

Bell Trace Newsletter

July 2018

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July Birthdays

Gerry Wilkens	2 nd
Jim Heath	2 nd
Betty Farr	2 nd
Rusty Rust	2 nd
Betty Togikawa	5 th
Betty Mercer	7 th
Ruth Ann Norton	9 th
Shirley Beheler	12 th
Dolores Toby	18 th
Bob Muldoon	19 th
Mary McGann	22 nd
Geneva LaGrange	23 rd
Emalou Schaffer	24 th
Dottie Waters	25 th
Stephen Moore	26 th

Birthday Party



Join us in wishing those
with July birthdays a
Happy Birthday!

Friday, July 6, 2:00 p.m.
The Commons

ALL ARE WELCOME!

From the Desk of Joy Harter, Executive Director



The Use of Electric Mobility Vehicles (EMV) at Bell Trace

The staff of Bell Trace Senior Living Community support and recognize that electric mobility vehicles (EMVs) play an integral role in sustaining one's independence and mobility in the face of increasing physical challenge. We further identify that proper training and ongoing education in the safe operation of EMVs is mandatory to protect all individuals who live on or visit our campus. Our primary goal is to actively promote the safety of all residents and guests by emphasizing the importance of overall community safety through designated EMV policies and procedures, Rules of the Road, and a Safety and Enforcement Code. All of these materials are available in print if you would like a complete copy. What follows here are highlights from our policies and procedures:

- Safe Driving is defined as mobility use that does not endanger people or property
- Safe drivers demonstrate respect for those around them by operating their vehicle at a safe speed, yielding the right of way to others, exhibiting complete and independent control of their EMV, and driving defensively to avoid problem situations
- Safe Drivers abide by the Rules of the Road which include the following points:
 - Pedestrians have the right of way.
 - Encourage pedestrians to keep at a safe distance from your vehicle.
 - Use safe protocols when entering or exiting an elevator, NOT using the Front Lobby elevator as it has the most traffic.
 - Be proactive in your driving so that backing up can be avoided.
 - Vehicles will not operate faster than an average resident's walking pace.
 - Stop at all intersections.
 - Ride in the center of the hallway or to the right.
 - Notify pedestrians when passing them and please pass courteously.
 - Report all accidents or violations immediately.
 - Adhere to all warnings and instructions.
 - Stay seated in your EMV when in the Bistro Dining Room
 - Do not allow others to drive your vehicle without the proper training.
 - Attend the annual mandatory EMV refresher and training course.
 - Do not park your EMV in the hallway.

If you have any questions about the Bell Trace EMV policies and procedures, please see Executive Director Joy Harter.

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 Kelie Self, RN Administrator at 812-332-2355, ext. 220.



Podiatrist Visit

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, July 31, 8:30—10:00 a.m., Sunroom

Independent Residents

Tuesday, July 31, 10:20 a.m.—12:00 p.m.

FOCUS ON FITNESS:

A monthly column by Bell Trace Fitness Center Director, Alyssa Jackson.

This month, we are focusing on a group of muscles: the hamstrings

Name: Hamstrings (Biceps femoris, semitendinosus, semimembranosus)

Function: Located on the back of the thigh, the hamstrings are responsible for controlling the movement of the knee joint as it bends and rotates. The hamstrings play a key role in stability and safety of the hip and knee joints.

Why Strengthen It: We use this muscle every day! Biking, running, sitting up/down, and walking all utilize the hamstring muscles. Keeping this muscle group strong will help make our daily activities easier!

How to Strengthen It: Leg Curls

Use a sturdy chair or counter for balance. Face the chair or counter and hold it with your hands, standing with your feet hip-width apart. Shift your weight to one foot, then lift the other foot by bending your knee. Slowly pull it up as close to your thigh as possible, then release. Repeat 10-15 times on each leg. Repeat for a second set.



****Too easy?** Try adding some weight to your movement. We have ankle weights in the fitness center that will add some extra challenge. Ankle weights range in weight of 1—10 lbs.

****Be sure to use the chair for balance when starting.** IF you begin feeling more comfortable, you can add a balance challenge and try to rely less on your hands.

If you have any questions regarding this movement, stop in to see me at the Fitness Center!

