

# Bell Trace Newsletter

March 2017

## In This Issue

Welcome New Managers	1
LifeSpan Home Health	2
Resident Services	3—4
Life Enrichment	5—9
Out & About	10—11
Desk of Joy Harter	12

## March Birthdays

Cathie Lynch	1st
Marie Barrick	2nd
Ruth Kouwe	4th
Gene Weinberg	4th
Marge Blewett	5th
Gene Shipp	7th
Marlen Rust	8th
Jeanette Bridgett	9th
Lyn Winstanley	11th
Sara Campbell	12th
John McCormick	13th
Gladys Conway	14th
Guiliana Busch	18th
Susie Voelkel	19th
Jack Butler	23rd
Bob Epps	23rd

## Birthday Party



Join us in wishing all those residents with March birthdays a Happy Birthday!

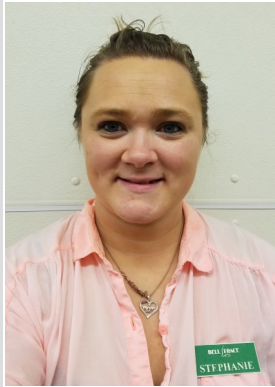
Friday, March 3, 2017  
2:00 p.m., The Commons

ALL ARE WELCOME!

## Welcome New Managers!

Please join us in welcoming Stephanie Long as the new Dining Room Supervisor and Brian Cox as the new Physical Plant Director for the Bell Trace campus. When you see Brian or Stephanie, please wish them all the best in their new positions!

### Meet Stephanie Long, Dining Room Supervisor



son, 9.

Stephanie started as a server at Bell Trace in May, 2016 and has stepped into the position of Dining Room Supervisor as of February, 2017. Stephanie will graduate at the end of the year from Harrison College with a degree in Business Management. In her free time, she loves camping, kayaking, hiking, and spending time with her two children—a daughter, 3, and a

### Meet Brian Cox, Physical Plant Director



Brian grew up in Muncie and graduated from Southside High School and attended Ball State and graduated in 2009 with a Bachelor's degree in Accounting. Brian moved to Ellettsville in March, 2014 and started at Bell Trace as a cook in the kitchen in May, 2014. In February, 2016, he transferred to the maintenance department. Brian brings varied knowledge and supervisory experience to his new position as Physical Plant Director. In his spare time, he enjoys biking, video gaming, building computers, and landscaping/DIY projects.

# LifeSpan Home Health

## LifeSpan Home Health and Attendant Services

**LifeSpan Home Health, LLC** is an Indiana state-licensed home health agency that is conveniently located on the campus of Bell Trace Senior Living Community.

LifeSpan is a CarDon company providing nursing and attendant services to the Bell Trace community. If daily non-medical tasks become challenging, LifeSpan Personal Attendants can provide the following services to residents:

- Personal caregiving
- Assistance with bathing, dressing, hygiene, grooming, and other personal care
- Escort to meals and activities
- Transportation to the doctor or other appointments and outings
- Running errands and personalized shopping
- Light housekeeping
- Meal preparation
- Pet care and dog walking
- Companionship at home or for events and outings
- Move-in or move-out assistance

Our LifeSpan Nursing Services can provide:

- Medication management and injections
- Wound care
- Assessments of vital signs:
  - Blood pressure
  - Pulse
  - Respiratory status
  - Temperature
- Diabetic management
- Lab and x-ray coordination

For more information on what LifeSpan Home Health can do for you, please contact Susan Calabrese, RN Administrator of LifeSpan Home Health Services at 812-332-2355, ext. 256.

## Avoiding the Flu and Colds

Influenza and the common cold virus are all transmitted the same way. Follow the tips below as the best options for avoiding these viruses and to stay healthy.

- Clean your hands often
  - Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth, preparing food, or eating with unwashed hands
  - Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Avoid close contact
  - Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Stay home when you are sick
  - If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose
  - Cover your mouth and nose and cough or sneeze into your sleeve. It may prevent those around you from getting sick.



# Resident Services

## Banking Hours

First Financial Bank offers a courier service for their customers on Tuesdays, Thursdays, and Fridays. A bank representative will pick up transactions from the locked bank box outside the 2<sup>nd</sup> Floor Lounge at 10:00 a.m. and will return with a receipt between 2:00 and 3:00 p.m. (Tuesdays and Thursdays only).

