

# Bell Trace Newsletter

January 2018

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## From the Desk of Joy Harter, Executive Director



## January Birthdays

John Langwasser	1st
Pat Riesenman	1st
Mary Ann Rothfuss	4th
Betty Johnson	7th
Velma Harrison	11th
Hannah Klein	12th
B.J. Muehlenbein	12th
Larry Davis	12th
Geneva Houston	13th
JoAnn Hogan	13th
Pat Shidler	16th
Beth Gray	16th
Phyllis Hriso	21st
Fran Martin	24th
Carol Dickson	24th
Janette Shetter	28th
Earl Dvorak	31st
Agnes Ingram	31st

## HAPPY 2018 TO EVERYONE AT BELL TRACE!

As we begin another wonderful New Year here at Bell Trace, let me offer a few quotes from Ralph Waldo Emerson that best describe my warmest wishes to all for a wonderful 2018...



*"Write it on your heart that every day is the best day in the year."*

*"Make the most of yourself...for that is all there is of you."*

*"Life is a journey, not a destination."*



*"What lies behind us and what lies before us are tiny matters compared to what lies within us."*

*"Adopt the pace of nature; her secret is patience."*



*"Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously..."*



## Birthday Party



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

Friday, January 5, 2:00 p.m.  
The Commons

# LifeSpan Home Health

## 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

### Preferred Podiatry

#### Dr. Ryan Jorgenson

If you have not seen Dr. Jorgenson before, please see Kris at the Front Desk for the Medicare forms.



Please sign up for an appointment time in the Activity Book in the Mail Room. Assisted Living residents do not need to sign up for an appointment; they can see the doctor after breakfast in the Sunroom.

### Assisted Living Residents

Tuesday, January 9, 8:30—10:00 a.m., Sunroom

### Independent Residents

Tuesday, January 9, 10:30 a.m.—12:00 p.m.  
2nd Floor Lounge

### Hearing Aid Checks & Cleaning

Wednesday, January 10, 3:30—4:30 p.m.  
Private Dining Room



# Resident Services

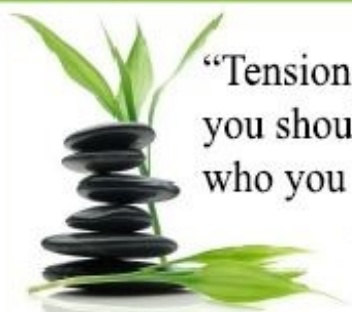
## First Financial Banking Services

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 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).

## 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.



“Tension is who you think you should be. Relaxation is who you are.”

~ Chinese proverb

MASSAGE THERAPY WILL BRING OUT THE BEST IN 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!

### Food Chat with Philippe and Joy

Saturday, January 27, 2:00 p.m.

### Apartment Chat with Joy

Tuesday, January 16, 3:30 p.m., The Commons

**Please note the new day!**

### Cottage Chat with Joy

Tuesday, January 23, 10:00 a.m., The Commons

## Support Group

### Parkinson's Support Group

Friday, January 26, 1:30 p.m.

Community Room

## Bell Trace Recycling Guidelines

The pickup day for recyclables has been changed from Friday to Wednesday.

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 Services

## Resident Committee Meetings



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

Tuesday, January 2, 1:30 p.m., The Commons

### **Library Committee**

All residents are welcome and encouraged to help the committee.

Friday, January 19, 1:30 p.m., Library

### **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, January 17, 2:30 p.m.

Private Dining Room

### **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, January 23, 1:30 p.m., The Commons

## 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

### **2017 Memorial Service**

Sunday, January 21, 4:00 p.m., The Commons

Those who have passed away in 2017 will be remembered.

### **Call-Out Meeting for Church Transportation**

We would like to pair residents who drive to outside churches with residents who are looking for a ride to a church service. Please come if you are willing to offer a ride to a resident or if you are looking for a ride.

