

Bell Trace Newsletter

March 2015

From the Desk of Joy Harter



Dear Spring, Please Arrive...soon!

I don't know about you, but I couldn't be more ready for spring this year. I am ready to cast aside my heavy winter sweaters and boots. I yearn to see the daffodils popping up from the earth, and I want to hear the birds chirping away happily in the early morning. I want fresh spring air to waft in through my open window! I'm clearly a fan of spring as the season signifies new beginnings, breathing in new life all around us. With that sentiment in mind, I share a favorite poem by William Wordsworth. Welcome spring...we are all ready for your arrival!

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

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March Birthdays

- Cathie Lynch 1st
- Marie Barrick 2nd
- Gene Weinberg 4th
- Ruth Kouwe 4th
- Marge Blewett 5th
- Gene Shipp 7th
- Annabelle Stancu 8th
- Marlen Rust 8th
- Jeanette Bridgett 9th
- Sara Campbell 12th
- Giuliana Busch 18th
- Susie Voelkel 19th
- Jack Butler 23rd
- Bob Epps 23rd
- Barbara Morpurgo 26th
- Mavis Siebenthal 26th
- Arthur Schenck 30th
- Thelma Marker 31st

Birthday Party

Friday, March 6, 2:00 p.m.,
The Commons

All residents are invited to come down for cake, ice cream, balloons, and a song.

Welcome New Resident

Erika Edens Apt.172

Resident Services

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. 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

Wellness Checks

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

Hearing Aid Checks & Cleaning

Wednesday, March 11, 3:30—4:30 p.m.,
Private Dining Room



Margaret Hagerty,
91-year-old Guinness
World Record Holder

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 at 812-961-5556.

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.

Resident Services

Bell Trace Beauty & Barber Shop

Located in 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 Assisted Living 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.

Give and Take Day

Tuesday, March 3, 9:00 a.m. – 3:00 p.m., Gallery

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. Cold weather items such as hats, gloves, socks, and coats will be donated to the homeless shelter.

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.

Support Groups

Family Support Group

Thursday, March 19, 4:00 p.m. Sunroom

Dementia Support Group

Friday, March 20, 10:30 a.m., Sunroom

Parkinson's Support Group

Friday, March 27, 1:30 p.m., Community Room

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. As management continues to explore the options, there seems to be a need for a Recycling Committee. Please contact Joy if you are interested.

Resident Services

Resident Committee Meetings

Resident Council

Tuesday, March 3, 1:30 p.m., Community Room

Hospitality Committee

Tuesday, March 3, 1:30 p.m., Community Room

The Hospitality committee's purpose is to help new residents easily transition to living Bell Trace.

Newcomers Meeting

Tuesday, March 17, 1:30 p.m., Community Room

Library Committee

Friday, March 20, 1:30 p.m., Library

Garden Committee

Friday, March 20, 2:30 p.m. Sunroom

It is the first day of spring and the perfect time to think about gardening. If you enjoy gardening, planting, bird watching, walking the Trace, or just being outside you may enjoy being part of this committee. Our goal is to help enhance outdoor experiences for residents on our campus.

Life Enrichment

Discussions

Book Discussion Group

Sunday, March 15, 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 (as indicated on the daily activity sheet).

Current Events

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

Deep Listening

Monday, March 2, 7:00 – 9:00 p.m., Sunroom

Monday, March 16, 7:00 – 9:00 p.m., Sunroom

Free Thinkers (Hosted by John Crosby)

Friday, March 13, 1:30 – 2:30 p.m., Sunroom

Bible Study

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

The group will not meet on Saturday, March 14.

Life Enrichment

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

Friday, March 13, 3:30 p.m., Sunroom

Apartment Chat with Joy

Wednesday, March 18, 4:00 p.m.,
The Commons

Cottage Chat with Joy

Tuesday, March 24, 10:00 a.m., The Commons

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

Adaptive Tai Chi

Tuesdays & Thursdays, 10:00 – 11:00 a.m.,
Chapel

Chair Yoga

Saturdays, 11:00 a.m., Chapel

Life Enrichment

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
Saturdays, 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., Gallery
The group plays Mexican Train Dominoes, a game that takes a combination of luck and skill. If you do not know how to play—don't worry! You can learn on the spot from one of our patient domino players.

