



# ROSEGATE GAZETTE

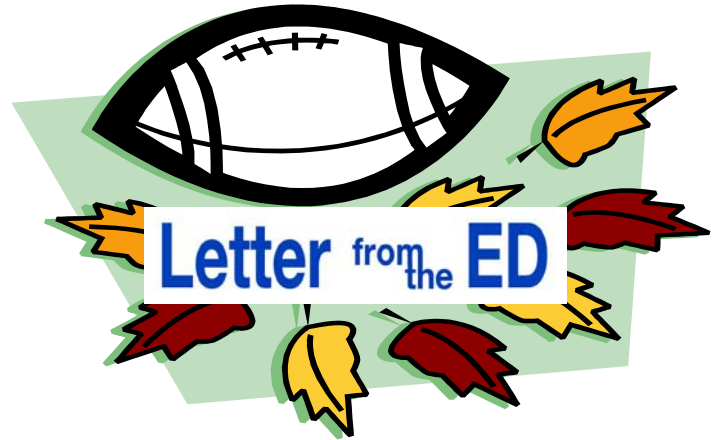
A Rosegate Village Publication · September 2010

## National Grandparent's Day!

Sunday, September 12, 2010 is National Grandparents' Day. Let's honor these special family members with honor, respect, love, and kisses.

We have so much to learn from Grandparents. They have many great stories and lots of knowledge to pass down to us. To learn more about your grandparents, ask them if you can interview them. Below are some questions to help you get started.

- Where were you born? What year?
- Did you have a pet when you were growing up?
- Who was stricter, your mom or dad?
- What were your favorite things to do?
- Did you have to do chores?
- What traditions did your family have?
- Did your family have big reunions?
- Did you like school?
- What were your favorite subjects?
- How old were you when you met grandma/grandpa?
- How old were you when you got married?
- What was your first job?
- Tell me about my mom/dad when he/she was growing up.
- What makes you proud of my mom/dad?
- Have you accomplished what you wanted in life?
- What advice would you like to give me?



It's that time of year again and I couldn't be more excited! Fall will officially begin this month as well as our beloved football.

We've all heard the football metaphors used by politicians during a campaign. But here's a quote I ran into recently that caught my eye.

*"Football is like life -- it requires perseverance, self-denial, hard work, sacrifice, dedication and respect for authority."*

**Vince Lombardi**

And as I watch my 10 and 12-year old boys at practice and during games, I find that this couldn't be truer. Isn't it funny that something enjoyed so much can take so much out of a person, while at the same time, build so much character.

As I observe the aging process, and watch the love and struggles of family members, and I view the dedication of our staff, I am reminded that life really is all of those things in the quote. No wonder we love football so much!

Enjoy the football season and your loved one!

