

HEIGHTS HEADLINES

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- Guidelines for newly remodeled rooms
- “Gone Fishing”
- Successful visits with your loved one with Dementia or Alzheimer's!
- Doggie Therapy!
- New Therapy Program!
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University Heights

Health & Living Community

VOLUME 1 ISSUE 2

AUGUST 2011

Independence Day Party a huge Success!!

What a crowd!! We set a record high of over 170 guests at our annual independence day cookout and firework display! We enjoyed some delicious food consisting of hotdogs, hamburgers, baked beans, potato salad, brownies, and of course roasted corn, while we listened to the sound of patriotic and classic country music provided by “The Marshall Band”. When it was dark enough we ended the night with a firework display to remember! It was a special night and we all enjoyed the family atmosphere and had a wonderful time! Thanks to everyone who helped set up and tear down! We couldn't have done it without your help! We will do it again next year, so let's all plan to attend! We want to beat our attendance record with over 200 guests next year!!



Volunteer Brian Goul, also known as “The corn man” works hard roasting & preparing the Roasted Corn for the cookout! This was his 3rd year roasting corn for us!! It was delicious! Thank You, Great Job Brian!!

Facility guidelines for newly remodeled rooms

As you know we are in the midst of remodeling the existing rooms here at UHHL and will also be adding another wing later in the year. While it can be somewhat challenging, we are excited for the change and updating of the facility.

While it is important for residents to be able to personalize their rooms, we do need to make every effort to maintain the new floors and walls and the integrity of the remodel. That being said, we will be limiting the number of things allowed on the walls to three hangings per resident. We also ask that no nails or tape be used, but the Command Strips that are not permanent and do not put holes in the walls or chip the paint. A great idea for hanging multiple photos and cards are the French memo boards that can be found at Wal-mart, Target, Hobby Lobby and other stores. Additionally, any recliners or electric lift chairs that are brought into the facility need to be made of a material that can be wiped clean easily, so to not harbor smells and bacteria. Those that are here and are in working order will be allowed to stay, but any additions will need to be okayed by a member of the management team.

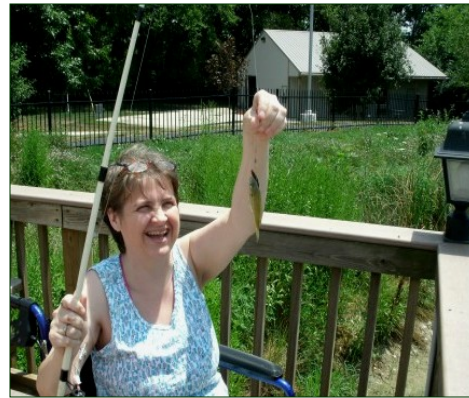
We are also asking again that if your loved one has things that are out of season or any other items that they do not use on a regular basis, (i.e. Christmas or fall décor, stuffed animals, baskets, etc.) that you take those things home. Unfortunately we have noticed that rooms are becoming very cluttered and it makes caring for people difficult and can be a hazard for residents and staff as well.

While we go through this process we are making every effort to keep your loved one safe and comfortable. Thank you again for your support and understanding while we make these changes to the building.

Laura Hamm, HFA
Assistant Administrator

Fishing Trip Outing Highlights!!

There is nothing like a good day of fishing to make a person feel relaxed and excited all at the same time. A fun group of residents and some wonderful volunteers and staff set off on an adventure to brave the summer heat and tackle the big fish hidden inside the waters at one of our sister facilities, The Altenheim. We teamed up with Recreation Therapist Danielle Brown and her team for a fun filled day of fishing, food and friends! We started out with a delicious cookout under the canopy of the shelter house. We served up made to order hamburgers and hot dogs with all the trimmings. We got our bellies full and then turned our attention to the beautiful pond full of fish. Several residents decided to get out on the dock and get fishing while others hung out in the shelter house to eat their chocolate cream pie and visit with each other. It was a beautiful day and we enjoyed temperatures in the 80's with plenty of sunshine! We generously applied sunscreen and got out our umbrellas and hats, grabbed the nearest pole and baited up our hooks to catch the big one. We ended up catching several big ones as well as some very small ones but we enjoyed pulling in every one. The first fish of the day was caught by Mary Hoover, who also caught the smallest fish of the day. You have heard of the "one who got away stories" well Mary had the best story of the day to tell as she claimed she also caught the biggest fish of the day but it got away after the hook literally broke off. That is truly not a fish story, I saw it with my own eyes. Our biggest fish of the day was caught by Mr. James Hogston, pictured below. Rick Whiteside came in a very close 2nd with the next biggest fish caught! We had so much fun we can't wait to do it again!!



