

# Bell Trace Newsletter

September 2017

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## September Birthdays

Margaret Yarber	6th
Laura Campbell	7th
P.A. Mack	8th
Pauline Spulber	8th
Dotti Riggins	8th
Jack Moore	12th
Essie Colwell	13th
Ann Burke	13th
Dick Dever	18th
Lyla Kimball	21st
Lory Chaplin	23rd
Nellie Sue Jessup	25th
Marilyn Moore	26th
Ladyann Loudenback	26th
Carl LaGrange	26th
Marge Crosby	27th
Ken Pope	27th
John Crosby	28th
Phyllis Mangun	29th
Betty Worley	30th

## Birthday Party



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

Friday, September 1, 2017  
2:00 p.m., The Commons

ALL ARE WELCOME!

## From the Desk of Joy Harter, Executive Director



### August Apartment Chat Summary

#### Window Treatments in the Bistro Dining Room

The issue of glare from the windows in the Bistro Dining Room was discussed. On August 24, measurements were taken of the windows in the front and back dining room. Sheer curtains and cornices will be made to order for these areas.

#### Noise factor in the Dining Room

Joy addressed the issue of extraneous noise in the Front Dining Room. The glass tabletops are a contributing factor to the noise so we will see if removing them from the Front Dining Room will help minimize extraneous sound. It is also hoped that the return of sheer curtains will help absorb some of the sound. Acoustic tiles for the ceiling will remain a possibility if still needed after the installation of curtains and the removal of the glass tops.

#### Hostess in the Dining Room

There were a lot of great compliments about Lesli Johnston who is our new hostess in the Dining Room! Leslie is doing a fantastic job and she is so welcoming to everyone...just what is needed! There was also conversation about the importance of having the host role who can help assist new residents and as an overall point of contact in the Dining Room. Joy couldn't agree more!

#### Fitness Center Relocation

The Fitness Center renovations are moving right along! Once the renovations are completed, we will schedule a ribbon cutting celebration! Any additional information or updates on the Fitness Center will be delivered to everyone's individual in-house mailbox.

#### Gaps Around Apartment Doors

Joy again addressed this issue and asked that anyone who has a concern about a gap around their front apartment door to see Joy individually. This issue has been discussed at previous Chats.

## 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 Kellie Self, RN Administrator of LifeSpan Home Health Services at 812-332-2355, ext. 220.

## Medication Round-Up

Medication Round-Ups are an opportunity for you to properly dispose of your expired or non-used medications and prescriptions. The next Medication Round-Up is scheduled for *Wednesday, September 14 from 9:45—10:15 a.m. in the Front Lobby.*

## What are important safety measures for the elderly?

General safety measures both at home, and away from home, are encouraged and recommended to elders and their family members. Falls and injuries, confusion, adherence to medical instructions, and future health and financial planning are among the concerns pertinent to elderly care. Simple home safety recommendations for seniors include:

- Using canes or walkers and shower seats for fall prevention if unsteady on feet
- Utilizing assistive devices such as walkers, wheelchairs, scooters to promote safe mobility and independence if difficulty getting around
- Avoiding throw rugs on floors or potentially slick surfaces
- Using hearing aids, wearing glasses, and installing good lighting to diminish effects of hearing and visual problems
- Managing medications by taking advantage of pill boxes when keeping track of medications become burdensome
- Scheduling routine sleep and wake times to improve sleep quality and day time efficiency
- Subscribing to medical alert systems and programming emergency phone number into cell phones for easy access in cases of emergency
- Planning regular social activities to improve social interactions
- Driving with care and recognizing when it may be safer to stop driving
- Preparing a properly executed advance healthcare directive, living will, and trust to outline decisions and preferences in preparation for the time a person may become incapable of making sound decisions

([www.medicinenet.com](http://www.medicinenet.com))

# Resident Services

## First Financial Banking Services

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 2<sup>nd</sup> Floor Lounge at 10:00 a.m. and will return with a receipt between 2:00 and 3:00 p.m. (Tuesdays and Thursdays only).

A representative 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.

## 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.

## Instructional Help

Help is available if you are having problems or have questions regarding the use your cell phone, computer, tablet, etc. Please contact either Melissa Davis or Julie Hill to have your name placed on the Instructional Help Request List. Service-learning students from IU will call you to set up a time to help.

