

Bryon Health Center Quarterly Newsletter

Second Quarter 2017
Volume 3, Issue 2

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

For the 5th 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 4th. 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 will continue to attend TinCaps regular-season games in the 2017 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 can't wait to visit Parkview Field and enjoy some TinCaps games," said Byron Health Center Director of Life Enrichment Nichole Miller. "And Johnny TinCap's springtime visit always lets our residents know that the baseball season is right around the corner."

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Upcoming Events

- ◆ August 9th Picnic
- ◆ Sept. 6th Carnival
- ◆ 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 three 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 well over three years.

Of the 553 nursing homes in Indiana, only 147, or about 26.5% have an overall 5-Star community rating.



Byron Health Center hosted the Eggstravaganza Community Easter Egg Hunt for area children to enjoy. (above)

Area children enjoyed a visit from Peter Cottontail, the Easter Bunny. (below)



Eggstravaganza Community Easter Egg Hunt

Byron Health Center again hosted an Eggstravaganza Community Easter Egg Hunt presented by MKM Architecture & Design and Grandview Pharmacy on Saturday, April 15th, from 1:30 to 3:30 p.m. Byron Health Center residents, volunteers, staff and family members spread Easter Eggs throughout the campus of the facility. Over 500 members of the community brought their children out to enjoy some day-before-Easter fun. The event was free of charge.

Prior to the actual Easter Egg Hunt, booths with snacks and activities for all to enjoy included Easter arts & crafts, plant-a-seed and other fun crafts as well as face painting by the sisters of Preceptor Gamma Iota. Byron Health Center residents, volunteers and staff participated in the event and helped to pass out Easter Egg prizes. It was a fun-



filled afternoon for all! Children of all ages received a very special visit, along with photo opportunities, from Peter CottonTail, the Easter Bunny. Appearances were also made from local mascots including the IPFW's Don the Mastodon, the Fort Wayne TinCap's Johnny TinCap, Crazy Pinz Stryker the Parrot and Three Rivers Festival's Admiral Andy as well as the Indiana Tech Cheerleaders. Sponsors of the event included Healthcare Therapy Services, Havel, Instate Welding Services and Rosie Scranton along with presenting sponsors: MKM Architecture & Design and Grandview Pharmacy. Other candy was provided in part by generous friends of Byron Health Center, including Combustion Mechanical, Core Benefits, Goodwill Industries, Hometown Pest Control, Ellison Bakeries, the Volunteer Center and members of the Byron Health Center staff.



National Nursing Home Week Celebrated

Byron Health Center again celebrated National Nursing Home week from May 14th - 20th with many activities and events for both residents and staff.

During National Nursing Home Week, skilled nursing care centers across the nation united under the theme, "The Spirit of America." This theme underscores the bond between staff, volunteers and residents that capture the American spirit. 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 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 activities included Diversity Day, Super Hero Day, State Fair Day, Luau Day and Patriotic Day.



Early Summer Outings include Children’s Zoo, TinCaps & Atwood Lake

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

May 31st and June 22nd trips to the Fort Wayne Children’s Zoo allowed residents to get up close and personal with many varieties of wildlife. Whether 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 May 19th and June 7th to enjoy Minor League baseball. The TinCaps happened to lose the May game vs. Wisconsin, but were victorious in the June game vs. Lake County. Johnny TinCap also stopped by the seats in the stands for a visit and

helped continue the fun. Even though the TinCaps are not having a great season this year, more trips to Parkview Field are being scheduled throughout the summer for our residents to enjoy some more baseball.

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 12th & 13th. 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. Several brave souls even ventured into the waters of Atwood Lake for a swim! The beach and floating raft were popular hot spots for our folks to hang out. Residents had so much fun that a second trip to the lake is being planned.

A jaunt around Headwaters Park in downtown Fort Wayne was new on the itinerary this year as well.



Picnics Enjoyed both Inside & Out



Byron Health Center welcomed the summer with an outdoor lunchtime picnic on May 17th. Memorial Day weekend got started a bit early with a classic menu of grilled brat burgers and baked beans. Mother Nature did not cooperate with the June 14th picnic, which had to be moved indoors. Hot dogs were on the cookout-style menu that coincided with our Corvettes, Bikes & S’mores event.



Important Food Policies & Procedures

As an ongoing effort to keep our residents healthy and safe, we’d like to remind you about some parameters that need to be followed when bringing in food for your loved ones. While we encourage you to provide family food favorites for your loved one, there are a few simple procedures that need to be followed to avoid the risk of contamination. Brought-in food must be come in covered, sealed containers, then stored and heated up / prepared in the allotted pantry areas on each neighborhood. The main kitchen cannot store or prepare food that you bring in. Finally, if you would like to share brought-in food with other members of our community, please be aware that individuals may have certain dietary restrictions that need to be followed.





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Health & Wellness Fair

Byron Health Center hosted a Health & Wellness Fair on April 28th for residents and staff. This 3rd annual event was hosted by the Wellness Committee and included many vendors, such as the Alzheimer's Association's Walk to End Alzheimer's, PNC Bank, Tobacco Free Allen County, Indiana Tech, Operation: Fight for a Fitter Fort, Tranquil Touch Spa, American Cancer Society's Making Strides Against Breast Cancer, American Heart Association and Wells Fargo.



The Longest Day for Alzheimer's Association

Team members and Residents of Byron Health Center showed their support for the Alzheimer's Association by participating in The Longest Day event on June 21st.

Participants wore purple throughout the day and helped raise funds for the Alzheimer's Association. The funds will be used to help support research to someday find the first survivor of the disease by reaching a cure.



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