

Bell Trace Newsletter

March 2016

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March Birthdays

Cathie Lynch	1 st
Marie Barrick	2 nd
Ruth Kouwe	4 th
Gene Weinberg	4 th
Marge Blewett	5 th
Gene Shipp	7 th
Marlen Rust	8 th
Jeanette Bridgett	9 th
Sara Campbell	12 th
John Menees	15 th
Guiliana Bush	18 th
Susie Voelkel	19 th
Bob Epps	23 rd
Jack Butler	23 rd
Barbara Morpurgo	26 th
Thelma Marker	31 st

Birthday Party

Friday, March 4, 2016
2:00 p.m., The Commons

Welcome New Residents

Mildred Isom	Apt. 255
Alma Keen	Apt. 357
Marian Armstrong	Apt. 125
Jo Crozier	Apt. 262

From the Desk of Joy Harter

Bell Trace and Community Engagement



Last month Bell Trace “Celebrated Artful Living” on the afternoon of February 11 through our partnership with and support of the “*Week of Chocolate*,” an annual *LifeDesigns* fundraiser. *LifeDesigns* is a Bloomington non-profit organization that provides services and support to individuals with disabilities. Bell Trace was quite proud to take part in this community-wide event this year and to provide our residents with an opportunity to celebrate artful living! BT resident Gary Wittlich serenaded us with beautiful music, we gazed upon the beautiful artwork of BT resident watercolor artist Velma Harrison, pastel painter Lorraine Picott, and quilter Judy Morter, we listened attentively to BT resident Jenny Kander and Antonia Mathew as they delighted us with readings on chocolate, where hot cocoa and homemade chocolate truffles made by Chef Philippe were gobbled up and enjoyed, and where many other residents including Rex Skillman, Dick Shutte, Annette Keefe, Mac Fleming, Beth Gray, Ellen Pettay, Gene Shipp, and the Bell Trace Ukulele Group entertained us with song, as well as many other residents who displayed their artwork. Thanks to the generosity of our residents, we raised almost \$300 for *LifeDesigns*!

I take the opportunity to reflect on the *Week of Chocolate* event to emphasize the importance that Bell Trace places on its engagement and support of not only our own Bell Trace community members but the Bloomington community at large. **Community engagement** is often defined as a process by which a **community** and its individuals build ongoing, permanent relationships for the purpose of applying a collective vision for the benefit of a **community**. Bell Trace strives to be involved and engaged with the broader community around us, and to provide opportunities for engagement for our Bell Trace residents. Examples of this would include our recent partnership with IU School of Public Health students to provide the Roll and Stroll program for our residents, and on January 22nd we partnered with the City of Bloomington Community & Family Resource Department for a special viewing and discussion of the PBS documentary “*Being Mortal*.”

As important as community engagement is to our operation, we even have a Bell Trace Director of Community Engagement!

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Resident Services

From the Desk of Joy Harter (cont.)

Bell Trace is happy to welcome our new Director of Community Engagement, Jeanne May, to the Bell Trace family. Jeanne replaces former Community Engagement Director Daniel Arnold who moved on to his dream job with Crane Naval Base last month. One of Jeanne's responsibilities will be to continue nurturing the strong relationships that Bell Trace has established with its community partners such as Area 10 Agency on Aging, Ivy Tech, Indiana University, IU Health Hospital, the Bloomington Hospital Foundation, and the Bloomington Chamber of Commerce, just to name a few. In conjunction with the efforts of Julie Hill, Life Enrichment Director, and Barbara Carroll, our Marketing Director, Bell Trace wants to remain a vital contributor to the Bloomington community which in and of itself creates engaging opportunities for the residents of Bell Trace.

From Our Nursing Staff

LifeSpan Home Health Care and Personal Services acknowledges National Nutrition Month by providing additional in-service training to the home health care staff.

Nutritional well-being is an integral part of the overall health, independence, and quality of life of older persons. Our agency recognizes the importance that appropriate nutrition has on vulnerable clients.

Although most residents living at Bell Trace are not cooking for themselves, they are responsible for what they choose to put in their mouth.

Beginning this month, students from the Indiana University School of Public Health, will be hosting a series of nutrition classes on Monday evenings from 7-8 starting March 7, in the Chapel.

A recent study found that foods associated with the Mediterranean Diet helps in keeping aging brains sharp. Growing evidence links foods like vegetables, fruits, nuts, fish, whole grains, herbs, and oils with better cognitive function, memory and alertness.

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 call RN Administrator Brandy Kluesner at 812-332-2355, ext. 256.

Resident Services

Wellness Checks

Blood Pressure Clinic

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

Hearing Aid Checks & Cleaning

Wednesday, March 9, 3:30—4:30 p.m.

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 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.

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

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.