A representative from First Financial will be available on Tuesdays from 1:30—3:00 p.m. in the Bistro Alcove to meet with customers and answer questions.

## Bell Trace Beauty & Barber Shop

Located on the Lower Level, The Barber Shop / Beauty Salon is open Tuesday through Friday from 9:00 a.m.—3:00 p.m. Stop in or call for an appointment. Phone: 812-332-2355 ext. 218.

## Technology Assistance

Help is available if you are having problems or have questions regarding your cell phone, computer, tablet, etc. Please contact either Melissa Davis or Julie Hill to have your name placed on the Technical Support Request List. Service-learning students will call you to set up a time to help you.

## Massage [\$]

Massages are available on Tuesdays. Be sure to provide your phone number when you sign up so that Lisa Prickel, the massage therapist, can call you to schedule your appointment.

The sign-up sheet is in front of the Activity Book in the Mail Room.

## Chats

Chats are an opportunity to share your ideas and concerns regarding your experience living at Bell Trace. All are encouraged to attend!

### Apartment Chat with Joy

Wednesday, March 22, 3:30 p.m.

The Commons

\*Please note the time change!

### Assisted Living Chat with Joy

Friday, March 24, 4:00 p.m., Sunroom

### Cottage Chat with Joy

Tuesday, March 28, 10:00 a.m., The Commons

# TableTalk

Beginning on Tuesday, February 14th, Indiana University Service Learning Students will be visiting the Bistro and the Assisted Living Café during the dinner hour from 5:45—6:30 p.m. on Tuesday evenings.

Topic cards will be placed on each table to help guide the conversations or to spark the memory of a personal experiences or stories. **You of course, do not have to stay on topic.** These students are learning how to be health counselors. The table topics come directly from their course syllabus.

We hope you enjoy getting to know the students and sharing your words of wisdom with them. Giving a small portion of your time in this way will not only provide a meaningful and valuable learning experience for students, but hopefully it will also help stimulate and nurture your friendships with each other. Thanks for participating!

# Resident Services

## Resident Committee Meetings

### **Resident Council—All residents are welcome!**

Tuesday, March 7, 1:30 p.m., The Commons

### **Hospitality Committee**

Wednesday, March 15, 2:30 p.m.  
Community Room

### **Library Committee**

Friday, March 17, 1:30 p.m., Library

### **Newcomers Meeting**

Tuesday, March 21, 1:30 p.m.  
Community Room

## Religious Services

### **Church Services**

Sundays, 4:00 p.m., Chapel  
Fellowship follows in the Private Dining Room

### **Catholic Rosary**

Wednesdays, 4:00 p.m., Chapel

### **Catholic Service**

Fridays, 11:00 a.m., Chapel  
Fellowship follows in the Community Room

## Dry Cleaning Service

Crosstown Cleaners will pick up your dry cleaning and deliver it back to your door on Monday, Tuesday, Thursday, and Friday.

A \$2.00 delivery charge will be added to your dry cleaning bill. Phone: 812-333-6600.

## Wellness Checks

### **Blood Pressure Clinic**

Tuesdays, 9:30—10:00 a.m.  
2nd Floor Game Tables

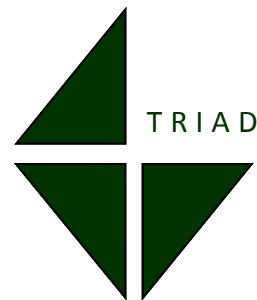
### **Hearing Aid Checks & Cleaning**

Wednesday, March 8, 3:30—4:30 p.m.  
Private Dining Room

## Give and Take Day

Tuesday, March 7, 9:00 a.m.—3:00 p.m.  
Community Room

If you have items that you no longer need and want to get rid of, bring them down to Give and Take Day. Whatever is left at the end of the day will be taken to Goodwill. Cold-weather items such as hats, gloves, socks, and coats will be donated to the homeless shelter. Please do not bring undergarments or medication to Give and Take Day.



### **Pharmaceutical Round Up**

A sheriff's deputy will collect your expired and unwanted prescription medication and sharps on a quarterly basis.

The next pick up is Wednesday, March 8 from 9:45—10:15 a.m. in the Front Lobby.

