

# Bryon Health Center Quarterly Newsletter

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It's Who We Care For!  
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## Johnny TinCap Makes a Spring Visit

For the 4<sup>th</sup> year in a row, Johnny TinCap visited Byron Health Center to welcome in both springtime and the impending baseball season. Johnny spent time with both residents and staff on Tuesday, April 5<sup>th</sup>. Johnny took the time to visit with each resident individually and usually posed for photographs and even signed autographs as he fired up the baseball fans at Byron Health Center.

Johnny hails from Fort Wayne and joined the TinCaps in April of 2009 to help jumpstart the move to downtown Parkview Field. Since arriving at Parkview Field, Johnny has shown that he has extensive experience entertaining large crowds. Whether it is helping with different on-field promotions or dancing with his friend Breakin' B-Boy McCoy, Johnny loves to put smiles on the faces of everyone who comes through the gates of Parkview Field. In addition to his work during TinCaps games, Johnny takes pride in being the face of the Fort Wayne baseball franchise. In his time with the TinCaps, Johnny has ventured all over Northeast Indiana, Northwest Ohio and Southern Michigan, spreading his excitement for TinCaps baseball. Johnny's interests include but aren't limited to: TinCaps baseball, apples, birthday parties, planting apple trees in

the grass at Parkview Field, parades and Arbor Day. Johnny's short list of dislikes include loggers, worms and the off-season.

Johnny's visit to Byron Health Center usually signifies more than just the return of TinCaps' baseball to Parkview Field. His visit was also the preamble to springtime and warmer weather. Byron Health Center residents again attended TinCaps regular-season games in the 2016 season as part of the TinCaps' Community, Activity, Recreation and Education (C.A.R.E.) Program. The C.A.R.E. program provides an opportunity to attend a TinCaps baseball game to those in the Fort Wayne Community that otherwise would not be able to do so by issuing free tickets. Presently, the C.A.R.E. program is the only way to obtain a free ticket to a TinCaps game.

"We are so grateful for the TinCaps and the C.A.R.E. program. Our residents just can't wait to get back to Parkview Field and enjoy a TinCaps game," said Byron Health Center Director of Life Enrichment Nichole Miller. "And Johnny TinCap's springtime visit lets our residents know that the baseball season will soon be here."

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### Upcoming Events

- ◆ Sept 6<sup>th</sup> Picnic
- ◆ Pink Glove Voting
- ◆ Renaissance Festival

## Continue to be a 5-Star Community

Byron Health Center continues to excel in resident-centered care as shown by retaining an overall 5-Star community rating as determined by the Centers for Medicare & Medicaid Services (CMS) for over two full years. CMS created the 5-Star Quality Rating System, which gives each nursing home a rating of between 1 and 5 stars, to help consumers, their families and caregivers compare nursing homes more easily. Nursing homes with

5 stars are considered to have well above average quality.

An overall 5-Star community rating means Byron Health Center continues to achieve the best possible level of resident-centered care now for over 2 years.

Of the 528 nursing homes in Indiana, only 110, or about 21% have an overall 5-Star community rating.



Byron Health Center residents decorate bags to be used at the Community Harvest Food Bank Kids Café & Summer Feeding Sites as part of the 50 Acts of Kindness. (above) Byron Health Center staff help create healthy lunches for hungry area children at Generosity Feeds. (below)



## 50 Acts of Kindness Keep Growing

Byron Health Center is celebrating 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 mirrors Byron Health Center’s theme for 2016: Pay It Forward. Byron Health Center is emphasizing 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”.

Some of the places and events that Byron Health Center residents and staff have volunteered at include Generosity

Feeds, Great Park Pick Up, Community Harvest Food Bank Kids Café & Summer Feeding Sites, Celebrate Sound, Honduras mission trip, Eel River Elementary military parcels and Huntington Disease Society of America.

Do you have a project or volunteer opportunity that might fit in well with Byron Health Center’s 50 Acts of Kindness volunteer campaign? Let us know how we can help. Please contact John Drebenstedt at [jdrebenstedt@byronhealth.org](mailto:jdrebenstedt@byronhealth.org) or 260-637-3166 ext. 271, with your Act of Kindness opportunity. Byron Health Center will then assess the opportunity to determine if we are able to help.

## National Nursing Home Week Celebrated

Byron Health Center again celebrated National Nursing Home week from May 8<sup>th</sup> - 14<sup>th</sup> with many activities and events for both residents and staff.

