

Bell Trace Newsletter

June 2015

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Birthday Party

*Friday, June 5, 2:00 p.m.,
The Commons*
All residents are invited for
birthday cake, ice cream,

Welcome New Residents

Annette Keefe	Apt. 372
Sarah Blackburn	Apt. 362
Jacob Kander	Apt. 312
Dick Schutte	CU 616

From the Desk of Joy Harter

Being Outside Is Better for You than You Would Imagine!



Who knew that there was more to being outside than simply enjoying the fresh clean air and admiring the spring flowers and foliage?! Outside time has significant health benefits that include boosting your immune system, enhancing your focus, improving your overall outlook and offering relief for depression and negativity. Here are some other health benefits that you can gain by spending time in the great outdoors...

The sun provides nourishing Vitamin D! Yes, it's rather obvious that being outdoors and in sunlight exposes you to the health benefits of Vitamin D, even when you're outdoors for a short time. Just make sure not to overdo your sun exposure. Getting your Vitamin D through exposure to sunlight has been linked to diabetes and heart disease prevention.

Get a better night's sleep via sunshine! If you spend too much time inside and don't expose yourself to enough natural light, you can tamper with your sleep patterns which can cause poor sleep or no sleep at all! Try getting outside regularly to assure a sound night's sleep.

Certainly the benefits of fresh air cannot go unmentioned! Go outside and breathe in some fresh clean air and rejuvenate yourself at the same time.

And of course there is the ever important benefit of exercise and keeping moving! And what better place to get your get your blood pumping and your oxygen flowing than outdoors while you're taking a pleasant stroll with a friend, or playing a game of bocci ball outside the Bell Trace Gazebo! Get outside for the sheer physical health of it!

Then last but certainly not least would be the psychological and spiritual benefits of being outside and connecting with the natural world around us. Listening to birds, feeling the breeze on our face serves to remind us of our greater connection to the world and helps us open our hearts and minds. Not to mention that it will leave you feeling wonderful!

Here at Bell Trace, there are numerous opportunities to embrace the great outdoors, whether that be taking a stroll with a buddy on the Trace, playing corn hole outside the Sun Room, listening to the sound of the water fountain on the Bistro patio, or enjoying a concert in the park.

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 personal attendant services to the Bell Trace community. If daily non-medical tasks become challenging, LifeSpan Personal Service 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 .

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.

Wellness Checks

Blood Pressure Clinic

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

Hearing Aid Checks & Cleaning

Wednesday, June 10, 3:30—4:30 p.m.,
Private Dining Room

Medical Transportation

Bell Trace offers free 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 wheelchair transportation, 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.

House Keeping

Window Washing will begin the week of June 15, from 9:00 a.m. to 4:00 p.m. Look for a notice in your in-house mailbox from Heather Mullis, Director of Housekeeping, for more details about when the window washing is scheduled for your apartment.

Friendly Reminder:

Cleaning is a physical activity and the housekeepers are constantly on the go. It is a great help to them if you could please remember to set your thermostat to 74 degrees or lower on the day that your apartment is cleaned.

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 2nd Floor Lounge 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.

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.

Monroe County Library

Bookmobile Visit

Wednesdays, 11:30 a.m.—12:30 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.

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.

Give and Take Day

Tuesday, June 2, 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

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, June 15, 3:30 p.m., Sunroom

Apartment Chat with Joy

Wednesday, June 17, 3:00 p.m., The Commons

Cottage Chat with Joy

Tuesday, June 23, 10:00 a.m., The Commons

Support Groups

Family Support Group

Thursday, June 18, 4:00 p.m., Sunroom

Parkinson's Support Group

Friday, June 26, 1:30 p.m., Community Room

Dementia Support Group

Sunday, June 14, 1:30 p.m., Sunroom

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

Religious Service

Church Services

Sundays, 4:00 p.m., Chapel

Come to the 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

Resident Committee Meetings

Resident Council

Tuesday, June 2, 1:30 p.m., Bistro Alcove

Garden Committee

Fridays, 9:00 a.m., Sunroom

If you are interested in plants, birds or anything outside, please join us Friday mornings. This month we will be planning and maintaining the patio spaces. The group has made a list of responsibilities for maintaining the potted plants, bird feeders, and fountain. If you would like to help please come to a meeting, we will assign you a task.

It is important that we work in unison with each other as a team. For example, one person and only one person will be responsible for fertilizing the plants, because over fertilizing the plants can damage them. It is also important to remember that plants in common spaces belong to everyone. Thus if you choose to bring a plant to the Sunroom it will be considered a donation to the community. If you want to be personally responsible for a plant then you need to care for that plant in your apartment or on your patio.

Hospitality Committee

Wednesday, June 10, 1:30 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!