“Be Well at the Bell!”

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).

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.

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.

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, July 11, 3:30—4:30 p.m.
Private Dining Room

Chats

Monthly chats are an opportunity to share your ideas and concerns regarding your Bell Trace experience. All are encouraged to attend!

Food Chat with Philippe and Joy

Saturday, July 14, 10:00 a.m., The Commons

Apartment Chat with Joy

Tuesday, July 17, 3:30 p.m., The Commons

Cottage Chat with Joy

Tuesday, July 24, 10:00 a.m., The Commons

Monroe County Library Bookmobile

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.**

812 BBQ Food Truck is coming back to Bell Trace!

Sundays, July 8 and 22, the **812 BBQ** food truck will be parked on the Bell Trace campus from 4:30—6:30 p.m.



Since the Bistro will not be open for dinner that evening, we encourage you to try their barbecue fare. Please see the menu in the Mail Room. Cash, credit, and debit cards are accepted.

Resident Services

Resident Committee Meetings



Resident Council—All residents are welcome!

Tuesday, July 3, 1:30 p.m., The Commons

Library Committee

All residents are welcome and encouraged to help the committee.

Friday, July 20, 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, July 25, 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, July 31, 1:30 p.m., The Commons

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

Welcome New Residents!

Jan Miller	Apt. 155
Connie Viterisi	Apt. 227
Peg Fawbush	Apt. 210
Sarah Deckard	Apt. 153
Kathleen Vernier	Apt. 324
Vieva Thrasher	Apt. 360
Joyce Carlile	Apt. 354

Give and Take Day

Tuesday, July 3 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. Pick up any items brought by another resident that looks interesting to you. You do not have to give to take. 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 Community Room the morning of Give and Take Day (not before), and please do not bring undergarments or medication to Give and Take Day.

Support Group

Parkinson's Support Group

Friday, July 20, 1:30 p.m., **The Commons**

*Please note the new location

Important Note to All Residents

If you plan to be away from Bell Trace for two or more days, please let the Front Desk know. Please also alert the Front Desk if you go to the emergency room or hospital, especially for an extended stay.

Thank you!

Life Enrichment

Discussions



Walk and Talk

An hour dedicated to story telling. This is a great way to get to know your peers. If the weather is nice, we will walk outside. All are welcome!

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

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., 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., Chapel

Christian Discussion Group

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!

Mondays, July 2 and 16, 2:30 p.m., 3rd Fl. Lounge

Deep Listening

Mondays, July 2 and 16, 7:00 p.m., Sunroom

Book Discussion Group

Sunday, July 15, 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

Mondays & 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

Holidays and Celebrations

Independence Day-Themed Social Hour

Who knows what kind of American-themed appetizers Philippe will have for us!

Wednesday, July 4, 4:30 p.m.

The Commons



July Birthday Party

We always have cupcakes, ice cream, balloons, and a song! All are invited!

Friday, July 6, 2:00 p.m.

The Commons

Cell Phone Etiquette Reminder

Please respect those around you and turn your cell phone ringer to either vibrate or silent when in the Bistro or at an activity or performance.

Creative Aging at Bell Trace

Arts Programming

Arts & Crafts

Mondays and Wednesdays, 1:30—3:00 p.m.
Arts Studio

In the studio this month Sandra Tokarski is teaching ceramics. Come try your hand at making a bowl or vase.

Fiber Arts

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

Showtunes Sing-a-long

Wednesdays, 6:00—6:45 p.m., The Commons

Bloomington Peace Choir Practice

Wednesdays, 7:00—8:30 p.m., The Commons

*There will be no practice on July 4

Writing Group

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

Ukulele Practice

Thursdays, 4:00—5:30 p.m., Sunroom

On July 26, we will be in the Front Lobby

Mindful Movement Meditation

Tuesdays and Thursdays 10:15 a.m., Chapel

Exercise your imagination, feed your spirit, and relax your body. This 45-minute session is an introduction to the mind, body, spirit connection. Designed for beginners, all are welcome. Rick Clayton will play harp music during our meditation on Thursday, July 26.

