

# Bell Trace Newsletter

January 2017

## In This Issue

Resident Services	2—5
Life Enrichment	6—7
Out & About	8—9
In-House Events	9
Desk of Joy Harter	10

## January Birthdays

1st:	John Langwasser
4th:	Mary Ann Rothfuss
6th:	John Cochran
6th:	Joe Maddox
6th:	Carol Winkler
7th:	Betty Johnson
9th:	Katharine Sinn
11th:	Velma Harrison
12th:	Hannah Klein
12th:	Wally Adams
12th:	Larry Davis
12th:	B.J. Muehlenbein
13th:	JoAnn Hogan
16th:	Beth Gray
21st:	Phyllis Hriso
23rd:	Virginia Cox
24th:	Fran Martin
28th:	Janette Shetter
31st:	Agnes Ingram

## Birthday Party

Join us in wishing all those residents with January birthdays a Happy Birthday!

ALL ARE WELCOME!

Friday, January 6, 2017  
2:00 p.m., The Commons

## Happy New Year!



The start of the new year is often a time that people make resolutions for the coming year. Here are some resolutions that the Bell Trace residents and staff have made for 2017:

"Drink more water!" —Kellie Self, Clinical Supervisor

"Life is good—continue on!" —Norma Schlesinger

"I plan to become more of an activist." —Pam Milam, Evening Front Desk

"To be more positive, give out more compliments and thank yous!"  
—Susan Calabrese, Director of Nursing

"Do What I want to do." —Cathie Lynch

"I'm turning 90 this year and I want to see what I can get away with!"  
—Marge Blewett

"Lose weight." —Theresa Bradley

"I should make a new year's resolution." —Ann Burke

"Try to not overindulge—on anything!" —Melissa Davis, Activities Coordinator

"Exercise and stay away from sweets." —Maria Sinclair, Home Health Aide

"Try to take better care of my body and have a better attitude toward life."  
—Charlotte Clevenger, Home Health Aide.

# 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 contact Susan Calabrese, RN Administrator of LifeSpan Home Health Services at 812-332-2355, ext. 256.

## Medical Transportation

Bell Trace offers transportation on Tuesdays and Thursdays for medical appointments that are scheduled between 9:30 a.m. and 4:30 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.

## 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.

## Wellness Checks

### Blood Pressure Clinic

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

### Hearing Aid Checks & Cleaning

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

*Please don't remove the current magazines from the Library. We have subscribed to these so that everyone has a chance to enjoy them. Thank you!*

# 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.

## 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.

## Technology Assistance

Help is available if you are having problems or have questions regarding your cell phone, computer, tablet, etc. Please contact either Melissa Davis or Julie Hill to have your name placed on the Technical Support Request List.

## Give and Take Day

Tuesday, January 3, 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 Goodwill. Cold-weather items such as hats, gloves, socks, and coats will be donated to the homeless shelter. Please do not bring undergarments or medication to Give and Take Day.

## 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 and are marked with signs indicating 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.
- Cardboard must be broken down and inside the tote. Do not leave cardboard boxes outside of the totes.

## Welcome New Residents!

Mary Ann Rothfuss	Apt. 362
Joe Maddox	Apt. 212
Martha Cordell	Apt. 152
John McCormick	Apt. 356



# Resident Services

## 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 from 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—All residents are welcome!

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

### Hospitality Committee

Wednesday, January 18, 2:30 p.m.  
Community Room

### Library Committee

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

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

### Newcomers Meeting

Tuesday, January 24, 1:30 p.m., Community Room

## Support Groups

### Parkinson's Support Group

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

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

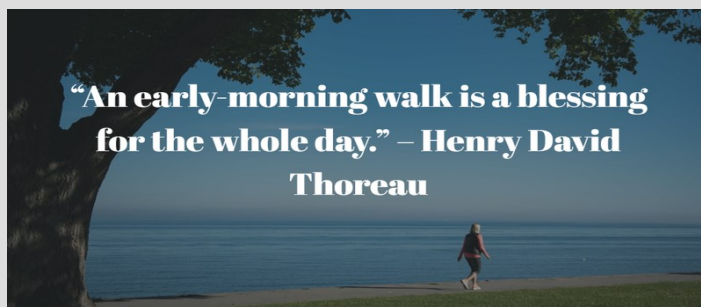
This 45-minute exercise is for beginners and is appropriate for all levels of ability. It was designed to provide participants an opportunity to experience the mind, body, spirit connection. It involves a little chair yoga, a series of adapted tai chi movements, and a guided visual meditation, which can be done sitting or standing. Open to everyone, even the general public.