Thursday, January 18, 2:00 p.m., Chapel

## 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, January 2, 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.



# Life Enrichment



## 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., 3<sup>rd</sup> 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., The Commons

### Christian Discussion Group

Monday, January 8 and 15

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, January 15

7:00 p.m., Sunroom

### Book Discussion Group

Sunday, January 21, 2:00 p.m., Library

## ***"BUILDING BETTER BALANCE"***

### A NEW CLASS BEGINNING JANUARY 2018

This class will help you work on all the many body systems that will enhance your mobility and stability so that you are better movers in your daily life.

**When:** January 24—April 18, Wednesdays

**ONLY** from 3:30—4:30 p.m.

**Location:** The Bell Trace Commons

**Cost:** \$80

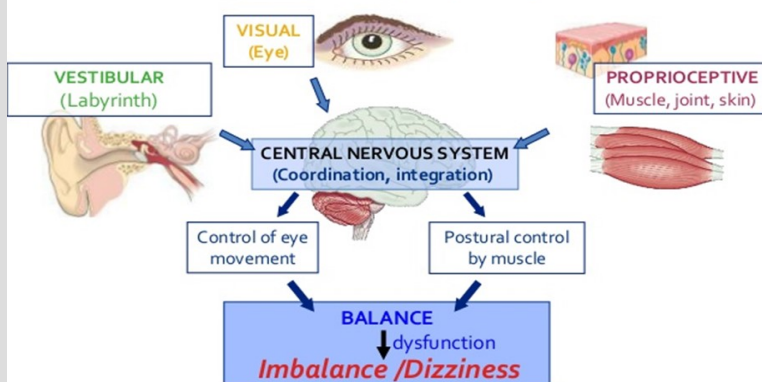
**Contact:** Alyssa Jackson, Bell Trace Fitness Center Director, [ALJackson@cardon.us](mailto:ALJackson@cardon.us), (812) 332-2355 ext. 253

*Instructor: Michelle Miller, MS from the Indiana University Department of Kinesiology, and Indiana University students in training.*

To Balance Better, you must understand your body and the way it works and then you must practice the necessary skills. We will discuss and practice how the **BRAIN and BODY** is really a system of parts that allows us to be better and safer when needing stationary balance or when we are moving.

Body Balance is Controlled by 3 Sensory Systems:

*Vestibular, Visual, Proprioceptive*



Goebel JA. Otolaryngol Clin North Am 2000;33:483-93.  
Shepard NT, Solomon D. Otolaryngol Clin North Am 2000;33:455-69.

## Arts Programming

### Arts & Crafts

Monday & Wednesday 1:30—3:00 p.m.

Arts Studio

We are continuing 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, January 25, 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, January 11 and 25, 7:30—9:00 p.m.

Lower Level

### National Handwriting Day

According to an article on CBSnews.com, many states (including Indiana) have decided to stop teaching cursive writing and instead are focusing on keyboarding. Graphologists claim that subtle personality traits are evident in one's handwriting. For fun, we will collect handwriting samples from participating residents and staff to display. Come back to see the subtle and not-so-subtle differences among handwriting styles!

Tuesday, January 23, All Day, Bistro Alcove

## 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 Monday, January 1.

### Intermediate Exercise

Mondays, Wednesdays, and Fridays

10:45—11:30 a.m., The Commons

\*Please note that there will be no Exercise on Monday, January 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



We all get heavier as we get older because there's a lot more information in our heads. So I'm not fat, I'm just really intelligent and my head couldn't hold any more so it started filling up the rest of me!

That's my story and I'm sticking to it!

## 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.

### **"In Harm's Way"**

Naval Captain Torrey (John Wayne) manages to bring his ship through the bombing of Pearl Harbor unscathed, but is later demoted when it is damaged in a subsequent battle due to his negligence. Back on land, he begins a reconciliation with his estranged son (Brandon de Wilde) and a romance with nurse Maggie (Patricia Neal), but duty calls him away when he and his firebrand friend, Cmdr. Paul Eddington (Kirk Douglas), are tasked with salvaging a dangerous and important mission.