During National Nursing Home Week, skilled nursing care centers across the nation coalesced under the theme, “It’s a Small World, with a Big Heart.” This theme underscored the bond between staff, older adults and individuals receiving therapies or with developmental disabilities.

wonderful folks who populate them. Once a year, always beginning on Mother’s Day, care centers nationwide take pride in publicly honoring the indomitable spirit of residents and recognizing staff who face each day with a sense of purpose and compassion. Planned residents’ activities included Sports Day, Game Show Day, Tie Dye Day, Pirate Day and At the Beach Day while staff members enjoyed Ice Cream Day, Pajama Day, Health & Wellness Day, National Stroke Month Day and Lunch Is On Us Day.



Staff and residents view each other in the spirit of family. For staff, this reality is often a calling to a special mission and a life’s work.

Every skilled nursing care center is a small, vibrant world. Care centers are sharing, welcoming communities that encourage everyone to interact with the



## Early Summer Outings include Zoo, TinCaps, Lake and Railroad

Byron Health Center residents stayed on-the-move this summer attending many outings to various locations and events throughout the area.

May 19<sup>th</sup> and June 11<sup>th</sup> trips to the Fort Wayne Children’s Zoo allowed residents to get up close and personal with many varieties of wildlife. Weather it was petting a kangaroo at the Australian Adventure, feeding the giraffes on the African Journey or getting splashed by a California Sea Lion in the Central Zoo, residents enjoyed interacting with the flora and fauna at the Fort Wayne Children’s Zoo.

Parkview Field, the home of the Fort Wayne TinCaps, a beautiful downtown ballpark, was the destination on June 14<sup>th</sup> & 29<sup>th</sup> to enjoy Minor League baseball. The TinCaps happened to lose both games, but that didn’t dampen the spirits if the residents and staff who attended either game. For the third year now, AWS Foundation has hosted at least one ballgame for our residents to

enjoy. Ballpark food was on the menu, including hotdogs, peanuts and Cracker Jacks. Johnny TinCap also stopped by the seats in the stands for a visit and helped belt out *Take Me Out to the Ball Game* during the 7<sup>th</sup> inning stretch.

Annual trips to the Atwood Lake campground, were several staff members host residents for a day of sun and fun at the lake, continued this year on June 6<sup>th</sup> & 7<sup>th</sup>. Members of the campground join in on the fun, providing outdoor games, pontoon boat rides, fire-grilled picnic, karaoke, outdoor bingo and campfire experiences for attending residents. Residents had so much fun that a second trip to the lake is being planned for September.

New this summer, was an outing to the Garrett Railroaders Club on June 9<sup>th</sup>. Residents enjoyed a venture through the railroading museum full of antique railroad related items and also an interactive session with the model railroad display.



## Picnics Enjoyed both Inside and Out



Byron Health Center welcomed the summer with an outdoor lunchtime picnic on May 26<sup>th</sup>. Memorial Day weekend got started a bit early with a classic menu of grilled hamburgers and potato salad. Mother Nature did not cooperate with the June 15<sup>th</sup> picnic, which had to be moved indoors. Bratwurst with sauerkraut were on the cookout-style menu.



## Fort Wayne Derby Girls Fun for All

Byron Health Center residents and staff enjoyed an evening of roller derby action at the Allen County Memorial Coliseum on Saturday, April 30<sup>th</sup>, courtesy of the Fort Wayne Derby Girls.

This was the final home bout of the season. Fort Wayne’s A team, the Bomb Squad, defeated the Royal City Brute-Leggars from Ontario, Canada, 169 to 1285 while the Fort Wayne SWAT Team lost to Royal City’s Rum Rollers, 144 to 198.

It was both military appreciation night as well as alumni recognition night, so the place was packed and everyone enjoyed the bout. The Fort Wayne Derby Girls have been long-time supporters of Byron Health Center and often are a part of our many community-based activities.





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## Health & Wellness Fair

Byron Health Center hosted a Health & Wellness Fair on April 15<sup>th</sup> for residents and staff. This 2<sup>nd</sup> annual event was hosted by the Wellness Committee and included many vendors, such as the Alzheimer's Association, MedPartners, Lutheran Health Network & Trauma Center, Indiana Tech, Operation: Fight for a Fitter Fort, Tranquil Touch Spa, Breast Diagnostic Center, HearCare Connection, AARP and Wells Fargo.



## Wishes Come True Grant

Several members of Byron Health Center Resident Council along with staff members received a check for \$250 from Jean Hershberger of Centier Bank as part of the Wishes Come True grant program in partnership with Senior CrimeStoppers.

This is the third year that the Resident Council has received the grant. The funds will be used to provide entry fees for residents that wish to use the YMCA.



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