## 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.

## Chats

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

### Apartment Chat with Joy

Wednesday, September 20, 3:30 p.m.  
The Commons

### Cottage Chat with Joy

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

## Support Group

### Parkinson's Support Group

Friday, September 22, 1:30 p.m., The Commons  
Please note the new location!

## Bell Trace Recycling Guidelines

There are large recycling totes in the Delivery Drive for apartment residents and totes in the north parking lot for cottage residents. The following items can be recycled: metal and aluminum cans, plastic containers and bottles, styrofoam, glass bottles and jars, newspapers, magazines, catalogs, office paper, cardboard, empty plastic grocery bags. **PLEASE BREAK DOWN ALL CARDBOARD BOXES!**

**Please do NOT leave ANY bags of recyclables on the outside of the totes. All bags must fit into the inside of the tote. If the totes are full, you will have to return the following week to place your recycled items INSIDE the totes.**



# Resident Services

## Resident Committee Meetings



### Resident Council—All residents are welcome!

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

### Hospitality Committee

Can you remember what a big adjustment it was for you when you first moved to Bell Trace? We are looking for friendly residents who would like to welcome our newest residents and help make their transition a little easier.

Wednesday, September 13, 2:30 p.m.

Private Dining Room

### Library Committee

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

### Newcomers Meeting

This meeting is for all residents who have moved to Bell Trace within the past year. Headed up by Executive Director Joy Harter and Activities Coordinator Melissa Davis, this is an informal gathering where you can get answers to any questions that may have come up during your time here at Bell Trace. Each month it is a little different, so please come often!

Tuesday, September 19, 1:30 p.m., The Commons

## Give and Take Day

Tuesday, September 5, 9:00 a.m.—3:00 p.m.

The Commons

If you have items that you no longer need and want to get rid of, bring them down to Give and Take Day. Whatever is left at the end of the day will be taken to Goodwill. Coats, hats, and other winter attire will be taken to the homeless shelter. Please only bring your items to The Commons the morning of Give and Take Day, and please do not bring undergarments or medication to Give and Take Day.

## Wellness Checks

### Blood Pressure Clinic

Tuesdays, 9:30—10:00 a.m.

2nd Floor Game Tables

### Hearing Aid Checks & Cleaning

Wednesday, September 13, 3:30—4:30 p.m.

Private Dining Room

## 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

## 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.

## Monroe County Library

### Bookmobile Visit

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

The Bookmobile collection includes best-sellers; compact discs; DVDs; magazines; and books-on-CD. Materials not available on the Bookmobile may be requested from the Main Library and then delivered to you the next visit. **For more information, call the Library at 812-349-3050 ext. 2059.**

## Discussions

### Word Talk

Tuesdays, 11:00 a.m.—12:00 p.m., Sunroom  
Back by popular demand! Each week participants will bring a word beginning with that week's letter (see the daily schedule). The group will then vote on which words to discuss during the hour. It's always interesting to see what one word can mean to several different people.

### Coffee and Conversation

Monday—Saturday, 8:00 a.m.—7:00 p.m. and  
Sundays 11:00 a.m.—2:00 p.m., Bistro Alcove

### Current Events

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

### Bible Study

Saturdays, 10:00 a.m., 3<sup>rd</sup> Floor Lounge

### Christian Discussion Group

Monday, September 4, 2:30 p.m., 3rd Fl. Lounge  
Listen to a sermon by Tom Ellsworth from Sherwood Oaks Christian Church on CD, followed by a discussion. Hosted by Phyllis Mangun. All are welcome!

### Book Discussion Group

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

### Deep Listening

Monday, September 18, 7:00 p.m., Sunroom

## SAVE THE DATE

Poetry Reading | Sunday, October 1, 2017

The Tuesday Poets, plus one additional invited poet will be reading their work here at Bell Trace on Sunday evening, October 1 from 7:00—8:30 p.m. in The Commons. Refreshments will be served and the reading will be open to the public.

## “CRESCENT SUN”

An event historical: it has been 99 years since this  
Land of Indiana has seen the sun fading to  
Its hiding place behind the moon.

Moon shape, moving into place between the sun  
And us, challenges the sun's  
Radiance to our eyes, but the sun  
is not to be outdone.

