

The Zionsville Meadows Gazette

A Zionsville Meadows Publication · January 2012

Zionsville Meadows is very proud to announce our 2011 Quest for Excellence award winner, Isiah Scott.

Isiah is an exemplary certified nursing assistant who has worked at Zionsville Meadows on the cottages – specifically working with dementia residents. We affectionately refer to him as our “gentle giant” because of his gentle, mild approach with the residents he so lovingly cares for. Besides Isiah’s physical strength, he also exhibits *strength* of purpose, compassion, and values. He cares for our residents as though they are members of his family.

Isiah has had an amazing year at Zionsville Meadows.

His first accomplishment was being chosen to participate in the **ONE Program** – this program pays for his tuition, childcare and any additional expenses that he may incur during nursing school. Isiah is excited about receiving his practical nursing degree to continue to work in the long term care industry!

The next major accomplishment was when Isiah was announced the **American Senior Communities OVERALL QUEST FOR EXCELLENCE AWARD WINNER** at the annual banquet in October!!!! He was chosen over the Quest winners of 50 other ASC facilities. What an honor!!!

In conjunction with this honor, he was chosen to “star” in a new American Senior Communities commercial featuring the beloved Florence Henderson, well-known as “Carol Brady”, the mother on The Brady Bunch! We all look forward to seeing the video!

Once again we congratulate Isiah on his amazing accomplishments in 2011!! Please congratulate Isiah the next time you see him!! We wish him the best in 2012 as he continues his journey to become a licensed nurse!!

We appreciate all the hard work our staff does each day. At each nurses station there are Pride Cards that can be filled out to recognize outstanding customer service. If you feel someone has given excellent service please take the time and fill out a Pride Card so that staff member can be recognized.

A NOTE FROM THERAPY

As the New Year is upon us, I am sure there are many of you trying to stay true to your new year’s resolution. Whether it is trying to be more punctual or attempting to be more organized, wanting to lose holiday pounds or exercising more; it is always a struggle to get into new habits. So, I would like to help those of you that have decided the latter for your resolution. Here are a few ideas for simple exercises that can be done in your home or apartment, with the use of normal household items. This way you can still get your workout in, even when it is too cold to get to the gym ☺.

1. Chair push-ups: Find a stable chair and put it against a wall. Stand up and sit down repeated times utilizing your arms for assistance to work your triceps.
2. Arm curls: Find a heavy canned good and use it for a hand weight to do simple arm curls to work your biceps.
3. Knee Lifts: Use something stable for balance, table or stable chair, and lift legs one at a time so that upper thigh is parallel to the ground with knee bent at 90 degrees to work quadriceps.
4. Side Straddles: Use something stable for balance, as above, and lift legs out to the side, keeping leg straight to work gluteal muscles.

Hope this helps keep some of you on track and good luck to you all! Happy New Year and best wishes for whatever your resolution may be.

