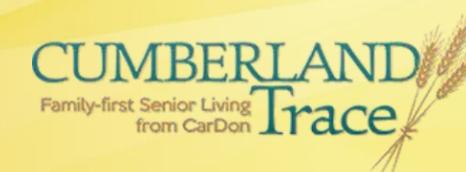


Cumberland Trace
1925 Reeves Road
Plainfield, IN 46168

Postage
Information

AUGUST 2018



Assisted Living News Letter

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

Name: _____

Apt #: _____



Celebrating August

**Lunch at Goody's & Shopping
at Meijer's**
Friday, August 3rd at 11am

Ladies Lunch at Olive Garden
Friday, August 10th at 10:45am

**Shopping at Avon Walmart &
Goodwill**
*Wednesday, August 15th at
12:30pm*

**Trip to Zaharakos ice Cream
Parlor Columbus Indiana**
Friday, August 17th at 10:45am

**Dinner Dash to Texas
Roadhouse**
*Wednesday, August 22nd at
4:00pm*

Trip to Shelbyville Casino
Monday, August 27th at 10:30am

**Shopping at Kohl's Plainfield
Plaza**
Friday, August 31st at 12:45pm

Special Days in June

- *Wednesday August 1st Town Hall Meeting at 2:00pm (CH)
- *Monday, August 6th Tim & Jay at 2pm (CH)
- *Tuesday August 7th Dietary Food Meeting at 2:00 pm
- *Monday August 13th Veterans Coffee Club at 10:30 am
- *Tuesday August 14th \$5 Paparazzi Accessories (CH)
- *Wednesday August 15th Don White at 2:00pm (CH)
- *Thursday August 16th Men's Meet & Greet at 11:30am
- *Thursday August 16th Birthday Dinner at 4:30pm (CH)
- *Wednesday August 22nd
Christina's Traveling Tea Cart at 2:15pm (CH)
August 24th Carnival at Cumberland Trace
1pm to 3pm

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

August Birthdays

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Leos also use their humor and loyalty to bring people together to work for a common cause. Those born between August 23–31 are Virgo Virgins. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice.

- Suzanne Barnes August 10th**
- Lloyd McDaniel August 13th**
- Marjorie Ann Morris August 18th**
- Deloris Tost August 19th**
- Pearl Robinson August 28th**
- Chester W. Dorrell August 31st**

Management Team



Executive Administrator
Tom Mullins



Assistant Administrator
Trei Barnett



Director of Nursing
Nikki Osborne



Assistant Administrator
Trei Barnett

First, I want to thank all of you for making me feel so welcomed here at Cumberland Trace. It almost feels like I've always been here. I'm looking forward to getting to know all of you. I've already had a conversation with Deep about various activities and outings that I plan to be involved with, so please join us!

Now, I thought it would be nice if I shared a little bit about myself and my family. I was born and raised in a little country town called Reelsville, about 45 minutes west of here. I was introduced to longterm care at an early age thanks to my Grandma who was a CNA for a local retirement community called Asbury Towers. I practically grew up there. By the time my Grandma retired from Asbury Towers she had put in nearly 45 years of service, all as a CNA. As for my own career, I started working in the kitchen at Asbury Towers when I was 16 and did so until I left for college.

I graduated from Ball State University in 2009 with a Bachelor's degree in Sport Administration and a minor in business management. My college experience also included an internship with the Indiana Pacers in the community relations department. This was an amazing experience and provided me with a lot of interesting stories that I would love to share with you if you're ever interested!

When I graduated we were in the midst of the recession and I wasn't able to find my first job out of college. So, I ended up returning to Asbury Towers and working in the kitchen once again for almost a year, after which I was approached about working in the marketing department. I served as the marketing coordinator for about 2 years before I decided I may want to make myself a career in longterm care. I decided to take the position of director of plant operations so I can get some management experience. During my 3 years in this role I worked on acquiring my Healthcare Administrators License. Once I had my license I accepted my first executive director position at a small assisted living facility in Greencastle called Autumn Glen. I've been there for the past 2 years prior to coming to Cumberland Trace.

As for my personal life, I have a fiancé, Heather, and 2 little girls, Haley (10) and Hannah (9). We also have 2 little dogs, a rat terrier, Bella, and a shitzu, Carlos. We have lived in Avon since last Thanksgiving. Heather is a registered nurse and works as the school corporation nurse for Southern Hancock County School Corporation. In my spare time, which isn't much with 2 little girls, I enjoy TRYING to golf, playing basketball, and watching sports and movies.

As I said before, I'm looking forward to getting to know all of you and participating in some of the activities and outings. If you have any questions or would just like to talk I try to always have my door open and love sharing stories, it's the best part of my job!



AL Clinical Director
Jordan Stream



Activities Director
Hardeep Kaur



Resident Services Director
Misty Cummings



Environmental Service Director
Frances Hollinsworth



Maintenance Director
Scott Munroe



Food Service Director
Jeff Whitaker

Great Balls of Fire

In Nejapa, El Salvador, August 31 brings what locals concede is a bizarre tradition, the Ball of Fire Festival. On that date in 1922, the local volcano erupted, forcing all the residents to evacuate the town. The eruption became legendary when it was reported that the hot flowing lava took the form of San Jeronimo, the local saint, and Jeronimo began hurling fireballs at the devil. Another legend states that as the lava flowed through the town, San Jeronimo appeared and halted the lava right before it consumed the church. To commemorate San Jeronimo and these miracles every August 31, daring residents soak rags in gasoline, light them on fire, and hurl them through the streets. It is tradition that two teams generally throw the fireballs at each other. Hurlers take precautions, such as wearing gloves and dousing their clothes in water, but the threat of burns is real. Participants are aware of the dangers and even embrace the possibility of injury. The church, too, has even sanctioned the tradition. Perhaps San Jeronimo is watching over the festival, for very few injuries have been reported in the many years it has been celebrated.

A Dream Improvised



On August 28, 1963, civil rights leader Martin Luther King Jr. delivered his famous "I Have a Dream" speech at the foot of the Lincoln Memorial before a crowd of 250,000 people during the March on Washington for

Jobs and Freedom. King's speech may be the most famous in American history, but he did not even write it until he arrived at his hotel room the night before. Indeed, he finished his final draft after midnight on the day it was to be delivered. In his speech, King synthesized themes from both the Bible and the U.S. Constitution, but he broke from his written remarks to ad-lib the "I have a dream" section that is so well-known today. It was gospel singer Mahalia Jackson, standing just behind King, who said, "Tell 'em about the 'dream,' Martin."