

Bell Trace Newsletter

December 2017

In This Issue

From the Desk of Joy Harter	1
LifeSpan Home Health	2
Resident Services	3—4
Life Enrichment	5—9
Out and About	10—11
Holiday Events	12

From the Desk of Joy Harter, Executive Director



Season's Greetings Everyone!

Happy
Holidays!

December Birthdays

Opal Moore	1st
Galina McLaws	4th
Wendell Frederick	13th
Charlie Adkins	14th
Doris Figel	15th
Mary Droste	15th
Bill Schofield	20th
Jean Rogers	23rd
Larry Ikerd	25th
Steve Morrissey	25th
Bob Fields	26th
Jackie Phillips	26th
Jean Hammer	29th
Lee Witt	29th
Ken Shidler	30th

Once again the festivity of the holiday season is upon us, with 2017 soon to come to its close and the brightness of a brand new year just around the corner. I don't know if it's just me, but it seems that December arrives earlier with every passing year!!

I am always reminded at holiday time what makes Bell Trace such a uniquely special place. Bell Trace is special for a great many reasons, but what sticks out in my mind is that Bell Trace is a place where the residents who call Bell Trace home, and the employees who work here have established warm, genuine relationships with each other. When people walk through our doors, they can feel the welcoming and caring hearts that bring us all together as a strong and compassionate community. It is a privilege and a pleasure to work in a community where people embrace each other with their hearts each and every day. How fortunate we all are. We all can be very thankful.

I wish all of you a delightful and merry holiday season, and may your hearts be filled with abundance and warmth in the coming year.

With Much Love,

Joy

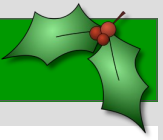
Birthday Party



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

Friday, December 1,
2:00 p.m., The Commons
ALL ARE WELCOME!





Lifespan Home Health at Bell Trace

Lifespan Home Health, LLC is an Indiana state-licensed home health agency providing nursing and attendant services to the Bell Trace community.

Lifespan nurses can assist with medication management and injections, assessment of vital signs, diabetic management, and other medical services.

Our Personal Attendants can assist with a variety of non-medical tasks, including:

- Assistance with bathing, dressing, hygiene, and grooming
- Escorts to and from meals and to and from activities/events
- Personalized transportation to appointments or on outings
- Running errands and personalized shopping
- Pet care and dog walking
- Move-in or move-out assistance

Do you want to know more about what Lifespan Home Health can do for you? Please contact Kellie Self, RN Administrator at 812-332-2355, ext. 220.



Wellness Checks

Blood Pressure Clinic

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

Hearing Aid Checks & Cleaning

Wednesday, December 13, 3:30—4:30 p.m.
Private Dining Room



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, December 13 from 9:45—10:15 a.m. in the Front Lobby.

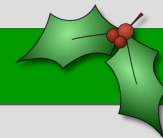
Stay Well *this* Winter with Simple Self-Care

1. Drink plenty of water.
2. Get moving.
3. Eat healthy whole foods.
4. Avoid refined sugar.
5. Get enough sleep.
6. Explore adaptogenic herbs.
7. Nourish your mind and spirit.



www.redfernfarms.com

Resident Services



First Financial Banking Services

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

The courier service for their customers is 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).

Complimentary Gift Wrapping

Let us do the wrapping for you! Bring your unwrapped presents down and we will wrap them for you. We welcome any resident volunteers who would like to help us wrap the presents.

Tuesday, December 12, 1:00 – 3:00 p.m.
Community Room

Thursday, December 14, 2:00 – 3:30 p.m.
Community Room

Tuesday, December 19, 10:00 – 11:30 a.m.
Community Room

Thursday, December 21, 2:00 – 3:30 p.m.
Community Room



Chats

Because December is a very busy month, there will not be any chats with Joy; however, they will resume in January!

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.

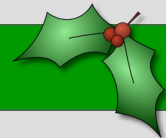
Bell Trace Beauty & Barber Shop

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.