**"AGING IS NOT LOST YOUTH BUT A NEW STAGE OF OPPORTUNITY AND STRENGTH."**

BETTY FRIEDAN

© Lifehack Quotes



**In the USA, at 2 a.m. on 12 March 2017, clocks will be forwarded one hour, marking the beginning of Daylight Saving Time**

# Life Enrichment

## Discussion Groups

### Deep Listening

Monday, March 6 and 20, 7:00—9:00 p.m.  
Sunroom

This is a wonderful evening of thoughtful discussion and personal storytelling. Facilitated by Alan Backler and Bob Muldoon.

### Coffee and Conversation

Tuesdays and Thursdays, 8:00—11:00 a.m.  
Bistro Alcove

### Book Discussion Group

The group will be discussing the book Still Life with Bread Crumbs by Anna Quindlen.  
Sunday, March 19, 2:00 p.m., Library

### Current Events

This is an intergenerational discussion of the current news. Many times the conversation evolves into the talking about differences in the everyday lives of the generations.  
Thursdays, 11:00 a.m.—12:00 p.m., Sunroom

### Bible Study

Saturdays, 10:00 a.m., 3<sup>rd</sup> Floor Lounge  
\*Please note the earlier start time

## Library News

*Guest column written by Resident Betty Farr*

Our second-floor Library has books and periodicals for all your reading interests, including many large print books.

We hope you will look at the "Indiana" books on the mantle display. We have everything from "Indiana Wine" to "Indiana Basketball" and a delightful book of essays.

Come visit the Library as we are sure you will find a book or magazine to check out and enjoy in your own apartment

Find something new



## Customer Satisfaction Survey Results for 2016

CarDon and Associates utilizes a third party company named "Pinnacle" to conduct phone customer satisfaction surveys with all of their communities. In 2016, a total of 104 Bell Trace residents were randomly contacted by Pinnacle to respond and rate their satisfaction in various areas of the Bell Trace operation, and to offer comment on "Areas Appreciated", "What is Valued Most," and "Recommended Improvements." The many narrative comments in each of these areas are being assessed and compiled and will be shared in future newsletters and monthly chats. Below is a summary of the ratings to the following statements, rated on a scale from 1-5, 1 being the least favorable, and 5 being the best rating.

Recommend Bell Trace to Others:	97% (76% rated at a 5; 21% rated at a 4)
Safety and Security:	95% (61% rated at a 5; 34% rated at a 4)
Cleanliness:	98% (73% rated at a 5; 25% rated at a 4)
Response to Problems:	93% (64% rated at a 5; 29% rated at a 4)
Dignity and Respect:	95% (88% rated at a 5; 7% rated at a 4)
Communication:	95% (55% rated at a 5; 40% rated at a 4)
Move-In Process:	96% (70% rated at a 5; 26% rated at a 4)
Transportation Needs:	93% (58% rated at a 5; 35% rated at a 4)
Activities:	94% (69% rated at a 5; 25% rated at a 4)
Dining Service:	90% (65% rated at a 5; 25% rated at a 4)

## Arts Programming

### Arts & Crafts

Mondays and Wednesdays, 1:30—3:30 p.m.

Art Studio

Furthering our exploration of print making. We will continue working with the gel prints and experimenting with color, shape, and texture.

### Collage Art

Tuesday, 10:00—11:00 p.m. Sunroom

If you love going through magazines, this is the perfect group for you. Come check it out, supplies will be provided!

### Fiber Arts

Tuesdays, 2:00—4:00 p.m., 3rd Floor Lounge

This is a group of makers of all kinds. Please come and share your craft or just share in the conversation. All are welcome!

### Creative Writing

Thursdays, 2:00—4:00 p.m., 3rd Floor Lounge

We review the prose and poetry of professionals and then we listen to the prose and poetry of our peers. This is a safe space for writers to both create and critique. Beginners are welcome!

### Ukulele Practice

Thursdays, 4:00—5:30 p.m., Community Room

There are few things that stimulate the brain the way music does. If you want to keep your brain engaged throughout the aging process, listening to or playing music is a great tool. It provides a total brain workout. All are welcome!

### Bloomington Peace Choir Practice

Wednesday evenings from 7:00—9:00 p.m.  
The Commons

This community choir is open to anyone who loves to sing! No auditions required and the membership fee is waived for Bell Trace residents.

Singing is good for your health. When you sing, musical vibrations move through you, altering your physical and emotional landscape. Group singing is the most exhilarating and transformative of all!

## Exercise and Wellness Activities

### Advanced Exercise

Mondays, Wednesdays, and Fridays

10:00—10:45 a.m., The Commons

### Intermediate Exercise

Mondays, Wednesdays, and Fridays

10:45—11:30 a.m., The Commons

### Adaptive Tia Chi

Tuesdays and Thursdays, 10:00—11:00 a.m.

