

HEIGHTS HEADLINES

Points of Interest

- * University Heights big remodeling & expansion project.
- * National Nursing Home Week Celebrations.
- * July scheduled events, outings & Parties.
- * A look at 2011 activities & events to date
- * Big Thanks to our Volunteers.
- * Quote for thought

INSIDE THIS ISSUE:

- | | |
|---|---|
| University Heights gets a new look. | 1 |
| Celebrate "Good Times" | 2 |
| Mayor Ballard Visits University Heights | 3 |
| Nursing Notes from our DON Alice Borchelt | 4 |
| Activity News & events | 5 |
| Dietary News from Pam Evans | 6 |
| Caring Hearts Program | 7 |
| Resident & Staff Birthdays | 8 |
| Spring Cleaning | 9 |

University Heights

Health & Living Community

VOLUME 1 ISSUE 1

JULY 2011

University Heights First Edition Newsletter

Welcome to University Heights First Newsletter of the Year!

We have started this newsletter to share information with you all to let you know more about what is happening here at the Heights and fill you in on the services we provide. Please Read the Article "Celebrate good times" below and share some of our favorite events this year to date!

University Heights gets a new look

We are excited to report that the 100 and 200 halls are nearly completely remodeled! Each room has had a complete facelift, with new paint, flooring, lighting, televisions, and bathrooms. We have also removed the old, well-used furniture in the rooms on these halls and replaced it with beautiful new furniture.

We are making every effort to keep these rooms in excellent condition. We have noticed that some of our residents have so many memories and belongings that everything just doesn't fit into their rooms. We would appreciate family assistance in storing these items that don't have closet or dresser space in resident rooms. Should you have any questions about room moves or furnishings, please contact your Social Services staff.

We hope that you enjoy the new surroundings. We truly appreciate the patience of our residents and families as we work through the remodeling process.

Celebrate Good Times!!

Part of our focus is to create an environment that enhances the life of our residents as well as our staff. We have celebrated some fun filled holidays & hosted some exciting events. Here is a quick look at some of our favorites to date to catch you up on what's been happening at the Heights!

January—We had a great New years party! We had live music by Steve Elston, delicious snacks, hats, noisemakers, and more. We toasted the New Year after the countdown with some sparkling grape juice in Champaign glasses! We all made our resolutions for the year to come! It was a Party to remember.

February—We hosted a Valentines Day party to fill everyone's heart. The room was adorned with red and pink decorations putting a romantic glow all around. We listened to love songs provided live by "Micki Marshall & Holly Hamilton", while couples Danced. Everyone indulged on the chocolate fountain and other sweet treats as Valentines were exchanged by some, while others put in their votes for King and Queen. John and Lou Darting were crowned King & Queen celebrating 67 years of marriage. Love was in the air!

March—We celebrated St. Patrick's day with green beer, Irish harp music, and green goodies. Everyone wore their green to avoid the traditional pinch, and Irish hats and necklaces were passed out to complete their look. It was a sight to behold with the rainbow colored balloons and accents splashed around the room. Our Memory Care unit also hosted a big "Family" get together later in the month for all the memory care residents and their families. It was a wonderful time as we all got to know each other better over delicious food and beverages while the "Marshall Band" played some live classic country music.

April—Easter was a big celebration this year as we hosted a community Easter Egg hunt. The Easter bunny even showed up for pictures. Barb Fox and Jim McMahon provided the entertainment and everyone feasted on some delicious Easter treats. Over 100 people showed up and we hid over 2500 Easter eggs for the kids to find. On Easter Morning we held a more traditional Easter Celebration as we commemorated the true meaning of Easter "The resurrection of Jesus". We listened to some beautiful gospel music and heard a message about Easter. It was a beautiful way to start our day!

Celebrate Good times Continued...

May was one of our busiest months. National Nursing home week is celebrated in May and we went all out for the entire week to show our love and appreciation to all our residents and staff. We celebrated from May 8th thru May 14th and turned our main dining room into a new theme each day! Dietary Made special Themed lunches for the week that fit each day. Take a look below to see of our theme days and favorite activities of each day! We had so much fun! Join in the fun next year. Call to Volunteer!

Sunday— we celebrated Mothers all day from Mothers Day Bingo to a special medals for Mothers program. “Micki & Holly” sang.

