

Bell Trace Newsletter

August 2018

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August Birthdays

Bonnie Waters	1st
Jenny Kander	1st
Dick Schutte	3rd
Ruth Sager	5th
Peg Fawbush	7th
Jean Harvey	10th
Bill Wiatt	12th
Bill Porteus	15th
Bill Shetter	17th
Nila Talbot	21st
Armel Meadows	23rd
JoAnn Eberly	25th
Ralph Winstanley	25th
Betty Boruff	28th
Julia Brown	28th
Roberta Van Pelt	29th

Birthday Party



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

Friday, August 3, 2:00 p.m.
The Commons

ALL ARE WELCOME!

From the Desk of Joy Harter, Executive Director



Positive Changes on the Horizon for Bell Trace!

On July 17th, Executive Director Joy Harter held a special All-Resident Meeting to announce that the Bell Trace apartment building (both IL and AL) is becoming a licensed residential building with the Indiana State Department of Health. Bell Trace cottages are not included in this licensure process.



[This Photo](#) by Unknown

This is a big and exciting change for Bell Trace in its 20th Anniversary year and will enable Bell Trace to best meet the needs of our residents now and for the next 20 years!

Why is this a positive change?

- Residents will not have to move from an IL apartment to an AL apartment to receive services
- You will not need to be in an AL studio apartment to receive nursing services/assistance
- All residents will be better able to age-in-place in the apartment in which they live
- Couples will be able to remain in their apartments TOGETHER with one spouse able to receive the added services he or she may need without having to move to an AL apartment
- Long-term care insurance policies like to offer coverage to licensed residential buildings more than they do non-licensed buildings! This is a good thing for residents with LTC insurance!

Once Bell Trace is licensed, we will be inspected by the State Department of Health every year to assure our compliance with state regulations that apply to licensed residential buildings. We expect our first survey to occur any time after September 30th of this year.

Being licensed does NOT mean that the apartment building is becoming a 'nursing home.' "Big Bell" will remain a senior living residence, owned by CarDon and Associates, separate from Bell Trace Health and Living Center on our campus, which truly is a nursing and rehabilitation facility. Residents who currently live in an independent living apartment and function independently will remain as is, and do not have to receive any services from our nursing staff if those services are not needed.

(Continued on the back page)

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, August 15, 3:30—4:30 p.m.

MONTHLY CHATS WITH JOY

In August, our monthly resident meetings will focus on discussing the changes involved with the licensing process. Please plan to attend to learn, ask questions, and express concerns on any subject of importance. Family members are always welcome to attend.

Apartment Chat

Tuesday, August 21, 3:30 p.m., The Commons

Assisted Living Chat

Friday, August 24, 4:00 p.m., Sunroom

Cottage Chat

Tuesday, August 28, 10:00 a.m., The Commons

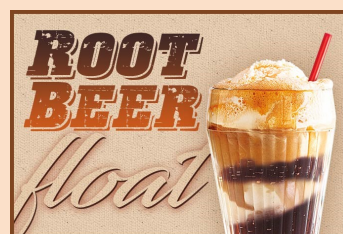
Monroe County Library Bookmobile

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.**

Root Beer Floats and Backyard Social

Pick up a root beer float then enjoy the outdoors on our Sunroom patio!



**Friday, August 17
1:00—2:30 p.m.
Sunroom**

Resident Services

Resident Committee Meetings



Resident Council—All residents are welcome!

Tuesday, August 7, 1:30 p.m., The Commons

Library Committee

All residents are welcome and encouraged to help the committee.

Friday, August 17, 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, August 22, 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, August 28, 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!

Geri Morrison	Apt. 354
Linda Mobley	Apt. 271
Jack and Martha Ellis	Apt. 125
R.J. Trubitt	Apt. 251
Dorothy Dotlich	Apt. 361

Give and Take Day

Tuesday, August 7, 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, August 24, 1:30 p.m., The Commons

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, 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

Special In-House Events

Musical Events

Tom Roznowski Performance

It's always a treat to have Tom perform here. Singing standards from the 40s, 50s, and 60s in the style of Frank Sinatra, Tom never disappoints!

Saturday, August 4, The Commons

Gabe Bruner Piano Performance

Tuesday, August 28, 4:00 p.m., The Commons

Joyce and Mike Play Swing Classics

Wednesday, August 29, 3:30 p.m., The Commons

Special In-House Events (continued)

Other Events

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

A.J. Hillebrand will update you on the most current events in the stock market and how they view the landscape going forward. Postponed from last month.

