

Bell Trace Newsletter

February 2016

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February Birthdays

| | |
|------------------|------------------|
| Patty Cannon | 1 st |
| Carolyn Johnsen | 2 nd |
| Tommie Owens | 3 rd |
| Mac Fleming | 4 th |
| Virginia Andrews | 5 th |
| Doris Thornton | 9 th |
| Betty Angstadt | 10 th |
| Nancy Cridland | 13 th |
| Paul Bridgett | 13 th |
| Peta Patton | 15 th |
| June Burns | 19 th |
| Mike Bush | 19 th |
| Bob Ellis | 20 th |
| Jean Anderson | 23 rd |
| Bob Price | 23 rd |

Birthday Party

Friday, February 5th, 2016
2:00 p.m., The Commons

Welcome New Residents

| | |
|--------------------|----------|
| Jane Lyles | Apt. 352 |
| John & Mary Droste | Apt. 103 |
| Jo Ann Hogan | Apt. 252 |

From the Desk of Joy Harter



Transportation and Bus Safety Guidelines

The Bell Trace Bus is a 16-passenger vehicle that provides transportation for weekly shopping trips, lunch and dinner outings, trips to performances and events at IU, and other assorted events not on the Bell Trace campus. Even if you only infrequently find yourself on the Bell Trace Bus, you and your family members will want to be acquainted with the information provided below.

Bus Safety Guidelines

•When the Bell Trace Bus is backing up or its lights are flashing, this means that passengers are loading or unloading from the bus. Other vehicles should not attempt to go around the bus or pull up next to the bus during times when passengers are loading or unloading from the bus. Please wait for passengers to unload and for the bus lights to stop flashing before moving forward in your vehicle.

•When inside the bus, standing is not permitted unless the bus has come to a complete stop.

•Residents with walkers must empty the contents of the walker such that it can be folded up and secured on the bus for safe travel. Baskets on walkers must also be emptied of contents for safe travel purposes.

•Grocery shoppers must limit your purchases to 2 bags that will fit in your lap and not in the seat next to you.

•Bell Trace Transportation will pick residents up where they were dropped off for safety purposes. Residents cannot be picked up at alternate locations other than where they were originally dropped off by the bus.

Continued on next page



Resident Services

From the Desk of Joy Harter (cont.)

Transportation and Sign-Up Guidelines

•Please sign up for all Transportation outings in the Activities Book in the Mail Room. This applies to all grocery shopping trips, lunch/dinner outings, and all other events. Please take note of the sign-up deadline for the event and that sign-up sheets will be removed from the Activities Book at noon the day before the event. This enables staff to make the proper reservations and/or determine what size vehicle is needed to accommodate the group.

•Family members and other guests may sign-up in the "Stand-By" section of the sign-up sheet and will be accommodated when space allows on the bus.

•When signing up for or canceling Tuesday/Thursday Medical Transportation to doctor's appointments, please contact the Front Desk (not the Transportation phone) to make these arrangements. Please make your reservations with the Front Desk at least 24 hours before your appointment. Late additions cannot be guaranteed.

•When local schools are closed due to weather, morning shopping and lunch outings will be canceled for the day. The need to cancel afternoon shopping excursions will be determined in the late morning.

Important Dates to Remember

•Bus Safety Review for Residents Using Our Bus:

Friday, February 12 at 1 p.m. in The Commons

•**Annual EMV (Electric Mobility Device) Review:**
Wednesday, March 9 at 2 p.m. in The Commons

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.

Resident Services

Wellness Checks

Blood Pressure Clinic

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

Podiatrist Visit

Wednesday, February 3, 8:30—10:00 a.m.
Sunroom (for A.L. Residents)

Wednesday, February 3

10:00 a.m.—12:00 p.m., 2nd Floor Lounge
(For I.L. Residents)

Please sign up for a time slot in the Activity Book in the Mail Room.

Hearing Aid Checks & Cleaning

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

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.

Support Groups

Parkinson's Support Group

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

Pet Visit with Kanika

Friday, February 19, 1:45—2:45 p.m.
Lobby and A.L. Hallways

If you would like a visit from Kanika, please leave your door open and she will come spend time with you.

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 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 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.

