

Bell Trace Newsletter

April 2016

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April Birthdays

Gerda Fletcher	6 th
Ed Grant	6 th
Mary Price	8 th
Charlotte House	11 th
Alma Keen	13 th
Ellen Pettay	13 th
Ann Heath	15 th
Ruth Augustine	16 th
Nancy Fenner	21 st
Marcia Huguenard	23 rd
Danna Moore	25 th
Fran Weinberg	25 th
Trudy Shaw	28 th

Birthday Party

Friday, April 1, 2016
2:00 p.m., The Commons

**Deadline for
Registering to Vote is
Monday, April 4th, 2016.**

See Melissa or Julie
on Friday, April 1

From the Desk of Joy Harter



Let's Review Severe Weather and Emergency Protocols!

The month of April is a good time of year to review severe weather and emergency protocols with apartment residents. This year's annual meeting where all emergency protocols are reviewed will be incorporated into the monthly Apartment Chat on Wednesday, April 20 at 4:00 p.m. in The Commons. All residents are encouraged to attend.

Printed here are some of the important highlights you need to remember when there are severe weather conditions or a fire emergency. All residents are instructed to stay in their apartments away from the windows. If you happen not to be in your apartment, relocate yourself to one of the building's designated "Safe Areas" nearest to you on the same floor. The "Safe Areas" of Bell Trace are the following:

- 1) Lower Level - Commons or Chapel
- 2) Second Floor Library
- 3) Third Floor Lounge
- 4) Any interior hallway or lounge area
- 5) Any restroom or laundry room

Dos and Don'ts During a Severe Weather or Tornado Emergency
DO stay in your apartment if this is your location when the emergency announcement is made

DO move to or remain in a safe area listed above if you are not in your apartment at the time of the emergency announcement

DO use the stairs only to move to another floor of the building

DO move away from any windows or glass

DO stay calm

DO keep a flashlight available in the event of a power outage

DO listen for further direction or announcements

DON'T use the elevator during any emergency circumstances

Come to the Apartment Chat

All residents are encouraged to attend the Apartment Chat on Wednesday, April 20 in The Commons where severe weather and emergency protocols will be reviewed.

Resident Services

LifeSpan Home Health and Attendant Services

LifeSpan Home Health, LLC is an Indiana state-licensed home health agency that is conveniently located on the campus of Bell Trace Senior Living Community.

LifeSpan is a CarDon company providing nursing and attendant services to the Bell Trace community. If daily non-medical tasks become challenging, LifeSpan Personal Attendants can provide the following services to residents:

- Personal caregiving
- Assistance with bathing, dressing, hygiene, grooming, and other personal care
- Escort to meals and activities
- Transportation to the doctor or other appointments and outings
- Running errands and personalized shopping
- Light housekeeping
- Meal preparation
- Pet care and dog walking
- Companionship at home or for events and outings
- Move-in or move-out assistance

Our LifeSpan Nursing Services can provide:

- Medication management and injections
- Wound care
- Assessments of vital signs:
 - Blood pressure
 - Pulse
 - Respiratory status
 - Temperature
- Diabetic management
- Lab and x-ray coordination.

For more information on what LifeSpan Home Health can do for you, please contact Life Span Home Health Services at 812-332-2355, ext. 254.

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 for transportation at least 24 hours before your appointment. Transportation reservations made with less than 24-hour notice are not guaranteed. If you use a wheelchair transportation system we can assist you in scheduling your transportation if needed. Bell Trace will cover the cost for those trips as long as they are on a Tuesday or Thursday.

If you have medical transportation needs on other days, please contact Leisa McClure at extension 208.

Wellness Checks

Blood Pressure Clinic

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

Hearing Aid Checks & Cleaning

Wednesday, April 13, 3:30—4:30 p.m.

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.

Support Groups

Parkinson's Support Group

Friday, April 22, 1:30 p.m., Community Room

Family Support Group

Saturday, April 30, 10:00 a.m., Sunroom

“The world is never the same once a good poem has been added to it.”

~ Dylan Thomas

Resident Services

Banking Hours

First Financial Bank offers a courier service for their customers 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).

Representatives from First Financial will be available on Tuesdays from 1:30—3:00 p.m. in the Bistro Alcove to meet with customers and answer questions.

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: 812-333-6600.

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.

