

# Bell Trace Newsletter

January 2016

From the Desk of Joy Kahn Harter

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## January Birthdays

John Langwasser	1 <sup>st</sup>
Ralph Gray	1 <sup>st</sup>
Carol Winkler	6 <sup>th</sup>
John Cochran	6 <sup>th</sup>
Betty Johnson	7 <sup>th</sup>
Velma Harrison	11 <sup>th</sup>
Hannah Klein	12 <sup>th</sup>
B.J. Muehlenbein	12 <sup>th</sup>
Larry Davis	12 <sup>th</sup>
Wally Adams	12 <sup>th</sup>
Beth Gray	16 <sup>th</sup>
Phyllis Hriso	21 <sup>st</sup>
Virginia Cox	23 <sup>rd</sup>
Fran Martin	24 <sup>th</sup>
Millie Wittlich	31 <sup>st</sup>
Agnes Ingram	31 <sup>st</sup>

## Birthday Party

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

## Welcome New Residents

Jane Flinn	Apt. 355
Ruth Ann Norton	Apt. 212



## Cell Phone Courtesies

If you are a cell phone user and you are anything like me, you might wonder on occasion how you ever got along without a cell phone! Cell phones certainly do enable us to stay in up-to-the-minute contact with our family and friends, and cell phones can certainly play a vital role in the event of an emergency.

As wonderful as cell phones are in terms of convenience, I agree that they can also prove to be a public disturbance when not used thoughtfully. With that sentiment in mind, I compiled a list of cell phone manners that would serve all of us well to be reminded of now and again. It's good to remember that you don't always have to answer your cell phone immediately, particularly when answering your phone might cause a disruption to others around you if it rings and you answer it. Please practice the following tips that will make you a most courteous cell phone user!!

- Speak softly when using your cell phone in public areas.
- Be courteous to those you are with, particularly in the Bistro Dining Room or during group events/activities. Turn off your phone when in the Bistro, at group activities, or any circumstance where your phone could interrupt a conversation.
- If you are waiting on an important call that you must take, set your phone on vibrate so as not to disturb others when it rings. When you receive the call, step outside or away from others in order to conduct your conversation.
- Step away from the dining room table or step outside from a room full of people when you find yourself having a longer than usual conversation over the phone.
- Make sure to watch the language you choose to use, particularly when others might overhear you. Don't hold inappropriate conversations in public.
- Avoid talking about personal or confidential topics in public areas.
- Please don't initiate cell phone calls from the Library, Chapel, Dining Rooms, or during scheduled activities.
- Be safe and smart. Don't drive and use your cell phone at the same time.



**Be a courteous cell phone user!!!**

# Resident Services

## LifeSpan Home Health and Attendant Services

**LifeSpan Home Health, LLC** is an Indiana state licensed home health agency that is conveniently located on the campus of Bell Trace Senior Living Community. LifeSpan is a CarDon company providing nursing and attendant services to the Bell Trace community. If daily non-medical tasks become challenging, LifeSpan Personal Attendants can provide the following services to residents:

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

Our LifeSpan Nursing Services can provide:

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

For more information on what LifeSpan Home Health can do for you, please call RN Administrator Brandy Kluesner at 812-332-2355, ext. 256.

“Health is a state of body.  
Wellness is a state of being.”

- J. Stanford

## Wellness Checks

### Blood Pressure Clinic

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

### Hearing Aid Checks & Cleaning

Wednesday, January 13, 3:30—4:30 p.m.

## Massage [\$]

Massages are available on Tuesdays. The sign-up sheet is in front of the Activity Book in the Mail Room. Please make sure to provide your phone number when you sign up so that Lisa Prickel, the massage therapist, can call you to schedule your appointment.

## Support Groups

### Parkinson's Support Group

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

### Family Support Group

Saturday, January 30, 2:00 p.m., Sunroom

Being a caregiver has its rewards as well as its challenges. This group is facilitated by Joy Harter, our Executive Director.

## 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.



# Resident Services

## Banking Hours

First Financial Bank offers a courier service for their customers on Tuesdays, Thursdays, and Fridays. A bank representative will pick up transactions from the locked bank box outside the 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).

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

## Dry Cleaning Service

Crosstown Cleaners will pick up your dry cleaning and deliver it back to your door on Monday, Tuesday, Thursday, and Friday.

A \$2.00 delivery charge will be added to your dry cleaning bill. Phone: 812-333-6600.

## Bell Trace Beauty & Barber Shop

Located on the Lower Level, The Barber Shop / Beauty Salon is open Tuesday through Friday from 9:00 a.m.—3:00 p.m. Stop in or call for an appointment. Phone: 812-332-2355 ext. 218.