Support Groups

Family Support Group

Sunday, March 20, 2:00 p.m. Sunroom

Parkinson's Support Group

Friday, March 25, 1:30 p.m. Community Room

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 2nd 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).

Representatives 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.

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.

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.

Special Event: On Saturday, March 19th, students from Eastern Greene High School will be in The Commons from 1:00—3:00 p.m. to provide technical assistance.

Resident Services

Bell Trace Recycling Guidelines

There are large recycling totes in the Delivery Drive for apartment residents and totes in the north parking lot for cottage residents.

Please Adhere to These Important Recycling Guidelines:

- Do not throw any trash in the big blue and yellow totes – totes are for recycling only
- Do NOT leave ANY bags of recyclables on the outside of the totes. All bags must fit into the inside of the tote. If the totes are full, you will have to return the following week to place your recycled items INSIDE the totes.
- The following items can be recycled: Metal and aluminum cans, plastic containers and bottles, glass bottles and jars, newspapers, magazines, catalogs, office paper, cardboard, empty plastic grocery bags.
- Styrofoam CANNOT be recycled.
- Cardboard must be broken down and inside the tote. Do not leave cardboard boxes outside of the totes.
- Please do not put trash in the recycle totes or leave bags of recyclables outside of the totes.

Give and Take Day

Tuesday, March 1, 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 Opportunity House. Cold weather items such as hats, gloves, socks, and coats will be donated to the homeless center.

Monroe County Library

Bookmobile Visit

Wednesdays, 11:30 a.m.—12:00 p.m.
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. If you are interested in this service please see Julie Hill or Melissa Davis in the Life Enrichment Department.

Resident Committee Meetings

Resident Council

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

Hospitality Committee

Wednesday, March 9, 2:30 p.m. Community Room

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

Newcomers Meeting

Tuesday, March 15, 1:30 p.m., Community Room

Library Committee

Friday, March 18 1:30 p.m., Library

Please stop by to help sort through books donated to the Bell Trace Library.

Out & About

Shopping Transportation

We will drop you off anywhere on the **east side** of Bloomington, whether it be a store, a bank, or a restaurant. Each shopper may request a maximum of two different locations on any one shopping trip. Please remember to limit your purchases to two bags.

Mondays, Depart at 10:00 a.m.

Wednesdays, Depart at 2:00 p.m.

My Sister's Closet

Friday, March 4, Depart at 10:00 a.m.

Dining Out [\$]

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

The Village Inn (formerly Chapman's)

Wednesday, March 2, Depart at 11:15 a.m.

Lennie's

Wednesday, March 9, Depart at 11:15 a.m.

Cheddars

Wednesday, March 23, Depart at 11:15 a.m.

Avers Pizza Buffet

Wednesday, March 30, Depart at 11:15 a.m.

Men's Lunch at Nick's English Hut

Wednesday, March 16, Depart at 11:15 a.m.

Be Prepared! Be on Time!

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. Please see Melissa if you have any questions.

IU Men's Basketball [\$]

IU vs. Maryland

Sunday, March 6, Depart at 3:30 p.m.

GO HOOSIERS!

Life Enrichment

Arts Programming

Chair Dancing

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

Arts & Crafts

Mon. and Wed. 1:30—3:30 p.m., Art Studio

We will begin working on the Roll & Stroll community art project.

Note: We will visit the **IU Art Museum**

Friday, March 11, Depart at 2:00 p.m.

Fiber Arts

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

Bring your own hand projects or just bring yourself and share in the conversation.

Creative Writing

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

Ukulele Practice

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

International Folk Dancing

Thursday, March 10 & 24, 7:30—9:00 p.m., Lower Level

Bloomington Peace Choir Rehearsal

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

Cultural Excursions

Concert Orchestra at The MAC

Wednesday, March 2, Depart at 7:30 p.m.

Handel: Messiah at The MAC

Sunday, March 6, Depart at 2:30 p.m.

John Fedchock Jazz Ensemble at The MAC

Monday, March 7, Depart at 7:30 p.m.

Grigory Kalinovsky, Violin and Sung-Mi Im, Piano at Auer Hall

Monday, March 7, Depart at 7:30 p.m.

Symphony Orchestra at The MAC

Wednesday, March 9, Depart at 7:30 p.m.

Arts of Kenya at the IU Art Museum

Friday, March 11, Depart at 2:00

Lotus Blossoms Irish Music Concert at the Mathers Museum

Wednesday, March 23, Depart at 6:30 p.m.

Join 2016 Lotus Blossoms artists Seán Cleland (fiddle) and Jackie Moran (bodhrán) at the Mathers Museum for a powerhouse evening of Irish traditional tunes! Both visiting from the renowned Irish Music School of Chicago, these artists sit at the top of the Celtic music world. The event will be free, and suitable for all ages.

