

Bell Trace Newsletter

August 2015

From the Desk of Joy Harter

In This Issue

Resident Services.....	2—4
Life Enrichment	5—7
Out and About.....	8—9
Odds & Ends	10

August Birthdays

Jenny Kander	1st
Dick Schutte	3rd
Ruth Holdcraft	4th
Erika Edens	5th
Lucille Ricketts	7th
Lois Hite	8th
Jean Harvey	10th
Bill Wiatt	12th
Dolores Freiburger	13th
George Fortenberry	15th
Jacob Kander	17th
Liz Carroll	17th
Priscilla Briggs	20th
Armel Meadows	23rd
JoAnne Eberly	25th
Tony Shipps	26th
Julia Brown	28th

Birthday Party

*Friday, August 7, 2:00 p.m.,
The Commons*

All residents are invited to come down for cake, ice cream, and a special science demonstration from **WonderLab**.

Welcome New Residents

Agnes Ingram Apt. 256

Bill & Shirley Portteus Apt. 225

Roll & Stroll: a new wellness program for Assisted Living



Bell Trace will partner this fall with service learning students from the School of Public Health at Indiana University to offer a new wellness program for Assisted Living residents called Roll & Stroll. Roll & Stroll is an adapted version of the “Stroll for Well-being” program developed by Dr. Ruth McCaffrey, DNP of Florida Atlantic University for the Morikami Museum and Japanese Gardens. Dr. McCaffrey facilitated a Stroll for

Well-being at the Tibetan Mongolian Buddhist Cultural Center in 2014 as part of the Creative Aging Festival. Our Life Enrichment Director, Julie Hill participated in the stroll with Dr. McCaffrey and has been eager to establish a similar program here at Bell Trace.

Starting in September, service learning students will be matched with an elder living in Assisted Living at a Meet and Greet event on September 1st. From there, they will embark upon a journey that is intended to enrich the lives of both the elder and the student through the shared experience of exploring various themes and topics that will guide their conversation as they walk and talk together every Tuesday evening after dinner. The program will run for five weeks in September and then be repeated in October.

The program is being coordinated by Julie Hill, Life Enrichment Director and Noreen Mohit, my new administrative intern. Noreen is a medical doctor and is working on a second degree in Health Administration, also at the School of Public Health at Indiana University. Noreen has a keen interest in wellness and is excited about working with Julie on this new project. Noreen and Julie will be visiting each Assisted Living resident during the month of August to explain how the program will operate, and to gather some basic information from residents to help them evaluate if the program was successful in enriching the participants lives.

“I only went out for a walk and finally concluded to stay out till sundown, for going out, I found, was really going in.”

— John Muir

Resident Services

Home Health Services at Bell Trace

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 support 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
- Assistance with mobility issues
- Transportation to the doctor or other appointments and outings
- Running errands and shopping
- Light housekeeping
- Meal preparation
- Assistance with pet care
- Companionship at home or for events and outings.

Our LifeSpan Nursing Services can provide:

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

For more information on fees and services, please call RN Administrator Brandy Kluesner at 812-961-5556.

Wellness Checks

Blood Pressure Clinic

Tuesdays, 9:45—10:15 a.m.,
2nd Floor Game Tables

Hearing Aid Checks & Cleaning

Wednesday, August 12, 3:30—4:30 p.m.,
Private Dining Room

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. Training on how to properly use the equipment is available; please check with the Therapy Department.

Massage

Massages are available on Tuesdays.

The sign-up sheet is in front of the Activity Book in the Mail Room. When you sign up, please make sure to provide your phone number so that Lisa Prickel, the massage therapist, can call you to schedule your appointment.

Medical Transportation

Bell Trace will continue to offer 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.

Walking the Trace

The Trace, that follows the perimeter of the Bell Trace campus, is 2/3 of a mile long. Residents are encouraged to take leisurely walks at their convenience with a companion for both safety and social stimulation.

Resident Services

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

Gift Certificates are available!

Banking Hours

First Financial Bank will continue to offer 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.

Get Smart

We are here to help you with problems or questions you may have regarding your cell phone, computer, tablet, etc.