### Chair Yoga

Saturdays, 11:00 a.m., The Commons

### Mall Walking

Monday, January 2 and 16, Depart at 9:00 a.m.  
Refreshments will be available.



## Religious Services

### Church Services

Sundays, 4:00 p.m., Chapel

### Catholic Rosary

Wednesdays, 4:00 p.m., Chapel

### Catholic Service

Fridays, 11:00 a.m., Chapel



# Resident Services

## Chats & Discussions

Chats are opportunities to hear community updates and to share your ideas and concerns regarding your experience living at Bell Trace.

### Chats with Joy

#### **Apartment Chat**

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

#### **Assisted Living Chat**

Friday, January 20, 4:00 p.m., Sunroom

#### **Cottage Chat**

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

## Discussions

#### **Deep Listening**

Monday, January 2 and 16, 7:00—9:00 p.m.  
Sunroom

This is a wonderful evening of thoughtful discussion and personal storytelling. Facilitated by Alan Backler and Bob Muldoon.

#### **Coffee and Conversation**

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

#### **Book Discussion Group**

Sunday, January 15, 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., 3<sup>rd</sup> Floor Lounge

## Balance Class [\$]

Do you find yourself off balance at times? Struggling to pick objects off of the floor? Afraid you might fall? Balance Class may be your solution.

Balance is a component of life that we often take for granted. When many people think of balance they immediately think of standing on one leg but it is so much more. Life throws lots of obstacles our way at many different times and many different speeds, as we age it often becomes more difficult to react appropriately. Balance Class offers the ability to build better balance by first introducing the different components and applying these components through fun activities. We try to make the activities and concepts as applicable to daily activities as possible while also having a little fun. Through partnership with IU we are lucky to have several students assist with Balance Class which allows for plenty of creativity from the students as well as a great opportunity for you to get to know them. Balance Class is always sure to be a great time with a lot of learning as well. It is offered Tuesdays and Thursdays from 3:00—4:00 p.m. in The Commons (~12 weeks for \$140). Each class builds on the previous so you don't want to miss a session and we will not be able to accept any more participants once the class begins. Our next Balance Class will begin on Tuesday, January 31. Please contact Jordyn to reserve your spot at 812-961-1424.

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

## IU CHAT NIGHT is Tuesday!

We have changed the name of our Roll & Stroll project to IU Chat Night. This is an opportunity for you to share your wisdom, and help IU students practice their skills in working with older people.

Chats will begin at 5:45 p.m., in The Bistro.

# Life Enrichment

## Arts Programming

### Arts & Crafts

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

Art Studio

The Art of Print Making will begin Monday, January 9th. Building on the our exploration of color we will try our hand at silk screening, something that we have not yet tried. Please note that we will not have class the first week of January.

### Fiber Arts

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

This is a group of makers of all kind. Please come and share your craft or just share in the conversation. 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 then we listen to the prose and poetry of our peers. We provide a safe space for writers to both create and critique. Beginners are welcome.

### Ukulele Practice

Thursdays, 4:00—5:30 p.m., Community Room

We can provide you with a ukulele if you want to give it a try. All are welcome, even if you just want to listen and sing along.

### International Folk Dancing

Thursday, January 12 and 26, 7:30—9:00 p.m.

Lower Level (outside the Beauty Salon)

### Bloomington Peace Choir Rehearsal

Wednesdays, 7:00 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. Beginners are welcome!

### Scrabble

Tuesdays and Saturdays, 2:00 – 3:00 p.m.

Sunroom

## Holidays and Celebrations

### January Birthday Party

All residents are invited to come down and celebrate those whose birthdays fall within the month.

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

### Pet Visit

Spend time with Kanika, the black lab/golden retriever service dog. If you live in the Assisted Living wing and would like a visit from Kanika, please leave your door open.

Friday, January 13 and 27, 2:00—3:00 p.m.