Technology Assistance

Help is available if you are having problems or have questions regarding your cell phone, computer, tablet, etc. Please contact either Melissa Davis or Julie Hill to have your name placed on the Technical Support Request List.

On Monday and Wednesday afternoons, students from the Indiana University Technology & Library Science Department will call you and arrange a time to meet with you to provide service.

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.

Please Adhere to These Important Recycling Guidelines:

- Do not throw any trash in the big blue and yellow totes – totes are for recycling only
- 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.
- The following items can be recycled: Metal and aluminum cans, plastic containers and bottles, glass bottles and jars, newspapers, magazines, catalogs, office paper, cardboard, empty plastic grocery bags.
- Styrofoam CANNOT be recycled.
- Cardboard must be broken down and inside the tote. Do not leave cardboard boxes outside of the totes.
- Please do not put trash in the recycle totes or leave bags of recyclables outside of the totes.

Give and Take Day

Tuesday, April 5, 9:00 a.m.—3:00 p.m.
Community Room

If you have items that you no longer need and want to get rid of, bring them down to Give and Take Day. Whatever is left at the end of the day will be taken to Opportunity House. Cold weather items such as hats, gloves, socks, and coats will be donated to the homeless center.

Resident Services

Monroe County Library

Bookmobile Visit

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

The Bookmobile collection includes best-sellers; adult, young adult, and children's books; 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.**

Door to Door Service

If you are unable to navigate the steps of the Bookmobile the library will deliver and pick up materials to your home once a month. If you are interested in this service please see Julie Hill or Melissa Davis in the Life Enrichment Department.

Community Art Project

Bare Foot Day

Friday, April 15, from 10:00 a.m.—2:30 p.m.
Art Studio

Did you know that Julie Hill is a certified massage therapist?

If you are willing to add your bare footprints to the Roll & Stroll Community Art Project, Julie will give you a free foot massage in return. She will assist you in making your bare footprints, and then afterwards she will wash and massage your feet.

If you are interested in participating, please sign up across from the Art Studio.

There are only 12 spots available.



Resident Committee Meetings

Resident Council

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

Hospitality Committee

Wednesday, April 13, 2:30 p.m. Community Room

Library Committee

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

Please stop by to help sort through books donated to the Bell Trace Library.

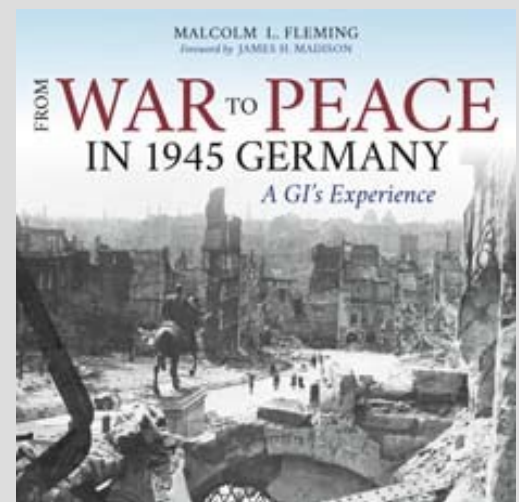
Newcomers Meeting

Tuesday, April 19, 1:30 p.m., Community Room

Annual Library Book Purge

Wednesday, April 20, 1:30 p.m., Library

Once a year, we go through all the books in the Bell Trace Library and decide whether or not to keep them on our shelves. Discarded books will be placed in next month's Give and Take Day and then remaining books will be donated to the Hoosier Hills Food Bank for their annual book sale.



Congratulations Mac Fleming!

Mac recently published a book, which will be displayed on the coffee table outside the Beauty Salon beginning May 1st. Look for the Creative Aging Festival program guide throughout the building for upcoming events in May.

Out & About

Shopping Transportation [\$]

We will drop you off anywhere on the **east side** of Bloomington, whether it be a store, a bank, or a restaurant. Each shopper may request a maximum of two different locations on any one shopping trip. Please remember to limit your purchases to two bags.

Eastside Shopping

Mondays, Depart at 10:00 a.m.

Wednesdays, Depart at 2:00 p.m.

Nashville, Indiana (Brown County Excursion)

Friday, April 15, Depart at 10:30 a.m.

Dining Out [\$]

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

Olive Garden

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

Quaff On/Big Woods Brewing

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

Gray Brothers Cafeteria

Wednesday, April 27, Depart at 10:30 a.m.

