

# Bell Trace Newsletter

April 2015

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## April Birthdays

Edward Grant	6th
Gerda Fletcher	6th
Forest Jacobs	8th
Charlotte House	11th
Ellen Pettay	13th
Ann Heath	15th
Guy Wiley	18th
Nancy Fenner	21st
Marcia Huguenard	23rd
Danna Moore	25th
Fran Weinberg	25th
Mildred Mason	28th
Trudy Shaw	28th

## Birthday Party

*Friday, April 3rd,  
2:00 p.m., The Commons*

All residents are invited to come down for cake, ice cream, balloons, and a song.

## Welcome New Residents

**Dave Wylie—Apt. 257**  
**Bob Fields—Apt. 313**  
**Roberta Wysong—CU619**  
**Harry Patton—Apt. 318**  
**Peg Wiley—Apt. 361**

## Let's Review Severe Weather and Emergency Protocols!



The month of April is a good time of year to review severe weather and emergency protocol with apartment residents. This year's annual meeting where all emergency protocols are reviewed will be incorporated into the monthly IL Chat on Wednesday April 22 at 4:00 p.m. in The Commons. All residents are encouraged to attend.

Printed here are some of the important highlights you need to remember when there are severe weather conditions or a fire emergency. All residents are instructed to stay in their apartments away from the windows. If you happen not to be in your apartment, relocate yourself to one of the building's designated "Safe Areas" nearest to you on the same floor. The "Safe Areas" of Bell Trace are the following:

- 1) Lower Level - Commons or Chapel
- 2) Second Floor Library
- 3) Third Floor Lounge
- 4) Any interior hallway or lounge area
- 5) Any restroom or laundry room

## **Dos and Don'ts** During a Severe Weather or Tornado Emergency

**DO** stay in your apartment if this is your location when the emergency announcement is made

**DO** move to or remain in a safe area listed above if you are not in your apartment at the time of the emergency announcement

**DO** use the stairs only to move to another floor of the building

**DO** move away from any windows or glass

**DO** stay calm

**DO** keep a flashlight available in the event of a power outage

**DO** listen for further direction or announcements

**DON'T** use the elevator during any emergency circumstances

## Come to the Apartment Chat

All residents are invited to join Joy Harter and Josh Tuttle to review severe weather and emergency protocol at the Apartment Chat  
On April 22, in The Commons

# Resident Services

## Home Health Services at Bell Trace

**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 personal attendant services to the Bell Trace community. If daily non-medical tasks become challenging, LifeSpan Personal Service Attendants can provide the following services to residents:

- Personal caregiving
- Assistance with bathing, dressing, hygiene, grooming, and other personal care
- Assistance with mobility issues
- Transportation to the doctor or other appointments and outings
- Running errands and shopping
- Light housekeeping
- Meal preparation
- Assistance with pet care
- Companionship at home or for events and outings.

Our LifeSpan Nursing Services can provide:

- Medication management
- Wound care
- Assessments of
  - Blood pressure
  - Pulse
  - Respiratory status
  - Temperature
- Diabetic management
- Lab and x-ray coordination.

For more information on fees and services, please call RN Administrator Brandy Kluesner at 812-961-5556.

## Medical Transportation

Bell Trace will continue to offer transportation on Tuesdays and Thursdays for medical appointments that are scheduled between 8:00 a.m. and 3:00 p.m. Please sign up at the Front Desk for transportation. 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.

If you have medical transportation needs on other days, please contact Leisa McClure at extension 208.

## Wellness Checks

Blood Pressure Clinic  
Tuesdays, 9:45—10:15 a.m.,  
2nd Floor Game Tables

**Hearing Aid Checks & Cleaning**  
Wednesday, April 8, 3:30—4:30 p.m.,  
Private Dining Room

## Massage

Massages are available on Tuesdays. The sign-up sheet is in front of the Activity Book in the Mail Room. When you sign-up, please make sure to provide your phone number so that Lisa Prickel, the massage therapist, can call you to schedule your appointment.