Remember that gift certificates are available and make wonderful gifts for Valentines Day!

Get Smart Technology Assistance

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.

Resident Services

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.

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.
- Please do not put trash in the recycle totes or leave bags of recyclables outside of the totes.

Give and Take Day

Tuesday, February 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 center.

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.**

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. If you are interested in this service please see Julie Hill or Melissa Davis in the Life Enrichment Department.

Resident Committee Meetings

Resident Council

Tuesday, February 2, 1:30 p.m., The Gallery

Hospitality Committee

Wednesday, February 10, 2:30 p.m.
Community Room

The Hospitality Committee helps new residents 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, February 16, 1:30 p.m., Community Room

Library Committee

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

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

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 remember to limit your purchases to two bags.

Mondays, Depart at 10:00 a.m.

Wednesdays, Depart at 2:00 p.m.

Downtown and West Side Shopping

Friday, February 12, Depart at 10:00 a.m.

Please sign up with your destination in the Mail Room.

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. Please see Melissa if you have any questions.

Dining Out [\$]

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

Applebee's

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

Red Lobster

Wednesday, February 10, Depart at 11:00 a.m.

O'Charley's

Wednesday, February 24, Depart at 10:45 a.m.

Men's Lunch Excursion

Bub's Burgers and Ice Cream

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

IU Men's Basketball [\$]

IU vs. Iowa

Thursday, February 11, Depart at 8:00 p.m.

IU vs. Nebraska

Wednesday, February 17, Depart at 7:15 p.m.

IU vs. Purdue

Saturday, February 20, Depart TBA

IU Women's Basketball [\$]

IU vs. Iowa

Thursday, February 4, Depart at 6:30 p.m.

IU vs. Nebraska

Sunday, February 7, Depart at 1:30 p.m.

IU vs. Wisconsin

Sunday, February 14, Depart at 1:30 p.m.

IU vs. Minnesota

Thursday, February 18, Depart at 6:30 p.m.

GO HOOSIERS!

Transportation Reminder

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.

Musical Performances

Chamber Orchestra at Auer Hall

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

Choral Fest: A Concert of Choral and Organ Music at Auer Hall

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

Baroque Orchestra—"Gilding the Lilly" at the IU Art Museum

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

John Fedchock Jazz Ensemble at The MAC

Monday, February 8, Depart at 7:30 p.m.

Concert Band & Symphonic Band at The MAC

Tuesday, February 9, Depart at 7:30 p.m.

Symphony Orchestra at The MAC

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

Poetic License by Bloomington Symphony Orchestra at the Buskirk-Chumley Theater [\$]

Saturday, February 13, Depart at 6:45 p.m.

Presenting Beethoven's Romance No. 2, Barber's Second Essay, Liszt's Les Preludes, plus a newly-commissioned work by young local composer Benjamin Dean Taylor. This concert features a collaboration with the Bloomington Writers' Guild.

Michael Bourne & Pipedreams at Alumni Hall

Sunday, February 14, Depart at 3:30 p.m.

Pat Harbison Jazz Ensemble at The MAC

Monday, February 15, Depart at 7:30 p.m.

University Chorale & Conductors' Orchestra at Auer Hall

Tuesday, February 16, Depart at 7:30 p.m.

Musical Performances Continued:

Wind Ensemble at The MAC

Tuesday, February 16, Depart at 7:30 p.m.

University Orchestra at The MAC

Wednesday, February 17, Depart at 7:15 p.m.

Pacifica Quartet at Auer Hall

Friday, February 19, Depart at 7:30 p.m.

Bloomington Chamber Singers—Wolfgang Amadeus Mozart: Adagio & Fugue in C minor, K. 546; Motet: Ave, verum corpus, K. 618; Requiem in d minor, K. 626 at The Buskirk-Chumley Theater [\$]

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

Organ Recital at Alumni Hall

Tuesday, February 23, Depart at 7:30 p.m.

Benjamin Taylor Jazz Ensemble at The MAC

Monday, February 29, Depart at 7:30 p.m.

Stage Performances [\$]

"Stomp" at the IU Auditorium

Tuesday, February 9, Depart at 7:00 p.m.