*~ Heather L. Soots, Executive Director*

# September 2010

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Grandparents Day</i></p>	 <p><b>Labor Day</b></p>		<p>9:30 Roll Along Table Top Ball 12:00 September IQ, and Monthly Gazette -R 1:00 Fit -D 1:30 Fiesta Snack-D 2:00 Rock Paper Scissors -D 2:00 Sunshine Cart 6:00 Train Dominos -R</p>	<p>9:00 Sing a long -R 10:30 Community Outing "Ponderosa" 12:00 Lets Talk -R Womens Work Is Never Done" 1:00 Fit -D/ Fiesta Snack-D 2:30 St Jude Communion &amp; Prayer Service -W 3:00 Bingo -RW 6:00 Bible Study -W</p>	<p>9:30 Making Bread-R 9:30 Parachute Fun -R 12:00 "Pen" Play Word Game -R 1:00 Fit -D 1:30 Fiesta Snack -D 2:00 Arts &amp; Crafts -D "Painting" 6:00 Pop Corn &amp; Movie -R "Second Hand Lions"</p>	<p>9:30 Ladies Glamour 10:00 Unscramble Word Contest -RB 12:00 Whats For Sale Word Game-R 1:00 Wii -RB 1:00 Fit -D\ 1:30 Fiesta Snack -D &amp; RB 2:00 Bingo -D 3:00 Lucky Dog Dice Game -RB 6:00 Funny Advertisements -R</p>
<p>9:30 Bird Bath -R 9:30 Glamour Hour - R 11:30 Calvary Tabernacle Church- F 1:00 Fit/ Sundae Day Social -D &amp;RB 2:00 5 a Day -RB 3:30 Uno -RB 3:30 Birds of Feather -R 6:00 Raining Sunshine, Music, Pictures and Scripture -R</p>	<p>9:00 Hilarious Job History 12:00 Occupational Food For Thought-R 1:00 Fit-D 1:30 Fiesta Snack-D 2:00 Hat Game -D</p>	<p>9:00 Making Sense -R 9:30 Paper Hop Scotch -RW 12:00 Lets Talk "The Benefits of Play" -R 1:00 Fit /Fiesta Snack -D 2:00 Bowling -D 3:00 Black Jack -RB 6:00 Bible Study -W 6:00 Gospel Music -R 6:00 Dog Visit</p>	<p>9:00 Making Bread-R 9:00 Whats In The Box -R 9:30 Name That Patsy Tune -RW 12:00 WHAT AM I? -R 1:00 Fit / New Resident Reception- D 2:00 Special Music by Praise The Lord in Song -D 2:00 Sunshine Cart -RB 3:30 " Sweet Dreams" About Patsy -R 6:00 Card Game 5 in a Row-R</p>	<p>9:30 Sing -a-long -R 10:30 Community Outing "K.F.C" 12:00 Biography of Colonel Sanders -R 1:00 Fit -D 1:30 Fiesta Snack-D 2:30 St Jude Communion &amp; Prayer Service -W 3:00 Bingo -RW 6:00 Bible Study -W</p>	<p>9:30 Scarves in Motion-R 12:00 "To Grandmothers House We Go" Reminiscing -R 1:00 Fit -D/ Fiesta Snack-D 2:00 His Purpose Gospel Music Program -D 3:00 Arts &amp; Crafts -RB "Worry Stones" 6:00 Movie &amp; Pop Corn -R "Because of Winn Dixie"</p>	<p>9:00-1:00 SHOP FOR AWARENESS IN PARKING LOT 9:00 Memorial of 911 -R 12:00 A "Grand Match " -R 1:00 Wii -RB 1:00 Fit /Fiesta Snack-D 2:00 Bingo -D 3:00 Fuchre -RB</p>
<p>GRANDPARENTS DAY 9:30 Activities For The Soul -R "Letters To God" 11:30 Calvary Tabernacle Church-L 1:00 Fit -D Colts / Huston -TV 1:30 Grandparents Day Social with Music By Circle Of Friends Band-D 3:00 Family Tree -RB 3:30 Birds of a Feather -R 6:00 Lassie -TV -R</p>	<p>9:30 Target Bean Bag Challenge-R 12:00 Manners Matter -R 1:00 Fit -D 1:30 Fiesta Snack -D 2:00 Bingo-D 3:00 Arts &amp; Crafts-R "Button Book Marks" 6:00 Name That TV Tune-R</p>	<p>9:00 Making Sense -R 9:30 Horse Shoes -P 12:00 Easy Does It Trivia -R 1:00 Fit -RW 1:30 Fiesta Snack -RW 1:45 Special Music By Souls Ministries -RW 3:00 Spoons Card Game -RB 6:00 Senior Sez -R</p>	<p>9:00 Bean Bag Twister-R 9:30 Name That Tune -RW 12:00 First Name Knock-Knock -R 1:00 Fit -D/1:30 Fiesta Snack -D 2:00 Giant