## Give and Take Day

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

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

## Bell Trace Recycling Guidelines

We now offer large recycling totes in the Delivery Drive for apartment residents and totes in the North Parking lot for Cottage residents.

### **Please Adhere to These Important Recycling Guidelines:**

- Do Not Throw Any Trash in the Big Blue and Yellow Totes – Totes are for Recycling Only**
- Do NOT leave ANY bags of recyclables on the outside of the totes. All bags must fit into the inside of the tote. If the totes are full, you will have to return the following week to place your recycled items INSIDE the totes.**
- The following items can be recycled:** Metal and aluminum cans, plastic containers and bottles, glass bottles and jars, newspapers, magazines, catalogs, office paper, cardboard, empty plastic grocery bags
- Styrofoam CANNOT be recycled**
- Cardboard must be broken down and inside the tote. Do not leave cardboard boxes outside of the totes.**
- We will be placing signage in the Delivery Drive as a reminder not to put trash in the recycle totes or to leave bags of recyclables outside of the totes.

## Monroe County Library

### **Bookmobile Visit**

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

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

# Resident Services

## Resident Committee Meetings

### Resident Council

Tuesday, January 5, 1:30 p.m., The Commons  
All are welcome!

### Hospitality Committee

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

The Hospitality Committee helps new residents transition to living at Bell Trace.

### Library Committee

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

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

### Newcomers Meeting

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

If you are new to Bell Trace within the past year, please join us for this informal, yet informative meeting. It's a great place to get to know one another.

## Medical Transportation

Bell Trace offers transportation on Tuesdays and Thursdays for medical appointments that are scheduled between 8:00 a.m. and 3:00 p.m. Please sign up at the Front Desk for transportation at least 24 hours before your appointment. Transportation reservations made with less than 24-hour notice are not guaranteed. If you use a wheelchair transportation system we can assist you in scheduling your transportation if needed. Bell Trace will cover the cost for those trips as long as they are on a Tuesday or Thursday.

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

## Transportation Notes

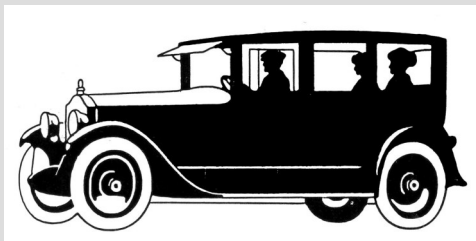
Bell Trace will make every effort to get you to your destination; however, winter is upon us, and the weather is unpredictable. If the road conditions are deemed unsafe, transportation to events will be canceled to ensure everyone's safety. This will be done on a case-by-case basis and either Melissa or the scheduled bus driver will notify you.

We also understand that getting to your scheduled medical appointments are important. Resident safety is our first priority; therefore, our driver will determine if the road conditions are safe enough to transport you.

If the Monroe County Community Schools are closed, the 10:00 a.m. shopping on Mondays and the Wednesday lunch excursions will be canceled. Since the Wednesday shopping is at 2:00 p.m., we will assess the road conditions to determine whether it is safe to go or not. When shopping, please remember that space is limited on the bus and in order to accommodate everyone, we request that purchases are limited to only what you can carry onto the bus and place either on your lap or on the floor in front of your seat.

If you use a walker, please remove all unnecessary items from it so that it can easily be folded up and secured on the bus or the van.

Please also remember that if the lights on the bus are flashing or the wheelchair lift is down, passengers are loading or unloading. In order to keep everyone safe, cars should not attempt to go around the bus or pull up next to the bus. Please remind your friends and family who may visit.



# Out & About

## Shopping Transportation

We will drop you off anywhere on the east side of Bloomington, whether it be a store, a bank, or a restaurant. Each shopper may request a maximum of two different locations on any one shopping trip. Please sign up with your destination in the Mail Room.

### Eastside Shopping

Mondays, Depart at 10:00 a.m.

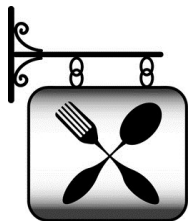
Wednesdays, Depart at 2:00 p.m.

Please remember to limit your purchases to two bags.

## 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.

## Dining Out



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

### Outback Steakhouse

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

### Juannita's Restaurant

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

### Bob Evans

Wednesday, January 27, Depart at 11:15 a.m.

## Men's Lunch Excursion

### B-Town Diner

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

## Visitors Can Ride Too!

If there is room on the bus, we are more than happy to give your friends or family members a ride to events; however, they must sign up under the "Stand By" section so that Bell Trace residents get priority. Keep in mind that family and friends are not guaranteed a seat, but they may ride the bus if there is room at the time of departure.

## IU Men's Basketball [\$]

### IU vs. Wisconsin

Tuesday, January 5, Depart at 6:00 p.m.