## Welcome Melissa Gilliland, LPN

In March Melissa Gilliland joined our Lifespan Home Health Care team as the Personal Services Agency Manager. Melissa brings many years of nursing experience to her new role. We are thrilled to have her on the team. Please feel free to stop by and give her a warm Bell Trace welcome. Her office is on the third floor across from the Assisted Living elevator.

# Resident Services

## Bell Trace Beauty & Barber Shop

Located in 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

**Gift Certificates are available!**

## Banking Hours

First Financial Bank will continue to offer 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 Assisted Living Lounge at 10:00 a.m. and will return with a receipt between 2:00 and 3:00 p.m. (Tuesdays and Thursdays only).

Representatives from First Financial will be available on Tuesdays from 1:30 – 3:00 p.m. in the 2<sup>nd</sup> Floor Lounge to meet with customers and answer questions.

## 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.

## Give and Take Day

Tuesday, April 6, 9:00 a.m. – 3:00 p.m., Gallery

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 Opportunity House. Cold weather items such as hats, gloves, socks, and coats will be donated to the homeless shelter.

## Monroe County Library

### Bookmobile Visit

Wednesdays, 11:30 a.m. – 12:30 p.m. under the Front Portico.

The Bookmobile collection includes best-sellers; adult, young adult, and children's books; compact discs; DVDs; magazines; and books-on-CD. Materials not available on the Bookmobile may be requested from the Main Library and then delivered to you the next visit. **For more information, call the library at 812-349-3050 ext. 2059.**

### Door to Door Service

If you are unable to navigate the steps of the Bookmobile the library will deliver and pick up materials to your home once a month. The selection of materials available includes large print, regular print, audiobooks, magazines, music CDs, and movies. If you are interested in this service please see Julie Hill or Melissa Davis in the Life Enrichment Department.

## Support Groups

### Family Support Group

Thursday, April 16, 4:00 p.m. Sunroom

### Parkinson's Support Group

Friday, April 24, 1:30 p.m., Community Room

## Recycling

Currently, you may recycle paper (including newspaper and magazines) by bringing items to the Main Building and putting them in the recycling bins found in the Laundry Rooms on all three floors. As management continues to explore the options, there seems to be a need for a Recycling Committee. Please contact Joy if you are interested.

# Resident Services

## Resident Committee Meetings

### **Garden Committee**

Friday, April 3, 10:30 a.m., Sunroom

The Garden Committee will help in planning and implementing opportunities for residents to connect to the outdoors and will add a few special touches to our already beautifully landscaped campus.

Our first meeting went well. We are looking for a source for purchasing flower boxes that can hang from apartment balcony railings. If you plan to attend our meeting on April 3, please dress for the weather. We will walk the Trace and cast wild flower seeds along the west side of the property.

There will be a trip to Mays Greenhouse on Friday, May 17th. We will depart at 1:00 p.m.

### **Resident Council**

Tuesday, April 7, 1:30 p.m., Community Room

### **Hospitality Committee**

Friday, April 10, 1:30 p.m., Community Room

The Hospitality Committee's purpose is to help new residents easily transition to living at Bell Trace. Please come to the meeting if you'd like to volunteer to show a new resident the ropes!

### **Library Committee**

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

### **Newcomers Meeting**

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

## Voting in May Primary

If you are planning to vote in the city's primary election on May 5, 2015. Please remember to request your absentee ballot before April 23rd.

2015 Absentee Ballot Request Forms are available in the Activities office.

## Chats with Joy

Join Joy Harter, the Executive Director of Bell Trace, to share your ideas and concerns regarding your experience living at Bell Trace.