### **Bell Trace resident George Paddock is in this film!**

Saturday, January 6, 7:00 p.m., The Commons

### **"The African Queen"**

After religious spinster's (Katharine Hepburn) missionary brother is killed in WWI Africa, dissolute steamer captain (Humphrey Bogart) offers her safe passage. She's not satisfied so she persuades him to destroy a German gunboat. The two spend most of their time fighting with each other rather than the Germans. Time alone on the river leads to love.

Saturday, January 13, 7:00 p.m., The Commons

### **"The Glenn Miller Story"**

Glenn Miller (James Stewart) is a poor trombone player with dreams of fame. Eventually, through years of hard work and determination, he is able to start his own band, and they become one of the most successful groups of the big-band era. With a beautiful wife (June Allyson) and one of the biggest songs in America, "Moonlight Serenade," Miller has it all. But at the onset of World War II, Miller enlists, giving up his fame and success to help entertain the troops stationed in Europe.

Saturday, January 20, 7:00 p.m., The Commons

### **"Victoria and Abdul"**

Abdul Karim arrives from India to participate in Queen Victoria's golden jubilee. The young clerk is surprised to find favor with the queen herself. As Victoria questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance that her household and inner circle try to destroy. As their friendship deepens, the queen begins to see a changing world through new eyes, joyfully reclaiming her humanity.

Saturday, January 27, 7:00 p.m., The Commons

### **Second Sunday Musical**

#### **"State Fair"**

The small-town Frake family attend the Iowa State Fair, the annual highlight of their summer. Son Wayne (Dick Haymes) plots revenge on a midway barker (Henry Morgan) who had embarrassed him the summer before and falls for the beautiful singer Emily (Vivian Blaine), while his melancholy sister Margie (Jeanne Crain) becomes smitten with slick city-boy reporter Pat (Dana Andrews). Meanwhile, mother Melissa (Fay Bainter) and father Abel (Charles Winninger) plot to win their respective competitions.

Sunday, January 7, 7:00 p.m., The Commons

# Life Enrichment

## Special In-House Events

### Musical Events



#### **Harp Start Presentation and Performance: A Program by the USA International Harp Competition**

The Harp Start program enables participants to learn about the history, intricacies, and capabilities of the harp. The

Harp Start presentation will include information about the history of the harp, how the instrument works, and a selection of different pieces to show off different aspects of what the harp can do. Following the presentation, a harpist from the Jacobs School of Music will perform on a concert grand harp.

Tuesday, January 16, 1:00 p.m., The Commons



#### **Trip to WonderLab! [\$5]**

Bell Trace residents will get the opportunity to privately explore the museum and exhibits!

WonderLab offers a friendly learning environment with engaging hands-on science exhibits that support current Indiana Academic Standards in Science. WonderLab welcomes groups of all ages, including adults, and people of all abilities.

Friday, January 26, Depart at 1:00 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

## Popcorn Party!

Let's break in that new popcorn maker! Get a bag of popcorn and add your favorite flavor to it. We'll have music and beverages too! The staff is invited too!

Friday, January 19

1:00—3:00 p.m.

The Commons





# Life Enrichment

## Lifelong Learning Classes

### Ivy Tech Lifelong Learning [\$29]

#### "The French Revolution"

This lecture series examines the watershed event in European history which remade politics and society and left a mark on all of western civilization. We will discuss the events starting from 1789 through the ascension of Emperor Napoleon and how Enlightenment ideals reshaped our world.