Please contact either Melissa Davis or Julie Hill to schedule one-on-one help.

Monroe County Library

Bookmobile Visit

Wednesdays, 11:30 a.m.—12:00 p.m. under the 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. The selection of materials available includes large print, regular print, audiobooks, magazines, music CDs, and movies.

If you are interested in this service please see Julie Hill or Melissa Davis in the Life Enrichment Department.

Recycling

Currently, you may recycle paper (including newspaper and magazines) by bringing items to the Main Building and putting them in the recycling bins found in the Laundry Rooms on all three floors or use the new big blue bins with yellow tops in the Lower Level recycling area.

Give and Take Day

Tuesday, August 4th, 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 shelter.

Resident Services

Resident Committee Meetings

Resident Council

Tuesday, August 4, 1:30 p.m., The Commons

Garden Committee

Fridays, 9:00 a.m., Sunroom

If weather is permitting we will work out on the patio under the shade-sail repotting some of the interior plants in the Sunroom. If you have a plant that needs to be repotted, bring it down. We are happy to help you repot your plant. A limited selection of small pots will be available along with a limited supply of soil. Please see Julie Hill if you have any questions.

Hospitality Committee

Wednesday, August 19, 2:30 p.m.,
Community Room

The Hospitality Committee's purpose is to help new residents easily transition to living at Bell Trace. Please come to the meeting if you'd like to volunteer to show a new resident the ropes!

Library Committee

Friday, August 21, 1:30 p.m., Library

If you have books that you want to donate to the Bell Trace Library, please bring them to the Resident Services Department. We collect the books and then take them to the Library Committee each month. The Library Committee will then decide if they want to add the book to the Bell Trace Library collection or not. If the committee chooses not to keep the book, it then goes to Exchange Day. At the end of the day, if there are still books left, we pack them up and donate them to the Hoosier Hills Food Bank, who is now organizing the annual Book Fair at the Monroe County Fair Grounds in October.

Newcomers Meeting

Tuesday, August 25, 1:30 p.m., Community Room

If you are new to our community please join us for this monthly meeting. It is a great way to meet people and learn the ropes. Refreshments are served.

Chats with Joy

Join Joy Harter, the Executive Director of Bell Trace, to share your ideas and concerns regarding your experience living at Bell Trace.

Assisted Living Chat with Joy

Monday, August 17, 3:30 p.m., Sunroom

Apartment Chat with Joy

Wednesday, August 19, 4:00 p.m., The Commons

Cottage Chat with Joy

Tuesday, August 18, 10:00 a.m., The Commons.

Support Groups

Dementia Support Group

Sunday, August 23, 2:00 p.m., Sunroom

This monthly group is to provide family caregivers or friends of individuals with dementia an opportunity to share their experiences and to receive support from others.

Parkinson's Support Group

Friday, August 28, 1:30 p.m., Community Room

Religious Service

Church Services

Sundays, 4:00 p.m., Chapel

This is a nondenominational service conducted by our Chaplain Kurt Messick. Private Dining Room at 3:30 p.m. for fellowship and coffee.

Catholic Rosary

Wednesdays, 4:00 p.m., Chapel

Catholic Service

Fridays, 11:00 a.m., Chapel

Sabbath Candle Lighting

Fridays, 4:30 p.m., Chapel

Conversations and Discussions

Coffee and Conversation

Tuesday and Thursday morning, enjoy a cup of coffee or tea with a selection of flavored creamers and donuts. 8:00—11:00 a.m., Bistro Alcove

Book Discussion Group

Sunday, August 16, 2:00 p.m., Library

Share a book with others and learn about books that others are enjoying.

Word Talk

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

Bring a word that begins with the letter of the week (see the Daily Sheet). The group then chooses one word to discuss during the hour.

This is an easy group to join. It is amazing how our topics evolve. Your opinions are valued and validated. All are welcome.

Current Events

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

Special Current Event Discussion

Thursday, 11:00 a.m. The Commons

The **Tashi Kyil Monks** will join our conversation to discuss the current condition of the Tibet China conflict. [The regular Current Event gathering in the Sunroom will not meet on this day.]