### IU vs. Ohio State

Sunday, January 10, Depart TBA

### IU vs. Illinois

Tuesday, January 19, Depart at 6:00 p.m.

### IU vs. Northwestern

Saturday, January 23, Depart at 11:00 a.m.

### IU vs. Minnesota

Saturday, January 30, Depart at 1:15 p.m.

## IU Women's Basketball [\$]

### IU vs. Michigan

Sunday, January 3, Depart at 12:00 p.m.

### IU vs. Michigan State

Wednesday, January 13, Depart at 6:30 p.m.

### IU vs. Illinois

Wednesday, January 20, Depart at 6:30 p.m.

### IU vs. Rutgers

Wednesday, January 27, Depart at 6:30 p.m.



## Out & About

### Musical Performances

#### **Kyung Sun Lee, Guest Violin at Auer Hall**

Faculty/Guest Chamber Music Recital – with Mark Kaplan, Violin, Stephen Wyrzynski, Viola, Peter Stumpf, cello, Sung-Mi Im, piano, and Emile Naoumoff, Piano

Saturday, January 16, Depart at 7:30 p.m.

#### **Faculty Chamber Music Recital at Auer Hall**

Sunday, January 24, Depart at 3:30 p.m.

#### **Philharmonic Orchestra at The MAC**

Wednesday, January 27, Depart at 7:15 p.m.

#### **Baroque Orchestra at Auer Hall**

Sunday, January 31, Depart at 1:30 p.m.

### The Metropolitan Opera Live on Screen [\$]

See your favorite operas performed live from the Metropolitan Opera House in New York streamed to the AMC Showplace Theater in Bloomington.

#### **"Les Pêcheurs de Perles"**

Saturday, January 16, Depart at 12:30 p.m.

#### **"Turandot"**

Saturday, January 30, Depart at 12:30 p.m.

### Theatrical Performances [\$]

#### **"Winter Dance Concert—Leading Edges" at Ruth N. Halls Theatre**

Saturday, January 16, Depart at 1:30 p.m.

## Life Enrichment

### Special Events

#### **Music with Matt**

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

#### **Ron Klotz Plays American Folk Tunes**

Wed., January 6, 3:00 p.m., The Commons

#### **The Newmans Play Music**

Wed., January 20, 3:00 p.m., The Commons

#### **"MLK Generations Speak: Being Mortal"**

Friday, January 22, 7:00 p.m., The Commons

Bell Trace partners with WTIU and the City of Bloomington's Dr. Martin Luther King, Jr. Birthday Commission to present a special viewing of the PBS documentary "Being Mortal: Medicine and What Matters in the End."

An intergenerational discussion will immediately follow the documentary. This event is free and open to the general public, however reservations are required.

To reserve, please contact Bell Trace at 812.332.2355 or see Kris at the front desk.

### Holidays and Celebrations

#### **January Birthday Party**

Friday, January 1, 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.

Come down at 1:30 p.m. to do a little chair dancing.

#### **Bell Trace 2015 Memorial Celebration**

Sunday, January 10, 2:30 p.m., The Commons

# Life Enrichment

## Chats & Discussions

### 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, January 18, 4:00 p.m., Sunroom

Apartment Chat with Joy

Wed., January 20, 4:00 p.m., The Commons

Cottage Chat with Joy

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

### Book Discussion Group

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

### Deep Listening

Monday, January 11, 7:00 – 9:00 p.m., Sunroom

Monday, January 25, 7:00 – 9:00 p.m., Sunroom

### Coffee and Conversation

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

Every Tuesday and Thursday morning, enjoy a cup of coffee or tea with a selection of flavored creamers and donuts.

This is a great chance to sit and chat with friends or to get to know other residents.

### Word Talk

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

### Current Events

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

### Bible Study

Saturdays, 10:30 a.m., 3<sup>rd</sup> Floor Lounge

## 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

### Mind, Body, and Spirit Connection

Tuesdays and Thursdays, 10:00 – 11:00 a.m.  
The Commons

### NEW! Gentle Stretch and Relax

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

This half hour will be devoted to gentle body stretching that will help calm your mind and lift your spirits. Everyone is welcome as all stretches can be adapted and modified to suit any level of experience. Please join us and find your inner calm!! Led by Joy Harter

### Move and Groove Chair Dancing

Friday, January 1, 1:30 p.m., The Commons

### Chair Yoga

Saturdays, 11:00 a.m., Chapel

## Religious Services

### Church Services

Sundays, 4:00 p.m., Chapel

This is a nondenominational Christian service conducted by our Chaplain Kurt Messick. 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

## Lifelong Learning Classes

### **Ivy Tech Class—**

#### **"The American Revolution" [\$24]**

6 Tuesday Sessions, January 19 – February 23  
1:30 – 3:00 p.m., Chapel

How did a group of farmers and merchants challenge the most powerful empire in the world and break away to establish their own country? It wasn't easy and the outcome was always in doubt. We will examine how the Colonists managed to defeat a superpower in spite of the tremendous odds against them.