Chapel

This activity is designed to provide the participant an opportunity to experience the mind, body, and spirit connection. If you only come down and just breathe with us, you'll be doing your body a whole lot of good!

### Mall Walking

Monday, March 6 and 20, Depart at 9:00 a.m.

### Chair Yoga

Saturdays, 11:00 a.m., The Commons

### Balance Class [\$]

Tuesdays and Thursdays, 3:00—4:00 p.m.

The Commons

NOTE: There will be no Balance Class the week of March 13—17.

### Line Dancing

Wednesdays, 4:00—4:30 p.m., The Commons

The first Wednesday class will be taught by the Fred Astaire Dance Studio. The other Wednesday classes will be practice time.

### International Folk Dancing

Thursday, March 9 and 23, 7:30—9:00 p.m.

## On the Big Screen

### Saturday Movie Matinee

We continue our look at the Roosevelts. Videos will include Eleanor and the Roosevelt homes.

Saturdays, 1:00 p.m., Chapel

### Saturday Night at the Movies

If there is a particular movie that you want to see, please let Melissa, Kurt, or Julie know.

### "Hyde Park on Hudson"

Saturday, March 4, 7:00 p.m., The Commons

### "Philomena"

Saturday, March 11, 7:00 p.m., The Commons

### "The Great Debaters"

Saturday, March 25, 7:00 p.m., The Commons

### Happy Videos

Sometimes we just need a break from things and need to watch video clips that make us smile! Join us for Happy Videos on selected Fridays in The Commons. The short video clips will include such themes as dogs, cats, and other animals; babies; old-time comedy sketches; and other feel-good things.

## Cell Phone Etiquette Reminder

Please respect those around you and turn your cell phone ringer to either vibrate or silent when in the Bistro or at an activity or performance.



## Games and Trivia

### Bridge

Mondays, 1:00 p.m., 3rd Floor Lounge

### Trivia

Mondays, 1:00—1:30 p.m., Front Lobby

Thursdays, 1:00—2:00 p.m., Front Lobby

Have fun answering trivia questions or just stop by to hear some interesting and fun facts!

### Bingo [\$]

Mondays, 3:00—4:30 p.m., Community Room

Saturdays, 3:00—4:00 p.m., Community Room

Each game is a nickel per card. There is a limit of three cards per game and the winner gets the pot!

\*Note that due to IU's Spring Break, there will be no Bingo on Saturday, March 11 or 18.

### Dominoes

Wednesdays, 1:30—2:30 p.m., Community Room

The group plays Mexican Train Dominoes, a game that takes a combination of luck and skill.

### Scrabble

Tuesdays and Saturdays, 2:00—3:00 p.m.

Sunroom

### Game Night with APO Students

Play Euchre, board games, billiards, or Wii with these enthusiastic students! Bring your favorite board game and they will play that too!

Fridays, 6:30—8:00 p.m., The Commons

\*Note that due to IU's Spring Break, there will be no APO Game Night on Friday, March 17.



## Special In-House Events

### Say Farewell to Josh at Social Hour

Wednesday, March 1, 4:30 p.m., The Commons

### Music with Matt

Monday, March 6, 7:00 p.m., Front Lobby

### Monroe County Extension Homemakers Presents: "Bloomington Illustrated"

Join us for an narrated history of early Bloomington illustrated with rare and unseen postal images selected from the collection of Randi Richardson. During the past thirty years Richardson has accumulated more than a thousand postcards with scenes of Bloomington and the extended community. Because of her long association with the Monroe County History Center and her research into the people and places of Monroe County, she is quite knowledgeable about the county's history.

Tuesday, March 7, 1:00 p.m., The Commons

### Fiddle n Feet Performance

Friday, March 17, 7:00 p.m., The Commons

A special St. Patrick's Day performance of Irish step dancing and fiddle music.

### Annual Mandatory EMV Refresher Course

If you operate an electric motor vehicle (EMV), please plan to attend the refresher course offered by Occupational Therapist Angie Chickedantz as she reviews the rules of the road with you. Others are welcome to attend.

Wednesday, March 8, 1:00 p.m., The Commons

### Arthur Tang Piano Performance

Saturday, March 11, 1:00 p.m., The Commons

### Heartland Association, American Council of the Blind Meeting

Our special presenter will be Dr. Michael DeWit with the IU School of Optometry and he will speak on macular degeneration and ocular health. This meeting is open to all who are interested.