Chamber Music Recital at Auer Hall Edward Gazouleas and Kazuko Matsusaka, viola; Futaba Niekawa, piano

Sunday, March 27, Depart at 3:30 p.m.

Pat Harbison Jazz Ensemble at The MAC

Monday, March 28, Depart at 7:30 p.m.

Concert and Symphonic Band at The MAC

Tuesday, March 29, Depart at 7:30 p.m.

Cultural Excursions Continued:

Chamber Ensembles of the U.S. Army Field Band at Recital Hall

Clarinet Trio and Woodwind Quintet

Wednesday, March 30, Depart at 6:30 p.m.

Philharmonic Orchestra at The MAC

Wednesday, March 30, Depart at 7:30 p.m.

Stage Performances [\$]

"Noises Off" at Ruth N. Halls Theatre

Tuesday, March 1, Depart at 7:00 p.m.

"42nd Street" at the IU Auditorium

Tuesday, March 1, Depart at 7:30 p.m.

"The Chieftains" at the IU Auditorium

Tuesday, March 8, Depart at 7:00 p.m.

Spring Ballet: "Four Faces of Balanchine" at The MAC

Saturday, March 26, Depart at 7:00 p.m.

"At First Sight: a repertory of new plays" at Wells-Metz Theatre

Tuesday, March 29, Depart at 7:00 p.m.

You Are Invited

to a

Thank-You Party for the Visiting Monks at the Tibetan Cultural Center [Free]

Saturday, March 19, Depart at 4:30 p.m.

The Tashi Kyil Monks wish to let you know how much they appreciated their visit last August before they head back to their home country. There will be dinner (Tibetan food), entertainment, and award certificates given. Please sign up in the Mail Room.

Life Enrichment

Chats & Discussions

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

Monday, March 21, 4:00 p.m., Sunroom

Apartment Chat

Wednesday, March 23, 4:00 p.m.
The Commons

Cottage Chat

Tuesday, March 29, 10:00 a.m.
The Commons

Coffee and Conversation

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

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

Deep Listening

Monday, March 14, 7:00—9:00 p.m., Sunroom
Monday, March 28, 7:00—9:00 p.m., Sunroom

Book Discussion Group

Sunday, March 20, 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

Bible Study

Saturdays, 10:30 a.m., 3rd Floor Lounge
Note: bible Study will not meet on Saturday, February 6.

Holidays and Celebrations

February Birthday Party

Friday, March 4, 2:00 p.m., The Commons

All residents are invited to come down and celebrate those whose birthdays fall within the month. Come down at 1:30 p.m. to do a little chair dancing.



St Patricks Day Irish Coffee Bar

Thursday, March 17, 9:00—11:30 a.m.
Bistro Alcove



Easter Sunday Brunch

Sunday, March 27, 11:00 a.m.—1:30 p.m.

Celebration of Life for Bruce Cassal at Deer Park Manor

Saturday, March 12, Depart at 1:30 p.m.

Please sign up in the Mail Room.

Daylight Saving Time Begins

March 13, 2016



Time to
Spring
Ahead!



Religious Services

Church Services

Sundays, 4:00 p.m., Chapel

Catholic Rosary

Wednesdays, 4:00 p.m., Chapel

Catholic Service

Fridays, 11:00 a.m., Chapel

Good Friday Service

Friday, March 25, 11:00 a.m., Chapel

Life Enrichment

Special Events

Deiran Manning (IU) Piano Performance
Sunday, March 6, 1:00 p.m., The Commons

Music with Matt
Monday, March 7, 7:00 p.m., Front Lobby

Annual EMV Training
Wednesday, March 9, 2:00 p.m.
The Commons

Early Colonial Settlements in Indiana
Thursday, March 10, 3:30 p.m., Chapel

Liz Hong (IU) Cello Performance
Tuesday, March 15, 7:00 p.m., The Commons

Drop-In Technology Training and Help
Saturday, March 19, 1:00—3:00 p.m.
The Commons

The Newmans Play Music
Wednesday, March 23, 3:00 p.m.
The Commons

Lunch with Rabbi Besser
Tuesday, March 22, 11:30 a.m., Bistro Alcove

Pet Visits

Visit with Kanika
Friday, March 4, 1:45—2:45 p.m.
Lobby and A.L. Hallways

If you would like a visit from Kanika, please leave your door open and she will come spend time with you.

Reptiles from WonderLab
Friday, March 25, 2:30 p.m., The Commons



Service Learning

Roll and Stroll
Tuesdays, from 5:45—7:00 p.m. Sunroom

The Roll and Stroll program is a service-learning project that involves matching Indiana University students from the School of Public Health with residents living at Bell Trace.