NEW ACTIVITY

Culinary Art Demonstration

Wednesday, July 11, 11:00 a.m., A.L. Café

Resident Agnes Ingram will be sharing her favorite recipe for Spanish Rice. Samples will be provided during the lunch hour in the Assisted Living Café.

Pottery is the new yoga. Here are the mind-clearing benefits that come from working with clay.

- Creative outlet: There are both physical and mental benefits from expressing yourself by creating something
- Increases optimistic outlook
- Improves focus
- Reduces stress
- Exercises the hands, wrist, and arms: The movement of making pottery is gentle yet strengthening to the hands, wrist and, arms. This can be beneficial to those prone to arthritis in the hands, as it promotes joint movement and dexterity.
- Encourages sociability
- Improves quality of life



[<http://www.healthfitnessrevolution.com/top-10-health-benefits-pottery/>]

Bell Trace Has a New Baby (Grand Piano)!

You may have noticed the beautiful baby grand piano in the Front Lobby that was donated to Bell Trace last month. We encourage you to sit down and tickle the ivories!



On the Big Screen

Saturday Movie Matinee

"The War the Made America: The French and Indian War"
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.

"The Crossing"

Saturday, July 7, 7:00 p.m., The Commons

In 1776, less than six months after the Declaration of Independence, the Continental Army, under the command of General George Washington, was on the brink of utter defeat. Low on men, cannon and supplies, Washington decides to risk everything on one last desperately daring attack on the town of Trenton where over 1000 of the feared Hessian mercenaries are garrisoned.

"The Princess Bride"

Saturday, July 14, 7:00 p.m., The Commons

A fairy tale adventure about a beautiful young woman and her one true love. He must find her after a long separation and save her. They must battle the evils of the mythical kingdom of Florin to be reunited with each other. Based on the William Goldman novel "The Princess Bride" which earned its own loyal audience.

"Bombshell—The Hedy Lamarr Story"

Saturday, July 21, 7:00 p.m., The Commons

Austrian actress Hedy Lamarr fled an oppressive marriage to create a name for herself as one of Hollywood's top leading ladies in the 1940s. Behind the glamour and sex appeal, though, was a talented and inquisitive inventor who created a radio system that is now considered the basis of Bluetooth technology.

"A Wrinkle in Time"

Saturday, July 28, 7:00 p.m., The Commons

Meg Murry and her little brother, Charles Wallace, have been without their scientist father, Mr. Murry, for five years, ever since he discovered a new planet and used the concept known as a tesseract to travel there. Joined by Meg's classmate Calvin O'Keefe and guided by the three mysterious astral travelers known as Mrs. Whatsit, Mrs. Who and Mrs. Which, the children brave a dangerous journey to a planet that possesses all of the evil in the universe.

Second Sunday Musical

"Cabaret"

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

In Berlin in 1931, American cabaret singer Sally Bowles (Liza Minnelli) meets British academic Brian Roberts (Michael York), who is finishing his university studies. Despite Brian's confusion over his sexuality, the pair become lovers, but the arrival of the wealthy and decadent playboy Maximilian von Heune (Helmut Griem) complicates matters for them both. This love triangle plays out against the rise of the Nazi party and the collapse of the Weimar Republic.

Life Enrichment

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 Meditation

Tuesdays and Thursdays, 10:15 a.m., Chapel

Chair Yoga

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

Tech Heroes are here to help!!!!



Technology support for your hand-held devices (i.e. smart phone, tablet, Kindle, laptop, etc.) is now available!

Jenny Donegan, and her team of Tech Heroes are at **Bell Trace every Sunday from 1:00—3:00 p.m. in the 3rd Floor Lounge.**

If you are having an issue with your device, the tech heroes are here to fix it, or you can come down learn how to use more features on your device.

EMV Repair Shop

Representatives from Williams Bros. Pharmacy will be on hand to tune up your Electric Mobility Vehicle (EMV)!

Wednesday, July 18 from



Bell Trace Home and Patio Show

Show off your beautifully-decorated Bell Trace home and patio in this inaugural event! On Tuesday, July 10 from 1:00—2:30 p.m., Bell Trace residents will independently tour the apartments and patios of the participants. You can pick up the list of apartments on the tour at the Front Desk on Monday, July 9 after 5 p.m.