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. The following items can be recycled: metal and aluminum cans, plastic containers and bottles, styrofoam, glass bottles and jars, newspapers, magazines, catalogs, office paper, cardboard, empty plastic grocery bags. PLEASE BREAK DOWN ALL CARDBOARD BOXES!

Please 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.



Resident Committee Meetings



Resident Council—All residents are welcome!

Tuesday, December 5, 1:30 p.m., The Commons

Library Committee

All residents are welcome and encouraged to help the committee.

Friday, December 15, 1:30 p.m., Library

Newcomers Meeting

This meeting is for all residents who have moved to Bell Trace within the past year. Headed up by Executive Director Joy Harter and Activities Coordinator Melissa Davis, this is an informal gathering where you can get answers to any questions that may have come up during your time here at Bell Trace. Each month it is a little different, so please come often!

Tuesday, December 19, 1:30 p.m., The Commons

Hospitality Committee

Can you remember what a big adjustment it was for you when you first moved to Bell Trace? We are looking for friendly residents who would like to welcome our newest residents and help make their transition a little easier.

Wednesday, December 20, 2:30 p.m.

Private Dining Room

Monroe County Library

Bookmobile Visit

Wednesdays, 11:30 a.m.—12:00 p.m., Front Portico

The Bookmobile collection includes best-sellers; 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.**

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 Private Dining 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: 812-332-4300.

Give and Take Day

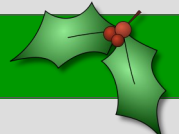
Tuesday, December 5, 9:00 a.m.—3:00 p.m.

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. Coats, hats, and other winter attire will be taken to the homeless shelter. Please only bring your items to The Commons the morning of Give and Take Day, and please do not bring undergarments or medication to Give and Take Day.

Fire Safety Reminder

Please be reminded that live trees and wreaths and candles are *not* permitted at Bell Trace.



Discussions

Word Talk

Tuesdays, 11:00 a.m.—12:00 p.m., Sunroom
Each week participants will bring a word beginning with that week's letter (see the daily schedule). The group will then vote on which words to discuss during the hour. It's always interesting to see what one word can mean to several different people.

Coffee and Conversation

Monday—Saturday, 8:00 a.m.—7:00 p.m. and
Sundays 11:00 a.m.—2:00 p.m., Bistro Alcove

Current Events

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

Bible Study

Saturdays, 10:00 a.m., 3rd Floor Lounge

Conversations on Life (Men's Group)

This men's discussion group is sponsored by St. Mark's United Methodist Church, but is open to all male residents.

Fridays, 12:30—1:30 p.m., Private Dining Room

Christian Discussion Group

Monday, December 4

Monday, December 18

2:30 p.m., 3rd Fl. Lounge

Listen to a sermon by Tom Ellsworth from Sherwood Oaks Christian Church on CD, followed by a discussion. Hosted by Phyllis Mangun. All are welcome!

Deep Listening

Monday, December 4

7:00 p.m., Sunroom

Book Discussion Group

Sunday, December 17, 2:00 p.m., Library

Special Theme Days

Door Decoration Day

Monday, December 4

Decorate your door or ledge, then walk the hallways of Bell Trace to vote for your favorites by Monday, December 11 at 5:00 p.m.. Ballots will be distributed to your in-house mailboxes and the winners will be announced at the Resident Holiday Dinner Party on December 13.

Dress according to the theme days listed below!

Angel Day

Sunday, December 17



Christmas Sweater Day

Monday, December 18



Candy Cane Day

Tuesday, December 19



Santa Claus Day

Wednesday, December 20



Snowman/Snowflake Day

Thursday, December 21



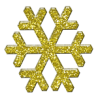
Reindeer Day

Friday, December 22



Sparkle Day

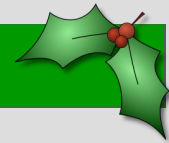
Saturday, December 23



Jingle Day

Sunday, December 24





Arts Programming

Arts & Crafts

Monday & Wednesday 1:30—3:00 p.m.