### **Assisted Living Chat with Joy**

Friday, April 17, 3:30 p.m., Sunroom

### **Apartment Chat with Joy**

Wednesday, April 22, 4:00 p.m.,  
The Commons

### **Cottage Chat with Joy**

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

## **Be a Friend...Tell a Friend about Bell Trace!**

### **Referral Program**

Wouldn't it be wonderful to share your Bell Trace experience with someone you know? CarDon and Associates is sponsoring the "Be a Friend... Tell a Friend" Referral Program in all of its communities. By referring a friend or family member to Bell Trace, you'll give them the opportunity to discover the rewarding lifestyle at Bell Trace Senior Living Community. And if you refer someone to Bell Trace and they sign a Residency Agreement by April 30, 2015, you will receive \$200!

All you have to do is fill out the Referral Program form which you can get from Marketing Director Suzanne Mann or Executive Director Joy Harter. There is no limit to the number of referrals you may submit. Refer a friend today!

# Out & About

## Shopping Transportation

### Eastside Shopping

Mondays, Depart at 10:00 a.m.

Wednesdays, Depart at 2:00 p.m.

We will take you to a maximum of two different locations on any one shopping trip, whether it be a store, a bank, or a restaurant. Sign up with your destination in the Mail Room.

### Grocery Shopping Only

Fridays, Depart at 10:00 a.m.

If you are unable to do your own shopping you may contact LifeSpan Home Health to arrange for a personal shopper.

## Dining Out [\$]

A minimum of four residents is required for all dining out excursions.

### Lunch Excursions

#### Rosie's Diner (cash only)

Wednesday, April 1, Depart at 10:45 a.m.

#### Red Lobster

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

#### Upland Brewery

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

#### Zaharakos Ice Cream Parlor

Friday, April 24, Depart at 1:00 p.m.

#### Brown County Inn

Wednesday, April 29, Depart at 11:00 a.m.

#### Men's Luncheon

#### Olive Garden

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



## IU Sporting Events [\$]

### IU Home Baseball Games

Spring is in the air and so is baseball season! Bell Trace will provide transportation to selected IU home games played at Bart Kaufman Field.

#### IU vs. Cincinnati

Wednesday, April 8, Depart at 5:20 p.m.

#### IU vs. Rutgers

Saturday, April 11, Depart at 1:15 p.m.

#### IU vs. Evansville

Wednesday, April 15, Depart at 5:20 p.m.

#### IU vs. Michigan State

Sunday, April 26, Depart at 12:20 p.m.

#### IU vs. Indiana State

Wednesday, April 29, Depart at 5:20 p.m.

### Be Prepared!

The bus will leave promptly at the time indicated. To guarantee your seat, please arrive in the Lobby at least 5 minutes before the scheduled departure time. Events and outings that have a dollar sign after them indicate that either a ticket or money is needed for admission. If you have a question about the cost, please see either Melissa or Julie in the Activities Office.

## Cultural Excursions

Please sign up in the Transportation Book in the Mail Room. The bus will leave at the time listed.

### **Nick Offerman Performance at the IU Auditorium [\$]**

Wednesday, April 1, Depart at 7:30 p.m.

### **Philharmonic Orchestra at The MAC**

Wednesday, April 1, Depart at 7:30 p.m.

### **"At First Sight" at the Wells-Metz Theatre [\$]**

Saturday, April 4, Depart at 1:30 p.m.

### **Joshua Bell and Sam Haywood Concert [\$]**

Saturday, April 4, Depart at 7:15 p.m.

### **Vocal Jazz Ensembles Spring Concert with Special Guest Bobby McFerrin**

**at the Buskirk-Chumley Theatre [\$]**

Monday, April 6, Depart at 7:30 p.m.

### **Audra McDonald Concert**

**at the IU Auditorium [\$]**

Tuesday, April 7, Depart at 7:30 p.m.

### **Chamber Orchestra at Auer Hall**

Wednesday, April 8, Depart at 7:30 p.m.

### **Singing Hoosiers 65<sup>th</sup> Annual Spring Concert at the IU Auditorium [\$]**

Saturday, April 11, Depart at 1:15 p.m.

### **"The Magic Flute" at The MAC [\$]**

Saturday, April 11, Depart at 7:30 p.m.

### **Concentus and Baroque Orchestra with the Blm. Bach Cantata Project at Auer Hall**

Saturday, April 11, Depart at 7:30 p.m.