The unworldly dimming of the bright  
Midday light

was awesome, spiritual, and truly  
mysterious. But we saw

How slowly the day's bringer of light  
slipped behind the roundness of the moon.

Oh sun, oh sun, how could you  
Hide from our eye?

But, then,

Majestically, in slow motion!

The sun, the crescent sun—that we see

So rarely outdone by the moon -

Our inspiration and daily

Unworldly wonder—slipped back

Into view. Little by little

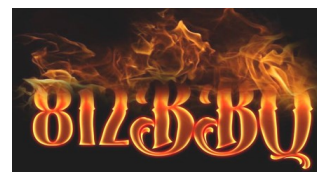
Our foreboding fell away.

This poem was written by Ann Burke using lines and words that were gathered from the residents of Bell Trace while they viewed the solar eclipse on August 21, 2017.

## 812 BBQ Food Truck is coming back to Bell Trace!

Sundays, September 10 &  
17, the **812 BBQ** food truck  
will be parked on the Bell

Trace campus from 5:00—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.





## Arts Programming

### Arts & Crafts

Monday & Wednesday 1:30—3:00 p.m., Arts Studio

- We will be wrapping up the ceramic work with a group reflection discussion on Labor Day.
- On September 6 we will meet to discuss the upcoming arts and crafts sale in October. If you are an artist or crafts person and are interested in selling your wares, please plan to attend this meeting.
- September 11 & 13 we will be stringing beads and our origami cranes in preparation for the arts and crafts sale. All are welcome!
- The last two weeks of September, if weather permits, we will meet on the patio behind the Sunroom to make mosaic stepping stones.

### Fiber Arts

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

This is an informal gathering of hand crafters. Bring a project or just come for the conversation.

### Writing Group

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

We talk about the prose and poetry of professionals and then we listen to the prose and poetry of our peers. This is a safe space for writers to both read and be heard. Beginners are welcome!

### Ukulele Practice

Thursdays, 4:00—5:30 p.m., Sunroom

### Bloomington Peace Choir Practice

Wednesdays, 6:45—8:30 p.m., The Commons

This group is open to the general public. You are welcome to come and join the group in singing or just to listen to the four-part harmony.

### International Folk Dancing

Thursday, September 14 and 28, 7:30—9:00 p.m.

Lower Level

## Exercise and Wellness Activities

### 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

### Qigong

Sundays, 2:00—3:00 p.m., The Commons

Qigong (Chi-Gong) is a form of tai chi. Qigong is specifically designed to work on all levels of life—balancing the body from head to toe, improving the flow of energy through your body, and calming the mind. This class will be taught by Jenny Yang.

### Mindful Movement and Meditation

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

This activity is designed to provide the participant an opportunity to experience the mind, body, and spirit connection. It involves deep breathing, chair yoga, adaptive tai chi movements and a guided meditation.

### Chair Yoga

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

## YOU ARE INVITED

*The family of Lori Chaplin invites  
you to celebrate Lori's 90th birthday  
with a special performance  
by Tom Roznowski, accompanied by  
Mike Lucas on piano.*

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

Cake will be served!

## On the Big Screen

### **Saturday Movie Matinee**

"War of 1812" Series  
Saturdays, 1:00 p.m., Chapel



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

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

### **"The Stooge"**

A singing comedian (Dean Martin) flops on his own, then soars with a sidekick (Jerry Lewis) but insists on hogging the show.

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

### **"RKO 281"**

Orson Welles (Liev Schreiber), all charisma and stubborn vision, is signed to direct films for RKO Pictures with a startling amount of creative freedom. Welles decides to make production number 281 a disguised biopic of media tycoon William Randolph Hearst (James Cromwell), a film which would come to be known as "Citizen Kane." But Welles doesn't understand just how much clout Hearst yields. When he gets word of the unflattering production, Hearst does everything in his power to stop it.

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

### **"Tea with Mussolini"**

In 1930s fascist Italy, adolescent Luca (Charlie Lucas) just lost his mother. His father, a callous businessman, sends him to be taken care of by British expatriate Mary Wallace (Joan Plowright). Mary and her cultured friends -- including artist Arabella (Judi Dench), young widow Elsa (Cher) and archaeologist Georgie (Lily Tomlin) -- keep a watchful eye over the boy. But the women's cultivated lives take a dramatic turn when Allied forces declare war on Mussolini.

