

# Bell Trace Newsletter

March 2018

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## March Birthdays

Cathie Lynch	1st
Marie Barrick	2nd
Gene Weinberg	4th
Marge Blewett	5th
Gene Shipp	7th
Marlen Rust	8th
Mary White	8th
Lyn Winstanley	11th
Sara Campbell	12th
John McCormick	13th
Ray Sager	13th
Gladys Conway	14th
Ed Weida	18th
Susie Voelkel	19th
Bob Epps	23rd



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

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

ALL ARE WELCOME!

## St. Patrick's Day Special Events



Sport your green, it is not Halloween!

Join our favorite  
Irish Lass From  
9—11:30 a.m.  
at The Bell Trace  
Irish Coffee Bar  
in the  
Bistro Alcove



## FIDDLE 'N' FEET

Traditional Celtic Music &  
Percussive Dance Performance

3:00 p.m. in The Commons

May your blessings outnumber  
The shamrocks that grow  
And may trouble avoid you  
Wherever you go.



# Resident Services

## 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.



## TRIAD Medication and Sharps Round-Up

Medication Round-Ups are an opportunity for you to properly dispose of your used sharps and expired or non-used medications and prescriptions.

Wednesday, March 14, 9:45—10:15 a.m.  
Front Lobby

## Preventing Infections at Bell Trace

Germes are everywhere yet being exposed to germs is not necessarily a bad thing. Exposure helps build immunity however it can create problems for those who have a compromised immune system. People who have recently been discharged from the hospital or those taking antibiotics may be at a greater risk for re-infection or spreading an infection. Here are some helpful tips to keep you and our Bell Trace community safer.

- Please inform your family, nursing staff and/or housekeeping staff if you have been on special precautions while hospitalized due to an infection. This will help us prevent the spread of germs when we are caring for you or cleaning your home.
- Clean high risk areas with disinfectants often. Kitchen counters, bathroom sinks, toilet flush handles, door knobs, telephones are some examples of high risk areas.
- Wash your hands often with soap and water. This is the most important thing you can do to stop the spread of germs around your home and community.
- Whenever possible, use disposable paper towels, tissues and sponges.
- When flu season is here or if you have a GI problem, wash soiled clothing, bedding and linens separately. Rinse first then wash.
- Dispose of sharps (needles and lancets) in red bio-hazard containers. You may purchase these from Lifespan Home Health Nursing services and we will dispose of them for you when the container is full.

# 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).

### 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.

## Wellness Checks

### Blood Pressure Clinic

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

### Hearing Aid Checks & Cleaning

Wednesday, March 14, 3:30—4:30 p.m.  
Private Dining Room

## Beauty & Barber Shop Open House!

Games, refreshments, and door prizes!

**Monday, March 12,  
9:00—11:30 a.m.**

in the Bell Trace  
Beauty & Barber  
Shop



## Chats

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

### Apartment Chat with Joy

Tuesday, March 20, 3:30 p.m., The Commons

### Cottage Chat with Joy

Tuesday, March 27, 10:00 a.m., The Commons



## Support Group

### Parkinson's Support Group

## 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 Services

## Resident Committee Meetings



### Resident Council—All residents are welcome!

Tuesday, March 6, 1:30 p.m., The Commons

### Library Committee

All residents are welcome and encouraged to help the committee.

Friday, March 16, 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, March 20, 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, March 21, 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

### Good Friday Service with Chaplain Kurt Messick

Friday, March 30, 1:00 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, March 6, 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, the Salvation Army, or Opportunity House. 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.—7:00 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., Private Dining Room

### Christian Discussion Group

Mondays, March 5 and 19

2:30 p.m., 3<sup>rd</sup> 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

Mondays, March 5 and 19

7:00 p.m., Sunroom

### Lunch with Rabbi Besser [\$]

Tuesday, March 13, 11:30 a.m., Bistro

Please sign up in the Mail Room

### Lunch with Chaplain Kurt Messick [\$]

Friday, March 16, 12:00 p.m., Bistro

Please sign up in the Mail Room

### Book Discussion Group

Sunday, March 18, 2:00 p.m., Library

## 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, 2:00 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 APO Students

Fridays, 6:30—8:00 p.m., The Commons

## Special In-House Events

### Musical Events

#### Drumming Session

Thursday, March 1, 1:15 p.m., Sunroom

#### Fiddle 'n' Feet Irish Step Dancing

Saturday, March 17, 3:00 p.m., The Commons



### Other Events

#### IU Faculty Drama Club Play Reading

This annual event is not to be missed! The name of the play remains a secret until the performance.