Jig Saw Puzzle-D 2:00 Sunshine Cart -RB 2:00 Food Committee Meeting -W 2:30 Resident Council Meeting -W 6:00 Patio Chat</p>	<p>9:00 Sing-a-long -R 9:30 Community Outing "Pic Nic" 12:00 Tac Tac Trivia -R 1:00 Fit -D 1:30 Fiesta Snack-D 2:30 St Jude Communion &amp; Prayer Service -W 3:00 Bingo -RW 6:00 Brush to Canvas-R</p>	<p>9:30 Ribbons in Motion 12:00 High Low -R 1:00 Fit -D 1:30 Fiesta Snack- R &amp; Movie-R 3:30 Poodle Visit -R 6:00 Bingo -R</p>	<p>9:30 Ladies Glamour Hour-R 10:00 Match The Oxymoron Contest -RB 12:00 Sing A Long -R 12:00 Wii -RB 1:00 Fit -D/Fiesta Snack -D &amp; RB 2:00 Special Music by -D THE GOD SQUAD 3:00 Bunko -RB 6:00 Word Game -Oxymorons -R</p>
<p>9:30 Bird Bath -R 9:30 Glamour Hour - R 11:30 Calvary Tabernacle Church- F 1:00 Fit /Sundae Day Social -D &amp;RB 2:00 Art with Shelly -RB 3:30 Birds of a Feather -R 8:20 Colts/ NY Giants -TV 6:00 Raining Sunshine, Music, Pictures and Scripture -R</p>	<p>9:30 Colleague -R 12:00 Lighten Up -R 1:00 Fit -D 1:30 Birthday Party &amp; Special Music By Mel's Karaoke -D 3:30 Arts &amp; Crafts-R "Ojo De Dios" -R 6:30 Sweet Gospel Singers-R</p>	<p>9:00 Making Sense -R 9:30 Horse Shoes -P 12:00 Category Trivia -R 1:00 Fit -RW 1:30 Fiesta Snack -RW 2:00 Shake Loose a Memory -D 3:00 Joker-eno -RB 6:00 Will You Live to Be 100 and Jolly Jokes For Older Folks-R</p>	<p>9:30 Roll Along Table Top Ball-R 9:30 Activity For the Soul -RW "Celebrating Life" 12:00 Autumn Word Scramble-R 1:00 Fit -D 1:30 Fiesta Snack-D 2:00 Shut The Box Dice Game-D 2:00 Sunshine Cart 6:00 Train Dominos -R</p>	<p>9:00 Sing a long -R 9:30 Who Am I ? -R 12:00 Van Ride 12:00 Lets Talk -R 1:00 Fit -D 1:30 Fiesta Snack-D 2:30 St Jude Communion &amp; Prayer Service -W 3:00 Bingo -RW 6:00 Dirty Polly -R</p>	<p>9:30 Parachute Fun-R 12:00 Bee Word Game-R 1:00 Fit -D 1:30 Fiesta Snack -D 2:00 Arts &amp; Crafts -D "Yarn Dolls" 6:00 Pop Corn &amp; Movie -R " Beans Holiday"</p>	<p>9:30 Ladies Glamour Hour -R 10:00 Word Contest -RB 12:00 Name 10 -R 1:00 Fit -D 1:30 Fiesta Snack -D &amp; RB 2:00 Movie &amp; Pop Corn -RB 2:00 Bingo -D 6:00 Funny Advertisements -R</p>
<p>9:30 Bird Bath -R 9:30 Glamour Hour - R 11:30 Calvary Tabernacle Church- F 1:00 Fit /Sundae Day Social -D &amp;RB 3:30 Euchre -RB 3:30 Birds of a Feather -R 4:15 Colts/ Denver -TV</p>	<p>9:30 Music Video-R 9:30 Wind Yarn-R 12:00 Who Am I-R 1:00-Fit-D 1:30-Fiesta Snack 2:00-Bingo-D 3:00-Checkers-R 6:00-Predicting the Magic 8 Ball Game</p>	<p>9:30 Making Sense -R 10:30 R.O.M.E.T -W 12:00 What Am I? -R 1:00 Fit -D 1:30 Fiesta Snack -D 2:00 Bowling -D 6:00 Bible Study -W 6:00 Gospel Music -R 6:00 Dog Visit</p>	<p>9:00 Making Bread-R 9:00 Basket Ball -R 9:30 Charades -RW 12:00 Wii -R 1:00 Fit-D 1:30 Fiesta Snack -D 2:00 Special Concert by "BARBARA FOX" -D 2:00 Sunshine Cart- RB 6:00 Patio Chat</p>	<p>9:00 Sing a long -R 9:30 Ad Slogans -R 12:00 Lets Talk -R 12:00 Community Outing to Library 1:00-Fit/ 1:30 Fiesta Snack-D 2:30 St Jude Communion &amp; Prayer Service -W 3:00 Bingo -RW 6:00 Bible Study 6:00 Make a House For Our</p>		<p><b>ACTIVITY LOCATION KEY</b>  <b>Recreation Room -R</b>  <b>Rosewater Dining Room -RW</b>  <b>Main Dining Room -D</b>  <b>Rosewood Lounge -W</b>  <b>Front Lobby -F</b></p>

