

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 several aspects of the Three Rivers Festival. First, by entering a float in the Parade on July 8th under the main parade theme: "Super Heroes." The float, entitled "Super Heroes of Healthcare," was made up of several residents and team members dressed as super heroes by wearing capes and masks. They also held comic book-like starbursts denoting the purpose, compassion, integrity, communication, respect, dignity and passion traits that our Super Heroes of Healthcare possess. At Byron Health Center, team members and residents are all Super Heroes of Healthcare. By recognizing super heroes are ordinary people doing extraordinary things, Byron Health Center truly believes that a real hero is measured by the size of their heart.

Then, on July 12th, Byron Health Center also participated in the Bed Race,

having an entry in the Creativity division, continuing the Super Heroes of Healthcare theme. The bed took on the shape of the Batmobile with team members dressing up as their favorite Super Hero. After three years of being the runner-up, Byron Health Center finally won the creative division in front of a large crowd, including over 30 residents and team members, near Friemann Square in downtown Fort Wayne.

Unfortunately, the Raft Race was cancelled this year due to unusual flooding on the rivers.

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.

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Corvettes, Bikes & S'mores

Byron Health Center hosted a fun evening for all on June 14th 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 (GWRAA): Chapter U of Angola brought their desirable 'Hogs' to the Byron Health Center campus.

Residents, their family and team members spent the early evening enjoying the many styles, varieties and ages of Chevrolet Corvettes along with Honda Gold Wings 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 fifth 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!" This year's event was preceded by a delicious evening picnic which included visits from several local mascots.



Upcoming Events

- ◆ Christmas Angels Parties
- ◆ Christmas
- ◆ New Year's Eve

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



Over 150 school-age children in need received backpacks and school supplies during Back to School ... Back to Oz presented by MKM architecture + design and Core Benefits. (above)

Sarah Starcher-Lane celebrates with colleagues, family and friends as she is named Executive Director of Byron Health Center. (below)



Byron Health Center hosted Back to School ... Back to Oz presented by MKM architecture + design and Core Benefits on Saturday, August 5th, 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 of Helping Neighbors Fort Wayne Facebook group as well as school-age children and grandchildren of staff in need. Over 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, MKM architecture + design

Sarah Starcher-Lane Named Executive Director

Congratulations to Sarah Starcher-Lane, HFA, as she has been named the Executive Director at Byron Health Center. She began serving our residents and staff just over 3 ½ years ago as the Staffing Coordinator and Human Resources Assistant. She quickly found a passion to accomplish more at Byron Health Center and chose to pursue an Administrator in Training (AIT) career-path under the tutelage of current CEO, Deb Lambert.

With a Bachelor of Arts in Communication and a Certificate in Public Relations from the University of Cincinnati ('11) as well as a background in long term health care human resources as the Human Resource Director at Oak Pavilion Nursing Center in Cincinnati, OH, Sarah adapted quickly to a larger Leadership role as she spent time to learn the duties of, and share experiences in, every department at Byron Health Center. She completed her AIT at the end of 2015 and then passed both the federal and state exams with flying colors to become a licensed nursing home Administrator and was named our Assistant Administrator.

Sarah originally found her way to Byron Health Center when her husband, Ra'shaun, was relocated to Fort Wayne for work. During her job search at the time, she found the open Staffing

and Core Benefits helped 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 were provided 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.

Byron Health Center feels strongly that the community has given so much to us that it is only right that we give back to the community.

Coordinator position. Because she excelled in staffing at Oak Pavilion Nursing Center and loved working in a long term health care setting, she quickly became part of the community as she saw her own mission and vision in life align with Byron Health Center's culture. She loves to see the resident's smile and strives to help them thrive to be best of their abilities.

Sarah was chosen to be part of the National Emerging Leadership Summit this past June in Washington DC. She is a member of the Board of Directors for the American College of Health Care Administrators where she serves as the Director of Membership. Sarah also serves as Vice President of the Huntington's Disease Society of America - Indiana Chapter. If you are free next Monday - join the HDSA - IN chapter at Wine & Canvas for a fundraiser. Please register online.

When she can find the free time, Sarah loves spending it with her husband and two daughters, Amari, 5 years old and Isla, 2 years old, as well as traveling all over the country for delicious food!

Deb Lambert remains the CEO of our organization and will now commit more time exploring the future options for Byron Health Center including the building of a new facility.

Summer Outings include Zoo, Farm, 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. August 17th and 24th along with September 1st and 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 a giraffe get fed in the African Plains, residents enjoyed interacting with the flora and fauna at the Fort Wayne Children's Zoo.

A trip to the Atwood Lake campground was enjoyed this summer, as several generous staff members again hosted residents for a day of sun and fun at the lake on September 8th. 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.

New this autumn, was an outing to the Salomon Farms Fall Festival on September 22nd. Residents enjoyed a wagon ride, petting zoo and lots of seasonal crafts and snacks.

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 29th. Two residents completed the final mile of the incremental marathon on a crisp evening. 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 third year that several 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 grilled chicken. All enjoyed hamburgers and root beer floats during the picnic on August 9th. Labor Day brought an indoor End of Summer Carnival with many fair-themed games and prizes hosted by University of Saint Francis Nursing Students on September 6th.



Olympics Return to Byron Health Center

Byron Health Center residents and staff enjoyed creating their own Summer Olympic Games with the Byron Olympics held on September 15th and 16th.

Residents competed in the softball throw, wheelchair races, and balloon volleyball on Friday while staff members showed their skill in the obstacle course, football, kickball and wheelchair races of their own on Saturday.

Combined scores from the residents and their paired staff team led to overall gold (Chargers), silver (Saints) and bronze (Bombers) medal winners.





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Wearing Purple for Alzheimer's Awareness Month

Byron Health Center helped to raise funds and awareness by residents and team members wearing purple on each Friday throughout the month of September as part of Alzheimer's Awareness month. All money raised was given to the Alzheimer's Association in support of the BHC team at the Fort Wayne Walk to End Alzheimer's at Parkview Field on October 7th.



Visit from CW Superheroes and Francine's Friends

The CW Network chose the Byron Health Center parking lot to shoot a Public Service Announcement about the fight against breast cancer the Francine's Friends Mobile Mammography coach last visited the campus on September 29th. Wonder Woman and Supergirl visited us to share the message of early detection as the best protection and being stronger together. Find out more at francinesfriends.org



Only Medical-Grade Power Strips Now Acceptable

We are now required to have only medical-grade power strips (extension cords) in all resident areas. Please contact Scott Fortmeyer, or a member of the maintenance team, if you wish to use a power strip for your loved one's electrical items.

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