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

#### Presentation by IU Graduate Student from the Speech and Hearing Sciences Department

Friday, March 9, 2:00 p.m., The Commons

#### Iceland, England, and Wales with Kurt—A Travelogue

Friday, March 23, 1:00 p.m., The Commons

## Arts Programming

### Arts & Crafts

Monday & Wednesday, 1:30—3:00 p.m.

Arts Studio

We are continuing this month with our exploration on watercolor painting. We will focus on flowers this month.

### 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

March 29, we will be 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, March 8 and 22, 7:30—9:00 p.m.

Lower Level

## Two Unique Opportunities This Spring

Residents living at Bell Trace have been invited to participate in a Folk Lore course at IU the second eight weeks of this semester. This FREE course, “**Stories, Art, and Aging**” will explore the creative practices of older adults and how stories and other expressive forms support positive aging. In class, residents will view a film alongside the students and then participate in a group discussion afterwards.

**The class will meet Tuesdays from 2:30 – 3:45 p.m. at the Mathers Museum.** Bell Trace will provide transportation. If you are interested in attending the class on campus please sign up in the Mail Room or see Julie.

### #1 Stories, Art, and Aging Folklore Class

**March 20 – April 24, depart at 2:00 p.m., Front Lobby**

March 20: Everyday Creativity

March 27: Class meets at Bell Trace to start Shelf Project

April 3: Life Story Objects

April 10: Folk Groups and Identity in Aging

April 17: Traditional Music and Aging

April 24: Class meets at Bell Trace for presentation of Shelf Project

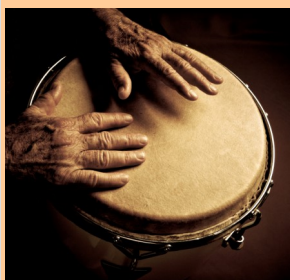
**#2 The Shelf Project:** If you are not interested in participating in the class on campus, please consider signing up for **The Shelf Project**. For their class project, students will visit Bell Trace and interview residents about the objects displayed on the shelf outside their door. Interviews will take place in the afternoon on Tuesday, March 27. Students will return on Tuesday April 27 to present their shelf project posters about you to the group.

All residents who participate get to keep the professionally-designed posters about them. If you would like to participate please sign up in the Mail Room or see Julie by Friday, March 23. You **do not** have to attend the class at the Mathers in order to participate in **The Shelf Project**.

## New Activity

### Drumming Circle

Thursday, March 1, 1:15 p.m., Sunroom



When people drum, something happens to the brain called hemispheric synchronization, where both sides work at the same time.

# Life Enrichment

## On the Big Screen

### **Saturday Movie Matinee**

"Presidents" Series

Saturdays, 1:00 p.m., Chapel



### **Saturday Night at the Movies**

This month's movies all have a local connection. If there is a particular movie that you want to see, please let Melissa, Kurt, or Julie know.

#### **"Dunkirk"**

Saturday, March 3, 7:00 p.m., The Commons

In May 1940, Germany advanced into France, trapping Allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces, troops were slowly and methodically evacuated from the beach using every serviceable naval and civilian vessel that could be found.

#### **"The Maltese Falcon"**

Saturday, March 10, 7:00 p.m., The Commons

Detective Sam Spade (Humphrey Bogart) gets more than he bargained for when he takes a case brought to him by a beautiful but secretive woman (Mary Astor). As soon as Miss Wonderly shows up, trouble follows as Sam's partner is murdered and Sam is accosted by a man (Peter Lorre) demanding he locate a valuable statuette: the bejeweled Maltese falcon.

#### **"The Quiet Man"**

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

After accidentally killing an opponent in the ring, boxer Sean Thornton (John Wayne) leaves America and returns to his native Ireland, hoping buy his family's homestead and live in peace. In doing so, he runs afoul of Will Danaher (Victor McLaglen), who long coveted the property. Spitefully, Will objects when his fiery sister, Mary Kate (Maureen O'Hara), begins a romance with Sean, and refuses to hand over her dowry. Mary Kate refuses to consummate the marriage until Sean retrieves the money.

#### **"The Notebook"**

Saturday, March 24, 7:00 p.m., The Commons

In 1940s South Carolina, mill worker Noah Calhoun (Ryan Gosling) and rich girl Allie (Rachel McAdams) are desperately in love. When Noah goes off to serve in World War II, it seems to mark the end of their love affair. In the interim, Allie becomes involved with another man (James Marsden). But when Noah returns to their small town years later, on the cusp of Allie's marriage, it soon becomes clear that their romance is anything but over.