"MacBeth" at the Wells-Metz Theatre

Tuesday, February 9, Depart at 7:00 p.m.

"Cosí fan tutte" at The MAC

Saturday, February 13, Depart at 6:45 p.m.

"One Flew Over the Cuckoo's Nest" at the Waldron Auditorium

Saturday, February 20, Depart at 1:30 p.m.

"Carmen" at The MAC

Saturday, February 27, Depart at 7:00 p.m.

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.

Cottage Chat with Melissa (covering for Joy)
Tuesday, February 23, 10:00 a.m.
The Commons

Apartment Chat with Joy
Wednesday, February 24, 4:00 p.m.
The Commons

Assisted Living Chat with Joy
Friday, February 26, 4:00 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.

Deep Listening

Monday, Feb. 8, 7:00—9:00 p.m., Sunroom
Monday, Feb. 22, 7:00—9:00 p.m., Sunroom

Book Discussion Group

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

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., 3rd Floor Lounge
Note: bible Study will not meet on Saturday, February 6.

Holidays and Celebrations

February Birthday Party

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

All residents are invited to come down and celebrate those whose birthdays fall within the month. Come down at 1:30 p.m. to do a little chair dancing.

Valentines Day Brunch

Sunday, February 14, 11:30 a.m.—1:30 p.m.

Bourbon Street Blues Social Hour

Wednesday, February 10, 4:30 p.m.



Come down to The Commons and enjoy a special Mardi Gras-themed Social Hour

Art is Like Chocolate for the Brain

Thursday, February 11, 3:00—5:00 p.m.,
The Commons and Lower Level

We will celebrate artful living at Bell Trace by showcasing many of our talented residents, all of which will be brought together with a culinary artisan splash of chocolate. This is an event you will not want to miss.

Presidents' Day

Video and Discussion with Kurt

Monday, February 15, 10:00 a.m., Chapel

Religious Services

Ash Wednesday Service

Wednesday, February 10, 3:30 p.m., Chapel

Church Services

Sundays, 4:00 p.m., Chapel

Catholic Rosary

Wednesdays, 4:00 p.m., Chapel

Catholic Service

Fridays, 11:00 a.m., Chapel

Arts Programming

Arts & Crafts

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

Note: We will visit the **IU Art Museum**
Wednesday, February 10, Depart at 1:30 p.m.

Fiber Arts

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

Bring your own hand projects or just bring yourself
and share in the conversation.

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, Feb. 11, 7:30 – 9:00 p.m., Lower Level
Thursday, Feb. 25, 7:30 – 9:00 p.m., Lower Level

Bloomington Peace Choir Rehearsal

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

Service Learning

Roll and Stroll

Tuesdays, from 5:45—7:00 p.m. Sunroom

The Roll and Stroll program is an intergenerational
service-learning project that involves matching
Indiana University students from the School of
Public Health with assisted Living residents.

The students and residents will be rolling and
strolling through the building every Tuesday evening
after dinner and engaging in conversations on a
variety of topics.



Lifelong Learning Classes

Ivy Tech Class

"The American Revolution" [\$24]

6 Tuesday Sessions

Jan. 19—Feb. 23, 1:30—3:00 p.m., Chapel

Great Courses Lecture Series

"Lifelong Health: Achieving Optimum Well-Being at Any Age"

"Myths of Aging—Magical Substances"

Friday, February 12, 2:00 p.m., The Chapel

"Optimizing Health—Tests and Procedures"

Friday, February 12, 2:00 p.m., The Chapel

"Optimizing Health—Prevention"

Friday, February 12, 2:00 p.m., The Chapel

Science with Melissa

This month we will begin watching a new series
from The History Channel entitled "Modern Mar-
vels".

"Television: Window to the World"

Friday, February 5, 4:00 p.m., The Commons

TV revolutionized entertainment and modern
culture. This program charts the history of the
small screen, from the early pioneers in the field
to today's technological advances.