There's still time to sign up! If you would like your apartment to be listed in the tour, please sign up in the Transportation Book in the Mail Room no later than Sunday, July 8.



Special In-House Events

Musical Events

The PBJs Play Tunes Through the Decades
Wednesday, July 11, 3:30 p.m., The Commons

Endwright Center Strings Performance
Thursday, July 12, 1:30 p.m., The Commons

Scott and Becky Lindroth Sing Opera and Showtunes

Saturday, July 21, 3:00 p.m., The Commons
Join Jay and Betty Farr's grandson and his wife for this annual musical treat!

Other Events

Alaska with Kurt—A Travelogue
Wednesday, July 4, 3:30 p.m., The Commons

"First Word on the Market"—A Presentation by First Financial Bank

Tuesday, July 24, 1:30 p.m., The Commons
A.J. Hillenbrand will update you on the most current events in the stock market and how they view the landscape going forward.

Life Enrichment / Out and About

Lifelong Learning Classes

Bloomington Humanities

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

"Hitchcock's Masterpieces"

This class continues from last month.

Wednesdays, May 30—July 25

"The Book of Genesis: Historical and Literary Study"

This class continues from last month.

Thursdays, June 7—July 12

"Great Speeches of Abraham Lincoln"

Join Monroe County Civil War Round Table President Scott Schroeder and Bloomington Humanities Center Director Mark Acres as they team teach a course analyzing four of the most important speeches by President Abraham Lincoln. The speeches we will look at are: the "House Divided" speech; the First Inaugural; the Gettysburg Address; and the Second Inaugural.

Tuesdays, July 10—31

Science with Melissa—"Modern Marvels"

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

"Apollo 11", July 5

"Garage Gadgets", July 12

"80s Tech", July 19

"Rollercoasters", July 26

Welcome Jacob Bruce, Dining Room Supervisor!

Jacob has worked at Bell Trace since August 2013 and has held several positions in Dining Services, including: dishwasher, cook, server, and Assisted Living Café Coordinator.

Jacob enjoys listening to Billy Joel music and watching Clint Eastwood movies. "Go ahead, make his day" by welcoming him as the Dining Room Supervisor!

Welcome to the Team!

Trips and Outings

Pub Quiz at the Players Pub [\$3]

Tuesday, July 3, Depart at 5:15 p.m.

We work as a team to answer the questions posed by the quizmaster. The top four teams win gift certificates or dessert!

St. Mark's UMC Tea and Style Show

Wednesday, July 11, Depart at 12:45 p.m.

West Baden Springs Hotel Lunch and Tour

Friday, July 13, Depart at 10:00 a.m.

Larry Taylor will be our tour guide when we visit the historic West Baden Springs Hotel. Larry is a tour guide for the hotel on the weekends, so we will get a first-rate tour! Lunch will be in the hotel. This is not a gambling trip, although residents who wish to be dropped off at the casino may sign up on the bottom part of the page, but first priority will be given to those wishing to tour the West Baden Springs Hotel.

Creative Aging Exhibit Reception at the IU Mather's Museum of World Culture

Friday, July 20, Depart at 2:00 p.m.

The Bell Trace Ukulele Club have been invited to perform for the closing reception. Bell Trace resident Jenny Kander's dolls are also included in the reception.

This is also an opportunity to celebrate the life of James Yang. James passed away in May. He and his wife Jenny taught the Chinese calligraphy class this past February for Chinese New Year and Jenny taught the Qi Gong class.

Bloomington Salt Cave and Lunch [\$17 + lunch]

Friday, July 27, Depart at 10:30 a.m.

We will have a 45-minute session, where we will sit in zero gravity chairs in the dark with relaxing music. Bloomington Salt Cave employs a generator that crushes pure sodium chloride and creates a state of the art dry salt aerosol. When inhaled, the micron sized particles stimulate an anti-inflammatory response, reducing irritated airways and thinning mucus in the bronchial tubes and lungs. Detoxifies and accelerates recovery from common colds and the flu. The cave employs a continuous fresh air exchange system making it an anti-bacterial, anti-viral, anti-microbial microclimate.

