

# Bryon Health Center Quarterly Newsletter

Fourth Quarter 2016  
Volume 3, Issue 4

It's Who We Care For!  
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## Christmas Celebrated In Many Ways

Byron Health Center once again enjoyed the Holiday Season, with the generous help of others, by celebrating in many different ways on many different days. Holiday events ranged from the Festival of Trees, Gingerbread Festival, Christmas decorating, Santa's Workshop, Christmas caroling, various parties, worship services and even an indoor snowball fight!

Just after Thanksgiving, visits to the Embassy Theatre's Festival of Trees and the History Center's Festival of Gingerbread started off the Holiday Season.

Christmas decorating then began in late November. Residents and staff prepared for the Holidays by putting up Christmas trees on every neighborhood and 'hanging stockings by the chimney with care.'

Santa's Workshop gave the opportunity for residents to 'shop' for gifts to give

other residents or family members free of charge, courtesy of generous donations to the Life Enrichment Department. Members of the Resident Council even wrapped the gifts for residents for easy gift giving.

The halls of Byron Health Center were graced with the Christmas caroling voices of many different groups and organizations throughout the month of December this year. The beautiful songs were enjoyed by all and helped keep the Holidays close.

The Huntertown Lions Club were the first to host a party, although the Staff, neighborhoods and Christmas Gift Angels festivities were not far behind.

Keefer Creek Baptist Church celebrated Christmas with a special service. All enjoyed 'the most wonderful time of the year!'



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## 50 Acts of Kindness Concluded in December

Byron Health Center celebrated 50 years as a licensed nursing home in 2016 by performing 50 Acts of Kindness throughout the year. The 50 Acts of Kindness volunteer campaign mirrored Byron Health Center's theme for 2016: Pay It Forward. Byron Health Center emphasized doing an act of kindness, out of compassion, not competition, without expectation of returned kindness to its team members and residents throughout the year realizing "We make a living by what we get, we

make a **life** by what we **give**". Byron Health Center residents and staff volunteered throughout the fall at Huntertown United Methodist Church, the Community Harvest Food Bank, the Walk to End Alzheimer's, Making Strides Against Breast Cancer, INDOT Adopt-a-Highway program and hosting a monthly support group for those affected by Huntington's Disease among others. The final Act of Kindness was a donation to Toys for Tots from our Biggest Loser Wellness group.

### Upcoming Events

- ◆ Magic Show
- ◆ Byron's Got Talent
- ◆ Easter Egg Hunt



## Open House & Community Celebration

Byron Health Center culminated celebrating 50 years as a licensed nursing home by hosting an Open House & Community Celebration on October 10<sup>th</sup>. Employees, residents, partners, friends, family and all members of the community were invited to celebrate with fun and refreshments, including birthday cake. Many games were available to play including life-size Jenga, life-size Yahtzee, Corn Hole, Ladder Golf and other fun competitions. Allen County Commissioners Nelson Peters and Therese Brown, who also serves as a Board Member for Recovery Health Services - the parent organization of Byron Health Center, appeared and

read an Allen County proclamation. Mayor Tom Henry also was at the event to read a special proclamation from the City of Fort Wayne. October 10<sup>th</sup> was the birthday of the organization's namesake, Irene Byron, who was born on that date 134 years ago. The event also commemorated 100 years of the organization, in one form or another, existing on the current property as the original TB tent hospital was established in 1916 on the corner of Carroll & Lima Roads. There was also a ribbon cutting ceremony which officially opened the Fort Wayne Rotary Club's 100<sup>th</sup> Little Free Library of 2016 during the event.

Mayor Tom Henry read a special proclamation from the City of Fort Wayne at our Open House & Community Celebration. (above) Byron Health Center CEO Deb Lambert cuts the ribbon opening the Fort Wayne Rotary Club's 100<sup>th</sup> Little Free Library of 2016 at our Open House & Community Celebration. (below)



## Trunk-O-Treat

Byron Health Center hosted Trunk-O-Treat in Friendship Corner courtyard and our parking lot on October 27<sup>th</sup>. What could be better than cars and candy bars? Team members, residents and family, along with special guests, the Fort Wayne Corvette Club and Eel River Elementary school students and PTA, passed out plenty of candy which brought trick-or-treaters out to enjoy the pre-Halloween Trunk-O-Treat fun among the parked cars with decorated trunks. Over 700 members of the community enjoyed the Trunk-O-Treat event which also included a fire roasting in the fire pit and s'mores. Attendees were invited to warm up in the Eakin Family Room with hot chocolate and catch a spooky movie on the big screen TV. The fun-filled fall evening for all was free of charge.