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">1</p> 10:00 Coffee Time 10:30 Candy Bingo 3:00 Worship Services 3:45 Sundae Treats	<p style="text-align: right;">2</p> 10:00 Fitness 10:30 Let's Make a New Year's Treat 1:30 Bridge 2:00 Monday Manicure 3:00 Undecorate the Tree	<p style="text-align: right;">3</p> 9:30 Big Marsh 11:30 Red Lobster 2:00 Prize Bingo 3:00 Snack & Chat 2:30 Alterations with Cindy (LB)	<p style="text-align: right;">4</p> 10:00 Fitness 1:30 Bridge 3:30 Travel Club 6:30 Pet Visits	<p style="text-align: right;">5</p> 8:00 Cracker Barrel 10:00 Coffee Time 10:00 Catholic Mass 2:00 BINGO 3:00 Snack & Chat	<p style="text-align: right;">6</p> 10:00 Fitness 10-12 Massages by Appointment 1:30 Bridge 1:30 BINGO 3:00 Happy Hour	10:00 Coffee Time 10:30 Bingo 2:00 Afternoon Movie 3:30 Entertainment with Don White
10:00 Coffee Time 10:30 Candy Bingo 3:00 Worship Service 3:45 Sundae Treats	<p style="text-align: right;">9</p> 10:00 Fitness 10:30 Entertainment with Jerri Williamson 1:30 Bridge 2:00 Monday Manicure	<p style="text-align: right;">10</p> 9:30 Kroger 10:00 Coffee Time 11:00 Food Council 2:00 Prize Bingo 3:00 Snack & Chat	<p style="text-align: right;">11</p> 10:00 Fitness 1:30 Bridge 2:30 Steve Elston Performs 3:30 Travel Club 6:30 Pet Visits	10:00 Coffee Time 2:00 BINGO 3:00 Snack & Chat	<p style="text-align: right;">13</p> 10:00 Fitness 1:30 Bridge 1:30 Resident Council 2:30 BINGO	10:00 Coffee Time 10:30 Bingo 10:30 Entertainment with Robin Harrison 2:00 Afternoon Movie
10:00 Coffee Time 10:30 Candy Bingo 12:30 Zionsville Presbyterian Church Caroling 3:00 Worship Service	<p style="text-align: right;">16</p> 10:00 Fitness 10:30 Let's make Christmas Fudge 2:00 Monday Manicure 3:00 Resident Council 1:30 Bridge 4:00 Wrapping Presents	<p style="text-align: right;">17</p> 9:30 Kroger 10:00 Coffee Time 10:30 Making Christmas Cards 2:00 Prize Bingo 3:00 Snack & Chat	<p style="text-align: right;">18</p> 10:00 Fitness 1:30 Bridge 3:30 Travel Club 6:30 Pet Visits	<p style="text-align: right;">19</p> 10:00 Coffee Time 11:30 Olive Garden 2:00 BINGO 3:00 Snack & Chat 5:00 Birthday Dinner	<p style="text-align: right;">20</p> 10:00 Fitness 10-12 Massages by Appointment 1:30 Bridge 1:30 BINGO 3:00 Happy Hour	10:00 Coffee Time 10:30 Bingo 1:30 Games Galore 2:00 Afternoon Movie
10:00 Coffee Time 10:30 Candy Bingo 3:00 Worship Service 3:45 Sundae Treats	<p style="text-align: right;">23</p> 10:00 Fitness 10:30 Let's Make Resident Choice 1:30 Bridge 2:00 Monday Manicure	<p style="text-align: right;">24</p> 9:30 Aldi's 10:00 Coffee Time 11:00 MCL & 1/2 Price Books 2:00 Prize Bingo 3:00 Snack & Chat	<p style="text-align: right;">25</p> 10:00 Fitness 1:30 Bridge 3:30 Travel Club 6:30 Pet Visits	<p style="text-align: right;">26</p> 10:00 Coffee Time 11:30 CiCi's Pizza & Super Target 2:00 BINGO 3:00 Snack & Chat 6:45 Family Bingo	<p style="text-align: right;">27</p> 10:00 Fitness 10:30 Shut the Box 1:30 Bridge 1:30 BINGO	10:00 Coffee Time 10:30 Bingo 1:30 Games Galore 2:00 Afternoon Movie
10:00 Coffee Time 10:30 Candy Bingo 3:00 Worship Service 3:45 Sundae Treats!	<p style="text-align: right;">30</p> 10:00 Fitness 10:30 Let's make Resident's Choice 1:30 Bridge 2:00 Monday Manicure	<p style="text-align: right;">31</p> 9:30 Marsh & CVS 11:00 Library Visit 11:30 Cracker Barrel & Big Lots 2:00 Prize Bingo 3:00 Snack &			Activity Locations CH – Chapel LB – Library TH – Theatre Room	

Out & About

Tuesday January 3, 2012

9:30 Big marsh

11:30 Red Lobster

Thursday January 5, 2012

8:00 Cracker Barrel

Tuesday January 10, 2012

8:30 Kroger

Tuesday January 17, 2012

9:30 Marsh & CVS

11:30 Chili's & Goodwill

Thursday January 19, 2012

11:30 Olive Garden

Tuesday January 24, 2012

9:30 Alidi's

5:00 MCL & Half Price Books

Thursday January 26, 2012

11:30 Ci Ci's Pizza & Super Target

Tuesday January 31, 2012

9:30 Marsh & CVS

11:30 Cracker Barrel & Big Lots

*** Sign-up sheets are located on the table outside the activity room**



At Your Service

Executive Director	<i>Cindy Kump</i>
Assistant Administrator	<i>Lisa Holstien</i>
Director of Nursing	<i>Annie Lacy</i>
Clinical Director	<i>Lisa Quick</i>
Activities Director	<i>Melanie Varner</i>
MDS Coordinator	<i>Susan Kabrich</i>
Admissions Director	<i>Tiffany Camden</i>
Director of Leasing	<i>Keith Sliwa</i>
Social Services Director	<i>Emily Wynkoop</i>
Dietary Manager	<i>Brandy Carr</i>
Environmental Mgr.	<i>Ryan Ramirez</i>
Office Manager	<i>Erica Babb</i>
Rehabilitation Services Mgr	<i>Phyllis Hyman</i>
Health Promotions Coordinator	<i>Laura Michaels</i>
Staff Development Coordinator	<i>Tara Vaughin</i>
Memory Care Facilitator	<i>Luke Garrison</i>

Cottage Highlights

Auguste's Cottage Renovations!