Assisted Living Hallways and Front Lobby

# Life Enrichment

## Lifelong Learning Classes

### Science with Melissa—"Modern Marvels"

#### "The Telephone"

Friday, January 6, 4:00 p.m., The Commons

#### "The Erie Canal"

Friday, January 13, 4:00 p.m., The Commons

#### "Gothic Cathedrals"

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

#### "Household Wonders"

Friday, January 27, 4:00 p.m., The Commons

## Bloomington Humanities Center Class

### "Introduction to Islam"

6 Wednesdays, January 4, 11, 18, 25, February 1, 8

7:00—8:30 p.m., Chapel

*No charge for Bell Trace residents*

Guest instructor Ramsay Harik, who holds degrees in Religious Studies from IU and has a Master's in Theological Studies from Harvard presents an introduction to Islam for Americans with little or no background in the religion.

### "The Beatles, Part IV"

6 Tuesdays, January 17, 24, 31, February 7, 21, 28

7:00—8:30 p.m., Chapel

*No charge for Bell Trace residents*

Guest instructor Jamie Acres covers the second part of *The Beatles* (White Album), *Abbey Road*, and *Let It Be*. Jamie's courses on The Beatles are becoming legendary in Bloomington for her depth of knowledge, enthusiasm, and great presentations.

## Ivy Tech Class

### "War of the Roses" [\$24]

6 Tuesdays, January 24—February 28 1:00—2:30 p.m., Chapel

The second part of our Plantagenet lecture series continues with the events surrounding the York and Lancastrian battles for the throne of England, starting with Henry IV.

## On The Big Screen

### Saturday Movie Matinee

#### "Teddy Roosevelt: American Lion" 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.

#### "Sully"

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

#### "Lincoln"

Saturday, January 14, 7:00 p.m., The Commons

#### "Frozen"

Saturday, January 21, 7:00 p.m., The Commons

#### "Florence Foster Jenkins"

Saturday, January 28, 7:00 p.m., The Commons

### Sunday Movie Matinee

We will take a short break from Sunday matinees for awhile.

### Happy Videos

Sometimes we just need a break from things and need to watch videos that make us smile! Join us for Happy Videos every other Friday in The Commons. The videos will include such things as dogs, cats, and other animals; babies; old-time comedy sketches; and other feel-good things.

Friday, January 13 and 27, 1:00 p.m. The Commons

# 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.

### Eastside Shopping

Mondays, Depart at 10:00 a.m.

Wednesdays, Depart at 2:00 p.m.

Please sign up with your destination in the Mail Room.

### Winter Farmers' Market

Saturday, January 7, Depart at 10:00 a.m.

### My Sister's Closet

Friday, January 13, Depart at 10:00 a.m.

## Dining Out

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

### Lunch Excursions

#### Applebee's

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

#### Mother Bear's Pizza West

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

#### O'Charley's

Wednesday, January 25, Depart at 10:45 a.m.

### Men's Lunch Excursion

This lunch is for men only! Women outnumber men by almost 3 to 1 at Bell Trace, so this is a chance for the men to bond with each other and talk about "guy stuff"!

#### McAlisters

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

## Musical Performances

### The Complete Organ Works of César Franck (Part 2 of 2) at Auer Hall

Tuesday, January 10, Depart at 7:30 p.m.

### Angela Brower, Soprano Guest Recital at Auer Hall

Thursday, January 12, Depart at 7:30 p.m.

### Winter Dance Concert: Roots to Wings at the IU Theatre [\$]

Saturday, January 14, Depart at 7:00 p.m.

### Don Freund, Piano—"Well-Tempered Clavier" Series at Auer Hall

Saturday, January 14, Depart at 7:30 p.m.

### Faculty Chamber Music Recital at Auer Hall

Sunday, January 15, Depart at 3:30 p.m.

### Faculty/Guest Chamber Recital

Members of the Cleveland Orchestra and Faculty from the IU Jacobs School of Music String Department

Tuesday, January 17, Depart at 7:30 p.m.

### The Cleveland Orchestra at the IU Auditorium [\$]

Wednesday, January 18, Depart at 7:30 p.m.

### "Celebrating David Baker (Faculty/Guest Recital) at The MAC

Saturday, January 21, Depart at 6:15 p.m.

### Symphony Orchestra at Auer Hall

Thursday, January 26, Depart at 4:30 p.m.

### Pacifica Quartet

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

### Dance Theatre of Harlem at the IU Auditorium [\$]

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





# Out & About / Special In-House Events

## Out and About (continued)

### IU Athletics [\$]

Bell Trace will provide transportation to all IU home football and men's and women's basketball games.

### IU Men's Basketball

#### IU vs. Wisconsin

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

#### IU vs. Rutgers

Sunday, January 15, Depart at 3:30 p.m.