### **University Orchestra at The MAC**

Sunday, April 12, Depart at 2:30 p.m.

### **Conductors' Chorus at Auer Hall**

Sunday, April 12, Depart at 7:30 p.m.

### **"Pilobolus" at the IU Auditorium [\$]**

Tuesday, April 14, Depart at 7:30 p.m.

## Cultural Excursions continued:

### **Hammer and Nail, Programs A and B at the Buskirk-Chumley Theatre [\$]**

Wednesday, April 15, Depart at 6:00 p.m.

### **Symphony Orchestra at The MAC**

Wednesday, April 15, Depart at 7:30 p.m.

### **"Memphis" at the IU Auditorium [\$]**

Thursday, April 16, Depart at 7:30 p.m.

### **Mays Greenhouse**

Friday, April 17, Depart at 1:00 p.m.

### **All-Campus Band at The MAC**

Monday, April 20, Depart at 7:30 p.m.

### **University Singers and Conductors' Orchestra—Mozart: Requiem at Auer Hall**

Tuesday, April 21, Depart at 7:30 p.m.

### **Philharmonic Orchestra at The MAC**

Wednesday, April 22, Depart at 7:30 p.m.

### **SPRINGFEST—Wind Ensemble, Symphonic Band, and Concert Band at The MAC**

Friday, April 24, Depart at 7:30 p.m.

### **Met Opera at the Movies—**

### **Cavalleria Rusticana and Pagliacci at AMC East Theater [\$]**

Saturday, April 25, Depart at 12:15 p.m.

### **IU Children's Choir Spring Concert at St.**

### **John the Apostle Catholic Church**

Saturday, April 25, Depart at 12:15 p.m.

### **Former Resident**

### **Dan Miller's Memorial Service**

Saturday, April 25, Depart at 1:00 p.m.

### **"Into the Woods" at Ruth N. Halls Theatre [\$]**

Saturday, April 25, Depart at 1:30 p.m.

### **Depart for Trashion ReFashion Show at the Buskirk-Chumley Theatre [\$]**

Sunday, April 26, Depart at 6:15 p.m.



# Life Enrichment

## Special Events

### **IU Travel Talk—Washington D.C.**

Monday, April 6, 7:00 p.m., The Commons

### **Candidate Forum**

Friday, April 10, 7:00 p.m., The Commons

Several mayoral, city council, and city clerk candidates have RSVPd to our Candidate Forum. This is a great time to hear their platforms and to ask them questions.

Absentee Ballot Request forms will be available

### **Mary Whittington Students Piano Recital**

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

### **Liz Hong Violin and Piano Performance (IU Jacobs School of Music)**

Sunday, April 12, 2:00 p.m., The Commons

### **Dawn Evans Student Piano Recital**

Sunday, April 19, 3:00 p.m., The Commons

### **IU Brass Quintet Performance**

Sunday, April 19, 7:00 p.m., The Commons

### **The Newmans Play Music**

Wednesday, April 22, 3:00 p.m., The Commons

### **The PBJ Trio Plays Music (piano, trumpet, tuba)**

Tuesday, April 28, 7:00 p.m., The Commons

## Parties and Celebrations

### **April Birthday Party**

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

All residents are invited to come down and celebrate those whose birthdays fall within the month. We always have cake, ice cream, balloons, and a song.

### **Seder Plate Dinner [\$]**

Friday, April 3, 4:00 p.m. Community Room

### **Farewell Social Hour**

Wednesday, April 22, 4:30 p.m. The Commons

Come and join us as we say farewell to a Bell Trace favorite, Harmon Baldwin.



### **Easter Brunch at Bell Trace**

Sunday, April 5th  
Served in the Bistro Dining Room  
11:15 a.m. to 1:30 p.m.