Scrabble

Tuesdays, 2:30 – 3:30 p.m., Sunroom

Games with APO Students

Fridays, 6:30 – 8:00 p.m., The Commons

Religious Services

Church Services

Sundays, 4:00 p.m., Chapel
This is a nondenominational service.

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

Lifelong Learning Classes

"The Presidents" taught by Kurt Messick-
Thursday, March 5, 12, & 26, 2:00 p.m., Chapel

"Testament" (history of religious scriptures)
Tuesday, March 3, 10, 24, & 31, 2:00 p.m.,
Chapel

"How the Earth Was Made" Geology Series
Friday, March 6, 3:00 p.m., "Yosemite", Chapel
Friday, March 13, 3:00 p.m. "Everest", Chapel
Friday, March 27, 3:00 p.m. "The Alps", Chapel

Genealogy Group

Thursday, March 12, 7:00—8:30 p.m., Chapel

We will take a trip to the **Indiana Historical Society** downtown Indianapolis on Friday, March 27, to explore the IHS collections department that preserves and makes accessible one of the largest archival repositories of manuscript, printed and visual materials on the history of Indiana and the Old Northwest. We will stop at Shapiro's for lunch on the way there.

New Ivy Tech Class Coming Next Month

De-Antiquing with Susan [\$18]

Tuesdays in April, 2:30—3:30 p.m. Chapel

You've collected, inherited, and accumulated a houseful of antiques and collectibles. This course will guide you through the challenging downsizing process. During session one you'll learn how to analyze your situation. Session two 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 three. No prerequisites are required. Note: This course will NOT provide appraisals. Taught by Susan Eberman
Register online at www.ivytech.edu/cll

Life Enrichment

Special Events

Current Events Panel Discussion with Ivy Tech Honors Students

Saturday, March 7, 10:30 a.m., The Commons

IU Jacobs Sch. of Music Violin Performance

Tuesday, March 10, 7:00 p.m., The Commons

Fiddle 'n' Feet Celtic Dancing Performance

Sunday, March 15, 6:30 p.m., The Commons

IU Travel Club Talk—Washington D.C.

Monday, March 16, 7:00 p.m., The Commons

Retired Teachers Meeting

Tuesday, March 17, 1:30 p.m. The Commons

Irish Sing-a-Long

Tuesday, March 17, 3:30 p.m., Front Lobby

The Newmans Play Music

Wednesday, March 18, 3 p.m., The Commons

Annual EMV Tune-Up Talk—"Rules of the Road"

Wednesday, March 25, 1 p.m., The Commons

If you use an electronic motor vehicle, please attend the "Rules of the Road" refresher course.

Pet Visits

Kanika, the Laborador Retriever

Pet Visit with Kanika

Saturday, March 7 & 28, 10:00 a.m.,
Front Lobby and Assisted Living Hallways

If you live in Assisted Living and would like a visit from Kanika, please open your door and Kanika will stop by.

Parties and Celebrations

March Birthday Party

Friday, March 6, 2:00 p.m., The Commons

All residents are invited to come down and celebrate those whose birthdays fall within the month. We always have cake, ice cream, balloons, and a song.

Irish Coffee Bar

Tuesday, March 17, 8:00—11:30 a.m.
Bistro Alcove

Spring Equinox Celebration

Friday, March 20, 2015, 6:30 p.m.

If weather permitting, we'll have our first social gathering in the backyard to welcome the spring season.

Birthday Open House

The Family of Mavis Siebenthal
cordially invites you to join them in celebrating
Mavis' 95th birthday.

Saturday, March 28th, from 2:00—4:00 p.m.

The Commons

Life Enrichment

Arts Programming

Arts & Crafts

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

When we get fully back into the studio we will resume our work with paper, prints, and collage.

Fiber Arts

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

Bring a project or come and participate in the conversation. All are welcome.

Creative Writing

Thursdays, 2:00 – 4:00 p.m., Community Room

We will continue our literary review and let the concept “re-” inspire our muse.