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

### **"Going in Style"**

Lifelong buddies Willie (Morgan Freeman), Joe (Michael Caine) and Albert (Alan Arkin) decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money.

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

### **Second Sunday Musical**

#### **"Meet Me in St. Louis"**

"Meet Me in St. Louis" is a classic MGM romantic musical comedy that focuses on four sisters on the cusp of the 1904 St. Louis World's Fair. The film spotlights the sisters' education in the ways of the world, which includes, but isn't limited to, learning about life and love, courtesy of the prototypical boy next door. In the end, love -- accompanied by song, dance and period costumes, all in glorious Technicolor -- conquers all.

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

# Life Enrichment

## Special In-House Events

### Musical Events

#### Music with Matt

Matt plays your favorite songs and encourages you to sing along with him!

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

#### Classical Guitar Performance

Performance by Michael Reardon, IU Jacobs School of Music student

Saturday, September 23, 2:00 p.m., The Commons

### Other Events

#### Pet Visit with Kanika

Spend time with Kanika, the golden retriever/black lab therapy dog. Kanika will be in the Front Lobby and will walk the Assisted Living hallways. If you would like a visit from Kanika, please leave your apartment door open.

Friday, September 15, 1:30—2:30 p.m.

## Holidays and Celebrations

### September Birthday Party

Friday, September 1, 2:00 p.m.

The Commons

All residents are invited to come down and celebrate those whose birthdays fall within the month.



## 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 [\$]

Mondays, 3:00—4:15 p.m., Chapel

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

### Dominoes

Fridays, 1:30—2:30 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

## Welcome New Residents!

Peter Kornya Apt. 256

Jack & Marilyn Moore Apt. 172

Dick & Rosemary Dever Apt. 304

George Paddock Apt. 253

Bob & Avis McDaniel Apt. 275

Doris Hendrix Apt. 360

Bill & Karen Stucky CU 709

Joann Alexander Apt. 105

Winnie Aston Apt. 324

### From the Bell Trace Resident Council

Are you curious about the Employee Appreciation Fund? Watch for a letter of information coming to your in-house box in September!

## THEY'RE BACK!!

IU service learning students will start joining us mid-month in Word Talk and Current Events, and in the Art Studio. APO will be here on Friday nights to play euchre and other board games starting Friday, September 15th in the Commons at 6:45 p.m.





# Life Enrichment/Out and About

## Lifelong Learning Classes

### Bloomington Humanities

#### "Four Great Films About World War I"

Four sessions to discuss four of the greatest films ever made about WWI: *Wings* (1927), *All Quiet on the Western Front* (1930), *Grand Illusion* (1937), *Paths of Glory* (1957).

4 Tuesdays, September 5—October 3

7:00—9:00 p.m., Chapel

(Note there is no class on September 12)

#### "The Crusades: Part Two"

A follow-up course to The Crusades: Part One given in 2016. This course will continue this history of the Crusades beginning with the Fourth Crusade and continuing to the end of the Crusading movement.

6 Wednesdays, September 6—October 11

7:00—9:00 p.m., Chapel

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

#### "The Apogee of the Byzantine Empire"

We continue our lecture series on the story of the Byzantine Empire focusing on the middle, and most dynamic, period of its more than 1,000 year history. Emperors with names like Michael the Drunkard and Basil the Bulgar-Slayer, as well as colorful and intriguing empresses like Zoe and Irene lead to engaging and larger-than-life events of the Empire at its apogee

6 Tuesdays, September 12—October 17

1:00—2:30 p.m., Chapel

## Coming Next Month:

### Ivy Tech [\$29]

From Sea to Shining Sea: America after the Civil War

### Bloomington Humanities

The Hundred Years War: 1337—1453

Studies in Poetry: John Donne and T.S. Eliot

### Science with Melissa—"Modern Marvels"

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

#### "More Candy"

Thursday, September 7

#### "Eggs"

Thursday, September 14

#### "Civil War Tech"

Thursday, September 21

#### "Coin Operated II"

Thursday, September 28

## General Transportation Notes

Bell Trace offers transportation on Tuesdays and Thursdays for medical appointments that are scheduled between **9:30 a.m.** and **4:30 p.m.** Please sign up at the Front Desk at least 24 hours before your appointment.