#### Menu

Smoked Salmon, Spring Leeks Salad  
Glazed Ham  
Crispy Chicken  
Roasted Potatoes with Lemon Oil  
Fresh Green Bean Casserole  
Jumbo Strawberry Shortcake with  
Whipped Cream  
Assorted Bread and Rolls

**\$17.25**

Please make your Reservations with Cris Jones  
in the Bistro Dining Room before Monday, March 31st at 1 p.m.

## Arts Programming

### Arts & Crafts

Mondays and Wednesdays, 1:30 – 3:30 p.m.,  
This month we will be working on community service projects.

Week #1—We will finish up the beads that we have been making for the Creative Aging Festival. Beads will be given to participants who attend events that are held with-in the Bloomington Entertainment and Arts District. We will meet in the Arts Studio

Week #2—We will work with stage designer, Gail Hale in preparing decorative panels for Krista Detor's 2015 Time Travel Show, a fund-raising event for Area 10 Agency on Aging. We will meet in the Community Room.

Week #3—We will water color paint and make cards that we will donated to the WonderLab gift store. We will meet in the Arts Studio.

Week #4—We will finish up projects and prepare the studio for another round of ceramics classes starting in May.

### Fiber Arts

Tuesdays, 2:00 – 4:00 p.m., 3<sup>rd</sup> Floor Lounge

Bring a project or come and participate in the conversation. All are welcome.

### Creative Writing

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

### Ukulele Practice

Thursdays, 4:00 – 5:30 p.m., The Commons

### Shape Note Singing

Sunday, April 12, 2:00 – 4:00 p.m.,  
Bell Trace Health and Living Center

Sunday, April 26, 2:00 – 4:00 p.m.,  
Bell Trace Health and Living Center

## Arts Programming continued

### International Folk Dancing

Thursday, April 9, 7:30 – 9:00 p.m.,  
outside the Beauty Salon on the Lower Level

Thursday, April 23, 7:30 – 9:00 p.m., outside the  
Beauty Salon on the Lower Level

### Dance for Parkinson's

Friday, April 10, 1:30 p.m., The Commons



### Bloomington Peace Choir Practice

Wednesdays, 7:00 – 9:00 p.m., The Commons

All are welcome to join in on the fun or just come to listen to the choir practice.

## Celebrate Poetry All Month!

April is Poetry Month. April 30th is Poem in the Pocket Day, when poems can be handed out to read and put in a pocket. This April, instead of having just one Poem in the Pocket Day, we plan on having Poems for the Pocket available all month.

There will be envelopes on the bulletin boards containing pocket sized poems for the taking and keeping. We can all contribute to the Poetry Pockets. Do you have a favorite poem? Have you written a poem that you would like to share? Make copies, put your name on it—or remain anonymous if you prefer—and put it in the envelopes.



# Life Enrichment

## Games and Trivia

### Trivia

Mondays, 1:00—1:30 p.m., Front Lobby  
Thursdays, 1:00—2:00 p.m., Front Lobby

### Bingo [\$]

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

### Dominoes

Wednesdays, 1:30—2:30 p.m., Gallery  
The group plays Mexican Train Dominoes, a game that takes a combination of luck and skill. If you do not know how to play—don't worry! You can learn on the spot from one of our patient domino players.

### Scrabble

Tuesdays, 2:30—3:30 p.m., Sunroom

### Games with APO Students

Fridays, 6:30—8:00 p.m., The Commons

## On The Big Screen

### Saturday Movie Matinee

Saturdays, 1:00 p.m., Chapel

We will continue with the "Digging for the Truth" series, focusing on archaeological sites.

### Saturday Night at the Movies:

All movies will shown in The Commons

Saturday, April 4, 7:00 p.m., "Easter Parade"

Saturday, April 11, 7:00 p.m., "Imitation Game"

Saturday, April 18, 7:00 p.m., "McClintock"

Saturday, April 25, 7:00 p.m., "Theory of Everything"

## Discussions

### Coffee and Conversation

Tuesdays, 8:00 – 11:00 a.m., Bistro Alcove

Every Tuesday morning, enjoy a cup of coffee or tea with a selection of flavored creamers. This is a great chance to sit and chat with friends or to get to know other residents.