Monday, March 20,

6:30—7:00 p.m.: casual meet and greet

7:00 p.m.: presentation

Community Room

## Holidays and Celebrations

### Ash Wednesday Service

Wednesday, March 1, 3:30 p.m., Chapel

Join Chaplain Kurt Messick for this annual Ash Wednesday service.

### March Birthday Party

Friday, March 3, 2:00 p.m., The Commons

All residents are invited to come down and celebrate those whose birthdays fall within the month.

### St. Patrick's Day-Themed Social Hour

Wednesday, March 15, 4:30 p.m.

The Commons

### St. Patrick's Day

Friday, March 17, 8:30—11:30 a.m.

Special Coffee Bar in the Bistro Alcove.

## Pet Visit

### Visit with Kanika

Friday, March 3, 2:00—3:00 p.m.

Friday, March 24, 2:00—3:00 p.m.

Assisted Living Hallways and Front Lobby

Spend time with Kanika, the black lab/golden retriever service dog. If you live in the Assisted Living wing and would like a visit from Kanika, please leave your door open.

### Welcome New Residents!

Gladys Conway Apt. 325

Earl Dvorak Apt. 253

John Moore Apt. 214

Bonnie Waters Apt. 354

Ray and Ruth Sager Apt. 316



# Life Enrichment

## Lifelong Learning Classes

### Science with Melissa—"Modern Marvels"

Fridays, 4:00 p.m., The Commons

### "Antibiotics: The Wonder Drugs"

Friday, March 3

Only 50 years since the development of penicillin, bacteria has emerged that is resistant to every known antibiotic. Is the era of antibiotic wonder drugs coming to an end? This program searches for an answer to that question—an answer that will affect the lives of hundreds of millions around the world.

### "Wine"

Friday, March 17

The intoxicating effects of wine fermentation have been known throughout time. Nearly every civilization has made wine the centerpiece of religious and cultural life. Learn how vineyards around the world have adapted to natural and cultural conditions to keep this ancient industry thriving in the modern world.

### "Weather Predictions"

Friday, March 24

A study of the discoveries, inventions, and technological advances that have helped us understand and predict weather accurately. From simple observations made by early humans, to early instruments such as thermometers and barometers, to Doppler radar and satellite imaging, we'll see how man has tried to harness weather.

### "Stink"

Friday, March 31

Just a whiff of a foul odor can make your head spin, your eyes water, your stomach turn—it can even send you hurling. From cesspools, military stink bombs, and rancid rotting meat...to cow farms and landfills...to bad breath, B.O., and beyond.

### Ivy Tech History at Bell Trace [\$24]

#### "Early History of the Byzantine Empire"

Byzantine is a byword for scheming and intriguing for political ends. In this lecture series we find out exactly why the Eastern Roman Empire, starting with Constantine, became synonymous with that notion as we attempt to follow the course of the Emperors who kept the Roman world alive for another 1,000 years after its move to Constantinople.

6 Tuesdays, March 21—April 25

1:00—2:30 p.m., Chapel

#### Bloomington Humanities

#### "The New England Experiment, 1620—1693"

This class continues from last month. An overview of the Puritan experiment in New England from the first settlement at Plymouth through the expansion into Massachusetts Bay Colony, Connecticut, Rhode Island, and contiguous settlements, and ending with the Salem witch trials of 1692—1693.

6 Wednesdays, February 22—April 5

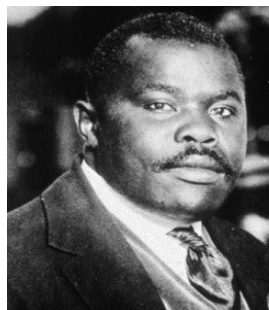
7:00—9:00 p.m., Chapel

#### "The Thirty Years War, 1618—1648"

The European war that resulted in the formation of the diplomatic system used globally ever since. What began as a political and religious war became a firestorm that devastated Germany for 30 years and involved every major European power.