Deep Listening

Our Deep Listening group is taking the month off. They will start up again in September. The groups meets the first and third Mondays of every month in the Sunroom from 7:00 p.m.—9:00 p.m.

Bible Study

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

Holidays & Celebrations

August Birthday Party

Friday, August 7, 2:00 p.m., The Commons

Come early and **Move and Groove** at 1:30 p.m.

And.....

Wonderlab will be joining us!

For entertainment during our birthday celebration, WonderLab will provide a ‘cool’ science demonstration with liquid nitrogen, a super cold substance that transforms ordinary matter in surprising ways! We’ll freeze, smash and blow-up all kinds of things as we explore how matter changes at temperatures that are as cold as the surface of Pluto. We’ll end the show with by making some instant science ice cream for everyone to enjoy.

Special Events

Egypt Travel Talk with David Angstadt

Sunday, August 2, 6:30 p.m., The Commons

Music with Matt DeMars

Monday, August 3, 7:00 p.m., Front Lobby

The Newmans Play Music

Wednesday, August 26, 3:00 p.m.,
The Commons

Doug Haise Plays Ragtime

Wednesday, August 26, 1:30 p.m. The Commons

Meet The Tashi Kyil Monks

Seven monks from Labarng Tashi Kyil Monestary in Dehra Dun, Indiana are touring the USA to educate the public about the culture and Buddhist religion of Tibet. These monks will be visiting Bell Trace on Tuesday, August 25, The Commons

Slide Show 10:00 a.m.

Discussion 11:00 a.m.

Meditation 1:30 p.m.

Arts Demonstrations 2:00 p.m.

Life Enrichment

Lifelong Learning Classes

History with Kurt

"Monarchy"

Wednesday, August 5, 4:00—5:00 p.m., Chapel
Wednesday, August 12, 4:00—5:00 p.m., Chapel
Wednesday, August 26, 4:00—5:00 p.m., Chapel

Science with Melissa—"The Universe"

Thursday, August 6, 4:00 p.m., *"Mysteries of the Moon"*, Chapel

From afar, the Moon's luminance has captivated us since the beginning of time. And a closer look at the beacon in the dark sky reveals an ever-present source of myth, intrigue, controversy and unsolved mysteries.

Thursday, August 20, 4:00 p.m., *"Astrobiology"*, Chapel

Does life exist on other planets? Astrobiology is a visionary new science that searches for life in space by combining the disciplines of astronomy, biology and geology.

Thursday, August 27, 4:00 p.m., *"Edge of Space"*, Chapel

Low Earth Orbit, 120 miles above sea level, is where the majority of space exploration has occurred. This 1,100 mile band around Earth is where—for a cool \$20 million—any private citizen can take the vacation of his or her life on the International Space Station.

Ivy Tech Lifelong Learning Class coming in September

Ancient Rome: From Republic to Empire [\$24]

Tuesdays, September 8—October 13, 1:30-3:00 p.m., Chapel

Long before the Game of Thrones there was the real world battle for empire as the Roman republic transformed into the Roman empire. In this class we will explore the period from the reforms of Marius through the establishment of the Empire under Augustus Caesar and all of the politics and battles of the civil wars in between.

Register online or the day of the first class.

Arts Programming

Move & Groove/Cake Walk [\$]

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

Arts & Crafts

Mon. and Wed., 1:30—3:30 p.m., Art Studio
After several months of working with clay, we will return to the world of drawing, painting, and collage.

Fiber Arts

Tuesdays, 2:00—4:00 p.m., 3rd Floor Lounge
All are welcome! Come join the conversation, bring a project or just come and listen.

Creative Writing

Thursdays, 2:00—4:00 p.m., 3rd Floor Lounge
Last May the group gave a public reading for the Creative Aging Festival. This month we will be planning a public reading for all of in September.

Ukulele Practice

Thursdays, 4:00—5:30 p.m., The Commons
Open to anyone who loves playing and singing music.