### Book Discussion Group

Sunday, April 19, 2:00 p.m., Library

### Word Talk

Tuesdays, 11:00 a.m. – 12:00 p.m., Sunroom

### Current Events

Thursdays, 11:00 a.m. – 12:00 p.m., Sunroom

### Deep Listening

Monday, April 6, 7:00 – 9:00 p.m., Sunroom  
Monday, April 20, 7:00 – 9:00 p.m., Sunroom

### Free Thinkers (Hosted by John Crosby)

Friday, April 10, 1:30 – 2:30 p.m., Sunroom

### Bible Study

Saturdays, 10:30 a.m., 3<sup>rd</sup> Floor Lounge

## Religious Services

### Good Friday Service

Friday, 11:00 a.m., Chapel

### Sundays, 4:00 p.m., Chapel

This is a nondenominational service.

### Catholic Rosary

Wednesdays, 4:00 p.m., Chapel

### Catholic Service

Fridays, 11:00 a.m., Chapel

### Sabbath Candle Lighting

Fridays, 4:30 p.m., Chapel

## Lifelong Learning Classes

### History with Kurt

Tuesdays 2:00—3:00 p.m., Chapel  
“History of Christianity”

Thursdays, 2:00—3:00 p.m., Chapel  
“The Presidents”

### Geology Video Series

#### “How the Earth was Made”

Friday, April 3, 3:00 p.m., “Sahara”, Chapel  
Friday, April 10, 3:00 p.m., “Ring of Fire”, Chapel  
Friday, April 17, 3:00 p.m., “Death Valley”, Chapel

## Exercise and Wellness Activities

### Intermediate Exercise

Mondays, Wednesdays, and Fridays,  
10:45 – 11:30 a.m., The Commons

### Advanced Exercise

Mondays, Wednesdays, and Fridays,  
10:00 – 10:45 a.m., The Commons

### Adaptive Tai Chi

Tuesdays & Thursdays, 10:00 – 11:00 a.m.,  
Chapel

### Chair Yoga

Saturdays, 11:00 a.m., Chapel

### Exercise Room

Located on the Lower Level, the Exercise Room is open for use at any time. Residents need to read and sign the consent form before using the equipment. Training on how to properly use the equipment is available; please check at the Life Enrichment Office.

**The Trace** is two-thirds of a mile long. Walk it three times a day and you will have walked two miles.

## Under-breathing is epidemic among adults.

Most of us do not think twice about our pattern of breathing...because it is automatic, right? Well, yes, unconsciously we all continue to breathe due to our autonomic nervous system but to what extent do we truly give ourselves what our bodies need for optimum health?

The effects of inhalation and exhalation extend far beyond the physical exchange of air in and out of the body...they extend to the workings of the heart and lungs as well as to subtle molecular processes through which the body's energy production is maintained.

When we breathe oxygen is extracted from the air by the lungs. It passes into the blood vessels that surround the lungs and is carried to all the cells of the body by the blood. Most of the oxygen is carried by the red blood cells, though some of it is carried by the water in the blood. A deficiency of water means reduced oxygen delivery by the blood. So important is oxygen that even where optimum water, protein, vitamin and mineral intake exists, ill health will still exist if there's an oxygen deficiency.

Shallow chest breathing gives rise to oxygen deficiencies, as there are very few blood vessels surrounding the upper lobes of the lungs. Most of the blood vessels surround the lower lobes of the lung. Thus, deep, abdominal breathing is the answer to optimum oxygen levels.

Focused deep breathing is the core aspect of the Adaptive Tai Chi sessions held every Tuesday and Thursday mornings at 10:00 a.m. in the Chapel. Anyone, regardless of ability, can participate. Simply sitting and just doing the deep breathing exercise with us will do your body a world of good. And, if you are able, by all means participate in any of our other regularly scheduled physical activities.

Sources:

<http://health.howstuffworks.com>

<http://altered-states.net/barry/newsletter395/>

<http://www.livescience.com>