Arts Studio

We are starting fresh this month with a focus on painting. We will begin with watercolor painting and progress to acrylic on canvas.

Fiber Arts

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

This is an informal gathering of hand crafters. Bring a project or just come for the conversation.

Writing Group

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

We talk about 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 read and be heard. Beginners are welcome!

Ukulele Practice

Thursdays, 4:00—5:30 p.m., Sunroom

Thursday, December 28, we will play in the Front Lobby

Bloomington Peace Choir Practice

Wednesdays, 6:30—8:30 p.m., The Commons

This group is open to the general public. You are welcome to come and join the group in singing or just to listen to the four-part harmony.

International Folk Dancing

Thursdays, December 14 and 28, 7:30—9:00 p.m.

Lower Level

Exercise and Wellness Activities

Advanced Exercise

Mondays, Wednesdays, and Fridays

10:00—10:45 a.m., The Commons

*Please note that there will be no Exercise on Friday, December 1.

Intermediate Exercise

Mondays, Wednesdays, and Fridays

10:45—11:30 a.m., The Commons

*Please note that there will be no Exercise on Friday, December 1.

Qigong

Sundays, 2:00—3:00 p.m., The Commons

Qigong (Chi-Gong) is a form of tai chi. Qigong is specifically designed to work on all levels of life—balancing the body from head to toe, improving the flow of energy through your body, and calming the mind. This class will be taught by Jenny Yang.

Mindful Movement and Meditation

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. It involves deep breathing, chair yoga, adaptive tai chi movements and a guided meditation.

Chair Yoga

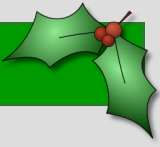
Saturdays, 11:00 a.m., The Commons

Bell Trace Residents



Please do not park your car long term in our handicapped spots. These spots are for our visitors. Thank you.





On the Big Screen

Saturday Movie Matinee

"Ancient History" Series

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.

"Miracle on 34th Street"

In this Christmas classic, an old man going by the name of Kris Kringle (Edmund Gwenn) fills in for an intoxicated Santa in Macy's annual Thanksgiving Day parade. Kringle proves to be such a hit that he is soon appearing regularly at the chain's main store in midtown Manhattan. When Kringle surprises customers and employees alike by claiming that he really is Santa Claus, it leads to a court case to determine his mental health and, more importantly, his authenticity.

Saturday, December 2, 7:00 p.m., The Commons

"It's a Wonderful Life"

After George Bailey (James Stewart) wishes he had never been born, an angel (Henry Travers) is sent to earth to make George's wish come true. George starts to realize how many lives he has changed and impacted, and how they would be different if he was never there.

Saturday, December 9, 7:00 p.m., The Commons

"Holiday Inn"

In this Irving Berlin musical, Jim (Bing Crosby) and Lila are members of a performing trio who plan to quit and run a country hotel. When Lila says she has fallen in love with the dancer in the act, Ted (Fred Astaire), Jim leaves town with a broken heart. After turning the inn into a holidays-only live entertainment venue, Jim winds up booking -- and falling for -- Linda (Marjorie Reynolds). But when Ted shows up at the place after being dumped by Lila, he too sets his sights on beautiful Linda.

Saturday, December 16, 7:00 p.m., The Commons

"A Christmas Carol"

Crotchety miser Ebenezer Scrooge (Reginald Owen) hates Christmas and mistreats his long-suffering employee, devoted family man Bob Cratchit (Gene Lockhart). But a visit from the ghost of his former business partner Jacob Marley (Leo G. Carroll) and three Christmas spirits (Lionel Braham, Ann Rutherford, D'Arcy Corrigan) might convince him to change his ways and become more kindhearted. This adaptation of the Charles Dickens classic became a holiday staple for decades.

