

Bryon Health Center Quarterly Newsletter

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It's Who We Care For!
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Three Rivers Festival Fun



Byron Health Center once again enjoyed being involved in many aspects of this year's Three Rivers Festival. First, by entering a float in the Parade on July 9th under the main parade theme: "Celebrate Indiana - Ignite the Future." The float, entitled "We'll Celebrate Together and Pay It Forward!" was made up of a giant cake celebrating 50 years along with a decorated trailer which was populated with residents and surrounded by staff members dancing and clapping to several fun musical numbers. While Indiana celebrates 200 years in 2016, Byron Health Center celebrates 50 years as a licensed nursing home! We'll Celebrate Together and Pay It Forward by performing 50 Acts of Kindness throughout 2016. Come visit Byron Health Center at the corner of Carroll and Lima roads to see the many great things we are doing to fundamentally change long term health care for our residents by being mindful, intentional and grateful.

On July 13th, Byron Health Center Johnny also participated in the Bed Race, having an entry in the Creativity division, encompassing the many eras of Indiana's history. For the third time in

as many years, Byron Health Center placed 2nd with the judges. Unfortunately, the inclement weather kept the usual strong throng of resident supporters from actually attending the event.

Byron Health Center entered two rafts in the Raft Race held on July 16th. The boat-like design of the raft entered in the speed division housed the maintenance crew while the 'neon green floating machine' raft from the previous year was recycled by several team members for the creativity entry. Although neither entry took a place due to ever increasingly stiff competition in both categories, tons of fun was had as they braved the waters of the Saint Joseph River and multiple water-balloon throwing audience members.

The Three Rivers Festival is an excellent venue to not only remind the community of the great things we are doing here at Byron Health Center, but also have our residents become intricately involved in the fun and festive community activities and events throughout the event.

Contents

Three Rivers Festival Fun	1
50 Acts of Kindness	1
Upcoming Events	1
Back to School ... Back to Oz	2
Corvettes, Bikes & S'mores	2
Summer Outings	3
Summer Picnics	3
Olympics	3
Pink Glove Dance	4
HDSA Team Hope Walk	4

Upcoming Events

- ◆ KCBC Thanksgiving
- ◆ Christmas
- ◆ New Year's Eve

50 Acts of Kindness Continue Throughout Summer

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 throughout the summer include the Community Harvest Food Bank, Saint Elizabeth Ann Seton's SetonFest Miracle Miles 5K, the National Soccer Festival, INDOT Adopt-a-Highway program, Fort4Fitness, Rotary Club's Little Free Library project, hosting a monthly support group for those affected by Huntington's Disease as well as financially supporting and attending the Huntington's Disease Society of America's Team Hope Walk in Pendleton.



Nearly 150 school-age children in need received backpacks and school supplies during Back to School ... Back to Oz, another one of our 50 Acts of Kindness. (above)

Back to School ... Back to Oz sponsor Indiana Tech let kids know about their future education options. (below)



Back to School ... Back to Oz Helps School Kids

Byron Health Center hosted Back to School ... Back to Oz event on Saturday, August 6th, which provided backpacks and school supplies for children in need just prior to the new school year kicking off. The *Wizard of Oz*-inspired afternoon was held for members Helping Neighbors Fort Wayne Facebook group as well as school-age children and grandchildren of staff in need. Approximately 150 school-age children 'followed the yellow brick road' to find backpacks and school supplies to use as the new school year loomed near.

Menard's and Indiana Tech helped to sponsor the event where backpacks and select school supplies, like pencils,

pens, notebooks, folders and crayons, were supplied to school-age children in need free of charge. Snacks, like popcorn and cookies, were distributed while residents costumed as *The Wizard of Oz* characters greeted the students and their families. Several educational craft projects were also available to work on as the classic *Wizard of Oz* played on the big screen in the Eakin Family Room.

The Byron Health Center Resident Council, along with generous team members, donated school supplies. Sponsor Indiana Tech was also present at the event to encourage attendees to stay in school and attend college.