Tuesday, August 21, 1:30 p.m., The Commons

Mariann Chesney a.k.a. "The Jewelry Lady"

We welcome Mariann back with her copious amount of affordable jewelry. Many items are 50¢ or \$1! See what treasures you can find!

Wednesday, August 22, 1:30—3:00 p.m.
The Commons

"BUILDING BETTER BALANCE"

Beginning September 2018 (Date TBA)

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: Wednesday ONLY from 3:30-4:30 pm

Location: The Commons

Cost: \$80 Registration (a one-time charge)

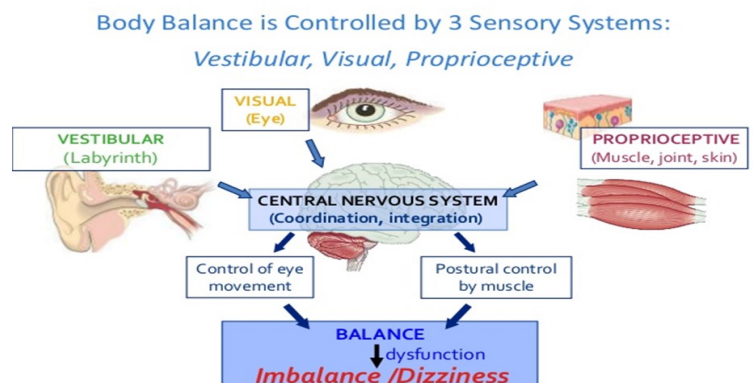
Contact: Alyssa Jackson in the Fitness Center

Registration Opens August 22nd

Spots will be filled on a first-come, first-served basis.

Instructor: Michelle Miller, MS from 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.



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

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, 11:15 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., Private Dining Room

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, August 6 and 20, 2:30 p.m., 3rd Fl. Lounge

Book Discussion Group

Sunday, August 19, 2:00 p.m., Library

Games and Trivia

Trivia

Have fun answering trivia questions or just stop by to hear some interesting and fun facts!

Mondays, 1:00—1:30 p.m., Front Lobby

Thursdays, 1:00—1:45 p.m., Front Lobby

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

The group plays Mexican Train Dominoes, a game that takes a combination of luck and skill.

Mondays & Fridays, 2:00 p.m., Private Dining Room

Scrabble

Tuesdays and Saturdays, 2:00—3:00 p.m.
Sunroom

Mah Jongg

Play this fun Chinese tile-based game. If you haven't played before, now's a great time to learn!

Mondays, 12:00—3:00 p.m., Sunroom

Holidays and Celebrations

August Birthday Party

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

Friday, August 3, 2:00 p.m.
The Commons



No More Battery Recycling

Unfortunately, we are no longer able to accept your used batteries for disposal. The Monroe County Solid Waste plant charges corporations to dispose of them; however, you (as an individual) can still get rid of them at no cost there. Bloomington Hardware, Lowe's, and Pizza X also collect them for proper disposal.



Creative Aging at Bell Trace

Arts Programming

Arts & Crafts

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

Week #1— We will finish up our current ceramic work

Week #2— We will practice making pinch pot vases for the “Ish Collaborative”

Week #3— Paint pinch pot vases

Week #4— Watercolor painting

Fiber Arts

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

Writing Group

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

Ukulele Practice

Thursdays, 4:00—5:30 p.m., Sunroom

On August 30, we will be in the Front Lobby

Show tunes Sing-a-long

Wednesdays, August 1 and 8, 6:00—6:45 p.m.

Tuesdays, August 14, 21, 28, 6:00—6:45 p.m.
The Commons

Bloomington Peace Choir Practice

Wednesdays, August 1 and 8, 6:45—8:45 p.m.
The Commons

Please note: The choir and the show tunes sing-a-long will switch to Tuesday evenings beginning August 14 (same place and time)

Chair Ballet

Saturdays, 1:30—2:30 p.m., The Commons
Join Sarah Wroth from Ballet Department at Indiana University Jacob School of Music in an exercise class that mirrors a classical ballet workout.