"Ben Franklin Tech"

Friday, February 19, 4:00 p.m., The Commons

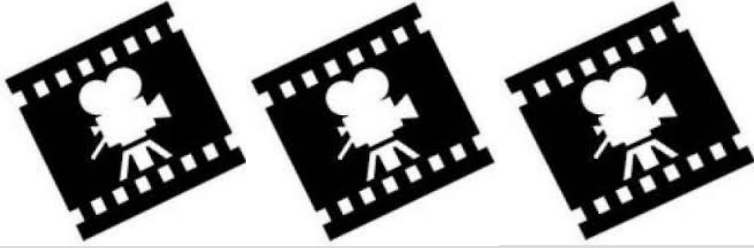
In this episode of Modern Marvels, we examine
how Dr. Franklin's inventive genius extended to
things like Daylight Savings Time and the volun-
tary fire department.

"Mount Rushmore"

Friday, February 26 4:00 p.m., The Commons

We will learn of the controversial history of this
unorthodox masterpiece, including the remarka-
ble design specifications, the tragedies and set-
backs that marred its construction, and the awe
it inspires to this day.

Life Enrichment



On The Big Screen

Saturday Movie Matinee

"The States" series continues
Saturday, 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.

"Glengarry Glen Ross"
Saturday, February 6, 7:00 p.m., Chapel

"Roman Holiday"
Saturday, February 13, 7:00 p.m., The Commons

"Primary Colors"
Saturday, February 20, 7:00 p.m., The Commons

"What's Up, Doc?"
Saturday, February 27, 7:00 p.m., The Commons

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

"The Fugitive"
Sunday, February 7, 1:30 p.m., 3rd Floor Lounge

"The Bourne Identity"
Sunday, February 14, 1:30 p.m., 3rd Floor Lounge

"The Bourne Supremacy"
Sunday, February 21, 1:30 p.m., 3rd Floor Lounge

"The Bourne Ultimatum"
Sunday, February 28, 1:30 p.m., 3rd Floor Lounge

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
Saturdays, 3:00—4:00 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. Beginners are welcome to join in the fun!

Scrabble

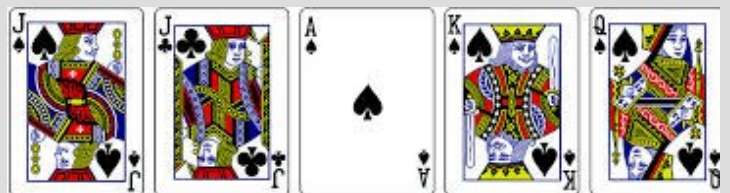
Tuesdays, 2:00—3:00 p.m., Sunroom

Game Night with APO

Friday, 6:30—8:00 p.m., The Commons

If you are a **Euchre** player this is your night to play. Students from IU host this fun evening and they love to play Euchre. If Euchre is not your thing come down anyway.

The students are willing to play any game that you choose; billiards, Scrabble, Yahtzee, chess...you name it, they'll play it!



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

Balance Class [\$]

Tuesdays and Thursdays
3:00—4:00 p.m., The Commons

Adaptive Tai Chi & Meditation

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

NEW! Gentle Stretch and Relax

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

Move and Groove Chair Dancing

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

Chair Yoga

Saturdays, 11:00 a.m., Chapel

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.



Special Events

Music with Matt

Monday, February 1, 7:00 p.m., Front Lobby

Ron Klotz Plays American Folk Tunes

Wednesday, February 10, 2:30 p.m.
The Commons

The Goodwill Girls featuring Joyce Jordan-Cassal

Tuesday, February 16, 7:00 p.m.
The Commons

The Newmans Play Music

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

Doug Haise Plays Ragtime Music

Wednesday, February 24, 1:30 p.m.
The Commons

Jim Kim (IU School of Music Student) Violin Performance

Monday, February 22, 7:00 p.m.
The Commons

Tom Wright—"A Crooner Singing from the Golden Age of Entertainment"

Monday, February 29, 7:00 p.m.
The Commons

Other Events

Indiana Attorney General Greg Zoeller Speaks about Identity Theft and Scams

Tuesday, February 2, 3:00 p.m.
The Commons

Travel Talk with Kurt—Iceland

Thursday, February 4, 1:45 p.m.
The Commons

The Art of Chocolate

Thursday, February 11, 3:00—5:00 p.m.
The Commons

Bus/Transportation Safety Talk

Friday, February 12, 1:00 p.m., The Commons