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. This allows our driver to make the schedule such that everyone gets to their appointment on time.

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

Lennie's

Wednesday, July 4, Depart at 11:15 a.m.

Bucceto's Smiling Teeth

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

Tulip Trestle Observation Deck and Lunch at Hendricksville Diner (Formerly Rosie's Diner)

Wednesday, July 25, Depart at 10:00 a.m.

The Tulip Trestle is the longest in train trestle in the world!

Men's Lunch Excursion

Bob Evans

Wednesday, July 18, Depart at 11:15 a.m.

Ladies' Breakfast Outing

The Hive

Friday, July 20, Depart at 8:30 a.m.

Dinner Excursion

Port Hole Inn

Tuesday, July 17, Depart at 5:00 p.m.

They are famous for their catfish!

Ice Cream Excursions

Bruster's

Wednesday, July 11, Depart at 7:00 p.m.

The Chocolate Moose

Monday, July 23, Depart at 7:00 p.m.

Jiffy Treet

Sunday, July 29, Depart at 2:00 p.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.

Because space is limited on the bus, please limit your purchases to only two (2) bags.

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!

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

Bloomington Farmers' Market

Twice a month you will have the opportunity to visit the eclectic Bloomington Farmers' Market downtown at Showers Plaza. Peruse the fresh flowers and produce, visit the food trucks, listen to the live music, or just people watch! We will visit the east side location every Wednesday.

Saturdays, July 7 and 21, Depart at 10:00 a.m.

Wednesdays, Depart at 9:00 a.m.

Garage Sales

One person's junk is another person's treasure!

Saturdays, July 14 and 28, Depart at 9:00 a.m.

My Sister's Closet

Friday, July 6, Depart at 10:00 a.m.

Out and About

Summer Music Series [\$]

All events are at Auer Hall unless otherwise stated. A summer music pass (\$110) gets you into all events; otherwise, tickets to individual events are \$12 unless otherwise stated.

Verona Quartet

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

Read Gainsford, Piano

Sunday, July 1, Depart at 7:30 p.m.

Festival Players featuring Erin Aldridge, Aram Arakelyan, Ilya Friedberg, Roeland Jagers, Ching-Yi Lin, Grigory Kalinovsky, Wonmin Kim, Csaba Onczay, and Sherry Sinift

Thursday, July 5, Depart at 7:30 p.m.

Verona Quartet with Roeland Jagers and Csaba Onczay

Friday, July 6, Depart at 7:30 p.m.

Summer Chorus and Summer Philharmonic

Saturday, July 7, Depart at 7:30 p.m.

Penderecki String Quartet

Sunday, July 8, Depart at 3:30 p.m.

Festival Players featuring Sarah Kapustin, Roeland Jagers, and Jeannette Koekkoek

Tuesday, July 10, Depart at 7:30 p.m.

Penderecki Quatet with Jeannette Koekkoek

Thursday, July 12, Depart at 7:30 p.m.

Summer Philharmonic with Joshua Bell, Violin at The MAC [\$20-30]

Friday, July 13, Depart at 7:15 p.m.

Festival Players featuring Erin Aldridge, Wonmin Kim, and Ching-Yi Lin

Saturday, July 14, Depart at 7:30 p.m.

Nathan Vickery, cello; Ilya Fridberg, piano

Sunday, July 15, Depart at 3:30 p.m.

Festival Players featuring Amir Eldan, Roeland Jagers, Sarah Kapustin, Jeannette Koekkoek

Wednesday, July 18, Depart at 7:30 p.m.

Free Musical Events

Edward Auer and Junghwa Moon Auer, Piano at Auer Hall

Monday, July 9, Depart at 7:30 p.m.

Summer Organ Academy—Opening Faculty Recital at Auer Hall

Monday, July 16, Depart at 7:30 p.m.

Edward Auer Summer Piano Workshop Opening Concert—Michal Szymanowski, piano at Auer Hall

Thursday, July 19, Depart at 7:30 p.m.