Sometime in the early part of next year, renovations will begin on Auguste's Cottages! The renovations are designed to make things look and feel even more like home for the residents that we serve. Exact dates have not been set, but we expect that work should start sometime soon. Because change can be difficult for those with dementia, we're asking that families and visitors of our Auguste's Cottage Resident take special care to personalize your loved one's room with familiar items. The majority of the work will be done in the common areas and for a while halls may not be as recognizable for our residents. Decorating with family pictures, dry erase boards with reassuring messages and familiar household items is a great way to help your loved one stay oriented to their room, even as changes occur elsewhere.

from **activities**

We appreciate all the groups that have come to entertain throughout the holiday season. Our halls at Zionsville Meadows were filled with music and laughter. If anyone is interested in volunteering or a special talent or have a group that would like to visit with our residents please contact Melanie Varner, Activities Director.

Zionsville Meadows would like to thank Home Instead Senior Care for adopting about 25 residents for Christmas. Home Instead then got our residents the gifts and these items were handed out on Christmas Day. The residents were touched by the thought that someone thought of them and are still talking about all the wonderful items that we received.

We even had a visit from Santa Clause! Zionsville Fire Department brought Santa to the Zionsville Meadows campus on December 22nd. The residents were in family bingo and Santa even came into the chapel for a visit. The smiles on the residents' faces were priceless and everyone was waving to santa. It truly shows that we are all children at heart.

Please note that Family Bingo has moved to 6:45pm. The time has changed so that all the residents can enjoy there dinner and not have to rush. Thanks so much for understanding and we look forward to you joining us for family bingo. Watch the calendar for the monthly bingo game.

RESERVING THE CLUB HOUSE

Please understand that the Club House is an extension of the residents' home and should be treated with respect. Reservations must be made in the Activities Department with the Activities Director, Melanie Varner. When reserving the Club House you will need to reserve with two checks for \$50.00. The checks are for the rental deposit and the other is a clean up fee. If the Club House is left in good condition you clean up the cleaning deposit will be returned. Renters must provide their own paper products, decorations, supplies, and food. If Zionsville is providing catering services arrangements must be made with the kitchen. Trash must be removed and put in the dumpsters, which are located behind the main building.

Highlights of the Month

JANUARY 6TH & 20TH
3:00PM HAPPY HOUR

JANUARY 6TH & 20TH
10-12:00PM
MASSAGES BY APPT

JANUARY 13TH
4:00 SHAPIROS NIGHT

JANUARY 19TH
JANUARY BIRTHDAY CELEBRATION

JANUARY 26TH
6:45 FAMILY BINGO



January Entertainment

7th DON WHITE

9th JERRI WILLIAMSON

11TH STEVE ELTSON

14TH ROBIN HARRISON

Sending Help to Doctor Appointments:

Zionsville Meadows is now sending a Certified Nursing Assistant along with the residents when they go to the doctor. We have started this new ride along program in November to better serve our residents. With some of the transportation companies you might have a small wait depending on how fast the doctor appointment concludes. Many of our companies are dropping off then taking another customer home and are not waiting outside of the appointment. Many of the times it is about an hour from the time of drop-off to the time that the resident is picked up from the appointment. Julie from guest relations will be calling 24 hours prior to the appointment. Julie from guest relations calls the first emergency contact prior to the appointment. If you have any questions about this new process please contact Julie Purnell.

EAT YOURSELF LUCKY: GOOD LUCK FOR THE NEW YEAR

Around the world people eat certain foods to symbolize different cultural tradition and recipes to try to have the best New Year EVER. Here are a few that we have selected for you!! Asian countries long noodles are eaten on New Years Day in order to bring long life. Austria, Cuba and Spain view pork as a good-luck food as pigs foot for food they keep their feet planted and push their snouts forward signifying progress & future prosperity. In the southern United States eat black eyed peas and lentils which are thought to bring prosperity in abundance representing coins this is a classic dish for New Year's Day. We will be enjoying a selected menu choose3n by our residents on New Year's Day. As we have residents from all over the world at Zionsville Meadows we enjoyed these dishes on New Year's Day. Corn beef, Ribs, Cabbage, Black eyed Peas and Corn Bread.