Mary Hoover laughs as she poses with her winning fish for "first catch of the day" & "Smallest fish" caught!

Rick Whiteside [left] smiles as he poses with his big mouth bass! Rick caught the 2nd biggest fish of the day! It's hard to be humble with a catch like that! [right] Activity Director Mary Marshall hold up his prize catch.



James Hogston gives a big thumbs up for his "Biggest fish" catch of the day! Jesse Marshall holds up the big catch for James to admire!

I'd like to send out a very special thank you to our wonderful volunteers who helped make this outing so much fun & a great success. Brian Goul, Bea Fox, Lou Darting, and Bob Kane—You are appreciated!
A special thanks to "The Outdoorsman Sport Shop" for their donation of Live Bait for the fishing trip!



Roberta Ley [left] & Loy Hawes [right] pose with a smile after they caught their fish at the exact same time. Loy was thrilled saying "This is the first fish I have ever caught in my life." Roberta was just glad to catch something! Their fish may have been small but they sure made a big impression!!



Volunteer Brian Goul cooks up the burgers and hotdogs for lunch before we get started fishing! He told us he'd cook up the fish we caught too, but we ran out of time!!

Volunteer Bea Fox cuts the chocolate cream pie as we wait patiently. Bea always treats us to her homemade goodies! We are so spoiled!!



Let's Play Cards!

Successful visits with Dementia or Alzheimer's Residents

Visiting a loved one with Alzheimer's/dementia can be difficult. Through my years working with this population I have seen some very successful visits and some "not so much". This brief article may help you in your next visit.

Sometimes family members that live away, or do not come very often may see your loved one superficially. By this I mean they see that they are dressed, do not have any visible broken bones, and might be able to carry on a light conversation. This visitor may wonder why they are even in a facility thinking they could live in their home environment. What this visitor does not see is what you experienced and why the decision was made for placement.

The most successful visits come when family members are able to travel back in time with the resident. Their reality is different than ours, but rather than argue with them or try to "bring them back", try to go with them. For instance, if you are a child of theirs, they may see you as their younger sister or brother. Skipping a generation is common. Try not to quiz them as to who you are, but gently remind them of your name and who you are. This may be necessary several times during your visit.

Old photographs are excellent to bring on your visit. Often the long-term memory is intact and the resident may shine while looking at old photos. If they call someone by the wrong name while looking at the photos, let it go. Most resident's respond to touch, use touch frequently. If they are able and the temperatures allow taking a walk is also beneficial.

My suggestion to you upon departure is to not make an announcement that you are leaving. This has been found to bring additional stress on the resident. If you just slip away quietly the resident may soon forget that you were just there. If you go into a long goodbye they may wonder why they can't go, or when you are coming back. This has often led to disruptive behavior.

So to briefly close, remember to go where the resident is in their mind and time. Savor the moments and make each visit warm and successful.

"Memory is a child walking along seashore. You never can tell what small pebble it will pick up and store away among its treasures things." Pierce Harris- Atlanta Journal

Connie Van Treese MA
Social Services Director University Heights

Several residents get together to play Euchre almost every day. They like to get "practiced up" for our big Euchre tournament! Our Motto - Practice makes perfect."

We host a Monthly Community Euchre Tournament every 3rd Monday of each month at 2:30 pm. Several members of the community come in to play and we love the friendly competition!

It is free to play and we give away door prizes, have delicious refreshments, and give prizes for 1st, 2nd, & 3rd place as well as a prize for the "Lowest Score".

We would love to have more players get involved from the community! Join us! It's a great way to enjoy life and get busy living!!



Residents [from right to left] Walker Jenkins, Gerald Pickett, Dana Alexander, David Alexander and Barthenia Meyers enjoy a friendly game of Euchre! Gerald is watching the "experts" to learn how to play the game!

Activity News & Events Mary Marshall AD

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

Annual Volunteer Appreciation Banquet!

September 23rd
7:00pm - 9:00pm

This is a special night we celebrate all of our volunteers and show them how much we appreciate all they do! This year we are taking them to a Tropical Paradise! Dinner and entertainment will be provided!