Sing for Joy

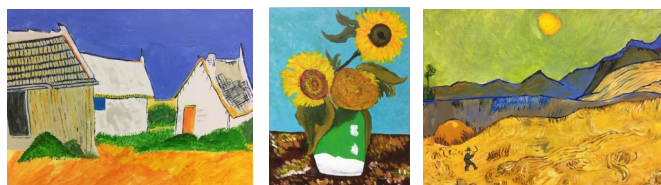
Saturdays, August 11, 18, 25, 3:00—4:00 p.m.
The Commons

On Sunday, August 26 the group will perform at 1:30 p.m. in The Commons

PAINTING VAN GOGH-ISH

GALLERY EXHIBIT

August 1 – September 28, 2018



Sunday, August 12th

Artists Reception | 1-2 p.m. | Gallery

Gallery Talk | 2-3 p.m. | The Commons

Christopher Nunn, lead artist for the “Ish Collaborative” will give a presentation about the project and the organizations involved.

“Loving Vincent” | 7 p.m. | The Commons
Immerse yourself in the landscapes of van Gogh in this award winning totally painted animated film.

It is not too late to sign up to be an art mentor. If you are interested in serving as an art mentor at Templeton Elementary or Grandview Elementary schools in September, please see Julie Hill.



The heart of man is
very much like the sea,
it has its storms, its
tides and its depths;
it has its pearls too.

Vincent van Gogh

Life Enrichment

On the Big Screen

Saturday Movie Matinee

"The British Monarchy"

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.

"Mamma Mia!"

Donna (Meryl Streep), an independent hotelier in the Greek islands, is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She secretly invites three men from her mother's past in hope of meeting her real father and having him escort her down the aisle on her big day.

Saturday, August 11, 7:00 p.m., The Commons

"Loving Vincent"

In a story depicted in oil painted animation, a young man comes to the last hometown of painter Vincent van Gogh to deliver the troubled artist's final letter and ends up investigating the artist's final days.

Sunday, August 12, 7:00 p.m., The Commons

"I Can Only Imagine"

Growing up in Greenville, Texas, Bart Millard suffers physical and emotional abuse at the hands of his father, Arthur. When Arthur becomes terminally ill, he finds redemption by embracing his faith and rediscovering his love for his son. Years later, Bart's troubled childhood and mended relationship with his dad inspires him to write the hit song "I Can Only Imagine" as singer of the Christian band MercyMe.

Saturday, August 18, 7:00 p.m., The Commons

"Cocoon"

Oscar-winning fantasy in which the residents of a Florida rest home get a new lease of life when they stumble across an alien "fountain of youth" in a disused holiday home. Unbeknown to them, aliens have been using the swimming pool in the house to store their cocooned brethren, giving the waters a powerful, rejuvenating quality.

Saturday, August 25, 7:00 p.m., The Commons



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

Chair Ballet

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

Join Sarah Wroth from the Ballet Department at Indiana University Jacob School of Music in an exercise class that mirrors a classical ballet workout.

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. If you must take an urgent phone call, please move to a hallway when speaking.



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.

FOCUS ON FITNESS:

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

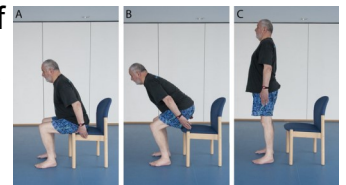
This month, we are focusing on a group of muscles on the fronts of the thighs: **The Quadriceps**

- **Function:** The primary function of these muscles is to straighten your knee. One of the muscles in this group, the rectus femoris muscle, is also involved in rotating the hips. Your quads work with other leg muscles, such as the hamstrings, to promote effective movement, running, squatting, cycling and balance.
- **Why Strengthen It:** We use this muscle every day. Anytime you move your knee joint, the quadriceps are involved. Strengthening this muscle will help you be able to kick, walk, and move safely and effectively.

How to Strengthen It: Sit-to-Stands

Do NOT do this exercise unless you are certain can perform it safely! If you would like help learning it, please see me in the fitness center. I would more than happy to help you learn the movement—for free! If you are not comfortable, or you are in a wheelchair and cannot complete this exercise, I would be more than happy to show you chair-friendly options. Call me to schedule an appointment!

- Sit toward the edge of a chair, feet hip-width apart. Spine tall, belly button pulled up and in, shoulders down and back. Lean slightly forwards.
- Shifting your weight into your feet, stand up slowly using your legs, not arms (If you need to use arms on a chair, that is okay! Just try to not depend on them as much as you depend on your legs! This may take time!)
- Keep looking forward and do not look down. Keep your spine long.
- Stand completely upright and then slowly sit down, bottom-first



Aim for 5 repetitions when starting out—the slower, the better.

“Be Well at the Bell!”

Life Enrichment

Lifelong Learning Classes

Bloomington Humanities

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

"Shakespeare's *The Tempest*"

A study of William Shakespeare's play, *The Tempest*. The play is part story, part romance, part comedy, and overall a reflection on the nature of theater and the nature of reality. In an autobiographical way it marks Shakespeare's retirement.