The students and residents will be rolling and strolling through the building every Tuesday evening after dinner and engaging in conversations on a variety of topics.

To commemorate the launch of this well-received program, we will create a community art project. Bell Trace resident artists are working on preparing three eight-foot panels that will feature foot prints, shoe prints, walker and wheelchair tracks and words collected from stories that come from the prompt; "Where Have Your Feet Been?"

If you would like to contribute to our project please join us on **Tuesday, March 22 at 6:30 p.m. in The Commons.**

The art project will be exhibited at the 50+ Expo held during the Creative Aging Festival in May. Bell Trace will have a fourth panel available for participants to engage in at the Expo.



Life Enrichment

Lifelong Learning Classes

Great Courses Lecture Series

"Lifelong Health: Achieving Optimum Well-Being at Any Age"

"How We Look—Surgery and Skin Care"

Friday, March 11, 2:00 p.m., The Chapel

"The End of the Journey—Death and Dying"

Friday, March 18, 2:00 p.m., The Chapel

"Health Advances on the Horizon"

Friday, March 25, 2:00 p.m., The Chapel

Science with Melissa

This month we will begin watching a new series from The History Channel entitled "Modern Marvels".

"Erie Canal"

Friday, March 4, 4:00 p.m., The Commons

"America's Highways"

Friday, March 11, 4:00 p.m., The Commons

"Mad Electricity"

Friday, March 25 4:00 p.m., The Commons

NEW THIS MONTH

IU Nutrition Class

Mondays, 7:30 p.m., Chapel

Note: The Nutrition Class will not meet on Monday, March 14.

Ivy Tech Class—"The Great Pharaohs of Ancient Egypt" [\$24] 6 Tuesday Sessions

March 22 – April 26 1:30 – 3:00 p.m., Chapel

Learn about the incredible story of the men (and sometimes women) who the Ancient Egyptians worshiped as Pharaoh. Find out why the Pyramids were built, why King Tut's tomb was never robbed and how the Egyptians built a dynasty that lasted more than 4,000 years. We will explore the lives of famous and important Pharaohs from Narmer to Cleopatra and their interesting and unusual times.

Games and Trivia

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, March 5 & 26, 3:00 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!

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. Beginners are welcome to join in the fun!

Scrabble

Tuesdays, 2:00—3:00 p.m., Sunroom

Game Night with APO

Friday, 6:30—8:00 p.m., The Commons

[No Euchre on Friday, March 18th]

If you are a **Euchre** player this is your night to play. Students from IU host this fun evening and they love to play Euchre. If Euchre is not your thing come down anyway.

The students are willing to play any game that you choose; billiards, Scrabble, Yahtzee, chess...you name it, they'll play it!

Life Enrichment

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

Balance Class [\$]

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

Adaptive Tai Chi & Meditation

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

NEW! Gentle Stretch and Relax

Wednesdays, 1:30—2:00 p.m., The Commons

Move and Groove Chair Dancing

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

Chair Yoga

Saturdays, 11:00 a.m., Chapel

Exercise Equipment

The Exercise Room is located on the Lower Level and is open for use at any time. Residents need to read and sign the consent form before using the equipment. Please return your signed consent form to the Front Desk. Training on how to properly use the equipment is available. Please check with the Therapy Department.

get
walking

create a more vital, calmer, happier you

On The Big Screen

Saturday Movie Matinee

"The States" series continues
Saturday, 1:00 p.m., 3rd Floor Lounge

Saturday Night at the Movies

"Much Ado About Nothing"

Saturday, March 5, 7:00 p.m., The Commons

"Secret Life of Walter Mitty"

Saturday, March 12, 7:00 p.m., The Commons

"I Am Sam"

Saturday, March 19, 7:00 p.m., Chapel

"Easter Parade"

Saturday, March 26, 7:00 p.m., The Commons

Sunday Movie Matinee

"Boomerang"

Sunday, March 6, 1:30 p.m., 3rd Floor Lounge

"Gentleman's Agreement"

Sunday, March 13, 1:30 p.m., 3rd Floor Lounge

"A Tree Grows in Brooklyn"

Sunday, March 20, 1:30 p.m., 3rd Floor Lounge

"Panic in the Streets"

Sunday, March 27, 1:30 p.m., 3rd Floor Lounge

Thursday Special Viewings

"An American Hero" featuring Bell Trace Resident Gene Shipp

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

Memory Chain Series "Prepare to Meet"

featuring voice overlays of Bell Trace residents

Thursday, March 31, 2:00 p.m., The Commons
Tom Roznowski hosts the Memory Chain series that explores the early 1900s in Indiana. Tom visited Bell Trace last summer and recorded several residents' voices to use in this final episode of the Memory Chain, a series that aired on WTIU's Weekly Special program.