

Cumberland Trace
1925 Reeves Road
Plainfield, IN 46168

Postage
Information

February 2019



Assisted Living Newsletter

1925 Reeves Road Plainfield, Indiana 46168 (317) 838 – 7070 www.cumberlandtrace.us

Name: _____

Apt #: _____



Outings in February

Lunch at Sal's

February 1 at 11am

Shopping at Walmart

February 8 at 12:30pm

Lunch at O'Charley's

February 13 at 11am

Shopping at Kroger

February 15 at 12:30

Love Your Pet Day

February 19 at 8am

Men's Breakfast

February 28

Ladies Lunch

February 22 at 11am

Dinner at Cheddar's

February 27 at 4pm

Special Days in February

Sunday 3rd

Super Bowl Party 6pm (PT)

Tuesday 5th

Apple Pickers 10am (Library)

Wednesday 6th

Diabetes Class & Town Hall 1:30pm (CH)

Thursday 7th

Music with Will & Mark at 3pm (CH)

Monday 11th

Veteran's Meet & Greet at 1:30pm (CH) & Music
with Ginny Patsy Cline at 3pm (CH)

Tuesday 12th

Paparazzi at 11am (ML) & Painting with Tracy at
6pm (CH)

Wednesday 14th

Valentine's Day Celebrations & Dinner

Tuesday 19th

Birthday Dinner at 4:30 (CH)

Your family is our family

At Cumberland Trace, you'll see our family-first philosophy shine through in all that we do to make the living experience truly special. You'll see it in our thoughtfully designed, comfortable suites and welcoming gathering spaces – and in the variety of services, amenities, and engaging activities we offer residents and family members. You'll feel the warmth of being part of our family of residents and staff. We welcome family visits and always appreciate the family's participation, suggestions and concerns. Because we share a common goal – the well-being and happiness of each person we serve – we go the extra mile to ensure the senior living options and health care services we offer meet everything from lifestyle desires to a wide range of personal needs. It all contributes to optimal quality of life for our residents receiving assisted living support, rehabilitative care, long-term skilled nursing care or specialized memory care.

Community Amenities Include:

The Bistro Restaurant- Style Dining
The Colonnade Private Dining Room
Civic Hall Community Center
Prewitt Theater
The Fitness Connection
Clark's Creek Library
Beauty Salon/ Barber
Welcoming Lounges and Living Rooms
Inviting outdoor Courtyards
Modern, fully equipped therapy gym
Wi Fi throughout the community

Birthdays in February

Stanley Bengé February 3rd

Joy Burkhardt February 9th

Rosalie Vawter February 15th

Helen E Gill February 18th

Sedonia Joyner February 21st

Valda Kehr February 21st

Elizabeth C. Magliola February 23rd

Management Team



Executive Administrator
Tom Mullins



Assistant Administrator
Trei Barnett



Resident Services Director
Misty Cummins



Director of Nursing
Nikki Osborne



Activities Director
Hardeep Kaur



AL Clinical Director
Jordan Stream



Food Service Director
Jeff Whitaker



Environmental Service Director
Frances Hollinsworth



Maintenance Director
Scott Munroe

The Original Castaway

On February 1, 1709, Alexander Selkirk was rescued from an island after being stranded there for four years. Upon his return to England, journalists portrayed his last four years in extraordinary detail, making Selkirk a celebrity and inspiring the novelist Daniel Defoe to write his masterpiece *Robinson Crusoe*.



Selkirk was a hot-tempered navigator of a privateering ship called the *Cinque Ports*—a legalized pirate ship plundering for the British Crown. When conditions on board got bad, Selkirk tried to raise a mutiny against the ship's young captain by begging to be left alone on an island with the crew. Unfortunately for Selkirk, none of the other crew members wanted to stay behind with him, so he was abandoned on Más a Tierra island off the coast of Chile. Selkirk expected another friendly ship to arrive, perhaps within days, but again he miscalculated, and another ship did not arrive for four years and four months. Amazingly, Selkirk survived. He ate fish, crayfish, and the many goats that inhabited the island. He grew so fleet of foot that he could catch them with his bare hands. Food and shelter came relatively easy. Keeping his sanity was his most difficult task. When a ship arrived on the horizon to save him, it was navigated by none other than William Dampier, a buccaneer under whom Selkirk had sailed on the *Cinque Ports*. Selkirk attempted to tell his story to Dampier, but he could barely remember the English language. Selkirk found it difficult to reintegrate into society, often thinking that he was happiest when he had nothing on the island.

Daniel Defoe was intrigued with Selkirk's story and so wrote a romanticized version of it in *Robinson Crusoe*. Perhaps, however, this story should not be celebrated, for it has often been criticized as a tale of one colonialist's suppression and enslavement of an indigenous culture. Crusoe may have been a hero in 18th-century England, but today his accomplishments seem rather brutish. Perhaps instead, we should celebrate February 1 as Alexander Selkirk Day and forget *Robinson Crusoe*.

Drawing the Short Straw

February 22 is Skip the Straw Day. Banning straws has certainly been a hot topic. More and more companies and communities are outright banning these seemingly harmless modern conveniences. This is because Americans, on average, use one million plastic straws each day, and many of those plastic bits are ending up in landfills and our oceans. For those who still want straws or need them for medical reasons, some companies now provide customers with biodegradable or compostable straws, including paper straws. People used to sip drinks through long hollow reeds of ryegrass. That all changed in 1888 when inventor Marvin Stone patented a spiral winding process for paper and created the first paper straw. His straws were far superior to ryegrass straws, for they did not impart a grassy taste to the beverage. So it seems that we have come full circle, back to Stone's original invention. But will banning plastic straws actually save the environment? Not entirely. Plastic straws are just a tiny percentage of plastic pollution. But the anti-straw movement might raise awareness about the harms of plastic to our planet.

Many Happy Returns



February is Return Shopping Carts to the Supermarket Month. Shopping carts are abandoned in the strangest of places: alongside roads, in ditches, under bridges. Today is the day to put those shopping carts back where they belong. It is estimated that two million shopping carts are taken from supermarkets each year, and with one shopping cart valued at \$100, that's \$200 million rolling away. If pushing a shopping cart back to a supermarket all the way from a highway is too much to ask, you can start by returning shopping carts from the parking lot. Unattended carts can do a lot of damage to cars. Furthermore, studies show that abandoned shopping carts lead to people throwing other trash into parking lots. Returning carts fosters good citizenship!