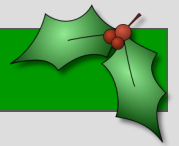
Saturday, December 23, 7:00 p.m., The Commons

Second Sunday Musical

"White Christmas"

Singers Bob Wallace (Bing Crosby) and Phil Davis (Danny Kaye) join sister act Betty (Rosemary Clooney) and Judy Haynes (Vera-Ellen) to perform a Christmas show in rural Vermont. There, they run into Gen. Waverly (Dean Jagger), the boys' commander in World War II, who, they learn, is having financial difficulties; his quaint country inn is failing. So what's the foursome to do but plan a yuletide miracle: a fun-filled musical extravaganza that's sure to put Waverly and his business in the black!

Sunday, December 10, 7:00 p.m., The Commons



Special In-House Events

Musical Events

Dana Clark's Students Piano/Voice Recital
Monday, December 4, 7:00 p.m., The Commons

Bloomington Community Band Concert
Tuesday, December 5, 7:00 p.m., The Commons

IU Singing Hoosiers Performance
Wednesday, December 6, 7:15 p.m.,
The Commons

Friday Musicale Music Club Performance
Friday, December 8, 1:15 p.m., The Commons

Bloomington Peace Choir Christmas Concert
Friday, December 8, 6:45 p.m., The Commons

First Presbyterian Church's Carolers Sing
Sunday, December 10, 5:00 p.m., A.L. Café and
Front Lobby

Kids Can Carolers Sing
Sunday, December 10, 6:00 p.m., Front Lobby

The PBJs Play "Totally Hoagy"
Monday, December 11, 7:00 p.m., The Commons

Sounds of Indiana Barbershop Chorus
Tuesday, December 12, 7:00 p.m.
The Commons

Kids Caroling
Sunday, December 17, 1:00—1:20 p.m.
Front Lobby

Malissa Waterford' Students Piano Recital
Sunday, December 17, 2:00 p.m., The Commons

Other Events

Employee Appreciation Fund Reception
Friday, December 1, 10:00—11:30 a.m.
The Commons

Pet Visit with Kanika
Spend time with Kanika, the golden retriever/black
lab therapy dog. Kanika will be in the Front Lobby
and Assisted Living hallways.
Friday, December 1, 1:00—2:00 p.m.

Games and Trivia

Trivia

Mondays, 1:00—1:30 p.m., Front Lobby
Thursdays, 1:00—1:45 p.m., Front Lobby
Have fun answering trivia questions or just stop
by to hear some interesting and fun facts!

Bingo [\$]

Each game is a nickel per card. There is a limit
of three cards per game and the winner gets the
pot!
Mondays, 3:00—4:15 p.m., Community Room

Dominoes

Fridays, 1:30—2:30 p.m., Private Dining 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

Euchre and Board Games with IU APO Students

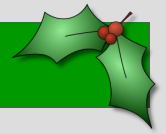
Friday, December 1, 6:30—8:00 p.m.



Holiday Gift Shop

Friday, December 1
10:00 a.m.—3:00 p.m., The Commons

Louise Schlesinger will also be selling
her mother, Norma's, jewelry. All profits
will be donated to WonderLab.



Lifelong Learning Classes

Ivy Tech Lifelong Learning [\$29]

"From Sea to Shining Sea: America after the Civil War"

This class continues from last month.
6 Tuesdays, October 31—December 12
1:00—2:30 p.m., Chapel

"Iceland and Game of Thrones"

This class continues from last month.
4 Thursdays, November 9—December 7
7:00—8:30 p.m., Chapel

Bloomington Humanities

"John Donne and T.S. Eliot"

This class continues from last month.
4 Wednesdays, November 15—December 6

Coming Next Month:

Ivy Tech [\$29]

"The French Revolution"

Bloomington Humanities

"Six Great Women of the Middle Ages"

"Islam and Current Affairs"