Newcomers Meeting

Tuesday, June 16, 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 start meeting people and learn the ropes. Refreshments are served.

Library Committee

Friday, June 19, 1:30 p.m., Library

Conversations and Discussions

From the salons of 19th-century Paris to the contemporary cocktail party, conversation has long been celebrated as a social art. But today it's increasingly being replaced by self-promotional electronic posts and superficial digital chatter.

While social media and platforms like Facebook play a vital role in modern culture, there are aspects inherent in a face-to-face engagement that can't be replaced.

[<https://experiencelife.com/article/the-art-of-conversation/>]

Coffee and Conversation

Tuesday and Thursday morning,
8:00—1:00 a.m., Bistro Alcove

Book Discussion Group

Sunday, June 21, 2:00 p.m., Library

Word Talk

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

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.

Current Events

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

Deep Listening

Monday, June 1, 7:00—9:00 p.m., Sunroom

Monday, June 5, 7:00—9:00 p.m., Sunroom

A time for telling stories and meeting new friends.

Free Thinkers (Hosted by John Crosby)

Friday, June 12, 1:30—2:30 p.m., Sunroom

Bible Study

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

Arts Programming

Arts & Crafts

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

Working with clay is not only fun, but it can be very therapeutic. For those who have arthritic hands, working with clay can improve flexibility in your finger joints. It will enhance fine motor skills, eye-hand coordination, and dexterity. It is a great way to express emotion and relieve stress. No previous experience is needed to participate.

Fiber Arts

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

Yarn, knitting needles, crochet hooks, quilting frames, embroidery hoops, looms, and a sewing machine with thread are available for you to use.

Bloomington Peace Choir

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

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, June 11, 7:30—9:00 p.m.,
outside the Beauty Salon on the Lower Level

Thursday, June 25, 7:30—9:00 p.m., outside the
Beauty Salon on the Lower Level

Move, Dance, Groove

Friday, June 5, 1:30 p.m., The Commons

For people of all levels of mobility, come early to the birthday party and enjoy moving and grooving to music.

Science with Melissa — "The Universe"

"Mercury and Venus: The Inner Planets"

Thursday, June 4, 3:00 p.m., Chapel

Scorched by their proximity to the sun, Mercury and Venus are hostile worlds; one gouged with craters from cosmic collisions and the other a vortex of sulfur, carbon dioxide and acid rain.

"Mars: The Red Planet"

Thursday, June 11, 3:00 p.m., Chapel

Mars is the planet in our solar system most similar to Earth despite other worldly features such as the largest volcano in the Solar System. Rumors of life on Mars may be substantiated as NASA orbiters and rovers discover new evidence of frozen water just beneath the rusty soil.

"Jupiter: The Giant Planet"

Thursday, June 18, 3:00 p.m., Chapel

Jupiter poses many questions about our solar system. It is a powerful planet of gas whose flowing colors and spots are beautiful, but contain violent storms and jet streams. A mini solar system of over sixty moons rotate around Jupiter—a half billion miles from earth. Could one of these moons contain life under its icy crust?

"Saturn: Lord of the Rings"

Thursday, June 25, 3:00 p.m., Chapel

Are the rings of Saturn a real celestial phenomenon or merely a cosmic illusion? Technology allows the experts to get closer to the furthest planet visible to the naked eye. Old questions are answered and new ones arise. Does Saturn hold the key to Earth's weather and will one of its moons supply us with all the oil we'll ever need?

History with Kurt

"Monarchy"

Wednesdays, 3:00—4:00 p.m., Chapel

Life Long Learning with Ivy Tech Continuing Education

"De-Antiquing with Susan" [\$18]

4 Tuesdays, 7/7/15—7/28/15, 2:30—3:30 p.m., Chapel

Register By 6/30/15

You've collected, inherited and accumulated a houseful of antiques and collectibles. This course will guide you through the challenging downsizing process. During Session 1 you'll learn how to analyze your situation. Session 2 will focus on assessing your possessions and determining their value in today's market. Then, explore the best ways to liquidate your unwanted items in Session 3.

Note: this course will NOT provide appraisals.

Please see Julie Hill or Melissa Davis for a Registration form.

A Special Invitation

If you play or used to play the piano, please feel free to tickle the ivories either in the Front Lobby or on our beautiful Steinway & Sons grand piano in The Commons. We would love to hear you play or even just practice!

We also have a fantastic pool table that rarely gets used. If you like to shoot billiards, please see Julie Hill, Life Enrichment Director or talk with Rex Skillman in Apt. 202.

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

Chair Yoga

Saturdays, 11:00 a.m., Chapel

Body Mind Spirit Connection

Tuesday & Thursday,
10:00—11:00 a.m., Chapel

Beginning Balance Class [\$]

Tuesday & Thursday,
2:00—3:00 p.m., The Commons

Advanced Balance Class [\$]

Tuesday & Thursday,
3:00—4:00 p.m., The Commons

Exercise Room

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.