#### **"Easter Parade"**

Saturday, March 31, 7:00 p.m., The Commons

In this lavish musical, Broadway star Don Hewes' (Fred Astaire) dancing partner (Ann Miller) goes solo, and Don declares that he can make a hit performer out of the next dancer he sees. This turns out to be the inexperienced Hannah (Judy Garland). But as he realizes that he is falling in love with Hannah, Don knows that he must let her grow into her own kind of dancer if he wants her to reach her full potential.

### **Second Sunday Musical**

#### **"Camelot"**

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

After the arranged marriage of Arthur (Richard Harris) and Guinevere (Vanessa Redgrave), the king gathers the noble knights of the realm to his Round Table. The dashing and stalwart Lancelot (Franco Nero) joins, but soon finds himself enraptured by the lovely Guinevere. When Arthur's illegitimate son, Mordred (David Hemmings), reappears in the kingdom and outs the secret lovers, Arthur finds himself trapped by his own rules into taking action against his wife and closest friend.

# Life Enrichment

## Bell Trace Library News

This month, the Library Committee will be doing the annual "purge" of books that are rarely checked out. This is done in order to make room on the shelves for more books. We could use your help! Please join us on Friday, March 16 at 1:30 p.m. in the Library if you would like to help.

We are not accepting book donations at this time, but you may take books to Give and Take Day on Tuesday, March 6 in the Community Room. The Monroe County Public Library will also accept donations.

If you would like to check out a book from the Bell Trace Library, please fill out the check-out form in the notebook on the table to the left of the fireplace. There is no limit on how long you may keep the book, but we ask that you return it to the basket located just inside the door. Library committee members will check it in and re-shelve it.

Please see Melissa if you have any questions.

## Find something new



### Don't forget to...



## SPRING FORWARD!

In the USA, at 2 a.m. on 11 March 2018, clocks will be forwarded one hour, marking the beginning of Daylight Saving Time

## Exercise Classes

### Advanced Exercise

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

### Intermediate Exercise

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

### Mindful Movement and Meditation

Tuesdays and Thursdays, 10:15—11:00 a.m.  
Chapel

### Special Meditation Session

Tuesday, March 27, at 10:15 a.m., Chapel  
Rick Carpenter will be accompanying our meditation with harp music.

### Chair Yoga

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

### Chair Ballet

Saturdays, 1:30—2:30 p.m., The Commons

### Balance Class (1/24—4/18) [\$80]

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.  
Wednesdays, 3:30—4:30 p.m., The Commons

## Holidays and Celebrations



### March Birthday Party

Friday, March, 2:00 p.m.  
The Commons  
All are invited!

### St. Patrick's Day Irish Coffee Bar

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



### Good Friday Service

Friday, March 30, 1:00 p.m., Chapel



# Life Enrichment

## Lifelong Learning Classes

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

All classes meet in the Chapel from 1:00—2:30 p.m.

#### "The French Revolution"

This class continues from last month.

Tuesday, March 6

#### "Machines that Made America"

American inventiveness has been both a symbol and a result of our independence. In these lectures you will learn about the fascinating people behind the fascinating machines that helped propel the United States into a world power. From mechanical harvesters to personal computers to the lowly shaving razor, Americans have invented not just products but also industrial methods that have brought change to every corner of the globe.

Tuesdays, March 20—April 24

### Bloomington Humanities

All classes meet in the Chapel from 7:00—9:00 p.m.

#### "The Wars of the Roses"

This class continues from last month.

Thursdays, March 1, 8, 22, 29

#### "God and Evil—Can God be all powerful and good if He/She allows evil and suffering?"

This class continues from last month.

Wednesdays, March 7, 21, 28, April 4, 11

#### "Film Noir"

Six class sessions devoted to some of the masterpieces of American film noir? We will view the films individually, outside of class. They are readily available on DVD or various streaming services. Then in class, we will discuss them in detail and view some important clips from each. The six films are: "The Maltese Falcon", "The Big Sleep", "The Postman Always Rings Twice", "Double Indemnity", "Touch of Evil" (restored version), and "The Blue Dahlia".

Tuesdays, March 6, 20, 27, April 3, 17, 24

### Science with Melissa—"Modern Marvels"

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

#### "Glue"

It's super! It's Krazy! And it can be found in everything from carpet to computers, books to boats, shoes to the Space Shuttle. It's even used in surgery! Thursday, March 1

#### "Salt"

It's the only rock we eat, and we need it to live. History has shown that those who have salt rule the world--and today, this versatile substance has 14,000 known uses.