International Folk Dancing

Thursday, August 13, and 27, 7:30—9:00 p.m. outside the Beauty Salon on the Lower Level

Bloomington Peace Choir

Wednesday, 7:00 p.m., The Commons

Tibetan Art Demonstrations and Workshops.

Tuesday, August 25, 2:00 p.m. The Commons

The Tashi Kyil Monks will be demonstrating three traditional Tibetan art forms; butter sculpting, sand painting, and prayer flag making.

Hand made arts and crafts by Tibetan refugees will be on sale. Proceeds from sales will go towards aid for the refugees and the monks in the aftermath of the recent earthquake in Nepal.

Life Enrichment

Exercise and Wellness Activities

Move & Groove

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

Come early to the birthday party and do a little chair dancing. We'll end the session with a cake walk. Residents who have a birthday in the month of August walk free, all others pay \$1.00. The winner gets the pot!

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

Mind, Body, Spirit Connection/Tai Chi

Tues. and Thurs., 10:00—11:00 a.m., Chapel

Chair Yoga

Saturdays, 11:00 a.m., Chapel

Games and Trivia

Trivia

Mondays, 1:00—1:30 p.m., Front Lobby
Thursdays, 1:00—2:00 p.m., Front Lobby

Bingo [\$]

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

Each game is a nickel per card. There is a limit of three cards per game and the winner gets the pot!

Dominoes

Wednesdays, 1:30—2:30 p.m., Private Dining Room

Scrabble

Tuesdays, 2:00—3:00 p.m., Sunroom

On The Big Screen

Saturday Movie Matinee

Our Movie Matinees are generally either a travel film or documentary. This month we will continue to show episodes from "The Secrets of Archaeology" series.

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.

Saturday, August 8, 7:00 p.m., The Commons
"Luther"

Saturday, August 15, 7:00 p.m., The Commons
"Woman of Gold"

Saturday, August 22, 7:00 p.m. The Commons
"The Other Boleyn Girl"

Sunday Movie Matinee

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

Sunday, August 2, 1:30 p.m., 3rd Floor Lounge
"The Pink Panther"

Sunday, August 9, 1:30 p.m., 3rd Floor Lounge
"Without a Clue"

Sunday, August 16, 1:30 p.m., 3rd Floor Lounge
"The Jerk"

Sunday, August 23, 1:30 p.m., Chapel
"There's Something About Mary"

Sunday, August 30, 1:30 p.m., 3rd Floor Lounge
"Marley & Me"

Special Movie Matinee on Monday

Monday, August 24, 1:30 p.m., Chapel
"Seven Years in Tibet" starring Brad Pitt and David Thewlis. A true story of Heinrich Harrer, an Austrian mountain climber who became friends with the Dalai Lama at the time of China's takeover of Tibet.

Out & About

Shopping Transportation

Eastside Shopping

Mondays, Depart at 10:00 a.m.

Wednesdays, Depart at 2:00 p.m.

Grocery Shopping Only on Fridays,

Depart at 10:00 a.m.

Bloomington Farmers Market

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

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

Wednesday Farmers Market

Wednesdays, Depart at 9:30 a.m.

Dining Out [\$]

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

Lunch Outings

Farmhouse Café in Bean Blossom

Wednesday, August 12, Depart at 11:00 a.m.

Cracker Barrel

Wednesday, August 26, Depart at 10:15 a.m.

Men's Luncheon

The Village Inn

Wednesday, August 19, Depart at 11:00 a.m.

Dinner Outing

The Porthole Inn

Thursday, August 20, Depart at 5:15 p.m.

Please sign up in the Transportation Book in the Mail Room if you are interested in attending any of our Out & About events. The bus will leave at the time listed. Please plan to be in the Front Lobby 5-10 minutes before the scheduled departure time. Events and outings that have a dollar sign after them indicate that either a ticket or money is needed for admission.

Day Trips & Excursions

Indianapolis Mormon Temple Tour and Lunch at MCL Cafeteria [\$ for lunch only]

Wednesday, August 5, Depart at 9:45 a.m. (Tour is scheduled for 12:00 p.m.)