Please remember to sign up for transportation to outside events in the Activity Book in the Mail Room. The deadline for signing up is noon the day before the event. After this time, the event is closed and additional residents may not be guaranteed a seat.

If you have any questions, please see Melissa Davis in the Activities Office.

## Wheelchair Medical Transportation

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.

# Out & About

## On the Stage [\$]

**Garfield** at the Waldron Auditorium  
Saturday, September 9, Depart at 12:30 p.m.

**Don Giovanni** at The MAC  
Saturday, September 16, Depart at 7:00 p.m.

**An Evening with Steve Inskip** at the Buskirk-Chumley Theatre  
Friday, September 15, Depart at 7:15 p.m.

**Michael Carbonaro Live!** at the IU Auditorium  
Saturday, September 16, Depart at 7:30 p.m.

**Diavolo** at the IU Auditorium  
Tuesday, September 26, Depart at 6:45 p.m.

**Urinetown** at The IU Theatre  
Tuesday, September 26, Depart at 6:45 p.m.

**Dances for Two** at The MAC  
Saturday, September 30, Depart at 7:00 p.m.

## Dining Out [\$]

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

### Lunch Excursions

**Opie Taylor's**  
Wednesday, September 6, Depart at 11:15 a.m.

**Windjammer Bar and Grill at Fourwinds Marina**  
Wednesday, September 13, Depart at 11:00 a.m.

**El Rancharo (South)**  
Wednesday, September 27, Depart at 11:15 a.m.

**Men's Lunch Excursion**  
This lunch is for men only!

**Chili's Grill and Bar**  
Wednesday, September 20, Depart at 11:15 a.m.

**Dinner Excursion**  
**Malibu Grill**

Thursday, September 21, Depart at 5:15 p.m.

## Free Musical Performances

**Philharmonic Orchestra** at The MAC  
Wednesday, September 6, Depart at 7:15 p.m.

**Faculty Chamber Music Recital** at Auer Hall  
Sunday, September 10, Depart at 3:30 p.m.

**Donald Brown, Jazz Piano** at Auer Hall  
Tuesday, September 12, Depart at 7:30 p.m.

**Chamber Orchestra** at Auer Hall  
Wednesday, September 13, Depart at 7:30 p.m.

**Sameer Rao, bansuri; Adarsh Shenoy K, tabla Guest Recital** at Auer Hall  
Sunday, September 17, Depart at 7:30 p.m.

**Jazz Ensemble** at The MAC  
Monday, September 18, Depart at 7:30 p.m.

**University Orchestra** at The MAC  
Wednesday, September 20, Depart at 7:30 p.m.

**Symphony Orchestra** at The MAC  
Sunday, September 24, Depart at 2:30 p.m.

**Concert Band and Symphonic Band** at The MAC  
Tuesday, September 26, Depart at 7:30 p.m.

**Baroque Orchestra** at Auer Hall  
Wednesday, September 27, Depart at 7:30 p.m.

**Conductors Chorus** at Auer Hall  
Saturday, September 30, Depart at 3:30 p.m.

## Other Events

**Pub Quiz** at Players Pub [\$3 + dinner]  
Monday, September 11 and 25, Depart at 5:15 p.m.

**IU Football vs. Florida International** [\$]  
Saturday, September 16, Depart at 3:30 p.m.

**IU Men's Soccer vs. Rutgers** [\$5]  
Friday, September 22, Depart at 7:00 p.m.

**IU Football vs. Georgia Southern** [\$]  
Saturday, September 23, Depart TBA

**IU Women's Soccer vs. Purdue**  
Saturday, September 23, Depart at 7:00 p.m.

# Out and About

## Shopping/Banking Transportation

We will take you to a maximum of two different locations on any one shopping trip. **Please remember to limit your purchases to two bags.** 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. Please remember that this is a shopping and errand trip only—no medical appointments.

### Eastside Shopping and Banking

Monday Banking, Depart at 9:00 a.m.

Monday Shopping, Depart at 10:00 a.m.

Wednesdays, Depart at 2:00 p.m.

### Lucky's Market

Friday, September 1, Depart at 10:00 a.m.

### Fourth Street Festival of the Arts and Crafts

The annual Labor Day Weekend show, occurring when students and their visiting families return to Indiana University, is organized by local artists and hosts over 100 artisans from across the country who offer their work to the public.