Thursday, March 8

#### "The Telephone"

Undeniably essential to modern life, the telephone is the most important, influential, and effective communication tool ever developed. Exploring how Bell's speaking device has grown into the technological web that links humankind, this thrilling program also revisits the race between Bell and rival Elisha Gray—who was building a similar design but ultimately filed the history-changing patent just two hours after Bell. Thursday, March 15

#### "Mold and Fungus"

From magic mushrooms to athlete's foot to penicillin, fungi are everywhere. Learn about fungal organisms that live within our bodies, grow beneath our feet, float in the air and help create some of the foods and beverages we consume. Visit the Phillips Mushroom Farms, America's largest producer of specialty mushrooms and finally see how scientists are looking for way to use fungi to fuel cars and clean up hazardous waste.

Thursday, March 22

#### "Cemeteries"

We take a look at dealing with the dead throughout the centuries, and at today's \$20-billion funeral industry. Any way you look at it, it's a healthy business, with new generations of customers year after year!

Thursday, March 29

# Out & About

## 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.

## Dining Out [\$]

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

### Lunch Excursions

#### Underground Cupcake

Wednesday, March 7, Depart at 11:15 a.m.

#### Big Woods Restaurant

Wednesday, March 14, Depart at 11:15 a.m.

#### Longhorn Steakhouse

Wednesday, March 28, Depart at 11:15 a.m.

### Men's Lunch Excursion

#### Smokin' Jim's BBQ and Steakhouse

Wednesday, March 21, Depart at 10:45 a.m.

### Ladies' Breakfast Outing

#### Wee Willie's

Friday, March 23, Depart at 8:30 a.m.

## 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.

### 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.

## Free Musical Performances

**Don Freund, Composer, Recital** at Auer Hall  
Friday, March 2, Depart at 7:30 p.m.

**Johannes-Passion, BWV 245 by Johann Sebastian Bach** at Auer Hall  
Sunday, March 4, Depart at 7:30 p.m.

**University Singers and Chamber Orchestra** at Auer Hall  
Tuesday, March 6, Depart at 7:30 p.m.

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

**Pacifica Quartet** at Auer Hall  
Friday, March 9, Depart at 7:30 p.m.

**Edward Gazouleas, Viola; Aram Arakelyan, Piano Faculty Recital** at Auer Hall  
Saturday, March 24, Depart at 7:30 p.m.

**Percussion Ensemble** at Auer Hall  
Sunday, March 25, Depart at 12:30 p.m.

**Sundays in Auer—"Mostly Schubert"** at Auer Hall  
Sunday, March 25, Depart at 3:30 p.m.

**John Raymond Jazz Ensemble—"A Tribute to Frank Mantooth"** at The MAC  
Monday, March 26, Depart at 7:30 p.m.

**Conductors Chorus** at Auer Hall  
Tuesday, March 27, Depart at 7:30 p.m.

**Wind Ensemble** at The MAC  
Tuesday, March 27, Depart at 7:30 p.m.

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

# Out and About

## On the Stage [\$]

**Cabaret** at The IU Auditorium  
Wednesday, March 21, Depart at 7:30 p.m.

**America Dances** at The MAC  
Saturday, March 24, Depart at 7:00 p.m.

## Paid Musical Events

**Bloomington Symphony Orchestra Concert—  
"Epic—Motion and Grandeur"** at the Buskirk-  
Chumley Theatre [\$15 in advance; \$18 at the door]  
Sunday, March 11, Depart at 5:15 p.m.

## IU Sports

**IU Softball [free]**  
**IU vs. Ohio State**  
Saturday, March 24, Depart at 12:30 p.m.

**IU Baseball [\$5, \$2 with discount (see Melissa)]**  
**IU vs. Butler**  
Saturday, March 31, Depart 12:20 p.m.

## Other Events

**"Backpack Full of Cash"** at AMC Showplace 12  
[Free, but ticket required]  
A film exploring the real cost of privatizing America's public schools. Narrated by Matt Damon. Sponsored by Martha and David Moore. Get your tickets early at Eventbrite.com.  
Thursday, March 1, Depart at 6:15 p.m.

**Reading with Kindergartners** at Unionville Elementary school  
You'll be paired with kindergarten students from Dana Frederick's class and the students will read to you from their selection of books! Don't miss out on this rewarding intergenerational activity!  
Friday, March 2, Depart at 9:00 a.m.