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

"A Personal Path to Lifelong Health"

Thursday, January 7, 1:30—3:00 p.m., Chapel

"The Cellular Biology of Aging"

Thursday, January 14, 1:30—3:00 p.m., Chapel

"The Physiology of Aging"

Thursday, January 21, 1:30—3:00 p.m., Chapel

"Myths of Aging—Magical Times & Places"

Thursday, January 28, 1:30—3:00 p.m., Chapel

### **Science with Melissa—"The Universe"**

"Stonehenge"

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

"Pyramids"

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

"Catastrophes That Changed the Planets"

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

"Nemesis: The Sun's Evil Twin"

Friday, January 29, 4:00 p.m., The Commons

## Arts Programming

### **Arts & Crafts**

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

We will continue our exploration of two dimensional work: collage, painting with watercolor, and print making. If you have been wanting to get involved in the arts classes, this is a great time to start. All welcome!

### **Fiber Arts**

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

This circle is for anyone who appreciates things made by hand. Bring your hand projects or just bring yourself! All are welcome.

### **Creative Writing**

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

This group is all about interactive discussion. We review the prose and poetry of professionals and we listen to the prose and poetry of our peers. We provide a safe space for writers to both create and critique.

### **Ukulele Practice**

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

Learning something new, like how to play the ukulele, is great for your brain. If you're not interested in playing an instrument and just want to exercise your lungs instead, please join us.

### **International Folk Dancing**

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

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

### **Bloomington Peace Choir Rehearsal**

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



# Life Enrichment

## On The Big Screen

### Saturday Movie Matinee

We will show episodes from the "Mysteries of the Bible" 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.

#### *"East of Eden"*

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

#### *"Frost/Nixon"*

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

#### *"Mr. Holmes"*

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

#### *"Prince of Persia"*

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

#### *"The Carol Burnett Show: This Time Together"*

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

### Sunday Movie Matinee

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

#### *"The Way We Were"*

Sunday, January 3, 1:30 p.m., The Commons

#### *"The Mirror Has Two Faces"*

Sunday, January 10, 1:30 p.m., The Commons

#### *"Out of Africa"*

Sunday, January 17, 1:30 p.m., The Commons

#### *"The Prince of Tides"*

Sunday, January 24, 1:30 p.m., The Commons

#### *"Chicago"*

Sunday, January 31, 1:30 p.m., The Commons

## Games and Trivia

### Trivia

Mondays, 1:00 – 1:30 p.m., Front Lobby

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

Have fun answering trivia questions or just stop by to hear some interesting and fun facts!

### Bingo [\$]

Mondays, 3:00 – 4:30 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.

Community Room

The group plays Mexican Train Dominoes, a game that takes a combination of luck and skill.

### Scrabble

Tuesdays, 2:00 – 3:00 p.m., Sunroom

## Time Capsule Project

A couple of years ago we had a moveable bar built, which is in need of a protective finish. So... lets capture a year in the lives of Bell Trace Residents to commemorate the Indiana Bicentennial. The bar will be parked outside the Arts and Crafts room.

We will collect tickets, program covers, headlines, or any other items that you think could be included in a collage for the top of the bar.



# Indiana Celebrates Its Bicentennial in 2016

Each month this year we will do something to celebrate Indiana's bicentennial. We will begin with a few FUN FACTS: Indiana became a state on Dec. 11, 1816, when President James Madison signed the congressional resolution admitting Indiana to the Union. Indiana is the 19th state. Corydon remained the first state capital until 1825, when the capital was moved to Indianapolis. Indiana's first governor was Jonathan Jennings.



What is a Hoosier?

Indiana's nickname is "The Hoosier State" and people from Indiana are known as Hoosiers. But what does that word mean and where did it come from?



Indiana State Flag

The Indiana General Assembly adopted the state flag in 1917.



Indiana State Seal

The state seal depicts Indiana as it was in 1816.



Indiana State Flower

The Indiana General Assembly adopted the peony as the state flower in 1957.



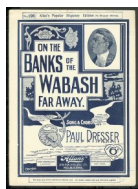
Indiana State Tree

The tulip tree became Indiana's state tree in 1931



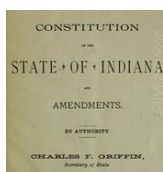
Indiana State Bird

Adopted by the General Assembly in 1933, Indiana's state bird is the cardinal.



Indiana State Song

Terre Haute native Paul Dresser wrote *On the Banks of the Wabash, Far Away* in 1897.



Indiana Constitution

Indiana has had two constitutions, the first in 1816 and the second in 1851.