Ukulele Practice

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

Shape Note Singing

Sunday, March 8, 2:00 – 4:00 p.m., Bell Trace Health and Living Center

Sunday, March 22, 2:00 – 4:00 p.m., Bell Trace Health and Living Center

International Folk Dancing

Thursday, March 12, 7:30 – 9:00 p.m., outside the Beauty Salon on the Lower Level

Thursday, March 26, 7:30 – 9:00 p.m., outside the Beauty Salon on the Lower Level

Dance for Parkinson's

Friday, March 13, 1:30 p.m., The Commons

Bloomington Peace Choir Practice

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

All are welcome to join in on the fun or just come to listen to the choir practice.

On The Big Screen

Saturday Movie Matinee

Saturdays, 1:00 p.m., Chapel

We will continue with the "Digging for the Truth" series, focusing on archaeological sites.

Saturday Night at the Movies:

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

Saturday, March 7, 7:00 p.m., The Commons
"Birdman"

Saturday, March 14, 7:00 p.m. The Chapel
"The Quiet Man" is a John Wayne film from 1952.

Saturday, March 21, 7:00 p.m., The Commons
"The Monuments Men"

Saturday, March 28, 7:00 p.m., The Commons
"Unbroken"

Out & About

Movie Excursions (IU Cinema) [\$]

Please sign up in the Transportation Book in the Mail Room.

Sunday, March 1, Depart at 5:45 p.m. for "Dead Poets Society" (1989) (Robin Williams, Ethan Hawke)

Monday, March 2, Depart at 2:15 p.m. for "Witness" (1985) (Harrison Ford, Kelly McGillis)

Monday, March 23, Depart at 2:15 p.m. for "Rear Window" (1954) (Grace Kelly, James Stewart)

Saturday, March 28, Depart at 2:15 p.m. for "Moby Dick" (1956) (Gregory Peck)

Shopping Transportation

Eastside Shopping

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

We will take you to a maximum of two different locations on any one shopping trip whether it be a store, a bank, or a restaurant. Sign up with your destination in the Mail Room.

Grocery Shopping Only

Fridays, Depart at 10:00 a.m.

Be Prepared!

The bus will leave promptly at the time indicated. To guarantee your seat, 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. If you have a question about the cost, please see either Melissa or Julie in the Activities Office.

Lunch Out [\$]

A minimum of four residents is required for all dining out excursions. Please sign up in the Mail Room.

Lunch Excursions

Opie Taylor's

Wednesday, March 4, Depart at 11:15 a.m.

Aver's Gourmet Pizza Buffet

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

Nick's English Hut

Wednesday, March 25, Depart at 11:15 a.m.

Men's Luncheon (All male residents welcome)

O'Charley's

Wednesday, March 18, Depart at 11:15 a.m.

IU Sporting Events [\$]

IU Home Basketball Games

Bell Trace will provide transportation to all IU men's and women's home basketball games. Please sign up in the Mail Room.

IU vs. Iowa

Tuesday, March 3, Depart at 6:00 p.m.

IU vs. Michigan State

Saturday, March 7, Depart at TBA.

IU Home Baseball Games

Spring is in the air and so is baseball season! Bell Trace will provide transportation to selected IU home games played at Bart Kaufman Field.

IU vs. Eastern Michigan

Tuesday, March 10, Depart at 3:15 p.m.

IU vs. Cal State Fullerton

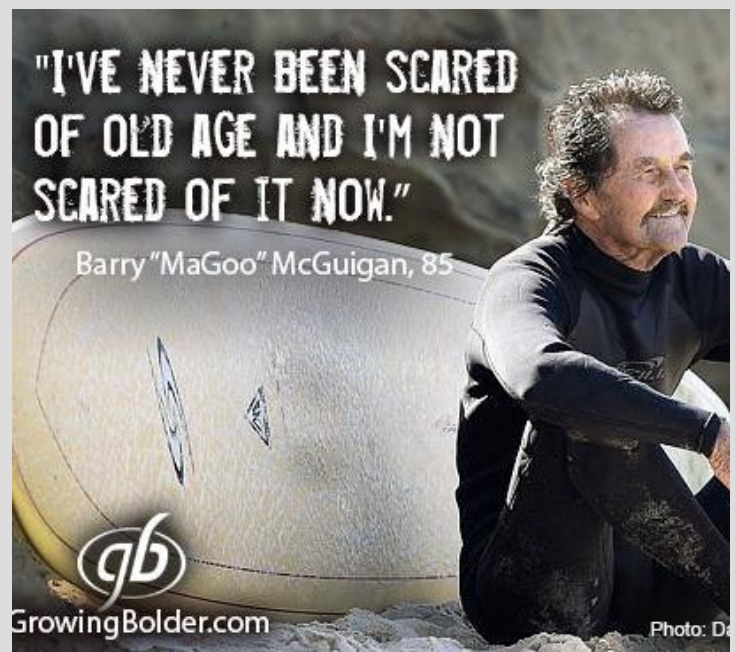
Sunday, March 15, Depart at 12:20 p.m.