Men's Lunch Outings

Cloverleaf Family Restaurant

Friday, April 1, Depart at 11:15 a.m.

Smokin Jack's Rib Shack

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

**I SCREAM, YOU SCREAM,
WE ALL SCREAM FOR ICE CREAM!**



Zaharakos Ice Cream Parlor (Columbus, IN)

Friday, April 29, Depart at 1:00 p.m.

Stage Performances [\$]

"Love, Loss, and What I Wore" at the Waldron Auditorium

Saturday, April 2, Depart at 1:15 p.m.

"Annie" at the IU Auditorium

Tuesday, April 5, Depart at 6:45 p.m.

"Oklahoma" at The MAC

Saturday, April 9, Depart at 7:00 p.m.

"Bloody, Bloody, Andrew Jackson" at Ruth N. Halls Theatre

Tuesday, April 19, Depart at 7:00 p.m.

"Once" at the IU Auditorium

Tuesday, April 19, Depart at 7:30 p.m.

"Reading with Kids"

Unionville Elementary School

Friday, April 8, Depart at 10:00 a.m.



Listen as the kindergarten students practice reading to you.

"Arts of Kenya" at the IU Art Museum

Friday, April 8, Depart 1:45 p.m.

"Gallery Chat" at the IU Art Museum

Friday, April 16, Depart 1:45 p.m.



Out & About

Musical Performances

The Singing Hoosiers Spring Concert at the IU Auditorium [\$]

Saturday, April 2, Depart at 1:15 p.m.

Kennedy Center Conservatory Project— Bloomington Preview Concert at Ford-Crawford Hall

Tuesday, April 5, Depart at 11:45 a.m.

Wind Ensemble at Auer Hall

Tuesday, April 5, Depart at 7:15 p.m.

Vocal Jazz Ensemble and IUnison at the Buskirk-Chumley Theater [\$]

Tuesday, April 5, Depart at 7:15 p.m.

Chamber Orchestra at Auer Hall

Wednesday, April 6, Depart at 7:30 p.m.

Guitar Ensemble at Auer Hall

Saturday, April 9, Depart at 7:30 p.m.

Concert Orchestra at The MAC

Tuesday, April 12, Depart at 7:30 p.m.

Hammer and Nail at Auer Hall

Wednesday, April 13, Depart at 7:15 p.m.

A collaboration between students of the composition Department and Organ Department

Benjamin Taylor Jazz Ensemble and Jazz Combo at the Waldron Arts Center

Wednesday, April 13, Depart at 7:15 p.m.

Conductors Chorus at Auer Hall

Thursday, April 14, Depart at 7:30 p.m.

Spring Choreography Concert, Session B at Ruth N. Halls Theatre [\$]

Thursday, April 14, Depart at 8:00 p.m.

Musical Performances continued

Baroque Orchestra at Auer Hall

Sunday, April 17, Depart at 1:30 p.m.

University Orchestra at The MAC

Sunday, April 17, Depart at 2:30 p.m.

All-Campus Band at The MAC

Monday, April 18, Depart at 7:30 p.m.

Beethoven: Symphony No. 9 ("Choral") at The MAC [\$10]

Wednesday, April 20, Depart at 7:30 p.m.

Philharmonic Orchestra and Oratorio Chorus

Springfest (Wind Ensemble, Symphonic Band, and Concert Band) at The MAC

Thursday, April 21, Depart at 7:30 p.m.

IU Children's Choir at St. John the Apostle Church

Saturday, April 23, Depart at 12:30 p.m.

Jazz Celebration 2016 at The MAC [\$10 – 15] (It is advised you purchase your tickets in advance)

Saturday, April 23, Depart at 7:30 p.m.

Celebrating the inaugural class of the Jazz Alumni Hall of Fame; also celebrating David Baker upon his retirement.

Spring Choreography Concert, Session A at Ruth N. Halls Theatre [\$]

Thursday, April 28, Depart at 6:00 p.m.

Roaring '20s Dance!