6 Tuesdays, January 30—March 6

1:00—2:30 p.m., Chapel

### Bloomington Humanities

#### "Six Great Women of the Middle Ages"

Despite living in what was very much a "man's world", there were many women in the Middle Ages who proved themselves as remarkable leaders in politics, literature, social culture, religion, and many other endeavors. This six-session course will devote one session each to these great women of the Middle Ages: Eleanor of Aquitaine, Catherine of Sienna, Hildegard of Bingen, Empress Theodora, Lady Margaret Beaufort, and Margaret of Anjou.

6 Tuesdays, January 2—February 20

7:00—9:00 p.m., Chapel

#### "Islam and Current Affairs"

Immensely popular guest instructor Ramsay Harik, who holds a degree in Religious Studies from IU and a Master's in Theological Studies from Harvard repeats a new version of his Introduction to Islam, this time with much more emphasis on the relation between Islam and current affairs worldwide.

5 Wednesdays, January 10—February 7

7:00—9:00 p.m., Chapel

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

Join Beatles expert and instructor Jamie Acres for an in-depth look at the new 50th anniversary re-release of Sgt. Pepper's Lonely Hearts Club Band. Jamie will cover ALL the new material in this gigantic release, and shed new light on your favorite songs from this album that quite literally changed the world.

4 Thursdays, January 11—February 1

7:00—9:00 p.m., Chapel

## Science with Melissa—"Modern Marvels"

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

#### "Convenience Stores"

160 million Americans visit a convenience store every day. Why? Because it's fast. But what you probably didn't know is how every detail of its design has been engineered to work that way. Step inside one of the busiest 7-11's in America and find out what makes it tick. And go behind the scenes to see how favorite innovations--like slurpees, turbo ovens, and beef jerky--are made. The science of convenience will amaze you!

Thursday, January 4

#### "Dogs"

Man's best friend--fearless, faithful, determined and swift. They're our sharpest eyes, noses and ears--and among the bravest hunters, soldiers, rescuers, and protectors. From natural instincts to complex training, see what makes dogs a perfectly engineered Modern Marvel.

Thursday, January 18

#### "Fry It"

Welcome to the world of sizzling hot oil. First, it's a trip to the fair to discover the secrets behind fried classics such as funnel cakes and churros. And how about some deep fried treats such as frogs legs, and Twinkies and Coke? At Mickey's Diner in St. Paul, Minnesota, get schooled in the tricks of the fried food trade from a master short order cook. See what goes into forging the classic cast iron frying pan, supplying deep fryers for American restaurants, and producing billions of pounds of cooking oil. At Kentucky's World Chicken Festival, witness the world's largest stainless steel frying pan fry up to six hundred chicken quarters at a time. Find out what makes international favorites like British fish and chips, Japanese tempura, and Chinese stir-fry so tasty. Cooking oil is now being deployed as a fuel. Marvel at how San Francisco fire trucks are fueling up on the city's used cooking oil.

Thursday, January 25

## General Transportation Notes

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. Please also make sure that if you cannot go on the event, that you cross your name off the list. **The bus will leave on time—please do not be late!**

If you use a walker, please remove all unnecessary items from it so that it can easily be folded up and secured on the bus or the van.

## Medical Transportation

Bell Trace offers 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 at least 24 hours before your appointment.

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.

## 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 1:30 p.m.

1st and 3rd Mondays, Depart at 10:00 a.m.

Wednesdays, Depart at 2:00 p.m.

### West Side Shopping

We are now offering transportation to the west side for shopping twice a month! Visit stores like Aldi, Fresh Thyme, Walmart, Menard's, etc.

2nd and 4th Mondays, Depart at 10:00 a.m.



## 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. He will also scrape your windshield for you!

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.