IU vs. Valparaiso

Tuesday, March 17, Depart at 3:20 p.m.

IU vs. Louisville

Tuesday, March 24, Depart at 5:20 p.m.



Cultural Excursions

Please sign up in the Transportation Book in the Mail Room. The bus will leave at the time listed.

Sundays in Auer—"Shostakovich and Tchaikovsky: The Russian Trios"

Sunday, March 1, Depart at 3:30 p.m.

Philharmonic Orchestra at The MAC

Wednesday, March 4, Depart at 7:30 p.m.

Quilt Show at Convention Center

Friday, March 6, depart at 9:30 a.m.

The Science of Art "Quilting" at WonderLAB

Friday, March 6, Depart at 4:30 p.m.

"Romeo and Juliet" at R.N. Halls Theatre [\$]

Saturday, March 7, Depart at 1:30 p.m.

"Jersey Boys" at the IU Auditorium [\$]

Saturday, March 7, Depart at 7:30 p.m.

University Singers and Student Chamber Orchestra at Auer Hall

Sunday, March 8, Depart at 3:30 p.m.

Brent Wallarab Jazz Ensemble at The MAC

Monday, March 9, Depart at 7:30 p.m.

Concert Orchestra at The MAC

Wednesday, March 11, Depart at 7:30 p.m.

Rubens Quartet at Ford-Crawford Hall

Friday, March 13, Depart at 6:30 p.m.

Guitar Ensemble at Auer Hall

Friday, March 13, Depart at 7:30 p.m.

Australian Chamber Music—"New Music and Art from Australia" at Auer Hall

Wednesday, March 25, Depart at 7:30 p.m.

Indiana History Center and Shapiro's Deli [\$]

Friday, March 27, Depart at 10:00 a.m.

William Ludwig Concert at Auer Hall

Friday, March 27, Depart at 7:30 p.m.

Cultural Excursions continued

"Brighton Beach Memoirs" at the Waldron Arts Center [\$]

Saturday, March 28, Depart at 1:30 p.m.

"Spring Ballet: Swan Lake (Act II), Duets, Rubies" at The MAC [\$]

Saturday, March 28, Depart at 7:30 p.m.

Edward Gazouleas, Viola, and Pei-Shan Lee, Piano Concert at Auer Hall

Saturday, March 28, Depart at 7:30 p.m.

Sundays in Auer—Faculty Chamber Music Recital

Sunday, March 29, Depart at 3:30 p.m.

Steve Allee Jazz Ensemble at The MAC

Monday, March 30, Depart at 7:30 p.m.