Friday, April 8th,
6:30—8:00 p.m. in
The Commons



Life Enrichment

Chats & Discussions

Chats are opportunities for you to share your ideas and concerns regarding your experience living at Bell Trace

Food Chat with Chef Philippe Bironneau

Saturday, April 9, 2:00 p.m., The Commons

Apartment Chat with Joy

Wednesday, April 20, 4:00 p.m., The Commons

Assisted Living Chat with Joy

Friday, April 22, 4:00 p.m., Sunroom

Cottage Chat with Joy

Tuesday, April 26, 10:00 a.m., The Commons

Coffee and Conversation

Tuesdays and Thursdays, 8:00—11:00 a.m.
Bistro Alcove

Deep Listening

Monday, April 11, 7:00—9:00 p.m., Sunroom
Monday, April 25, 7:00—9:00 p.m., Sunroom

Book Discussion Group

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

Word Talk

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

Current Events

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

Bible Study

Saturdays, 10:30 a.m., 3rd Floor Lounge

Lunch with Rabbi Besser

Tuesday, April 26, 11:30 a.m., Bistro Alcove

Holidays and Celebrations

April Fools Birthday Party

Friday, April 1, 2:00 p.m., The Commons

All residents are invited to come down and celebrate those whose birthdays fall within the month. Come early and clown around a while.

Earth Day Celebration/Spring Planting

Friday, April 22, 10:00 a.m. Sunroom Patio

Passover (begins at sundown)

Saturday, April 22

April Is National Poetry Month

Look for “*poems for pocket*” on the hallway bulletin boards throughout the month.



Roll and Stroll Final Gathering

Tuesday, April 5th, 6:00—7:00 p.m.
The Commons

Students and elders will gather to celebrate their success and participate in a group reflection and evaluation process.

Religious Services

Church Services

Sundays, 4:00 p.m., Chapel

This is a nondenominational Christian service conducted by our Chaplain Kurt Messick. Come early and share fellowship and coffee in the Private Dining room at 3:30.

Catholic Rosary

Wednesdays, 4:00 p.m., Chapel

Catholic Service

Fridays, 11:00 a.m., Chapel

**CONVERSATION IS
FOOD FOR THE SOUL.**

Proverb

PICTUREQUOTES.COM

Special Events

Mary Whittington's Students Piano Recital

Saturday, April 2, 2:00 p.m., The Commons

Music with Matt

Monday, April 4, 7:00 p.m., Front Lobby

Therapy Department Balance Presentation

Wednesday, April 6, 2:30 p.m., The Commons

Come learn what you can do to help prevent falling, how physical therapy may be able to benefit your balance, and why Bell Trace has the capability to become a place where falling is rare!

Hoagy Carmichael Music with Joyce Jordan-Cassal and Friends

Wednesday, April 6, 3:30 p.m., The Commons

Tom Roznowski and Monika Herzig Musical

Friday, April 15, 7:00 p.m., The Commons

This is a performance you don't want to miss! Tom is a real crooner and delightful storyteller. He is the writer and narrator of PBS's "The American Hometown" series and "Memory Chain" series. Tom will be accompanied by Monika Herzig, a jazz pianist, composer, author, and professor at the IU Jacobs School of Music.

Cub Scouts' Skit and Carnival Games

Saturday, April 16, 2:00—3:30 p.m., The Commons

The Newmans Play Music

Wednesday, April 20, 3:00 p.m., The Commons

Dawn Evans' Students Piano Recital

Saturday, April 30, 2:00 p.m., The Commons

Hands-On Bus Safety Training

Friday, April 29, 10:00 a.m.—12:00 p.m.

Take this opportunity to learn about the safety features of Bell Trace's 16-passenger bus. Get a personal tour with our bus driver, Leisa, so that you are familiar with procedures in the event of an emergency. Please sign up for specific time slots in the Activity Book in the Mail Room.

Arts Programming

Arts & Crafts

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

This month we will focus on the Roll & Stroll Community Art Project:

Monday, April 4 (Shoe Prints)

Wednesday, April 6—no art

April 11 & 13 (Word Banner)

April 18 & 20 (touch up on all banners)

Monday, April 25—no art

April 27 (Expo Banner)

Community Art Project / Bare Feet Day

Friday, April 15, 10:00 a.m.—2:30 p.m.

Art Studio

(Please sign up for a 20 minute one-to-one session with Julie across from the Art Studio.)

Fiber Arts

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

Creative Writing

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

Ukulele Practice

Thursdays, 4:00—5:30 p.m., The Commons

International Folk Dancing

Thursday, April 14, 7:30—9:00 p.m., Lower Level

Thursday, April 28, 7:30—9:00 p.m., Lower Level

Bloomington Peace Choir Rehearsal

Wednesdays, 7:00—9:00 p.m., The Commons

Pet Visits

Visit with Kanika, Assisted Living/Lower Level

Friday, April 1, 1:45—2:45 p.m.