## Environmental Services Week September 12-18, 2010

Even though they work quietly, far from the limelight, the job our Environmental Services team does is magnificent. They perform their duties flawlessly – all day, every day of the week, throughout the year, even on Christmas Day. There are thousands of details that need their attention. Our Environmental Services Team also has a great sense of personal responsibility for their jobs, their company, our residents and fellow workers. They often make personal sacrifices by working odd hours and irregular shifts. They are willing to tackle the tough jobs that no one else wants to do.

Once a year, we pause for National Environmental Services Week to recognize what great people they are and everything they do for our residents, their fellow workers, and our guests.

**So, to our Environmental Services Team,  
THANK YOU!  
We appreciate you!**



Special Thanks to Linda Paxton,  
Housekeeping & Laundry Supervisor & Tim  
Shirley, Maintenance Supervisor!

### **Special Music September 12<sup>th</sup>!**

The Rosegate Village Activity Staff has planned a special musical treat with **The Circle of Friends Band** with a special guest! Sundaes will be served and a door prize will be given away! The festivities will begin at 1:30pm. Hope to see you here!

## At Your Service

Executive Director	<i>Heather Soots</i>
Director of Nursing Service	<i>Shereka Houston</i>
Assistant Director of Nursing	<i>Stan Taylor</i>
Activities Director	<i>Suzie McCollum</i>
Social Services Director	<i>Michelle Wilson</i>
Admissions Director	<i>Jen Barnhart</i>
Housekeeping Supervisor	<i>Linda Paxton</i>
Office Manager	<i>Tracey Lane</i>
Maintenance Supervisor	<i>Tim Shirley</i>
Rehabilitation Supervisor	<i>Stephanie Bayless</i>
Health Promotions Coordinator	<i>Emily Parks</i>
MDS Coordinator	<i>Jody Riegel</i>
Memory Care Facilitator	<i>Pam Olson</i>



### **Help Us Be Green!**

Did you know that you could get this same newsletter via e-mail? Help conserve paper and protect the environment by signing up for our e-newsletter at the front desk!

## Rosegate

*NEW ENERGY WELLNESS,  
MOVING FORWARD REHABILITATION,  
AUGUSTE'S COTTAGE MEMORY CARE,  
SKILLED NURSING SERVICES, LONG TERM CARE*

7510 Rosegate Drive  
Indianapolis, IN 46237  
317-889-9300



[www.americansrcommunities.com](http://www.americansrcommunities.com)

## On the MOVE to End Alzheimer's

### Alzheimer's Disease: Facts and Figures

In the United States, 5.3 million people are living with Alzheimer's disease, and a new individual is diagnosed with the disease every 70 seconds. It is currently the seventh leading cause of death. This includes 5.1 million people age 65 and over and 200,000 people under the age of 65. By 2050, up to 16 million Americans will have Alzheimer's. In Indiana alone this year the number of people with Alzheimer's is 120,000.

These statistics are staggering to say the least and is why the Alzheimer's Association has been on the MOVE to find a cure.



### Join Us!

Please continue to join Rosegate in this effort by participating in our community yard sale **Saturday, September 11<sup>th</sup> from 9:00am - 1:00pm**. It could be your lucky day to find that perfect treasure or to sell your treasures and making a little extra dough. Remember tables are only \$25 to rent and all proceeds go to the Alzheimer's Association. Please call Pam Olson for more information and table rentals at 889-9300.



### Upcoming fundraisers

Look for the Colt's Basket Raffle this month at the front desk for \$5.00 per ticket. You are also welcome to stop by the Cottage from 1:00-3:00 every Wednesday to pick up some freshly baked Otis Spunkmeyer cookies. They are a steal at 2 for \$1.00.

### *Alzheimer's Support Group*

*We welcome you to attend our monthly family support group. We will be meeting Tuesday, September 28th at 6:30pm in the Club Room located on the 500 hall. This meeting is open to the Rosegate families and the community. This will be a time of encouragement and education about the disease. Refreshments will be available.*



### Join Our Team!

We are currently recruiting team members for this year's Memory Walk to support the Alzheimer's Association. The Walk will be held on October 17<sup>th</sup> at Carroll Field (located on the IUPUI campus).

To join, go to [www.alz.org/memorywalk](http://www.alz.org/memorywalk). Be sure to join team Rosegate!

If you would like more information, or need help getting signed up, please see Pam Olson, Memory Care Facilitator.

### Women Nurturing Women

Beginning **Sept. 15, at 5:30pm** a new support group will meet to discuss dealing with the daily issues of having a loved one in a nursing facility and living in the community without your spouse. The meeting will be held at 5256 Rosegate Lane. Feel free to bring a dish to share, it will be pot-luck dining (Rosegate will provide the meat). Please see Ann Renfro, in Social Services for more information.



### A Reminder about Medications

Just a gentle reminder to our family members and friends: Please do not bring in **any** over the counter (OTC) or prescription medications to the residents to self-administer before talking to the nurse. When items such as cough drops, eye drops, etc are left at the bedside for the residents to administer it can lead to a serious medical condition not being addressed promptly. Thank you, Nursing Department