"Sgt. Pepper's Lonely Hearts Club Band 50th Anniversary"

Science with Melissa—"Modern Marvels"

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

"Home Tech"

A look at technology that has improved home life, including the dishwasher, garbage disposal, and the recliner chair.
Thursday, December 7

"Glass"

Glass sheathes skyscrapers, contains liquids, aids vision, allows communication at unimaginable speeds, and yet remains a medium for artistic expression. We see how, when man learned that heating certain rocks and minerals together could produce glass, this remarkably transparent yet strong material began working its way into our culture and everyday life.
Thursday, December 14

"Christmas Tech"

Christmas is observed by nearly one-third of the world's population. Every year, revelers go all out with trees, ornaments, lights, window displays and Christmas treats. Technological advancements have made them cheaper, easier and safer. We'll visit Rockefeller Center for a look at their yearly tree preparations and then take a walk to Macy's, Herald Square, where we'll find out what it takes to design, assemble and install their annual holiday windows. Then it's off to one of Oregon's largest Christmas tree farms and we'll visit a bakery in Texas that bakes and ships about 33,000 fruitcakes per day during the holiday season.
Thursday, December 21

"Distilleries"

The distilling of alcoholic spirits is a big business. Its acolytes eye the color, swirl the glass, inhale the bouquet, sip, and then ponder their ambrosia. We trace the history of distilling from the one-man/one-still tradition to the Voldstead Act of 1920 that devastated American distilleries to the mega-sales and high-volume distillery of today.
Thursday, December 28





Shopping/Banking Transportation

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. Please remember that this is a shopping and errand trip only—no medical appointments.

East Side Banking

Mondays Depart at 9:00 a.m.

East Side Shopping

Mondays, Depart at 10:00 a.m. and 1:30 p.m.

Wednesdays, Depart at 2:00 p.m.

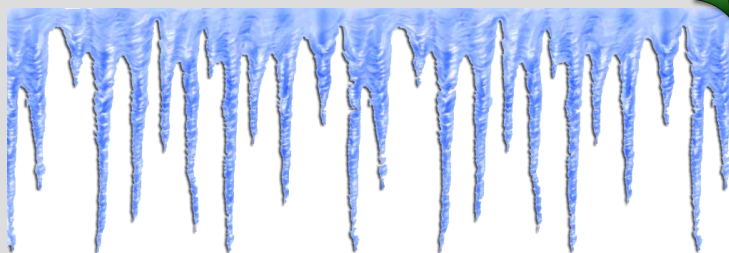
Holiday Art Fair and Bazaar at the UU Church
Saturday, December 2, Depart at 1:00 p.m.

West Side Shopping

Friday, December 15, Depart at 10:00 a.m.

My Sister's Closet

Friday, December 22, Depart at 10:00 a.m.



Do you want to get your car out of the cold and snow this winter? We have two garages available to lease for \$65 monthly. Please see Barbara in Marketing if you are interested.



Car Starting



Does your car sit for days or weeks at a time without being started? Let

our driver, Larry, start it for you! Larry will start your car on Fridays and let it run for about 30 minutes to keep your battery in tip-top shape.

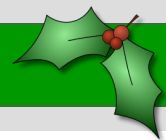
Please sign up in the Mail Room with your name, apartment number, and vehicle description/approximate location. Drop your keys off at the driver's desk (inside the Activities office) by 5:00 p.m. on Thursday. Grab a round identification tag from the corner of the desk, put your name and apartment number on it, then put it on your key ring. Larry will return your keys to your in-house mailbox on Friday afternoon.

Wheelchair Medical Transportation

If you are in a wheelchair and need transportation to a medical appointment, you no longer have to use BT Access. A driver from the Bell Trace Health and Living Center can take you Monday through Friday.

Please call Debbie Beasley at 812-323-2858. Debbie will have to **make the doctor's appointment for you** in order to schedule your transportation. Please see Melissa if you have any questions about this procedure.





