer, the local Senior Center, Red Hat Club, and her family. Gloria began experiencing shortness of breath with pressure in her chest area. Gloria's physician admitted her to the hospital and she was diagnosed with pericardial effusion. She underwent thoracentesis to drain fluid from her chest. While recuperating from her chest surgery, Gloria developed blood clots in her lungs and legs. Gloria was discharged from the hospital to Arbor Trace on her birthday for rehabilitation.

Gloria's treatment plan included physical therapy and occupational therapy daily. Physical therapy focused on strengthening of her lower extremities, ambulation, balance, and improving tolerance for functional activities. Occupational therapy focused on self care, activity tolerance and strengthening of her upper extremities.

The following was achieved:

- *Independent ambulation with rolling walker.*
- *Independent transfers.*
- *Independent with self care and cooking tasks.*
- *Tolerance for standing 8 minutes and therapeutic activities 50 minutes.*
- *Independent without oxygen.*

Gloria said , "I chose Arbor Trace for the excellent rehabilitation. My family and I are familiar with the staff. Everyone is attentive and caring, going out of their way to make me comfortable. Following any illness or surgery, Arbor Trace is the place to be."

**Outcome
Based**
REHABILITATION



ARBOR TRACE

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RICHMOND, IN 47374**

PHONE: 765-939-3701

FAX: 765-965-3895



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

National Nursing Home Week

May 8th-14th

Arbor Trace will be "Rockin' to the 50's as we celebrate National Nursing Home Week. There are many events planned for residents, associates, and our residents families and friends. A few highlighted events include:

- *Monday, 10:00am: Kick-off for the week with refreshments, a proclamation by Richmond Mayor Sally Hutton, and balloon launch.*
- *Monday, 2:00pm-4:00 pm: Ice Cream Social open to residents, their families and friends, and associates. Entertainment by Dale Royer.*
- *Tuesday, 2:00pm: Twist-off and Bubble Gum Chewing Contest.*
- *Friday, 2:00pm: Soda Shop Favorites. Join us as we enjoy a variety of ice cream drinks.*

There will also be 50's trivia and plenty of 50's music to enjoy. We hope you will join us for these events as we celebrate National Nursing Home Week 2011!