Live music by "Steve Elston"

Introducing our wonderful activity team!!

- Joan Kantz
Vicki Gooley
John Hanes
Kelsey Loy
Tara Tabor
Brandi Harrell

You make our residents smile every day and give them a reason to "Get Busy Living"

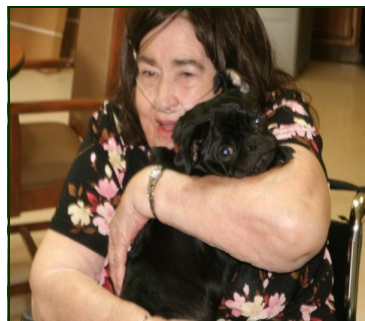
You are all a blessing I'm proud of all you do!! You Rock!!

August Outings

- * August 4th - Wal-Mart Shopping Trip!! 9am - 1pm
* August 4th - Memory Care Ride! 2pm - 4pm
* August 11th - Tapen-yaki Grill - Lunch Outing!!
* August 18th - Red Hat Trip to "The Seasons Lodge" in Brown County!!
* August 25th - Memory Care Ride! 2pm - 4pm
* August 25th - Main Unit Joy Ride! "Country Cruise"
* August 25th - Indiana Live Casino Outing!!

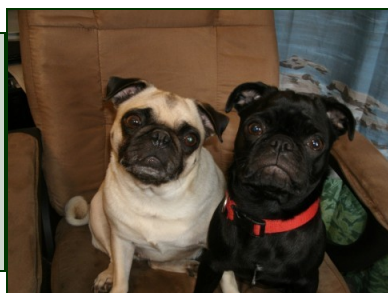
“Snug a Pug” or “Smooch a Pooch”

One of our favorite activities is to share hugs and kisses with two pugs named “Dottie” and “Stinky”! These special pugs come to work Mon-Fri to share their love with residents, staff and families!



Resident Shirley Scott gives “Dottie” a big hug during a “snug a Pug” activity. “I just love this little dog” says Shirley.

Precious Pugs, Stinky and Dottie pose for the camera as they sit in an office chair ready for a fulfilling day of work!



Think Therapy

University Heights continues to grow not only physically with our remodeling upgrades, but in the services we provide our customers. We are constantly striving to improve the quality of life for our residents!

We have started a new program called “Think Therapy”.

The “Think Therapy” program was initiated to get all staff to think about residents that are having difficulty with tasks that they previously were capable of performing and to empower them to refer these residents for a therapy screen. This will help to maintain the resident’s current level of functioning longer and further them in maintaining their independence. This program builds on the team approach to care we have here at University Heights Health and Living Center.

Resident & Staff Birthdays & Staff Anniversaries

Residents Birthday

- 8/1 - Bernadine Miller - 89
- 8/1 - Helen Williams - 95
- 8/4 - Dolores Fitzpatrick - 83
- 8/9 - Maxine Allen - 86
- 8/11 - Irene Cross - 83
- 8/16 - Wilma Bundy - 84
- 8/17 - Mary Kenney - 84
- 8/19 - Geraldine Wemmer - 86
- 8/23 - Maxine Flannary - 97
- 8/25 - Richard Keinzle - 80
- 8/26 - Robert Cromlich - 84
- 8/30 - Annie Long - 91
- 8/30 - Howard Leitz - 75
- 8/31 - Jessie Parker - 90

Staff Birthdays

- 8/3 - Lisa Smith - Receptionist
- 8/4 - Vianey Vazquez - Laundry
- 8/5 - Shana Hall - RN
- 8/6 - Reginald Smith - Dietary Cook
- 8/6 - Shannon Porter - Hskpng Spvsr
- 8/6 - Nicole Rea - Admissions
- 8/8 - Teisha Dias - CNA
- 8/9 - Michelle Barnard - CNA
- 8/13 - Danielle Brandenburg - LPN
- 8/14 - Delores Simmons - CNA
- 8/15 - Tinashe Bukhwele - RN
- 8/17 - Joan Kantz - AD Assistant
- 8/18 - Johnson Kagondu - LPN
- 8/18 - Brittany Receveur - Recept.
- 8/19 - Nancy Smith - RN
- 8/25 - Kelly McKinney - CNA
- 8/30 - Jesse Marshall - Transportation

**“Quote”
for thought**

*Don't judge each day
by the harvest you reap
but by the seed that you
plant.*
- Robert Louis Stevenson -

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