Open house tours begin in the church building next to the temple with a 12-minute video providing an overview of temples and why they are significant to members of the Church. Following the video, a tour host will escort you through the temple, explaining the purpose of each room and answering questions as time allows. At the conclusion of the tour, you are invited to a reception area to have any further questions answered.

We will stop for lunch at MCL Cafeteria in Carmel after the tour. If you plan to go, please eat a large breakfast or bring a snack.

Indianapolis Motor Speedway Tour and Lunch [\$30 + lunch]

Friday, August 28, Depart at 9:15 a.m. (Tour is scheduled for 11:15 a.m.)

This tour is wheelchair and walker accessible. A bus from the Speedway will drive you from place to place, so there is very little walking. The 60- to 90-minute conducted tour of the Speedway gives guests the opportunity to tour the oval track and stand on the famous "Yard of Bricks" at the start/finish line.

The tour includes the media center, the Pagoda, the victory platform, the garage area, and a Gasoline Alley hospitality suite. The tour ends with a visit to the Hall of Fame Museum.

We will stop for lunch after the tour. If you plan to go, please eat a large breakfast or bring a snack.

Out & About

Musical Events

"Seussical the Musical" at the Wells-Metz Theatre [\$]

Tuesday, August 4, Depart at 6:30 p.m.

Boogie Woogie Piano Festival featuring Craig Brenner at The Ivy Tech John Waldron Arts Center [\$15]

Sunday, August 9, Depart at 1:30 p.m.

Enjoy some of the world's best blues and boogie woogie pianists along with professional swing dancers! Learn to dance the Lindy Hop, Boogie Woogie and other styles before the music begins. The festival will be held both inside and outside the Ivy Tech Waldron Arts Center.

Concerts in the Park

We will provide lawn chairs and cold beverages. Order a meal for carryout and we will picnic in the park.

Krista Detor at 3rd Street Park

Friday, August 7, Depart at 5:45 p.m.

At Players Pub The Players Pub

Tom Roznowski [\$5]

Wednesday, August 12, Depart at 5:30 p.m.

The PBJ Trio [free]

Thursday, August 13, Depart at 4:30 p.m.

Pub Quiz at Players Pub [\$3]

Wednesday, August 18, Depart at 5:30 p.m.

Wednesday, August 25, Depart at 5:30 p.m.

Do you enjoy trivia? Have dinner at The Players Pub then answer trivia questions as a Bell Trace team for a chance to win a \$50 gift certificate!

Stardusters Tribute to Glenn Miller [\$7]

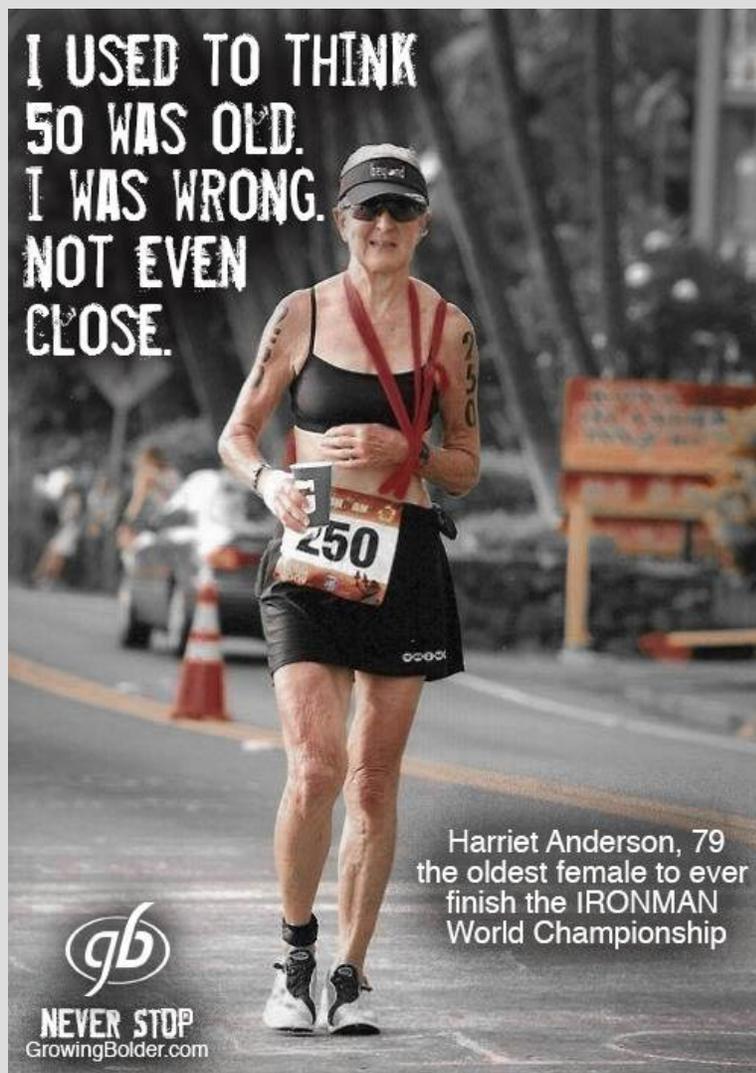
Wednesday, August 26, Depart at 5:30 p.m.