Corvettes, Bikes & S'mores

Byron Health Center hosted a fun evening for all on July 27th during Corvettes, Bikes & S'mores. Members of the Fort Wayne Corvette Club (FWCC) brought their highly coveted 'Vettes' while the Gold Wing Road Riders Association (GWRRA): Chapter U of Angola and the Christian Motorcycle Association (CMA): Biblical Bikers # 1245 of Auburn brought their desirable 'Hogs' to the Byron Health Center campus. Both staff and residents spent the early evening enjoying the many styles, varieties and ages of Chevrolet Corvettes along with Hondas, Harley Davidsons and various other motorcycles that gathered. The public was also welcome to enjoy the American iconic automobiles and motorcycles throughout the evening.

This will be the fourth time in as many years that the FWCC has gathered at Byron Health Center. "We are

delighted that the FWCC has chosen Byron Health Center to show off their beautiful cars," said Nichole Miller, Byron Health Center Director of Life Enrichment, "Our residents and staff always look forward to seeing all of the Corvettes up close and personal!"

For the second year in a row, the GWRRA: Chapter U of Angola and the CMA: Biblical Bikers # 1245 of Auburn joined the FWCC in filling the Byron Health Center parking lot with many styles and versions of motorcycles.

The Byron Health Center Resident Council also presented a mini-festival in the Friendship Corner courtyard area of the campus during Corvettes, Bikes & S'mores.

Indiana Tech was also on hand to help encourage continuing education for those attending the event.



More Summer Outings include Speedway, Zoo, Lake and Fort4Fitness

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

Early July brought the Three Rivers Festival with all of its activities to attend and enjoy. New this summer, was an outing to the Angola Motor Speedway on July 30th. Residents enjoyed the roar of the engines and the smell of smoking tires as amateur racers took to the track for a night of four-wheeled fun.

August 25th and September 21st trips to the Fort Wayne Children's Zoo allowed residents to again get up close and personal with many varieties of wildlife. Whether it was grooming a goat at the Indiana Family Farms or watching the California Sea Lion get fed in the Central Zoo, residents enjoyed interacting with the flora and fauna at the Fort Wayne Children's Zoo.

A second trip to the Atwood Lake campground was added this summer, as several generous staff members again hosted residents for another day of sun and fun at the lake on September 9th. Members of the campground again joined in on the fun by providing outdoor games, pontoon boat rides, a fire-grilled picnic, karaoke, outdoor bingo and campfire experiences for all of the attending residents.

Parkview Field, the home of the Fort Wayne TinCaps, our beautiful downtown ballpark, was also the location for the Final Mile of the Fort4Fitness Senior's Marathon on September 30th. Several residents completed the final mile of the incremental marathon on a cold and rainy night. Smiles still abounded as proud residents showed off their participant t-shirts and medals won for having walked at least 26.2 miles over the summer months. This was the second year that some residents have participated in Fort4Fitness.



Picnics Enjoyed Throughout the Summer Months



Byron Health Center continued the summer celebrations with an Independence Day picnic on July 5th, with Coney Island hot dogs. All enjoyed the grilled chicken during an evening indoor picnic on August 16th. Labor Day brought a Summer Carnival with many fair-themed games and prizes along with a fair-food picnic, including a trip down 'junk-food alley' on September 6th.



Olympics Arrive at Byron Health Center

Byron Health Center residents and staff enjoyed commemorating the Summer Olympic Games with some Olympics of their own on August 19th & 20th.

Residents competed in the softball throw, wheelchair races, obstacle course, squirt-gun targets and balloon volleyball on Friday while staff members showed their skill in the obstacle course, volleyball, softball throw and wheelchair races on Saturday.

Combined scores from the residents and their pared staff team led to overall gold, silver and bronze medal winners.





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3rd Place Finish in the Pink Glove Dance

Thanks to your votes, Byron Health Center and the Breast Diagnostic Center were able to win 3rd place and another \$2,500 for Francine's Friends through competing in the Medline Pink Glove Dance competition. This was the second time in three years that BHC & BDC won 3rd place in the small bed category of the national competition.



Residents Walk for HDSA

Several staff members, along with two residents, attended the Huntington's Disease Society of America's Team Hope Walk in Pendleton, IN, on September 24th. Byron Health Center also sponsored the event which raises funds for, and awareness of, those affected by Huntington's Disease.

This is the first year that Byron Health Center has participated in the event. Byron Health Center also hosts a support group for those affected by Huntington's Disease on the first Thursday of each month.



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