6 Tuesdays, March 21—May 2

7:00—9:00 p.m., Chapel



*"A people without the knowledge of their past history, origin and culture is like a tree without roots."*

**Marcus Garvey**  
© Memoirs of an urban gentleman.com

# Out & About

## Stage Performances [\$]

**Gallim Dance** at The IU Auditorium  
Friday, March 3, Depart at 7:30 p.m.

**Shaolin Warriors** at the IU Auditorium  
Thursday, March 23, Depart at 7:00 p.m.

**King Charles III** at the Waldron Auditorium  
Saturday, March 25, Depart at 1:30 p.m.

**Spring Ballet: L'amour et la mort** at The MAC  
Saturday, March 25, Depart at 7:00 p.m.

**At First Sight** at the IU Theatre  
Tuesday, March 28, Depart at 7:00 p.m.

## Musical Performances

**University Orchestra** at The MAC  
Wednesday, March 1, Depart at 7:30 p.m.

**Pacifica Quartet** at Auer Hall  
Friday, March 3, Depart at 7:30 p.m.

**John Gouwens, Carillon** at Metz Carillon  
Saturday, March 4, Depart at 3:30 p.m.

**Bloomington Symphony Orchestra [\$]** at the  
Buskirk-Chumley Theatre  
Saturday, March 4, Depart at 7:00 p.m.

**NOTUS: Contemporary Vocal Ensemble and  
Chamber Orchestra** at Auer Hall  
Sunday, March 5, Depart at 3:30 p.m.

**Edel Muñoz, Guitar, Guest Recital** at Auer Hall  
Sunday, March 5, Depart at 7:30 p.m.

**Brent Wallarab Jazz Ensemble** at The MAC  
Monday, March 6, Depart at 7:30 p.m.

**Concert Orchestra** at The MAC  
Wednesday, March 8, Depart at 7:30 p.m.

**Tom Roznowski with Mike Lucas [\$5]**  
at Players Pub  
Wednesday, March 15, Depart at 5:30 p.m.

**Stardusters Little Big Band [\$7]** at Players Pub  
Wednesday, March 22, Depart at 5:30 p.m.

**Grigory Kanlinovsky, Violin, and Tatiana Goncharova, Piano, Faculty/Guest Recital**  
at Auer Hall  
Thursday, March 23, Depart at 7:30 p.m.

**Don Freund, Composer, Faculty Recital**  
at Auer Hall  
Friday, March 24, Depart at 7:30 p.m.

**Nikolay Verevkin, Piano, with Students of the  
Voice Department** at Auer Hall  
Saturday, March 25, Depart at 3:30 p.m.

**Sung-Milm and Charles Webb—Chamber  
Music for Two Pianos** at Auer Hall  
Saturday, March 25, Depart at 7:30 p.m.

**Bloomington Bach Cantata Project—J.S. Bach,  
"Ein Herz, das seinen Jesum lebend weiß,"  
BWV 134** at St. Thomas Lutheran Church  
Sunday, March 26, Depart at 2:00 p.m.

**Zoran Krajišnik, Guitar, Guest Recital** at  
Auer Hall  
Sunday, March 26, Depart at 7:30 p.m.

**Tom Walsh Jazz Ensemble** at The MAC  
Monday, March 27, Depart at 7:30 p.m.

**Theresa Leung, Piano, Peter Leung, Saxo-  
phone, and Otis Murphy, Saxophone, Faculty/  
Guest Recital** at Auer Hall  
Monday, March 27, Depart at 7:30 p.m.

**Stefan Engels, Organ, Guest Recital**  
at Auer Hall  
Friday, March 31, Depart at 7:30 p.m.

## Other Events

**26th Annual Indiana Heritage Quilt Show** at the  
Convention Center [\$10]  
Friday, March 3, Depart at 10:00 a.m.

**The Pub Quiz** at Players Pub [\$3 + dinner]  
Monday, March 20, Depart at 5:15 p.m.

**Reading with Kindergartners**  
Friday, March 31, Depart at 9:00 a.m.

# Out and About

## Shopping Transportation

We will take you to a maximum of two different locations on any one shopping trip. Please remember to limit your purchases to two bags.

**Your opportunity to go to the bank will be on Mondays at 9:00 a.m.** Please sign up with your destination in the Mail Room.

### Eastside Shopping

Monday Banking, Depart at 9:00 a.m.

Monday Shopping, Depart at 10:00 a.m.

Wednesdays, Depart at 2:00 p.m.

(No banking on Wednesdays)

## Dining Out [ \$ ]

A minimum of four residents is required for all dining out excursions. See menus in the Mail Room.

### Lunch Excursions

#### Cheddar's

Wednesday, March 1, Depart at 11:15 a.m.