#### IU vs. Michigan State

Saturday, January 21, Depart at TBA



### IU Women's Basketball

#### IU vs. Minnesota

Wednesday, January 4, Depart at 6:30 p.m.

#### IU vs. Purdue

Thursday, January 19, Depart at 7:30 p.m.

#### IU vs. Penn State

Saturday, December 17, Depart at 4:30 p.m.

#### IU vs. Ohio State

Monday, January 23, Depart at 6:30 p.m.

## Other Events

### Pub Quiz at Players Pub [\$]

Monday, January 9, Depart at 5:15 p.m.

### Dance Lessons at Fred Astaire Dance Studio

Wednesdays, Depart at 3:00 p.m.

## Special In-House Events

## Musical Events

### Music with Matt

Monday, January 2, 7:00 p.m., Lobby

### 50s and 60s Music with Dan Robin

Friday, January 6, 1:00 p.m., The Commons

### The Newmans Play the Oldies and Standards

Lennie and Lou Newman will be moving to Carmel to be closer to their children. Please join them in January and February as they give their final performances at Bell Trace.

Tuesday, January 17, 4:00 p.m., The Commons

## Other Events



### Bell Trace Kitchen Tour

Have you ever wondered how big the Bell Trace kitchen is? Or how much food is actually stored in-house? If so, sign up for the kitchen tour. Space is limited to 10 residents at a time. We will offer two tours. Please sign up in the Mail Room.

Friday, January 20, 2:30 p.m. and 3:15 p.m.

Meet in the Front Lobby

### Galina McLaws' Gallery Open House

Friday, January 13, 4:30 p.m., Gallery

## Gallery Exhibition

### The Wonder of It All

Selected Works By *Galina McLaws*

January 13 — February 3, 2017

**Opening Reception: January 13, 4:30 p.m.**

The Gallery at Bell Trace Senior Living Community  
800 N. Bell Trace Circle, Bloomington IN 47408

# From the Desk of Joy Harter



## Start the New Year Happy and Healthy!

Happy New Year to my beloved Bell Trace family! I wish all residents and staff a very Happy and Healthy 2017. With all that I have experienced in 2016 related to my own health and wellness, I want to share excerpts from an article I came across a few years ago entitled “7 Secrets to Living to 100 in Good Health.” These tips for healthy living come from an article written by Dr. Stephen Jones, M.D., board-certified geriatric medicine specialist and director for Healthy Aging at Greenwich Hospital in Greenwich, Connecticut. I share this information with you again as we all look forward to embracing the coming year with healthy bodies, spirits, minds and hearts!

**Take Control of Stress:** Don't let stress get a hold of you! It's important to make time for genuine rest and relaxation in your daily routine. Try Julie's Tai Chi class, attend a Deep Listening session, or try Joy's Mindful Relaxation class! Always remember that events themselves are not stressful, it's your reaction or response to the event that contributes to your stress level. Having a positive attitude and optimism through thick and thin will definitely contribute to reducing your overall stress level.

**Get Plenty of Sleep:** It is very important to get 7-8 hours of sleep a night. If you have trouble falling asleep, try some relaxation techniques like simple breathing exercises where you focus on your breath going in, and your breath going out. It's also helpful to avoid caffeine or alcohol before going to bed. When you can't sleep, it can be helpful to simply get out of bed and engage in a chosen activity, rather than tossing and turning in bed.

**Laugh A Lot:** Did you know that laughing is physically and mentally healthy for you? Laughing helps your body release its “happy” hormones, not to mention that it just feels really good! Laughter really is good medicine!

**Exercise Daily and Get Moving:** Keeping mobile is a key to staying healthy. The key to a successful exercise plan is to find something you enjoy doing. During the winter months, just walking the hallways of Bell Trace is a great way to get going! Or try one of our exercise classes offered on Mondays, Wednesdays, and Fridays. Try it, you just may like it!

**Take Time for Socializing:** Socializing and being with friends is a very healthy activity. Make it a goal to meet people and spend part of your time in the company of others. Enjoying dinner in the Bistro with others is a perfect example.

**Use Your Brain:** There are plenty of opportunities here at Bell Trace to use your brain and to re-establish those important connections between your brain cells! The best way to use your brain is to try a new activity and learn something you haven't learned before. Take up a new hobby or take a different direction back to your apartment.

**Live in the Moment:** Approach every day as the gift that it is. Pay attention to what is happening right in front of you, and don't worry about past mistakes or what will happen in the future. Embrace every moment that you have and be here NOW!