6 Tuesdays, August 14—September 25 (class does not meet on September 4).

"America in World War I"

An overview of America's participation in the First world war, from our initial attitudes toward the belligerents through the Paris Peace Conference. This will be a course that combines cultural, political, economic, and military history. It covers our country's mixed initial reactions to the war, neutrality to the Lusitania sinking, the Zimmerman telegram, war, the participation of American troops in Europe and their contributions and major engagements, the peace and unique role of Wilson and America in framing the Treaty of Versailles, and the rejection of Wilson's League of Nations by his own country.

6 Wednesdays, August 1—September 5

"Four Coen Brothers Films"

Join us to discuss four films from the Coen Brothers—each one a landmark in their joint career:

- Blood Simple
- Fargo
- O Brother Where Art Thou?
- Burn After Reading

Let's see what we can discover together about these masters of dark humor and philosophical concept films.

6 Thursdays, August 30—October 4

Science with Melissa—"Modern Marvels"

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

"Batteries"

Mixtures of metals and caustic chemicals that make our tech, tools and toys surge with energy. Visit the world's most powerful battery in Fairbanks, Alaska. 6,831 batteries are packed in the sleek Tesla Roadster, a new electric sports car. And your own car battery? We'll show you the ingredients that manufacturers pour into it—from sulfuric acid to a substance aptly called "mud".

Thursday, August 2

"The Berlin Wall"

The Berlin Wall, which lasted from 1961 to 1989, is examined.

Thursday, August 9

"Medical Imaging—The Voyage Inward"

Medical imaging—technology that lets us see inside the human body. Its history is full of surprises, starting with the accidental 1895 discovery of X-rays. Ultrasound, which now gives parents a first glimpse of babies, was first developed to locate enemy submarines during the World Wars. And the CAT scan might never have been developed if it weren't for the Beatles!

Thursday, August 16

"Snow"

Born in a swirling storm cloud through a process called nucleation, the characteristics of snow flakes are threatened by pollution trapped in the clouds.

Thursday, August 23

"Stock Exchanges"

The incredible story of the stock exchange is presented through interviews with traders and financial experts, a behind-the-scenes tour of the trading floors and back rooms where trillions of dollars change hands. Harold Geneen, former head of ITT, offers a first person view of the growth of the exchange where he first came to work as a clerk in 1929. This is a fascinating journey through the history and technology of the money engine.

Thursday, August 30

**NEVER STOP
LEARNING**



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. 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, August 1, Depart at 11:15 a.m.

The Cheesecake Factory (Greenwood)

Wednesday, August 8, Depart at 10:00 a.m.

The Tudor Room at the Indiana Memorial Union

Wednesday, August 22, Depart at 10:00 a.m.

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

Gasthof Amish Restaurant (Montgomery)

Friday, August 24, Depart at 10:30 a.m.

The Village Inn

Wednesday, August 29, Depart at 11:15 a.m.

Men's Lunch Excursion

Cheddar's Scratch Kitchen

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

Ladies' Breakfast Outing

Sweet Grass Modern Southern Kitchen

Friday, August 17, Depart at 8:30 a.m.

Ice Cream Excursions

Dairy Queen

Monday, August 6, Depart at 7:00 p.m.

The Chocolate Moose

Monday, August 13, Depart at 7:00 p.m.

Orange Leaf Frozen Yogurt

Monday, August 20, Depart at 7:00 p.m.



Shopping/Banking Transportation

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

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

Bloomington Farmers' Market

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, Depart at 10:00 a.m.

Wednesdays, Depart at 9:00 a.m.

Downtown Shopping

This is your opportunity to visit the one-of-a-kind shops in the heart of Bloomington.

Friday, August 17, Depart at 1:00 p.m.

Junk in the Trunk

Junk in the Trunk is a community rummage sale with many different yard sale vendors selling unwanted furniture, books, clothing, toys, household goods, and more.

Saturday, August 18, Depart at 9:00 a.m.

Bloomington Community Market

Market filled with food trucks, art vendors, coffee vendors, and more.

Sundays, August 5 and 19, Depart at 1 p.m.

Out and About

On the Stage [\$]

Hoagy Carmichael's Stardust Road at the IU Theatre
Thursday, August 16, Depart at 7:00 p.m.

Va-Va-Va-Vaudeville at the Buskirk-Chumley Theatre
Saturday, August 18, Depart at 7:15 p.m.