Monday was race Day. We had a classic car show and midget race car show. We ended the day with remote control car races.

Tuesday we celebrated Vegas! We had a big treasure hunt for residents and staff ,then we were treated to free Mary Kay “Vegas Style” Makeovers from Carol Shaw! We ended the day with a Casino party complete with game tables, a tribute to Elvis with live music by the King [Jim Duncan} and Magician [Doug” went around from table to table with awesome magic tricks!

Wednesday we celebrated “Circus day”. From face painting, to cooking up circus food with Bea Fox we enjoyed the flavors of the circus all day. After Lunch we turned the main dining room into a giant circus tent & filled it with circus joy! We served cotton candy, onion rings, elephant ears, lemon shakeups and more.. We played carnival games and everyone went away with a prize! Ringling Brothers would have been proud.

Thursday we vacationed in Hawaii. We made lei’s and tried our luck at some island. After Lunch we held a big Luau complete with hula dancers & fresh tropical fruits. It was a day to get away and enjoy the taste of the tropics.

Friday we had a good old country western ho down. We watched the Duke on the big screen then made cowboy hats to wear for the day. We had staff line dance for the residents then we brought in the “Marshall Band” for some good old country music, sharps beer, root beer, and more dancing! CarDon Treated the Staff to a catered hog roast lunch from Archers Meat.

Saturday we ended the week with a taste of Italy. We hosted wine and cheese tasting, then had a big pizza Party for everyone, with Barb Fox!

Volunteer Bridget Esselborn, assists Resident Loy Hawes back to her room after the circus was over. Loy proudly holds up the prizes she won to give her grandchildren!



Resident Orville Lankford does the Hula dance with one of the hula dancers from our Hawaiian luau.



Above: Ray Kamstra and Helen Ardizzone were crowned King and Queen of the 2011 Senior Prom, “A Night To Remember”

We Also celebrated Memorial Day in May!
We were honored by a visit from Mayor Greg Ballard who came to University Heights to speak at our Memorial Day Event and to sign and hand out certificates of appreciation to our veteran residents and staff for their service to our country.

June—Our Big event for June was our annual “Senior Prom”. Our theme was “A Night To Remember” and it lived up to its name. We danced the night away with “Show Time Entertainers”, enjoyed delicious h’ourderves and delightful treats dipped in a chocolate fountain,. We held our glasses under the Champaign fountain to quench our thirst and ended the night when we Crowned Helen Ardizzone & Raymond Kamstra King and Queen. We had some wonderful volunteers from “Empire” beauty Collage come in and give makeovers and hair do’s for our residents. We also had a professional Photographer, Lynda Elliott volunteer to come in and take pictures of the event and Tina Tom also volunteered to bring in her nice Camera and took some beautiful pictures. More Volunteers came in to help set up and tear down! Thanks so much to all the wonderful volunteers who helped make this night special for our residents. We couldn’t have done it with out you! I also want to give Kudos to our wonderful C N A’s and nurses for all their extra work getting the residents dressed in their suits and formal gowns. You are truly appreciated!! Our Housekeeping and Laundry Staff also did a great job getting things clean and ready as well as the dietary team pitching in to do their part!! We have a great team of dedicated staff that give their all to make our residents happy!



Mayor Greg Ballard presents Veteran Charles Hartl with a signed certificate of appreciation for his service to our country as he shakes his hand.

Nursing Notes Alice Borchelt DON

**Introducing University Heights Health and Living Community's
Newest Attending Physician**

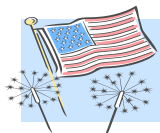
We welcome Anne Marie McGriff, M.D. who is a family medicine practitioner with a special interest in geriatrics. Dr. McGriff earned her medical degree at Indiana University School of Medicine and went on to complete a residency in family practice at Community Hospital East. Dr. McGriff has spent ten years in a traditional family practice setting which included an office-based practice as well as caring for patients in the hospital and long term care facilities. In addition, Dr. McGriff has worked in two urgent care/occupational health clinics. We're glad to have Dr. McGriff aboard!



Residents Cecil Hurt, Orville Lankford, Rick Whiteside & Lindell Sutton pose with their waitresses at the "Men's Outing" at Hooters!

Activity News & Events Mary Marshall AD

Independence Day Celebration!



Friday July 1st
7pm—10pm.