Edward Auer Summer Piano Workshop—Concerto Concert at Auer Hall

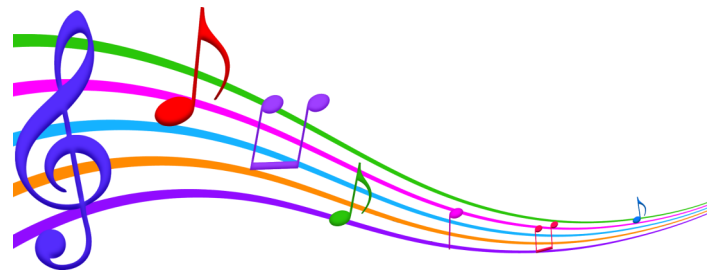
Friday, July 20, Depart at 8:00 p.m.

Debussy Project 1: "Remembering Debussy" at Auer Hall

Saturday, July 21, Depart at 3:30 p.m.

Debussy Project 2: "Remembering Debussy" at Auer Hall

Sunday, July 22, Depart at 3:30 p.m.



On the Stage [\$]

25th Annual Putnam County Spelling Bee at the IU Theatre

Tuesday, July 10, Depart at 7:00 p.m.

The Foreigner at the IU Theatre

Wednesday, July 18, Depart at 7:00 p.m.

Our Town at the IU Theatre

Tuesday, July 24, Depart at 7:00 p.m.

From the Desk of Joy Harter, Executive Director

From The June Apartment and Cottage Chats with Joy

The following information was discussed at the June Apartment Chat on June 19 & Cottage Chats on June 26:

•**Recent Air Conditioning Issues:** There was much discussion and comment at the June Apartment Chat related to the air conditioning problems in the apartment building on the weekend of June 16-17. Thankfully not everyone in the building was affected, but a good many residents did experience hot temperatures in their apartments as we worked to resolve the problems. Several residents remarked that they were not able to get answers or find anyone to talk to during the weekend. Joy apologized for the difficulty that some residents experienced in getting information about what was happening to address the AC problems. As a result of our productive dialogue during the Apartment Chat, we identified some practices that will improve communication with residents:

- **Weekend Manager on Duty:** The name of the Weekend Manager will now be posted on the Saturday and Sunday Daily calendars that can be found in all elevators and will be posted at the Front Desk.
- **Intercom Announcements:** Intercom announcements will be made regularly in the apartment building to keep all residents updated on repairs when they are being made, or other issues of importance.
- **Use Your Pendant When All Else Fails!** If you are unsuccessful in connecting with a Bell Trace Manager on Duty or our Security/Custodian over the weekend, please do not hesitate to use your nurse call pendant to contact the nurse who in turn can help you connect with the person you are trying to reach.
- **On those EXTREMELY HOT days, please keep your apartment windows and balcony doors closed.** When you open your apartment windows or patio/balcony doors in the morning before it gets hot outside, this makes it much harder for the air conditioning system to effectively do its job later on in the day. PLEASE do not open your windows/balcony doors so that the AC system can work at maximum capacity and keep the entire building cool.
- **Sunday Front Desk Coverage will resume in July:** Please be informed that we will return to having a receptionist at the Front Desk on both Saturdays and Sundays beginning in July. We have hired more staff to take the place of weekend receptionists Bridgett and Cheryl who no longer work for Bell Trace.
- **Elevator Use when utilizing a wheelchair or motorized device:** Please take note that anyone using a motorized device or wheelchair is to use the AL elevator for safety reasons when using an elevator in this building. The AL elevator is our biggest elevator and has the most room for making turns in a wheelchair or EMV.
- **Hydration:** Particularly when it is very hot outside, it is very important that you drink enough water to stay hydrated. Your body needs water to keep itself cool and comfortable, so DRINK WATER REGULARLY!
- **Food Committee:** The Bell Trace Food Committee met on June 19th for its monthly meeting. The weekly Specials Menu will start featuring a “star” next to items that are considered spicy.
- **Food Chat in July:** The quarterly FOOD CHAT will be held on Saturday, July 14th at 10:00am in The Commons. All residents are encouraged to come to voice their opinion and offer input about Bell Trace Dining Services!
- **Congratulations to Jacob Bruce, our new Dining Room Supervisor!** Jacob began as the Dining Room Supervisor on Friday, June 29. Please make sure to congratulate Jacob on his new position!