Free Musical Events

The PBJs at the Players Pub
Thursday, August 2, Depart at 4:30 p.m.

Bloomington Community Song Circle at Bloomingfoods East
An evening of positive and heartfelt song. They offer a variety of songs from the US and around the world—all repetitive and easy to learn
Fridays, August 10 and 24, Depart at 6:15 p.m.

An Evening with the Bloomington Symphony at Waldron, Hill, and Buskirk Park
Sunday, August 19, Depart at 6:30 p.m.
**Please note that this concert is outdoors. Bell Trace will provide a limited number of lawn chairs.*

"Ties That Bind"—Family and Friendship in Broadway and Opera at Fairview United Methodist Church
Songs by Sondheim plus scenes from *Aida*, *Don Carlo*, and Rossini's *Cinderella*. Free-will donations will be accepted to benefit Fairview Elementary School's literacy and artful learning programs.
Sunday, August 26, Depart at 1:30 p.m.

Other Events

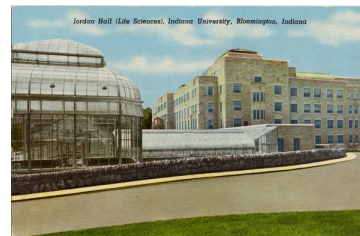
S'Mores Celebration [\$ Park entry fee] at Paynetown (Lake Monroe)
Celebration National S'Mores Day! They will have a wide array of ingredients to let you try unusual and unique combinations. Donations accepted.
Saturday, August 11, Depart at 6:30 p.m.

Adidas/IUCU Soccer Classic, IU vs. Dartmouth at Bill Armstrong Stadium [\$5]
Friday, August 31, Depart at 7:30 p.m.

Day Trips and Other Fun Outings

IU Greenhouse Tour

Located next to the IU Biology Department building, the Jordan Hall Greenhouse lets you stroll through green gardens, flowers and tropical jungles. It is a thriving greenhouse of unusual, exotic plants from every corner of the world. We will have a guided tour. The greenhouse is handicapped accessible.
Friday, August 3, Depart at 9:40 a.m.



Corydon Capitol State Historic Site Tour and Lunch [\$4 + cost of lunch]

Corydon Capitol State Historic Site commemorates Indiana's first state capital and follows the development of Indiana from a territory to a state. Vincennes, the first territorial capital, was left on Indiana's western edge when the Illinois Territory was created, and in 1813, the capital was moved to Corydon, a more central location for Indiana's population at the time.

We will visit the Capitol Building, the Governor's Headquarters, and the Corydon Battlefield, which is home to Indiana's only Civil War battlefield. The Indiana Homeguard engaged Confederate General John Hunt Morgan and his raiders on July 9, 1863, in a 30-minute skirmish on the outskirts of town. Lunch will be at Frisch's Big Boy in Corydon.
Friday, August 10, Depart at 9:30 a.m.
**Expected return to Bell Trace is 5:00 p.m.*

Spring Mill State Park Tour and Lunch [\$ Park entry fee and cost of lunch]



We will eat lunch in the Millstone Dining Room first, then we will visit the Pioneer Village and the Gus Grissom Memorial.
Friday, August 31, Depart at 10:30 a.m.

**Expected return to Bell Trace is 3:30 p.m.*

From the Desk of Joy Harter (continued)

As part of licensure requirements, every resident must complete a brief health assessment with one of our qualified staff, a physical completed by his or physician, a tuberculin skin test (also known as a TB test), and a diagnostic chest x-ray. More details on these necessary resident requirements and when these tasks need to be completed will be provided in the coming weeks.

At the All-Resident Meeting, Joy talked about how 3 meals a day will eventually be offered on Sundays in the Bistro Dining Room. As of now, only brunch is offered on Sundays. There were many questions that came up and concerns expressed related to meal service, the food credit, and how these changes will impact residents and the monthly fees. Resident concerns will be given the utmost consideration as plans move forward, and details will be shared as they are determined.

Other required changes that you will soon notice are the converting of several employee offices to resident lounges, and the relocation of several employee offices! You will also see work being done on the Lower Level Community Room in the coming weeks. Other changes will not actually go into effect until next year.

The Bell Trace staff recognize the importance of open communication during this transition to licensure. Resident and families can anticipate more meetings where information will be shared. We will do our very best to keep residents and families apprised of the steps being taken in the licensure process. Please do not hesitate at any time to contact Joy to voice your concerns or ask questions. I am here to help.



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