Everyone welcome!

We are having a cookout with hot dogs, burgers, roasted corn and more!!

Live music will be provided by "The Marshalls"

Fireworks will end the night with a Bang!!

Summer Fun Talent Show!

We are looking for local talent to join our talent show

**August 19th
7pm-9pm**

Start practicing now and be sure to call to get signed up!!

885-7050 ext 4124

WE LOVE OUR VOLUNTEERS



Thanks to all the wonderful Volunteers that make a difference in the lives of our residents

We Love and Appreciate all you do!

July Outings

- * July 7th - Gray Brothers Cafeteria Outing!!
- * July 7th - Memory Care Ride -2pm-4pm
- * July 14th – Fishing Trip/Picnic Outing!!
- * July 20th – Indians Baseball Game Outing!!
- * July 21st - Memory Care Ride -2pm-4pm
- * July 21 – Joy Ride!!
- * July 28th – Indiana Live Casino Outing!!

Dietary News Pam Evans DM

University Heights is proud to introduce some positive changes in our dietary department. We are switching to new menus and tray card system to incorporate our new Controlled carbohydrate diet plan. This type of diet is recommended by the American Diabetic Association and has been approved by the Indiana state board of health. The main change will be geared toward residents on "Sugar controlled diets". Instead of their diet incorporating "no concentrated sweets" it will incorporate a "controlled carbohydrate diet". This diet does not offer sugar free items but instead it controls the number of carbohydrate a resident consumes on a daily basis. Counseling is available upon request to assist you to better understand this new diet. If you have any questions please contact Pam Evans DM at 885-7050 Ext: 4117

Spring Cleaning

It's that time again! We ask that families please assist your loved ones in removing winter clothing and decorations from their rooms so we can keep their rooms clutter free and looking their best! Be sure to remove out of season clothing to make room for spring and summer clothes.

Thank You

University Heights Health & Living Community
1380 East County Line Road
Indianapolis, Indiana. 46227

Phone: [317] 885-7050

Fax: [317] 885-1022

Web: www.cardon.us

Caring Hearts Program

University Heights Health
and Living Community

Introduces the

“Caring Hearts Customer Service Program”

We are pleased to offer this program because we believe that the foundation for superior customer service is built by establishing exceptional communication and showing heartfelt hospitality to our guests. In an effort to maintain communication during your stay at University Heights Health and Living Community each resident will be assigned a Caring Hearts Representative (a member of the leadership team). The Caring Hearts Representative will visit assigned residents routinely and contact the resident's primary emergency contact/responsible party each month.

Please feel free to ask your Caring Hearts Representative questions, to report concerns, or to tell us that our staff is doing a great job!!

Resident & Staff Birthdays & Staff Anniversaries

Residents Birthdays



7/28 - Andrew Jarrett - 73

7/30 - Betty Rutan - 78

7/30 - Colleen Roberts - 90

7/19 - Donna Brockman - 80

7/11 - Dorothy Skinner - 96

7/12 - Evelyn Russell - 92

7/14 - Grace Fox - 87

7/10 - Mildred Lockhart - 82

7/19 - Neatha Diehl - 81

7/28 - Nora Jackson - 92

7/30 - Ronald Frye - 56

7/14 - Sharon Hash - 68

7/28 - Sylvia Wilson - 74

7/14 - Vaughn Zellner - 87

7/17 - Vicky McGraw - 69

7/4 - Wanda Casada - 82

Staff Birthdays

7/24 - Barbara Alford - Housekeeping

7/13 - Mary Copeland - MDS Coord.

7/2 - Charlene Rudolf - AP Clerk

7/4 - Charles Davis - Housekeeping

7/19 - Rufino Vazquez - Dietary Aide

7/5 - Reginald Garrett - CNA

7/16 - Francine Easley- Laundry



7/8 - Melissa Mullins - CNA

7/9 - Steven Rainey - LPN

7/1 - Mary Receveur - RN

7/12 - Jane Hutchinson- CNA

7/21 - Keyanna Slaughter - CNA

7/14 - Brandon Easley - Dietary Aide

7/9 - Jenna Adams - CNA

7/19 - Chloe Owens - CAN



“Quote” for thought

*Hope is the music of
the future & Faith is
having the courage to
dance to it.*

- Haddon Robinson