Safety Tip for the Month

Now that the warm weather is finally upon us, it's important to remember to use sunscreen while enjoying the outdoors!

It is also important to remember to drink plenty of water. Hydration, Hydration, Hydration!

Holidays and Celebrations

June Birthday Party

Friday, June 5, 2:00 p.m., The Commons

Patio Social Hour

Wednesday, June 24, 4:00 p.m. Bistro Patio
If weather permits we will have social hour on the Bistro Patio. Please note the time change.

Special Events

Bloomington Community Band Concert and Ice Cream Social

Monday, June 1, 7:00 p.m., The Commons

Dana Elsafer's Student Violin Recital

Saturday, June 6, 2:00 p.m., The Commons

Backyard Social

Friday, June 12, 3:00 p.m. Sunroom Patio

Bob and Richie Epps' 60th Wedding Anniversary Party

Saturday, June 13, 1:00 p.m., The Commons

The Newmans Play Music

Wednesday, June 17, 4:00 p.m., The Commons

Mary Whittington's Student Piano Recital

Saturday, June 20, 2:00 p.m., The Commons

Play Bridge for the Olcott Center

Help raise money for the Olcott Cancer Center
Tuesday, June 23, The Commons.

A Buffet Lunch will be served at 11:30 a.m.
Lunch is \$12.00
Playing will begin at 1:00 p.m.
24 hands of Bridge is \$12.00

Registration forms are available at the Front Desk. Please register by June 12, cash only.

Life Enrichment

On The Big Screen

Saturday Movie Matinee

We will show episodes from the "Secrets of Archaeology" series.

Saturday, June 6, 1:00 p.m., 3rd Floor Lounge, "A Place Called Etruria"

Saturday, June 13, 1:00 p.m., 3rd Floor Lounge, "The Cities of the Pharaohs"

Saturday, June 20, 1:00 p.m., 3rd Floor Lounge, "Egypt According to Cleopatra"

Saturday, June 27, 1:00 p.m., 3rd Floor Lounge, "Greek Cities in Italy"

Saturday Night at the Movies:

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

Saturday, June 20, 7:00 p.m., The Commons, "De-Lovely", (Kevin Klein, the Cole Porter story)

Saturday, June 27, 7:00 p.m., The Commons, "84 Charing Cross Road (Anne Bancroft, and Anthony Hopkins)

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

Bridge

Mondays, Wednesdays, & Fridays, 1:00—4:00 p.m., 3rd Floor Lounge

Dominoes

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

Scrabble

Tuesdays, 2:30—3:30 p.m., Sunroom

Out & About

Shopping 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.

Lucky's Market

Monday, June 8, Depart at 1:00 p.m.

Eastside Shopping

Mondays, Depart at 10:00 a.m.
Wednesdays, Depart at 2:00 p.m.

Grocery Shopping Only

Fridays, Depart at 10:00 a.m.

Bloomington Farmers' Market at Showers Plaza

Saturday, June 13 & 27, Depart at 10:00 a.m.

Personal Shopper

If you are unable to do your own shopping you may contact LifeSpan Home Health to arrange for a personal shopper. 812-961-5556

Dining Out [\$]

A minimum of four residents is required for all dining out excursions.

Lunch Excursions

Bear's Place

Wednesday, June 3, Depart at 11:15 a.m.

Sugar Daddy's

Wednesday, June 10, Depart at 11:15 a.m.

Men's Luncheon

Asuka Japanese Restaurant (Hibachi Grill)

Wednesday, June 17, Depart at 11:15 a.m.

Be Prepared! The bus will leave promptly at the time indicated. Please arrive in the Lobby at least 5 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.

Out & About

Cultural Excursions

Please sign up in the Transportation Book in the Mail Room. The bus will leave at the time listed. Please plan to be in the Front Lobby 5 -10 minutes before the scheduled departure time.

Please note that we will provide lawn chairs for events that are held outside in the parks.

Bruce Neswick Faculty Organ Recital at Auer Hall

Wednesday, June 3, Depart at 7:30 p.m.

Sacred Music Intensive Workshop: Final Concert at Auer Hall

Friday, June 5, Depart at 7:30 p.m.

Tim O'Malley and Dave Withered Concert at The Players Pub (Americana and Acoustic Blues)

Saturday, June 6, Depart at 4:30 p.m.

WFHB Firehouse Follies Presents: "XXX-L Files: The Biggest Thing in Radio" at the Ivy Tech Waldron [\$10]

Sunday, June 7, Depart at 3:30 p.m.

Pub Quiz at The Players Pub [\$3]

Tuesday, June 9, Depart at 5:30 p.m.