**Bowling** at the Indiana Memorial Union [\$]

Let's go bowling! If you choose, you may bowl with the bumpers up (to keep you from throwing gutter balls). They can also supply ramps for those in wheelchairs or for those who may not be able to hurl the ball down the lane. Balls as light as 6 lbs. available! Come along just to watch!  
Friday, March 9, Depart at 1:00 p.m.



Type of ramp that will be available for us to use.

## Other Events (continued)

### IU Lilly Library Tour

The rare books, manuscripts, and special collections library of the Indiana University Libraries, Bloomington, make this an interesting destination. See a Gutenberg Bible, original manuscripts of several famous books and essays. Also, The Jerry Slocum Collection of mechanical puzzles embodies a life-time pursuit of the intriguing and the perplexing. The result is the largest assemblage of its kind in the world, with over 30,000 puzzles and 4,000 puzzle related books. We will have a guided tour.  
Friday, March 16, Depart at 1:30 p.m.

### Gold Leaf Hydroponics Tour



Hydroponics:  
Green, clean  
and healthy

We will take a tour of Gold Leaf Hydroponics, which was started by former Worm's Way employees in November 2016.

Hydroponics is a subset of hydroculture, the method of growing plants without soil,

using mineral nutrient solutions in a water solvent. Terrestrial plants may be grown with only their roots exposed to the mineral solution, or the roots may be supported by an inert medium, such as perlite or gravel. The nutrients in hydroponics can come from an array of different sources; these can include but are not limited to byproduct from fish waste, duck manure, or normal nutrients (Wikipedia).

Beginning in April, Gold Leaf Hydroponics will visit Bell Trace monthly to do some sort of gardening activity.

Friday, March 23, Depart at 1:30 a.m.

# From the Desk of Joy Harter, Executive Director



## Summary from the February Chats with Joy

The following information was presented at the February Apartment and Cottage Chats:

•**Resident Referral Program:** Did you know that if you refer someone to Bell Trace and they actually move in, you can receive \$200 for an IL referral or \$400 for an AL referral? Please see Barb or Joy for more details on this program or to pick up the Referral Form.

•**Recycling Containers:** Larger recycling containers for the Laundry Rooms on each floor have been ordered. These bins will replace the smaller newspaper recycling bins currently in the Laundry Rooms. As a reminder, please close the door behind you when you exit the Laundry Rooms. Thank you!

•**Food Committee:** The Food Committee had its first meeting on February 20. This committee will meet monthly and will provide input to Chef Philippe on changes to the menu and preferred foods to be offered. Residents on the committee include Ruth Augustine, Harriet Pfister, Pat Shidler, Ellen Pettay, Bill Schofield, and Lee Witt.

•**Bell Trace 20<sup>th</sup> Anniversary!** Save the date for Saturday, October 6 when Bell Trace will celebrate its 20<sup>th</sup> Anniversary with a big outdoor Fall Festival! More details to come throughout the year. Stay tuned!

•**My Sister's Closet Lunch/Fashion Show Fundraiser on April 5!** Bell Trace is looking forward to hosting this fundraiser event for My Sister's Closet. This will be a ticketed event. More information to come in March!

•**Drumming Circle:** The Drumming Circle on Thursday, March 1 at 1:15 p.m. will take place in the Sunroom.

•**Medication Round Up:** Bring your expired medications and sharps to the Front Lobby on Wednesday, March 14<sup>th</sup> from 9:45 a.m. – 10:15 a.m.

•**Bell Trace Library:** For the time being, the Bell Trace Library is not accepting donations due to space constraints. If you have books to donate, please take them to Give and Take Day on Tuesday, March 6.

## **CUSTOMER SATISFACTION RESULTS FROM 2017**

67 residents were contacted by phone in 2017 by the Pinnacle Company to conduct random customer satisfaction surveys. Residents were asked to rate their responses on a scale from 1 to 5, with 1 representing the lowest rating, and 4 and 5 representing a good or excellent rating. The ratings were then converted to percentages that reflect the good/excellent scores combined.

Here are the results:

Resident Overall Satisfaction:	100%
Cleanliness of the Building:	100%
Dignity and Respect:	100%
Recommendation to Others:	98.2%
Activities:	96%
Transportation Needs:	95.5%
Response to Problems:	94.3%
Move-In Process:	92.2%
Safety and Security:	91.2%
Communication:	90.7%
Quality of Food:	76%
Variety of Food/Menu Choices	72%

**SURVEY  
RESULTS ARE IN!**