# Out and About

## On the Stage [\$]

**Julius Caesar** at the IU Theatre  
Tuesday, January 23, Depart at 7:00 p.m.

**Minnesota Orchestra** at the IU Auditorium  
Tuesday, January 23, Depart at 7:30 p.m.

**The Sound of Music** at the IU Auditorium  
Wednesday, January 31, Depart at 7:30 p.m.



## IU Sports [\$]

### IU Men's Basketball

**IU vs. Penn State**  
Tuesday, January 9, Depart at 5:30 p.m.

**IU vs. Northwestern**  
Sunday, January 14, Depart TBA

**IU vs. Maryland**  
Monday, January 22, Depart at 6:00 p.m.

**IU vs. Purdue**  
Sunday, January 28, Depart at 2:30 p.m.

### IU Women's Basketball

**IU vs. Purdue**  
Saturday, January 6, Depart at 1:30 p.m.

**IU vs. Ohio State**  
Saturday, January 13, Depart at 11:30 a.m.

**IU vs. Wisconsin**  
Wednesday, January 24, Depart at 6:30 p.m.

**IU vs. Rutgers**  
Saturday, January 27, Depart at 12:15 p.m.

## Other Events

**Tosca Live at the Met Opera at Showplace 11**  
[\$22]  
Saturday, January 27, Depart at 12:15 p.m.

## Free Music Performances

**Don Freund—"Well-Tempered Clavier" Series** at Auer Hall  
Friday, January 12, Depart at 7:30 p.m.

**Bloomington Bach Cantata Project** at St. Thomas Lutheran Church  
Sunday, January 14, Depart at 2:00 p.m.

**John Raymond and Real Feels Faculty/Guest Recital** at Auer Hall  
Wednesday, January 17, Depart at 7:30 p.m.

**Conductors Orchestra** at Auer Hall  
Friday, January 19, Depart at 7:30 p.m.

**John Beasley, Jazz Piano Guest Recital** at Auer Hall  
Sunday, January 21, Depart at 7:30 p.m.

**Concert Orchestra—Dmitri Shostakovich, "Symphony No. 6 in B Minor, Op. 54"** at The MAC  
Wednesday, January 24, Depart at 7:15 p.m.

**Concert Orchestra** at Auer Hall  
Friday, January 26, Depart at 7:30 p.m.

## Dining Out [\$]

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

### Lunch Excursions

#### Michael's Uptown Café

Wednesday, January 3, Depart at 11:15 a.m.

#### Red Lobster

Wednesday, January 10, Depart at 11:15 a.m.

#### D'Angelo's

Wednesday, January 24, Depart at 11:15 a.m.

#### Lennie's

Wednesday, January 31, Depart at 11:15 a.m.

### Men's Lunch Excursion

#### McAlister's Deli

Wednesday, January 17, Depart at 11:15 a.m.

### Ladies' Breakfast Outing

#### Sugar Daddy's

Friday, January 19, Depart at 8:30 a.m.

# Employee News



**WOW Award:** Leah Steinmetz received the **Wonderful Outstanding Worker Award** at the Bell Trace Annual Holiday Dinner Party on December 13! Leah is a personal attendant with Lifespan Home Health. Leah

has a heart of pure gold! She always goes above and beyond no matter what she does. Leah, we can't thank you enough for being the caring and compassionate person that you are!!



## Staff Directory

Please call the Front Desk at 812-332-2355 and ask for the corresponding person or extension.

Joy Harter	Executive Director	215
Alyssa Jackson	Fitness Center Director	253
Barbara Carroll	Marketing Director	203
Beauty Shop		218
Brian Cox	Physical Plant Director	223
Carry-Out Food Orders		204
Health and Living Center		812-323-2858
Heather Mullis	Director of Environmental Services	222
Jessica Donica	RN Supervisor	256
Julie Hill	Life Enrichment Coordinator	231
Kellie Self	Director of Nursing/RN Administrator	220
Kris Adams	Front Desk	200
Melissa Davis	Activities Coordinator/Transportation	209
Nurse on Duty		226
Philippe Bironneau	Director of Dining Services	206
Physical Therapy		258
Robin Gauthey	Business Office Manager	212
Stephanie Long	Dining Room Manager	206