#### Hoosier Bar and Grill

Wednesday, March 8, Depart at 11:15 a.m.

#### Sugar Daddy's

Wednesday, March 22, Depart at 11:15 a.m.

#### Peach Garden

Wednesday, March 29, Depart at 11:15 a.m.

### Men's Lunch Excursion

This lunch is for men only! Women outnumber men by almost 3 to 1 at Bell Trace, so this is a chance for the men to bond with each other and talk about "guy stuff"!

#### Smokin' Jacks Rib Shack

Wednesday, March 15, Depart at 11:15 a.m.

## Medical and General Transportation and Notes

Bell Trace offers transportation on Tuesdays and Thursdays for medical appointments that are scheduled between **9:30 a.m.** and **4:30 p.m.**

Please sign up at the Front Desk for transportation at least 24 hours before your appointment. Transportation reservations made with less than 24-hour notice are not guaranteed. If you use a wheelchair transportation system we can assist you in scheduling your transportation if needed. Bell Trace will cover the cost for those trips as long as they are on a Tuesday or Thursday.

Please remember to sign up for transportation to outside events in the Activity Book in the Mail Room. The deadline for signing up is noon the day before the event. After this time, the event is closed and additional residents may not be guaranteed a seat. If you have signed up but wish to cancel, please also try to do so by the listed deadline. This helps us determine which vehicle and driver we will use to most comfortably get you to your destination.

Lastly, please plan to be in the Lobby ready to go at least five minutes before your scheduled departure time since the bus or minivan will leave at the time listed on the calendar.

If you have any questions, please see Melissa Davis or Leisa McClure in the Activities Office.

## Former Residents' Addresses

Florence Cassal  
3467 Stanfield Rd.  
Lacey, WA 98503

Mac Fleming  
851 Second St., #226  
Santa Monica, CA 90403

They would love to get mail from their friends back at Bell Trace!

# From the Desk of Joy Harter



## Summaries from the February Activities, Food and Apartment/Cottage Chats

There were 3 different resident chats conducted in the month of February. In order to inform those residents who were not able to attend those meetings and to serve as review for those who were, summaries of those chats will be provided here in the newsletter. All future chats will be summarized the following month in the newsletter for the benefit of all!

### *Activities Chat on 2.15.17*

Joy, Melissa, and Julie met with residents to discuss our current activities. There were 36 residents present. We are in the process of evaluating our activities/events and we want to know what is well received and where we can improve! Julie and Melissa have been taking attendance in order for us to have some concrete data. We want to encourage our new residents to participate and we want programming to appeal to residents who may not presently be participating in activities. There will be a voluntary and anonymous Activities Survey distributed to your in-house mailbox this month that will help us obtain feedback from as many residents as possible. We thank you in advance for your completion of the Activities Programming Survey.

### *Food Chat on 2.18.17*

Joy and Philippe met with approximately 30 residents to discuss our current dining services with open ears and open minds! As with our activities programming, we are evaluating our current dining operation and identifying where we need to make changes. Joy emphasized that everyone's voice and opinion matters yet we cannot address or change that which we do not hear about or know about. Subjects discussed included the inconsistency of food temperatures, fancy words on the Specials Menu, and requests for peas and corn. If your meal arrives at your table at an inappropriate temperature, please send it back to the kitchen! Residents are encouraged to use the comment cards that are on all dining room tables. Joy will resume proofing every weekly Specials Menu to remove words that residents might not understand. Philippe will be making changes to the main menu based on feedback from the Food Chat (ie. add hot dogs, baked beans, etc.). The next Food Chat will be scheduled in April and we hope many more residents will attend and take part in the dialogue!

### *Apartment/Cottage Chats on 2.22.17 and 2.28.17*

Joy reminded everyone to be aware of scam artists who either contact you via e-mail or phone. Be very protective of your personal information and social security number. Do not release any information to someone you do not know or to any unknown source. Please report any scam concerns to Joy. Joy talked about the recent Activities and Food Chats summarized above. Joy also reviewed special events and activities coming up in March and detailed in this month's newsletter. The March IL Apartment Chat will take place on Wednesday, March 22 at 3:30pm. Please note the earlier time. Transportation Reminder: please remember to call the Front Desk to schedule your medical appointment transportation, and please give us at least a 24-hour notice of your request. We are not able to accommodate same day requests for medical transportation. Don't miss Fiddle n Feet on St. Patrick's Day, an Irish step dance group and fiddle band!