HOW CAN I PREPARE MY HOME FOR THE COLD WINTER MONTHS?

With the cold months homeowners needs to realize that sustained exposure to snow and ice can inflict significant damage on their homes and properties. Below is an outline of some good tips that can help make home damages less likely during an extended cold weather snap.

- Remove all snow and ice from your sidewalks and entrances.
- Keep a lookout for any obstructions in your gutters and downspouts. Removing leaves and melting snow reduces the chance of water buildup and seepage into the house.
- Make sure your house is a minimum of 65 degrees, which will prevent the walls and pipes form freezing.
- Know the location of the main water shut off and find our how it operates in an event of an emergency.
- In persistent cold weather open the hot and cold faucets just enough so they drip. This will prevent the pipes from freezing.
- Disconnect the outside hoses properly.
- Keep attached garage door closed. The door leading to your garage is usually less insulated than an exterior door.
- Pay attention to dead or damaged limbs around your house. Wind, snow, ice can bring them down causing damage to your home.
- Watch all woodstoves, electric heaters and fireplaces closely to make sure they are in good working condition.
- Close flue to the fireplace when not in use.
- When leaving your home for extended periods of time, be sure to have the water system drained to prevent freezing or bursting pipes.

Being proactive is certainly something that is highly recommended in reducing any home damages or losses.

Research shows 40 to 45 percent of Americans make a New Year's resolution, and those who do are 10 times more likely to meet their goal. So, what are the top 10 resolutions Americans were expected to make at midnight?

The government knows. The federal website USA.gov says Americans tend to make the same resolutions year after year. And then they have a hard time sticking to them. So, what are these top resolutions, and how can you fulfill them? Here's everything you need to know, along with resources to boost your mission to become happier and healthier.

Drink Less Alcohol Get a Better Education Get a Better Job Get Fit Manage Debt Manage Stress Quit Smoking
Reduce, Reuse, and Recycle Save Money Take a Trip Volunteer to Help Others Eat Healthy Food Lose Weight

What ever your New Year Resolution is we hope that you meet your goal! Along with wishing you a happy healthy New Year.

HAPPY NEW YEAR...AND HERE COMES THE RESOLUTIONS!

Like so many, we have new goals for the new year. Zionsville Meadows announces our Biggest Loser Contest. Beginning January 4, 2012, staff opted to enter the 8 week contest to reward the person losing the most weight by February 29, 2012. We are all encouraging each other to eat healthy, exercise, and wishing luck to all the participants. May the Biggest Loser be the WINNER of the contest.

Easy Roasted Vegetable & Goat Cheese Tart

- 1 eggplant (1 pound), cut into 1/4-inch thick slices, then each slice cut in half
- 2 small (or 1 extra large) red, yellow, or orange bell peppers, stem and seeds removed, cut into strips about 1 inch wide, then each strip cut into 3 pieces
- 1 red onion, quartered and cut into bite-size pieces
- 2 yellow squash or zucchini, cut into 1/4-inch thick slices
- 5 teaspoons olive oil
- 1 teaspoon Italian Seasoning blend (or similar)
- Salt and pepper (optional)
- Canola or olive oil cooking spray
- 6 ounces light goat cheese (with 3.5 grams of fat per ounce), use spreadable type if possible
- 6 whole-wheat tortillas (whole-wheat pita pockets can be substituted)

Preparation:

Preheat oven to 400 degrees. Line a jellyroll pan with foil and coat the foil with canola or olive oil cooking spray.

1. Add vegetables, olive oil and Italian seasoning to a large bowl and toss to coat vegetables well. Add a sprinkling or two of salt and pepper, if desired. Pour mixture onto prepared pan and coat top with canola or olive oil cooking spray. Roast about 30 minutes.
2. Gently turn over vegetables and roast about 20 minutes more. Meanwhile, spread about 1 ounce (2 tablespoons) of the goat cheese over the top of each tortilla. Crisp the bottom of the tortilla by placing in toaster oven and pressing "toast," or warming in a nonstick frying pan over medium-high heat until bottom is nicely browned.
3. When vegetables are done, top each toasted tortilla with an assortment of the roasted vegetables (about 3/4 cup each). Cut each tortilla into 4 wedges.

www.americansrcommunities.com



**Zionsville
MEADOWS**

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