Saturday, September 2, Depart at 10:00 a.m.

### Bloomington Farmers' Market

Saturdays, September 2, 16, and 30

Depart at 10:00 a.m.

Wednesdays, September 6 and 20

Depart at 9:00 a.m.

### Edinburgh Premium Outlets

Shop at more than 80 stores!

Friday, September 22, Depart at 10:00 a.m.

### 32nd Annual Senior Games

Bell Trace will offer transportation to Flatwoods Park for those who would like to watch seniors compete in the lawn games (bean bag toss, croquet, frisbee golf, football throw, etc.).

Saturday, September 9, Depart at 9:30 a.m.

## Day Trips and Excursions

### Wine Tasting at Oliver Winery [\$5]

We will sit on the patio overlooking the beautiful grounds at Oliver Winery while we have a private tasting of eight different wines (if it is raining we will be inside).

Friday, September 8, Depart at 1:00 p.m.

### Gambling at French Lick Resort and Casino [\$]

*(Expected return to Bell Trace is 4:00 p.m.)*

This trip is for gamblers! We will stop at the Superburger Café in Paoli for lunch on our way down. Please plan to spend at least 2 hours in the casino. If you don't plan to gamble, but would like to ride along and spend time in the French Lick Hotel, please sign up under the Stand By section of the sign-up sheet.

Friday, September 15, Depart at 10:00 a.m.

### Das Gastof Amish Village Restaurant and Shops

*(Expected return to Bell Trace is 3:00 p.m.)*

Gasthof Amish Village is truly an "oasis in the farmland" of Southern Indiana. The 92 acres include a hotel, a restaurant, antiques and unique shops, and access to a 25 acre lake. The large buffet is famous for its authentic Amish recipes prepared and served in a rustic building, constructed by Amish carpenters in traditional mortise-tenon joints and pegs style, using Indiana oak and poplar timber. The bakery makes fresh homemade pies, bread, noodles, cakes, and cookies every day.

Friday, September 29, Depart at 10:00 a.m.

### Call-Out Meeting for Card Players!

Euchre, Bridge, Hearts, Pinochle, Spades, Poker, Gin Rummy, Canasta.....

Whatever your game, please come to the meeting on *Monday, September 11 at 1:30 p.m. in the 3rd Floor Lounge.* We hope to find residents with similar card-game interests and help them connect!

# Employee Recognition and Directory



**Exceptional Customer Service Cards** recognize employees who have made your day and are featured in the monthly Newsletter.

**Exceptional Customer Service Cards** are available in the Mail Room and in the Front Lobby. When an employee receives one, they receive a CarDon Buck which can in turn be exchanged for other rewards!

- ◇ **Abel Espinoza, cook:** "Abel always has delicious appetizers ready on time for Social Hour!"
- ◇ **Amy Brough, caregiver:** "Amy is always pleasant and always goes out of her way to help!"
- ◇ **Pam Rayhill, housekeeper:** "Pam always comes in my apartment with a smile and ready to go to work. She does a great job in the amount of time she can spend in each apartment."
- ◇ **Leah Stienmetz, caregiver:** "Leah took extra time to ensure my father was safe. She went above and beyond to explain his care. I'm so glad she is working with my father."
- ◇ **Melissa Davis, Activities Coordinator:** "Melissa is so thoughtful to all of us, especially on our little trips! She is a Joy to be around...thanks!!"
- ◇ **Leslie Clampitt, LPN:** "Leslie is a real sweetheart. She always knocks on my door and then steps in with wide smile every time!"

## Staff Directory

Please call the Front Desk at 812-332-2355 and ask for the corresponding person or extension.

Stephanie Long	Dining Room Manager	206
Heather Mullis	Director of Environmental Services	222
Kellie Self	Director of Nursing	220
Brian Cox	Physical Plant Director	223
Joy Harter	Executive Director	215
Julie Hill	Life Enrichment Coordinator	231
Kris Adams	Front Desk	200
Melissa Davis	Activities Coordinator/Transportation	209
Philippe Bironneau	Director of Dining Services	206
Robin Gauthey	Business Office Manager	212
Barbara Carroll	Marketing Director	203
Beauty Shop		218
Carry-Out Food Orders		204
Nurse on Duty		226
Physical Therapy		258