Concert Band & Symphonic Band, Auer Hall

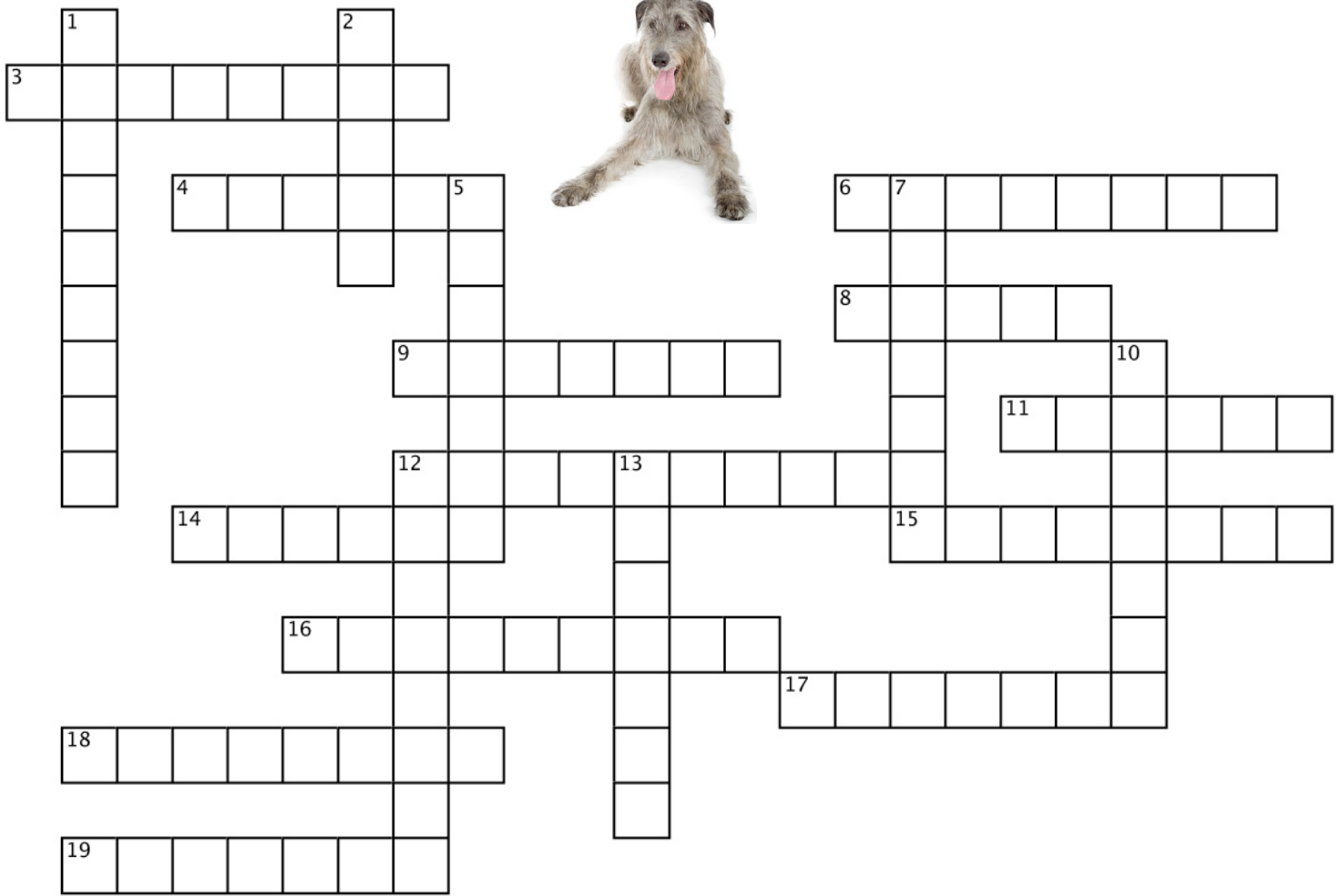
Tuesday, March 31, Depart at 7:30 p.m.

Be a Friend...Tell a Friend about Bell Trace! 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. By referring a friend or family member to Bell Trace, you'll give them the opportunity to discover the rewarding lifestyle at Bell Trace Senior Living Community. And if you refer someone to Bell Trace and they sign a Residency Agreement by March 31, 2015, 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.

ALL THINGS IRISH



ACROSS

3. Irish staple
4. Irish folk music
6. St. Patrick's Day symbol
8. Erin go _____
9. Kiss this stone for luck
11. Celtic language
12. Irish elf
14. Capital of Ireland
15. Popular Irish beer
16. Meal with mashed potato and stew, _____ pie
17. Irish coffee ingredient
18. An Irish dance (two words)
19. An Irish saint, St. _____

DOWN

1. Dog associated with Ireland, Irish

2. Irish poet, W.B. _____
5. Irish word for *girl*, also a popular girl's name
7. Game resembling field hockey
10. An Irish-American president (last name)