Reminiscing Tour

Did you live in the Bloomington/Monroe County area before you moved to Bell Trace? Would you like to see your former house? If so, this is the tour for you. Please sign up in the Activity Book with your name and the address of the former home you'd like to drive by. We will drive past as many residents' former homes as possible during the trip. If you'd just prefer to ride along in the air-conditioned bus to get out for a bit, just write "Ride" in the address column.

Friday, August 21, Depart at 1:30 p.m.

The deadline to sign up with addresses to visit is Wednesday, August 19 at 12:00 p.m..



I USED TO THINK
50 WAS OLD.
I WAS WRONG.
NOT EVEN
CLOSE.

Harriet Anderson, 79
the oldest female to ever
finish the IRONMAN
World Championship


NEVER STOP
GrowingBolder.com

Odds and Ends

From the Marketing Department

Today, many consumers rely on technology when making major decisions. Selecting the right Senior Living Community is no exception. As a result, Bell Trace is expanding its online presence to educate prospective residents and their family members.

In the past you've frequently shared with us why you love Bell Trace and your comments have always been unique and personal. We now invite you to share, in your own words, why choosing to live at Bell Trace was the right decision for you and your family member.

Here's how

Google Review: Use the following links and select the pencil icon to leave a review.

<https://plus.google.com/+BellTraceHealthandLivingCommunityBloomington/post?hl=en>

Yelp Review: Use the following link and then click on the Red "Red Write a Review" button.

<http://www.yelp.com/biz/bell-trace-health-and-living-center-bloomington>

Caring.com Review: Use the following link and then scroll down to the reviews. After the last review select "Write a Review".

<https://www.caring.com/local/assisted-living-facilities-in-bloomington-indiana/bell-trace>

Bell Trace recognizes

Eddie Gaskins

as a **Wonderful Outstanding Worker**

For all the wonderful things he does for the residents of Bell Trace

August is Cataract Awareness Month

A cataract is a progressive, painless clouding of the natural, internal lens of the eye. Cataracts block light, making it difficult to see clearly. Over an extended period of time, cataracts can cause blindness. There are several different types of cataracts.

The signs of cataracts include

- Vision that is cloudy, blurry, foggy, or filmy
- Progressive nearsightedness in older people often called "second sight" because although their distance vision is deteriorating, they may no longer need reading glasses.
- Changes in the way you see color because the discolored lens acts as a filter.
- Problems driving at night such as glare from oncoming headlights.
- Problems with glare during the day.
- Double vision while looking through the eye with a cataract (like a superimposed image).
- Sudden changes in glasses prescription.

Diagnosis is made through an eye exam. Your eyes may also be dilated so the doctor can visualize the back of your eyes.

Treatment is by the use of eyeglasses or surgery. Your physician will tell you what is the best treatment for you.

Prevention is difficult because it is uncertain what causes cataracts, so it is important for people over the age of 50 to have an eye exam every year. If you have a history of eye problems then you may need to see your doctor more frequently.

The above information was taken from WebMD, 7/17/2015.