Several local mascots, including the Fort Wayne Derby Girl's Mean Jean, the Fort Wayne TinCaps' Johnny TinCap, Crazy Pinz's Stryker the Parrot, the Fort Wayne Mad Ant, the Three River's Festival's Admiral Andy, the Indiana Tech Cheerleaders and the Fort Wayne Fire Department's Spatz attended the event along with both the Hometown Fire Department and Fort Wayne Fire Department. Candy for the Trunk-O-Treat was generously provided in part by several Byron Health Center friends and partners as well as members of the Byron Health Center staff. Generous sponsors included Grandview Pharmacy, HTS Healthcare Therapy Services, Indiana Tech, Mental Health America in Northeast Indiana, Gordon Food Service and ProStrip Professional Metal Refinishing.



## Thanksgiving with Keefer Creek Baptist Church

The residents and staff of Byron Health Center celebrated Thanksgiving a little early again this year thanks to the generosity of the Keefer Creek Baptist Church. Congregation members served a Holiday meal on November 21<sup>st</sup> & 22<sup>nd</sup>. What started out in 2000 as a collaborative effort between several Byron Health Center staff members and Kathy Prentice of Keefer Creek Baptist Church, to celebrate a simple Thanksgiving dinner with a few residents who had no immediate family with which to enjoy the Holiday, has now become a two-day, family-style feast encompassing all facility residents and staff along with dozens of congregation members. Many Keefer Creek families traveled for over an hour to attend the event. Some from as far away as Spencerville, Bluffton or Cecil, OH. Luckily, they are all quite familiar with the Byron Health Center Eakin Family Room. Not only does the annual Thanksgiving celebration take place in the Eakin Family Room, but each week,

for over twenty years now, Keefer Creek Baptist Church has celebrated Sunday worship in the same space. Planning efforts of the Keefer Creek Baptist Church congregation members began several weeks in advance of the event. While some congregation families volunteered to purchase and prepare food, other families made plans to ‘host’ a table of residents, which then became their adopted family for the evening. The main meal’s menu consists of turkey, dressing, mashed potatoes and gravy, green bean casserole, rolls with butter, deviled eggs and a variety of cheese. Several different homemade pies, cookies and other baked goods are then made available for dessert. Still other congregation members, mostly the many talented youth, entertained the gathering with song and instrument. “We are thankful for being together,” said Keefer Creek Pastor Michael Lederman.



## Veteran’s Day



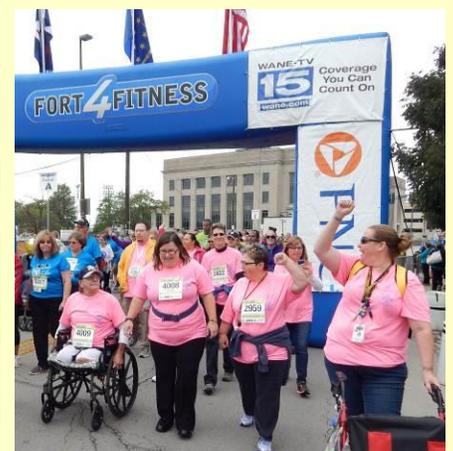
Byron Health Center celebrated our residents, team members and volunteers who are Veterans on November 11<sup>th</sup> with a special lasagna luncheon. The veterans enjoyed a special presentation from Indiana Air National Guard Sargent Rana Franklin, the Community Engagement Manager at the 122<sup>nd</sup> Fighter Wing, and received individual certificates thanking each person for their service .



## Fort4Fitness Senior Marathon & 4-Mile Walk

Byron Health Center residents and staff enjoyed participating in the 2016 Fort4Fitness events. Several residents participated in the Seniors Marathon, which had them incrementally walk the 26.2 miles of a marathon throughout the summer months, completing the final mile on September 30<sup>th</sup>. Another group of about 40 participated in the 4-Mile event where they were able to “Walk with Ashley” as she completed her goal of finishing the event.

Byron Health Center is also a Charity Partner of Fort4Fitness and has been part of the Charity Partner program since 2014.





Byron Health Center  
12101 Lima Rd  
Fort Wayne, IN 46818

Phone:  
(260) 637-3166

Fax:  
(260) 637-3536

E-mail:  
info@byronhealth.org



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## Making Strides Against Breast Cancer

Byron Health Center team members and their families participated in the Making Strides Against Breast event which took place in downtown Fort Wayne at Parkview Field on October 15<sup>th</sup>. Sixteen people completed the 5K walk while several others donated funds to the American Cancer Society.



## Walk to End Alzheimer's

Byron Health Center residents and team members participated in the Walk to End Alzheimer's on October 8<sup>th</sup> in downtown Fort Wayne at Parkview Field. Byron Health Center also sponsored the event which raises funds and awareness about the disease for the Alzheimer's Association.

This is the fourth year that Byron Health Center has participated in the event. The Alzheimer's Association provides information and support for those with Alzheimer's disease free of charge.



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