On the Stage [\$]

Chimes of Christmas at the IU Auditorium
Saturday, December 2, Depart at 1:30 p.m.

The Nutcracker at The MAC
Saturday, December 2, Depart at 7:00 p.m.

The Last Night of Ballyhoo at Ivy Tech Waldron
Sunday, December 3, Depart at 2:15 p.m.

Arturo UI at the IU Theatre
Tuesday, December 5, Depart at 7:00 p.m.

Krista Detor's Annual Holiday Benefit Concert
at the Unitarian Universalist Church
Friday, December 15, Depart at 7:00 p.m.

Straight No Chaser at the IU Auditorium
Friday, December 15, Depart at 7:30 p.m.

Peter Pan at the Buskirk-Chumley Theatre
Saturday, December 23, Depart at 1:30 p.m.

IU Sports [\$]

IU Men's Basketball

IU vs. Iowa

Monday, December 4, Depart at 7:00 p.m.

IU vs. Fort Wayne

Monday, December 18, Depart at 7:00 p.m.

IU vs. Tennessee Tech

Thursday, December 21, Depart at 7:00 p.m.

IU vs. Youngstown State

Friday, December 29, Depart at 7:00 p.m.

IU Women's Basketball

IU vs. Auburn

Sunday, December 3, Depart at 1:30 p.m.

IU vs. North Texas

Tuesday, December 5, Depart at 6:30 p.m.

IU vs. Michigan State

Thursday, December 28, Depart at 6:30 p.m.

**THE SPIRIT OF
INDIANA** **24**
sports
ONE
team

Free Music Performances

All-Campus Band at The MAC
Tuesday, December 5, Depart at 7:30 p.m.

Harp Ensemble—Christmas Concert at
Sherwood Oaks Christian Church
Wednesday, December 6, Depart at 6:00 p.m.

Concert Orchestra at The MAC
Wednesday, December 6, Depart at 7:30 p.m.

Other Events

St. Mark's Ladies' Breakfast
Saturday, December 9, Depart at 9:00 a.m.

Pub Quiz at The Players Pub [\$3 + dinner]
Monday, December 11, Depart at 5:15 p.m.

Martinsville Candy Kitchen Tour and Dinner [\$]
We will eat dinner then get a private tour of the Martinsville Candy Kitchen, during which time we will watch them make candy canes.
Tuesday, December 19, Depart at 4:00 p.m.

Dining Out [\$]

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

Lunch Excursions

The Office Lounge

Wednesday, December 6, Depart at 11:15 a.m.

Panera Bread

Wednesday, December 13, Depart at 11:15 a.m.

Aver's Pizza Buffet

Wednesday, December 27, Depart at 11:15 a.m.

Men's Lunch Excursion

This lunch is for men only!

B-Town Diner

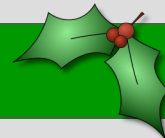
Wednesday, December 20, Depart at 11:15 a.m.

Ladies' Breakfast Outing

This outing is for ladies only!

Bob Evans

Friday, December 8, Depart at 9:00 a.m.



ANNUAL RESIDENT HOLIDAY DINNER PARTY

Wednesday, December 13

4:30—6:30 p.m. in The Commons

Entertainment

Janiece Jaffe/Curtis Jackson
and
a special appearance by
The Bell Tones



Other Holiday Events

Hanukkah Menorah Candle Lighting

December 12—20, Sundown
Front Lobby



Poetry Reading

Sunday, December 24, 6:30 p.m. Front Lobby

We'll do our traditional reading of "The Night Before Christmas" along with other holiday favorites.

Christmas Day

Sing Christmas Carols, 10:00 a.m., Chapel

Christmas Dinner in The Bistro [\$]

11:00 a.m.—1:30 p.m.

Please make reservations with Stephanie to guarantee a table.

Joyce Jordan-Cassal will play Christmas carols on the piano in the Front Lobby from 2:00—3:00 p.m.