Do you enjoy trivia? Play against other teams at The Players Pub on Tuesdays.

Edward Auer Piano Workshop: Chamber Music Recital at Auer Hall

Wednesday, June 10, Depart at 7:30 p.m.

Edward Auer Piano Workshop: Concerto Competition Winners Concert at Auer Hall

Friday, June 12, Depart at 6:30 p.m.

Bloomington Farmers' Market at Showers Plaza

Saturday, June 13, Depart at 10:00 a.m.

Edward Auer Piano Workshop: 2015 Solo Competition Winners and Winners Recital at Auer Hall

Saturday, June 13, Depart at 3:30 p.m.

Cultural Excursions continued

Shakespeare's "Cymbeline" at The Waldron, Hill and Buskirk Park

Sunday, June 14, Depart at 1:15 p.m.

Summer Music Clinic: Finale Concert at The MAC

Saturday, June 20, Depart at 12:30 p.m.

"Hairspray" at the Buskirk-Chumley [\$]

Saturday, June 20, Depart at 1:30 pm.

The Jewish Theatre of Bloomington Presents "Coming to See Aunt Sophie" honoring former Bell Trace resident Richard Burke

Saturday, June 20, Depart at 7:00 p.m.

"Coming to See Aunt Sophie" is the code phrase used by the Polish Catholic WWII hero, Jan Karski as a courier in the Polish underground. The gripping true story of Jan Karski's heroic efforts to stop the Holocaust, was written by Arthur Feinsod, Indiana State University theatre professor.

Craig Brenner Concert at People's Park (Jazz, blues, and swing) and Picnic Lunch

Tuesday, June 23, Depart at 11:00 a.m.

Please order your box lunch the day before.

Pub Quiz at The Players Pub [\$3]

Tuesday, June 23, Depart at 5:30 p.m.

Do you enjoy trivia? Play against other teams at The Players Pub on Tuesdays.

"In dispute upon moral or scientific points, ever let your aim be to come at truth, not to conquer your opponent. So you never shall be at a loss in losing the argument and gaining a new discovery."

-Arthur Martine

Cultural Excursions continued

Lucas Oil Stadium Tour and Lunch at Shapiro's Deli [\$7 + lunch]

Wednesday, June 24, Depart at 9:15 a.m.

There's no better way to add a dose of adrenaline to your next Indianapolis visit than a behind-the-scenes tour of this state-of-the-art sports mecca. Lucas Oil Stadium offers public tours every week that give participants an up-close and personal look at all the stadium has to offer. Tours last approximately one hour and include visits to the playing field, an NFL locker room, Lucas Oil Plaza, the press box, and numerous other areas (depending on availability) that are generally inaccessible to the public.

Tour items to note:

- Tour will last approximately one hour to one hour and fifteen minutes in length. Please wear comfortable shoes!
- Each tour will be led by a knowledgeable Lucas Oil Stadium Tour Guide who will showcase all the stadium's features and amenities and answer any questions.
- This is a walking tour, but accommodations will be made for those touring in wheelchairs or with strollers.
- Please note tour routes utilize ramps, escalators, elevators and stairs.
- Still cameras are welcome, but video cameras are prohibited.
- Cash and major credit cards accepted (No checks or money orders). No ticket refunds or exchanges.
- For updated tour information, including any additional or closed public tour dates, please check the "News and Updates" section on the Lucas Oil Stadium website homepage.

Stardusters Little Big Band at The Players Pub [\$7]

Wednesday, June 24, Depart at 5:15 p.m.

Cultural Excursions continued

PBJ Trio at The Players Pub

Thursday, June 25, Depart at 4:30 p.m.

50th Annual Gem, Mineral, and Fossil Show at the Lawrence County Fairgrounds

Friday, June 26, Depart at 1:00 p.m.

Krista Detor Concert at The Waldron, Hill and Buskirk Park

Friday, June 26, Depart at 5:45 p.m.

We will take lawn chairs, a box lunch, and maybe enjoy a little wine while listening to the cool tunes of Krista Detor. Please order your box lunch the day before.

Bloomington Farmers' Market at Showers Plaza

Saturday, June 27, Depart at 10:00 a.m.

Jean-Louis Haguener, Piano, Faculty Recital at Auer Hall

Saturday, June 27, Depart at 3:30 p.m.

Referral Program

Wouldn't it be wonderful to share your Bell Trace experience with someone you know? CarDon and Associates is sponsoring the "Be a Friend...Tell a Friend" Referral Program in all of its communities. If you refer someone to Bell Trace and they sign a Residency Agreement, you will receive \$200!

All you have to do is fill out the Referral Program form which you can get from Marketing Director Suzanne Mann or Executive Director Joy Harter. There is no limit to the number of referrals you may submit. Refer a friend to Bell Trace today!