Friday, April 22, 1:45—2:45 p.m.

If you live in Assisted Living and would like a visit from Kanika, please leave your door open on the afternoon of her visit and she will come by and spend some time with you.

Lifelong Learning Classes

IU Nutrition Class

Mondays, April 4th & 11th, 7:30 p.m., Chapel

Ivy Tech Class—"The Great Pharaohs of Ancient Egypt" [\$24]

6 Tuesday Sessions

March 22 – April 26 1:30 – 3:00 p.m., Chapel

Great Courses Lecture Series—"Lifelong Health: Achieving Optimum Well-Being at Any Age"

Please note that the class time and day have been changed starting in April.

"Nutrition- Choices for a Healthy Life"

Thursday, April 7, 1:30 p.m., The Chapel

"The Physiology of Nutrition"

Thursday, April 14, 1:30 p.m., The Chapel

"The Role of Vitamins"

Thursday, April 21, 1:30 p.m., The Chapel

"The Role of Supplements"

Thursday, April 28, 1:30 p.m., The Chapel

Science with Melissa

History Chanel Series—"Modern Marvels"

"Bathroom Tech"

Friday, April 1, 4:00 p.m., The Commons

Find out everything you ever wanted to know about the most used and least discussed room in the house.

"Lighthouses"

Friday, April 8, 4:00 p.m., The Commons

"D-Day Tech"

Friday, April 15, 4:00 p.m., The Commons

The story of the scientific and mechanical breakthroughs that lead to the success of the D-Day invasion.

"Candy"

Friday, April 22, 4:00 p.m., The Commons

Games and Trivia

Wii Games

Mondays, 2:00—3:00 p.m., The Chapel

Trivia

Mondays, 1:00—1:30 p.m., Front Lobby

Thursdays, 1:00—2:00 p.m., Front Lobby

Bingo [\$]

Each game is a nickel per card with a limit of three cards per game. Winner gets the pot!

Mondays, 3:00—4:30 p.m., Community Room

Saturdays, 3:00—4:30 p.m., Community Room

Special Bingo

with North High School Students [\$]

Saturday, April 23, 6:30 p.m., Community Room

Dominoes

Wednesdays, 1:30—2:30 p.m.

Community Room

The group plays Mexican Train Dominoes, a game that takes a combination of luck and skill. Beginners are welcome to join in the fun!

Scrabble

Tuesdays, 2:00—3:00 p.m., Sunroom

Game Night with APO

Friday, 6:30—8:00 p.m., The Commons



**Saturday, April 16, 2016
2:00—3:30 p.m., in The Commons**

Life Enrichment

Exercise and Wellness Activities

Intermediate Exercise

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

Advanced Exercise

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

Balance Class [\$]

Tuesdays and Thursdays
3:00—4:00 p.m., The Commons

Adaptive Tai Chi & Meditation

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

NEW! Gentle Stretch and Relax

Wednesdays, 1:30—2:00 p.m., The Commons

Chair Yoga

Saturdays, 11:00 a.m., Chapel

Exercise Equipment

The Exercise Room is located on the Lower Level and is open for use at any time. Residents need to read and sign the consent form before using the equipment. Please return your signed consent form to the Front Desk. Training on how to properly use the equipment is available. Please check with the Therapy Department.



On The Big Screen

Saturday Movie Matinee

"The States"

Saturdays, 1:00 p.m., 3rd Floor Lounge

Saturday Night at the Movies

If there is a particular movie that you want to see please let Melissa, Kurt or Julie know.

"The Intern"

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

"A Walk in the Woods"

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

"Breaking Away"

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

"De-Lovely"

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

"Man on a Tightrope"

Saturday, April 30, 7:00 p.m., The Commons

Sunday Movie Matinee

The Sunday Matinee is resident driven—all titles are chosen by residents.

"A Face in the Crowd"

Sunday, April 3, 1:30 p.m., 3rd Floor Lounge

"Wild River"

Sunday, April 10, 1:30 p.m., 3rd Floor Lounge

"Pinky"

Sunday, April 17, 1:30 p.m., 3rd Floor Lounge

"Splendor in the Grass"

Sunday, April 24, 1:30 p.m., 3rd Floor Lounge

Special Viewing

Indiana History Video

Thursday, April 7, 2:30 p.m., Chapel